



# Girlshealth.gov: Helping young women make healthy choices

*On girlshealth.gov, you will find:*

**Tips on:**

- \* Dealing with peer pressure
- \* Boosting self-esteem and self-confidence
- \* Protecting yourself and others from bullying
- \* Talking to your doctor
- \* Handling your period

**How to:**

- \* Up your physical activity
- \* Handle stress in any situation
- \* Deal with conflict
- \* Get involved in your community
- \* Reach goals beyond high school

**PLUS**

- \* Interviews with inspiring girls
- \* Message boards
- \* Quizzes
- \* Games
- \* Free stuff
- \* Polls
- \* News and more



**girlshealth.gov**  
*Be Healthy. Be Happy. Be You. Beautiful.*



**Girlshealth.gov** helps girls ages 10 to 16 learn about their health and well-being. It uses positive, empowering, and supportive messages to motivate girls to choose healthy behaviors.

***Our Sounding Board***

Girls from all across the country give us their opinions so we can keep girlshealth.gov fun, relevant, and up-to-date with today's teens.

***For Parents/Caregivers***  
 (In English and Español)

The site includes dozens of resources for parents/caregivers to support the young women in their lives.

***For Teachers and Educators***

Girlshealth.gov offers over 125 resources for educators on topics ranging from asthma to school safety to eating disorders. The site also includes fact sheets that can be printed and reproduced for students.

*Giving girls the tools they need to live healthier lives*

