



www.4girls.gov

You are the Rhythm of the Universe... connect: mind-body-spirit



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

GIRLS' HEALTH MATTERS

Place
Stamp
Here

US Department of Health and Human Services
Office on Women's Health
200 Independence Avenue, SW, Room 712E
Washington, DC 20201



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As they get older and move into their teens, girls face challenging social pressures and health issues. We have created the 4Girls Health web site 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

FITNESS



SAFETY



LOOKING AHEAD

RELATIONSHIPS

BUILDING CHARACTER

DRUGS & ALCOHOL

ILLNESS & DISABILITY



NUTRITION



4PARENTS & CAREGIVERS

MIND

NEWS & MORE



SPEAK UP!

Be a helpful parent.

The Parent/Caregiver section provides web site links so you can get information to help 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 talking to friends, going to the doctor, dealing with school, talking to family, and a lot more great information. It also has a section for families, which offers parents, brothers, and sisters helpful ways to cope and offer support.

Check out who's in the spotlight.

The web site features a "Spotlight" section featuring people who have made valuable contributions to girls' health and well-being. Look for words of advice and inspiration from outstanding women and men.

A word about our resources.

The 4Girls Health web site only links to reliable sources of information. When you leave our 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.

When asked about one health issue she feels is important to teen girls today, Dr. Wanda Jones, Deputy Assistant Secretary for Health (Women's Health) replied, "Having respect for your body. 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."