

SENIOR GIRL SCOUT RESOURCE LIST



Below are links to pages on CDC's website that can be used with the *Interest Projects for Girls 11-17* book. The descriptions below are taken directly from that book.

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LIFE SKILLS

Car Sense

Recognize and meet the challenges you'll face as the driver and caretaker of a car.

Teen Drivers

http://www.cdc.gov/motorvehiclesafety/teen_drivers/index.html

Teen Drivers: Safe to and from Prom... and Beyond

<http://www.cdc.gov/Features/TeenDrivers/>

Teens behind the Wheel: Graduated Driver Licensing

<http://www.cdc.gov/ncipc/duip/spotlite/teendrivers.htm>

Child Care

Find suggestions for taking care of children.

Child Development

<http://www.cdc.gov/ncbddd/child/>

Injuries among Children and Adolescents

<http://www.cdc.gov/ncipc/factsheets/children.htm>

Learn the Signs. Act Early.

<http://www.cdc.gov/ncbddd/autism/actearly/>

Safe and Healthy Kids and Teens

<http://www.cdc.gov/family/kids>

Sudden Infant Death Syndrome (SIDS)

<http://www.cdc.gov/reproductivehealth/SIDS/index.htm>

Family Living

Learn more about how your family influences you in many ways, including your health.

Family Health

<http://www.cdc.gov/family>

Family History: Resources and Tools

<http://www.cdc.gov/genomics/public/famhist.htm>

Family Reunion Health and Safety Tips

<http://www.cdc.gov/family/reunions/>

From Fitness to Fashion

Looking your best has a lot to do with taking care of your body. The fashions you wear only complement your healthy habits of good nutrition, physical activity, and rest.

Nutrition Topics

<http://www.cdc.gov/nutrition/>

Physical Activity

<http://www.cdc.gov/physicalactivity/>

Healthy Style

<http://www.cdc.gov/family/healthystyle/index.htm>

Healthy Weight

<http://www.cdc.gov/nccdphp/dnpa/healthyweight/index.htm>

Sleep and Sleep Disorders

<http://www.cdc.gov/features/sleep/>

From Stress to Success

Learn about sources of stress, how to manage it, and even how to turn it into a positive asset.

Coping with a Disaster or Traumatic Event

<http://emergency.cdc.gov/mentalhealth>

Mental Health

<http://www.cdc.gov/mentalhealth/>

Stress at Work

<http://www.cdc.gov/niosh/docs/99-101/>

Suicide Prevention

<http://www.cdc.gov/violenceprevention/suicide/>

Tips for Coping with Stress

<http://www.cdc.gov/ncipc/dvp/CopingWithStress.htm>

Generations Hand in Hand

Bridge the “generation gap” as you get to know older people.

Family History: Resources and Tools

<http://www.cdc.gov/genomics/public/famhist.htm>

Healthy Aging for Older Adults

<http://www.cdc.gov/aging/>

Home Improvement

Learn more about home improvement, including how to make it safer.

Carbon Monoxide Poisoning: Prevention Guidelines

<http://www.cdc.gov/co/guidelines.htm>

Check for Safety: A Home Fall Prevention Checklist for Older Adults

<http://www.cdc.gov/ncipc/pub-res/toolkit/CheckListForSafety.htm>

Emergency Preparedness and You

<http://emergency.cdc.gov/preparedness/>

Fire Deaths and Injuries: Prevention Tips

<http://www.cdc.gov/ncipc/factsheets/fireprevention.htm>

Lead Information: Questions and Answers

<http://www.cdc.gov/nceh/lead/tips.htm>

Protect Yourself from Mold

<http://www.bt.cdc.gov/disasters/mold/protect.asp>

Law and Order

Learn more about how laws guide and protect civilized societies.

Public Health Law Program

<http://www2a.cdc.gov/phlp>

Leadership

A leader is someone who can accomplish great things with others.

First Ladies: Life and Health

<http://www.cdc.gov/Women/owh/firstlady/>

Tips for Planning Health Events

<http://www.cdc.gov/women/planning/>

Women Change America through Health and Safety

<http://www.cdc.gov/Women/owh/womchange/>

Women Inspiring Hope and Possibility in Health

<http://www.cdc.gov/Women/owh/wominspire/>

Travel

Explore the world- even if your dream trip may not happen right away.

Air Travel and Cruise Ships

<http://www.cdc.gov/travel/content/AirTravelCruiseShips.aspx>

Travelers' Health

<http://www.cdc.gov/travel/>

Understanding Yourself and Others

Reflect on your unique self, set and work on personal goals, and develop helpful ways to influence others.

