

Helpful Health Websites

For teachers, parents, children and teens

- 1) List of recommended Websites for Kids and Teens about Health and Health related issues.
CDC Department of Health and Human Services, Center for Prevention and Disease Control
<http://www.cdc.gov/family/kidsites/index.htm>
- 2) Body and Mind – Learn about fitness, nutrition and safety. Games, quizzes and other activities for teens and children.
CDC Department of Health and Human Services
Center for Prevention and Disease Control
<http://www.bam.gov/>
- 3) Kids.gov – Government sites with information about health and fitness for students K-12 and educators.
http://www.kids.gov/k_5/k_5_health_fitness.shtml
- 4) BrainPop Health – Short videos on health issues.
<http://www.brainpop.com/health/>
- 5) KidsHealth from the health experts of Nemours - one of the largest non-profit organizations dedicated to health. Health resources for parents, teens and children.
http://kidshealth.org/parent/kh_misc/nemours.html
- 6) Center for Young Women's Health - An award-winning teen girls' health website featuring health guides, quizzes, chats, & more!
<http://www.youngwomenshealth.org/teenfx.com>
- 7) Girls, Inc. Online – This website shows girls how to discover and get excited about their potential.
<http://www.girlsinc-online.org/girlshealth.gov>