

JUNIOR GIRL SCOUT RESOURCE LIST



Below are links to pages on the CDC's website that can be used with the *Junior Girl Scout Badge Book*. The descriptions below are taken directly from that book.

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ADVENTURES IN GIRL SCOUTING

Business-Wise and Careers

Do you want to be your own boss? What does it take to create and run a small business? You need a good idea - along with persistence, patience, and a willingness to learn. It's never too early to start thinking about different careers and learning about the skills and education they require.

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

Global Awareness

People in the world are becoming closer and more connected- and finding out much more about one another. Take time to learn more about your world.

Global Health
<http://www.cdc.gov/cogh/>

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

Humans and Habitats

How people live depends a lot on the place where they live. Learn more about your world.

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

Traveler

See the world! Meet new people! Whether your trip is around the corner or around the world, preparation is always the key to success. Get going!

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

IT'S GREAT TO BE A GIRL

Becoming a Teen

Becoming a teenager is an exciting and challenging adventure. Find people and resources to guide you on your journey.

BAM: Body and Mind
<http://www.bam.gov/>

Express Your Health™: Fun Pages for Kids
<http://www.cdc.gov/family/kidexpress>

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>

It's Important to Me

Many famous women felt strongly about something- they had values that helped them accomplish great things. Want to work for peace, help others, or fight unfairness? Your values will get you there.

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

Looking Your Best

Looking your best is something anyone can do. Most of all, it involves knowing what is right for you.

BAM: Body and Mind
<http://www.bam.gov/>

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

How Much Physical Activity Do Children Need?
<http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html>

FAMILY AND FRIENDS

Across Generations

Senior citizens have wonderful stories to tell and skills to share. Take advantage of their wealth of information and depth of experience.

Healthy Aging for Older Adults
<http://www.cdc.gov/aging>

Caring for Children

Keeping young children happy and safe requires lots of patience and good judgment.

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

Communication

Do you ever feel there's a communication gap between what you say and what others hear? Do you know all the ways people can communicate?

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

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

My Heritage

Your heritage is made up of many things: your religious or racial group; your nationality; your family traditions and values.

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

Family History: Resources and Tools
http://www.cdc.gov/genomics/public/famhix/fs_web.htm

Family Reunion Health and Safety Tips

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

Pet Care

Owning a pet can be great fun, but it's also a big responsibility. Find out if that responsibility is what you really want.

Healthy Pets, Healthy People

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

HOW TO STAY SAFE

High on Life

Winning a game. Acing a test. Hanging out with good friends. Now those are ideal highs! Stomp out harmful habits and get high on life!

Express Your Health™: Fun Pages for Kids

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

Youth Tobacco Prevention

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

Safety First

Many injuries at home or away from home can be prevented if you use common sense and practice good safety behaviors. So, put safety first!

BAM: Body and Mind- Your Safety

http://www.bam.gov/sub_yoursafety/index.html

Child Passenger Safety

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

Fire Deaths and Injuries Prevention Tips

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

Preventing Falls among Older Adults

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

BE HEALTHY, BE FIT

Sports

Have fun and be fit! Have more energy. Sleep better. Study better. Feel great! You can be fit by making the right choices every day by adding fun and exercises to your week. Playing sports, walking, and doing other fun physical activities help you build a strong body and a quick mind.

BAM: Body and Mind- Physical Activity

http://www.bam.gov/sub_physicalactivity/index.html

Environmental Health

Staying healthy is about more than just eating an apple a day. It's also about understanding your environment, taking care of it, and not getting too much of a good thing.

Environmental Health for Kids

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

Food Power

Eating a properly balanced diet helps you do your best. Poor eating habits can make you tired, cranky, and even sick!

Get Smart with Fruits and Veggies

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

Nutrition Topics

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

Healthier You

Develop good habits now for a fun and healthy life.

BAM: Body and Mind

<http://www.bam.gov>

Express Your Health™: Fun Pages for Kids

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

Healthy Living

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

Highway to Health

Learn to listen to your body and what it's trying to tell you. It's the best way to be on the highway to health!