Are You a Working Teen? What You Should Know about Safety and Health on the Job

<http://www.cdc.gov/niosh/adoldoc.html>

Choose Respect

<http://www.chooserespect.org/scripts/index.asp>

Family History: Resources and Tools

<http://www.cdc.gov/genomics/public/famhist.htm>

Kids' Quest on Disability and Health

<http://www.cdc.gov/ncbddd/kids/default.htm>

Youth Tobacco Prevention

<http://www.cdc.gov/tobacco/youth/index.htm>

Your Best Defense

Learning to defuse conflict before it starts is a great self-defense tool. Planning ahead, good communication skills,

and a sincere effort to work out a solution can go a long way toward squelching hostile encounters.

Choose Respect

<http://www.chooserespect.org/scripts/index.asp>

Violence Prevention

<http://www.cdc.gov/violenceprevention/>

NATURE, SCIENCE, AND HEALTH

All about Birds

Birds are an “indicator species” for environmental health, meaning that if a species of birds get sick, there is something wrong in the entire ecosystem.

Avian Influenza (Bird Flu)

<http://www.cdc.gov/flu/avian/index.htm>

Diseases from Birds

<http://www.cdc.gov/healthypets/animals/birds.htm>

West Nile Virus and Birds: Questions and Answers

http://www.cdc.gov/ncidod/dvbid/westnile/qa/wnv_birds.htm

Creative Cooking

If you can't visit a faraway place now, you can still take a “taste-full” journey by enjoying international cuisine right in your own kitchen.

Fight BAC! Keep Food Safe from Bacteria

<http://www.fightbac.org/consumers.cfm?section=3>

Foodborne Illness: Frequently Asked Questions

http://www.cdc.gov/ncidod/dbmd/diseaseinfo/foodborneinfections_g.htm

Get Smart with Fruits and Veggies

<http://www.cdc.gov/Features/FruitsAndVeggies/>

Nutrition Topics

<http://www.cdc.gov/nccdphp/dnpa/nutrition.htm>

Recipes

<http://apps.nccd.cdc.gov/dnparecipe/recipesearch.aspx>

Eco-Action

Learn about ways to “walk the talk” for a quality of life that includes caring for the earth.

Agency for Toxic Substances and Disease Registry
<http://www.atsdr.cdc.gov>

CDC Joins EPA in Partnership to Protect Nation’s Water Supply
<http://www.cdc.gov/news/2008/07/watersense.html>
Climate Change: Prevention and Preparedness
<http://www.cdc.gov/climatechange/prevention.htm>

Diseases from Wildlife
<http://www.cdc.gov/healthypets/animals/wildlife.htm>

Environmental Health
<http://www.cdc.gov/nceh>

Environmental Health for Kids
<http://www.cdc.gov/nceh/kids/>

Green and Healthy: An Initiative Built to Last
http://www.cdc.gov/news/2008/02/green_and_healthy.htm

Natural Disasters and Severe Weather
<http://www.bt.cdc.gov/disasters/index.asp>

Water Conservation at the Centers for Disease Control and Prevention
http://www.cdc.gov/news/2007/10/water_conservation.html

Food Connection

Learn more about making healthy food choices.

Fight BAC! Keep Food Safe from Bacteria
<http://www.fightbac.org/consumers.cfm?section=3>

Foodborne Illness: Frequently Asked Questions
http://www.cdc.gov/ncidod/dbmd/diseaseinfo/foodborneinfections_g.htm

Get Smart with Fruits and Veggies
<http://www.cdc.gov/Features/FruitsAndVeggies/>

Nutrition Topics
<http://www.cdc.gov/nutrition/>

From Shore to Sea

The oceans of the world cover over 70 percent of the Earth’s surface and have an impact on the entire planet.

Agency for Toxic Substances and Disease Registry
<http://www.atsdr.cdc.gov>

Climate Change and Health Effects
<http://www.cdc.gov/climatechange/effects/>

Environmental Health
<http://www.cdc.gov/nceh>

Drinking Water
<http://www.cdc.gov/healthywater/drinking>

Healthy Swimming
<http://www.cdc.gov/healthyswimming/>

Natural Disasters and Severe Weather
<http://www.bt.cdc.gov/disasters/index.asp>

Inventions and Inquiry

From pencils to computers, inventions begin with someone asking some very simple questions: “How can I solve this problem for myself or others?” “How can I make this better or easier to do?”

