

Cool Websites for Kids and Youth

General

Kids.Gov ~ General Services Administration

- K-5 ~ Health & Safety ~ Health Issues
- 6-12 ~ Health, Fitness & Safety ~ Health Issues

[Take Charge of Your Health: A Guide for Teenagers ~ National Institute of Diabetes and Digestive and Kidney Diseases, Weight Control Information Network](#)

Scholastic Magazine

- Family Playground
- STACKS

Alcohol and Drugs

[NIDA For Teens ~ National Institute on Drug Abuse for Teens](#)

[The Cool Spot ~ Young Teens Place for Alcohol Information & Resisting Peer Pressure](#)

Too Smart to Start ~ Substance Abuse and Mental Health Services (SAMHSA)

Bullying

[Stop Bullying! ~ Website for Kids, Teens, Young Adults, Parents & Educators](#)

Dental

[Brush Up For Health ~ Centers for Disease Control and Prevention](#)

["For Kids" Dental Page ~ Tennessee Department of Health](#)

Diabetes

American Diabetes Association

- Planet D
- Living with Diabetes for Parents and Kids

[Teen Diabetes Center ~ Nemours Foundation](#)

[Tips for Teens ~ Lower your Risk for Type 2 ~ National Diabetes Education Program](#)

Disability

Kids Quest: On Disability and Health ~ Centers for Disease Control and Prevention

Environmental Health

[Brain Teasers, Puzzles & Riddles ~ National Institute of Environmental Health Sciences, National Institutes of Health ~ Department of Health & Human Services](#)

[Kids' Pages ~ National Institute of Environmental Health Sciences](#)

Fire Safety

[Kids Fire Safety Tips](#)

[Sparky the Fire Dog](#)

[U.S. Fire Administration for Kids ~ Good Activities](#)

For Girls Only

[Office on Women's Health ~ GirlsHealth.Gov](#)

- [Girls Health ~ Be Healthy. Be Happy. Be You. Beautiful.](#)
- [Best Bones Forever ~ A bone health campaign for girls and their BFFs to "grow strong together and stay strong forever"](#)

Healthy Eating

[Eat Smart. Play Hard™ for Kids ~ USDA, Food & Nutrition Service](#)

Interactive healthy eating and physical activity experiences for kids from USDA's Food and Nutrition Service (FNS).

[Express Your Health ~ Fun Pages for Kids ~ Centers for Disease Control and Prevention](#)

[FSA Kids ~ U.S. Department of Agriculture, Farm Service Agency](#)

[Milk Matters: Kids' Page ~ National Institute of Child Health and Human Development](#)
Provides games and activities to help kids learn more about calcium and its importance for strong bones and healthy teeth. Learn how much calcium is needed daily and what foods contain calcium

[Kids Health ~ Nemours Foundation](#)

- [Food Flight Christmas](#)
- [Halloween Candy Games](#)
- [Healthy Recipes for Kids](#)
- [Mission Nutrition](#)
- [The Spelling Bee Game ~ Words Related to Health](#)

[Small Step Kids! ~ Department of Health and Human Services](#) ~ Games and other activities to help kids learn about healthy eating and physical activity

Physical Activity

[BAM! Body and Mind ~ Centers for Disease Control & Prevention](#)

[Fitness for Kids ~ The President's Challenge](#)

[Get Fit TN ~ For Kids and Teens](#)

[Why Exercise is Cool ~ The Nemours Foundation](#)

Sleep

[Asleep at the Wheel ~ Top 5 Reasons to Get Enough Sleep ~ National Institute of Environmental Health Services](#)

[The Game Closet ~ Time for Bed? ~ The Nemours Foundation](#)

Tobacco

Centers for Disease Control & Prevention:

- [A Smokefree Message from Christy Turlington](#) ~ Cover model/student Christy Turlington communicates a smoke-free message to teens in your school and community.
- [Tobacco-Free Sports Initiative](#)
- [Youth Tobacco Prevention](#)
- [Youth Information Sheet ~ You\(th\) & Tobacco](#)

[Smoking Stinks ~ The Nemours Foundation](#)