



## FACT SHEET

Department of Health & Human Services Office on Women's Health  
200 Independence Avenue, SW  
Washington D.C. 20201

# 4Girls.gov

### HISTORY & BACKGROUND

The [www.4girls.gov](http://www.4girls.gov) website was developed in 2002 by the Office on Women's Health (OWH) in the U.S. Department of Health and Human Services to fulfill the need for reliable, current health information on the Internet for adolescent girls, and to help improve the health of women across their life span from childhood to adolescence and into adulthood. The purpose of the site is to motivate girls to choose healthy behaviors using positive, supportive and non-threatening messages.

### MISSION & PURPOSE

The mission of the [www.4girls.gov](http://www.4girls.gov) web site is to promote healthy, positive behaviors in girls between the ages of ten and sixteen. The site gives girls reliable, useful information on various health issues and advice on handling relationships with family and friends, at school and at home.

### SLOGAN

Our slogan, "You are the Rhythm of the Universe. Connect Mind ~ Body ~ Spirit" focus's on the whole of the girl not just her body. Our vision is to show that a girl is more than the sum of her parts and that her spirit is universal.

### OPERATIONS

- ❖ 4Girls is entirely directed and sponsored by the Federal Government. It is a project of the Office on Women's Health in the U.S. Department of Health and Human Services and is 100% commercial-free.
- ❖ **Jonelle Rowe**, Medical Advisor for Adolescent Women's Health, and **Jin In**, Service Fellow for Adolescent Women's Health, are the project directors for the 4Girls.gov project.



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- ❖ The Office on Women's Health (OWH) has received feedback on the website from young girls all over the United States. In a focus group setting, they shared their thoughts about the 4girls web site and additional health issues they'd like to see addressed. The group, known as the "**Sounding Board**" will provide OWH with feedback on an ongoing basis.

#### HEALTH CATEGORIES

**Body**--- Covers everything from growth and body hair to acne and hair care.

**Fitness**-- Stresses that being fit means more than only how you look.

**Nutrition**--- Addresses a healthy diet for a teenage girl and what to do to improve nutrition.

**Mind**--- Talks about relieving stress in healthy ways, depression, and teen suicide prevention.

**Drugs & Alcohol**--- Describes different forms of substance abuse and what it does to a girl's body.

**Safety**--- Addresses safety issues about the Internet, within relationships, and provides general safety tips.

**Illness & Disability**--- Talks about ways to cope with a chronic illness, how to face fears when dealing with a long-term disease, and ways to combat fears regarding health issues.

**Relationships**--- Talks about the importance of healthy relationships and open communication.

**Parents & Caregivers Section**--- Provides resources and helpful links about talking to girls about their health and fitness concerns.



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