A Timeline of CDC/ATSDR Contributions to Women’s Health
<http://www.cdc.gov/women/contributions/>

First Ladies: Life and Health
<http://www.cdc.gov/Women/owh/firstlady/>

Inventions Improving Women’s Lives: Milestones in History
<http://www.cdc.gov/women/owh/invent/>

Ten Great Public Health Achievements in the 20th Century
<http://www.cdc.gov/about/history/tengpha.htm>

Women Change America through Health and Safety
<http://www.cdc.gov/Women/owh/womchange/>

Women Inspiring Hope and Possibility in Health
<http://www.cdc.gov/Women/owh/wominspire/>

Math, Maps, and More

Discover why people in all walks of life- from chefs to geographers- need to know some math to succeed at their jobs.

EXCITE: Excellence in Curriculum Integration through Teaching Epidemiology
<http://www.cdc.gov/EXCITE/>

Geographic Information Systems (GIS) at CDC
<http://www.cdc.gov/gis/>

Pets

Provide the animals in your life with all the advantages of a healthy home.

Healthy Pets, Healthy People
<http://www.cdc.gov/healthypets/>

Plant Life

Growing and caring for plants are enjoyable and productive ways to beautify and enrich the environment. Explore the plant world.

Gardening Health and Safety Tips
<http://www.cdc.gov/family/gardening/>

Safe Gardening, Safe Play, and a Safe Home
<http://www.atsdr.cdc.gov/sites/springvalley/svgardening.html>

Why in the World?

Be the scientific investigator, exploring the world from weather to watch parts, and from microbes to minerals.

CDC Education
<http://www.cdc.gov/education/>

Frequently Asked Questions about Cell Phones and Your Health
http://www.cdc.gov/nceh/radiation/factsheets/cellphone_facts.pdf

Healthy Youth: Health Topics
<http://www.cdc.gov/healthyyouth/healthtopics/index.htm>

Natural Disasters and Severe Weather
<http://www.bt.cdc.gov/disasters/index.asp>

Women Inspiring Hope and Possibility in Health
<http://www.cdc.gov/Women/owh/wominspire/>

Wildlife

Make wildlife observations in your own backyard, a town wood lot, a city street, a national park, a forest, or a field.

Diseases from Wildlife
<http://www.cdc.gov/healthypets/animals/wildlife.htm>

Women's Health

Become informed about your body so that you can enjoy good health today and tomorrow.

Women's Health
<http://www.cdc.gov/women>

Safe and Healthy Kids and Teens
<http://www.cdc.gov/family/kids>

Tips for a Healthy Life
<http://www.cdc.gov/family/tips/>

COMMUNICATIONS

Communications

Get the message, explore the net, learn the lure of language, or be media savvy.

CDC Online Newsroom
<http://www.cdc.gov/media/>

E-Health Marketing
<http://www.cdc.gov/healthmarketing/ehm/>

Health-e-Cards
<http://www2c.cdc.gov/ecards/index.asp>

CDC Podcasts
<http://www2c.cdc.gov/podcasts/index.asp>

SPORTS AND RECREATION

Sports and Recreation

Learn about backpacking, camping, preparing for an emergency, horse sense, sports safety, and more.

Boating Safety: Staying Safe on the Water
<http://www.cdc.gov/Features/BoatingSafety/>

Camping Health and Safety Tips & Packing Checklist
<http://www.cdc.gov/family/camping/>

Diseases from Animals
http://www.cdc.gov/healthypets/browse_by_animal.htm

Emergency Preparedness and You
<http://www.bt.cdc.gov/preparedness/>

Have a Safe and Healthy Camping and Hiking Experience
<http://www.cdc.gov/Features/OutdoorSafety/>

Heads Up: Concussion in Youth Sports
<http://www.cdc.gov/ConcussionInYouthSports/default.htm>

Healthy Swimming
<http://www.cdc.gov/healthyswimming>

Moving Outdoors
<http://www.cdc.gov/Features/movingoutdoors/>

Natural Disasters and Severe Weather
<http://www.bt.cdc.gov/disasters/index.asp>
Physical Activity
<http://www.cdc.gov/physicalactivity/>

Tobacco-Free Sports Initiatives
http://www.cdc.gov/Tobacco/youth/educational_materials/sports/index.htm

Travelers' Health
<http://wwwn.cdc.gov/travel>

Water-Related Injuries
<http://www.cdc.gov/ncipc/factsheets/drown.htm>

For more information, visit: www.cdc.gov/women

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