



**You are the Rhythm of the Universe! Mind, Body and Spirit!**



*A project of the U.S. Department of Health and Human Services, Office on Women's Health*

# girlshealth.gov

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girlshealth.gov



[www.girlshealth.gov](http://www.girlshealth.gov)

As they get older and move into their teens, girls face challenging social pressures and changing health needs. We have created girlshealth.gov to help girls (ages 10-16) learn more about the issues they may face in the upcoming years. The web site has information about these topics:



**BODY**  
**MIND**  
**BULLYING**  
**FITNESS**



**YOUR FUTURE**  
**INFORMATION FOR EDUCATORS**



**INFORMATION FOR PARENTS**

**NUTRITION**

**DRUGS, ALCOHOL & SMOKING**

**RELATIONSHIPS**

**SAFETY**

**ILLNESS & DISABILITY**



**NEWS & MORE**

**SPEAK UP!**

**SPOTLIGHT**

**FREE STUFF**

**VOTE**



## Be a helpful parent.

The Information for Parents & Caregivers section provides web site links to information for parents to help their girls cope with social pressures and health issues.

## Learn more about disability and illness in girls.

Some girls not only deal with the stresses of growing up, but also the pressures of living with an illness or disability. This special section gives girls tips on going to the doctor, dealing with school, and handling relationships with family members and friends. It also gives girls information on transitions and taking care of their bodies.

## A word about our resources.

The site only links to reliable sources of information. When you leave our web site and click on one of the pre-screened links, you will be told that you are leaving a Federal web site. While we have carefully chosen these resources, please keep in mind that we have no control over the material (or changes to material) on other web sites.

## Check out who's in the spotlight.

Our "Spotlight" section features local heroes who are an inspiration to girls. Look for words of advice and inspiration from outstanding women and girls.

## Information for Educators.

The web site has a section for educators featuring links to a wide range of emotional and physical health resources.

**H**aving respect for your body is important for teens today. Everything from how you treat your body, how you care for it, how you work for it, not poisoning it...all come from having respect for your body."

- Dr. Wanda Jones,  
Deputy Assistant Secretary for Health