



Websites for Kids and Teens



CDC Websites

BAM! Body and Mind

www.bam.gov/

Learn what you need to know to make healthy lifestyle choices.



Choose Respect

www.chooserespect.org/

Learn how to build healthy relationships to stop dating abuse before it starts.



Diabetes and Healthy Living: The Eagle's Nest

www.cdc.gov/diabetes/eagle

Learn from the wise eagle in this book series how to use balance, courage, healing, strength, and wisdom to prevent diabetes and grow safe and strong.



Environmental Health for Kids

www.cdc.gov/nceh/kids/99kidsday/default.htm

Learn how CDC works to help you stay healthy wherever you live, work, and play.



Express Your Health: Materials for Parents, Teachers, and Kids

www.cdc.gov/women/owh/express

Learn safe and healthy habits with these fact and activity sheets by grade level.



Facts about Toxic Chemicals and the Environment

www.atsdr.cdc.gov/child/ochheykids.html

Learn about some toxic chemicals that you might find in your own home, school, neighborhood, town, or city.



Kids' Health Tips and Activities for Fall

www.cdc.gov/women/owh/kids/fallgames/

Learn how to stay healthy in the fall and all year long with these activity sheets.



Kids' Quest on Disability and Health

www.cdc.gov/ncbddd/kids/kidhome.htm

Learn the answers to some of your questions about kids with disabilities.



Powerful Bones, Powerful Girls

www.cdc.gov/powerfulbones/

Learn how you can build strong bones.



Rabies

www.cdc.gov/ncidod/dvrd/kidsrabies/

Learn how to protect yourself and your pets from a serious disease called rabies.



VERB: It's What You Do

www.verbnow.com/

Learn how fun physical activity can be!



What You Should Know about Safety and Health on the Job

www.cdc.gov/niosh/adoldoc.html

Are you a working teen? Learn about your rights on the job and how to protect yourself from injury.



Websites for Kids and Teens



You(th) and Tobacco

www.cdc.gov/tobacco/youth/information_sheets/yuthfax1.htm

I Quit!

www.cdc.gov/tobacco/quit_smoking/how_to_quit/iquit/index.htm

Learn about tobacco use and how to quit.

Other Federal Government Websites



FDA Kids' Page

www.fda.gov/oc/opacom/kids/default.htm

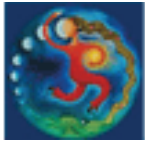
Learn about food safety, medicines, and other health issues.



Girl Power!

www.girlpower.gov/girlarea/

Get body-wise! Learn about girls' health with these facts and activities.



Girls' Health

www.girlshealth.gov/

Choose a topic and learn how girls can stay safe and healthy.



healthfinder® KIDS

www.healthfinder.gov/kids/

Learn how to be healthy and have fun!



HHS for Kids

www.dhhs.gov/kids

View links to health information for kids and teens.



"Kidd" Safety

www.cpsc.gov/kids/kidsafety/main1.html

Learn how to stay safe by playing these fun games!



Kids.gov

www.kids.gov

View links to health, fitness, safety, and other topics by grade level.



National Institute of Environmental Health Sciences Kids' Page

kids.niehs.nih.gov

Learn more about health problems caused by the environment.



Ready Kids

www.ready.gov/kids/home.html

Learn how to be prepared for unexpected situations.



The President's Challenge

www.presidentschallenge.org/home_kids.aspx

Jump rope, play catch, race a friend, and more! Win awards for staying active, and track your progress along with kids across America.