

WEBSITES FOR KIDS AND TEENS

CDC Websites



BAM! Body and Mind

<http://www.bam.gov/>

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



Choose Respect

<http://www.chooserespect.org/>

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



Diabetes and Healthy Living: The Eagle's Nest

<http://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

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

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



Express Your Health: Fun Pages for Kids

- Main Page: <http://www.cdc.gov/family/kidexpress>
- Activity Book: <http://www.cdc.gov/family/kidheroes>
- Autumn Games: <http://www.cdc.gov/family/kidautumngames/>

Learn safe and healthy habits with these fun pages, including an activity book, puzzles, and coloring pages.



Facts about Toxic Chemicals and the Environment

<http://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' Quest on Disability and Health

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

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

Rabies

<http://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

<http://www.verbnow.com/>

Learn how fun physical activity can be!



What You Should Know about Safety and Health on the Job

<http://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



Youth and Tobacco

- Fact Sheet: http://www.cdc.gov/tobacco/youth/information_sheets/youthfax1.htm
- Quit Tips: http://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

<http://www.fda.gov/oc/opacom/kids/default.htm>

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



Girls' Health

<http://www.girlshealth.gov/>

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



Healthfinder: Kids' Sites

<http://www.healthfinder.gov/scripts/SearchContext.asp?topic=14314>

Learn how to be healthy and have fun!



HHS for Kids

<http://www.dhhs.gov/kids/>

View links to health information for kids and teens.



"Kidd" Safety

<http://www.cpsc.gov/kids/kidsafety/main1.html>

Learn how to stay safe by playing these fun games!



Kids.gov

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

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



National Institute of Environmental Health Sciences Kids' Page

<http://kids.niehs.nih.gov/>

Learn more about health problems caused by the environment.



Powerful Bones, Powerful Girls

<http://www.girlshealth.gov/bones/>

Learn how you can build strong bones.



Ready Kids

<http://www.ready.gov/kids/home.html>

Learn how to be prepared for unexpected situations.

The President's Challenge

http://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.



For more information, visit: www.cdc.gov/family/kids

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