BAM: Body and Mind

<http://www.bam.gov>

Healthy Habits Keep You Well

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

Walking for Fitness

Did you know that walking is the easiest way to stay fit? All you need are good walking shoes, a little free time, and a buddy. So, grab a friend, and point your shoes north, south, east, or west... whichever way suits you best!

Kids Walk to School

<http://www.cdc.gov/nccdphp/dnpa/kidswalk/>

Making Physical Activity a Part of a Child's Life

<http://www.cdc.gov/physicalactivity/everyone/getactive/children.html>

LET'S GET OUTDOORS

Camp Together

Hike or bike, sing or stargaze, watch a sunrise or sunset, or sleep in a tent or in a cozy cabin. Round up your friends or family and head to the great outdoors!

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

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

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

Earth Connections

Ecology is the study of plants and animals, including people and their environment.

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

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

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

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

Horse Fan and Horse Rider

Horses are majestic and graceful animals. Some people keep them as pets. Others use them to farm. Still more ride them in parades, festivals, and sporting events. Riding a horse can be a thrilling experience.

Diseases from Horses
<http://www.cdc.gov/healthypets/animals/horse.htm>

Outdoor Cook

Some of the best camping memories are made sitting around a campfire - or camp stove - eating the meal you've prepared outdoors.

Carbon Monoxide Poisoning: Prevention Guidelines
<http://www.cdc.gov/co/guidelines.htm>

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

Fire Deaths and Injuries: Prevention Tips
<http://www.cdc.gov/ncipc/factsheets/fireprevention.htm>

Grillin' and Chillin'
<http://www.cdc.gov/foodsafety/grill.htm>

Outdoor Creativity

Poets, writers, artists, and musicians have been inspired by nature to create some of their most famous works. Let nature inspire you.

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

Outdoors in the City

Some people think that being outdoors means being in the country, but you can have a lot of fun being outdoors in the city, too.

How to Plan a Wellness Walk
<http://www.cdc.gov/women/planning/walk.htm>

Kids Walk to School
<http://www.cdc.gov/nccdphp/dnpa/kidswalk/>

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

Plants and Animals

Are you aware of how big a part plants and animals play in your everyday life? You depend on plants and animals to get you through the day.

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

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

Small Craft, Swimming, and Water Fun

Whether paddling, rowing, sailing, or just drifting, being on the water can be a lot of fun and great exercise.

Boating Safety
<http://www.cdc.gov/HomeandRecreationalSafety/water-safety/boatingsafety.htm>

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

Water-Related Injuries
<http://www.cdc.gov/homeandrecreationalafety/water-safety/waterinjuries-factsheet.htm>

Wildlife

From the dandelion growing in the crack of a sidewalk to the blue whale that calls the ocean depths its home, wildlife can be found in almost any part of the world.

Diseases from Wildlife

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

CREATE AND INVENT

Art to Wear

What you wear says a lot about who you are.

Healthy Style

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

Discovering Technology

Technology is the science of the way things work. Do some exploring into the past and future of technology.

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>

EXPLORE AND DISCOVER

Globe-Trotting

Find out about new places, dream of taking vacations in exotic locations, or help save the environment anywhere in the world.

Global Health

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

Travelers' Health

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

Let's Get Cooking

Making your own meals can be lots of fun. Stirring, beating, mixing, baking - learn safe ways to prepare delicious, healthy meals.

Fight BAC: Keep Food Safe from Bacteria

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

Get Smart with Fruits and Veggies

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

Nutrition Topics

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

Science in Everyday Life and Science Sleuth

Science is everywhere - in a spider web, a ray of light, even a pile of dirt! Observe and discover the exciting world of science that is around you every day.

EXCITE: Excellence in Curriculum Integration through Teaching Epidemiology

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

Water Wonders

When you look at a globe, you can see why Earth is called "the water planet." Water gives life, but it also carries diseases and destruction. Learn more about the world of wet and wonderful water.

Natural Disasters and Severe Weather

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

Water-Related Injuries

<http://www.cdc.gov/homeandrecreationalafety/water-safety/waterinjuries-factsheet.htm>

Weather Watch

Weather affects your life everyday. Learn to predict and plan ahead.

Natural Disasters and Severe Weather

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

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

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