



# Girl Power!

## School Year Assignment Book



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Office of the Secretary  
Office on Women's Health  
Substance Abuse and Mental Health Services Administration  
Center for Substance Abuse Prevention  
[www.samhsa.gov](http://www.samhsa.gov)





# July

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# Definite Do

Look around you—how many cultures are represented in your class, your neighborhood, and your community?

## Word Scramble

This organization, established in 1945 to ensure peace worldwide, now has 189 member countries.

T E D U N I   S T A N I O N

## Blast from the Past

America truly has become a melting pot of different cultures. In the 1860 Census, there were three race categories. In the 2000 Census, there were 63 possible combinations of race categories. To learn more about it, go to <[www.census.gov](http://www.census.gov)>.

## Goal for Next Week

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## Helpful Web Sites

**HEALTHY MINDS, HEALTHY BODIES:  
INFORMATION ABOUT YOUR HEALTH**

**BodyWise**

[www.girlpower.gov/girlarea/Bodywise/index.htm](http://www.girlpower.gov/girlarea/Bodywise/index.htm)

**Centers for Disease Control and Prevention**

[www.cdc.gov/tobacco/sgr/sgr4kids/6facts.htm](http://www.cdc.gov/tobacco/sgr/sgr4kids/6facts.htm)

**Food and Nutrition Service—U.S. Department of Agriculture**

[www.fns.usda.gov/tn/students/kids/athena.html](http://www.fns.usda.gov/tn/students/kids/athena.html)

**National Institute of Dental & Craniofacial Research—National  
Institutes of Health**

[www.nidr.nih.gov](http://www.nidr.nih.gov)

**SAMHSA's National Clearinghouse for Alcohol and Drug  
Information (NCADI)**

[www.health.org/govpubs/ph323/](http://www.health.org/govpubs/ph323/)

[www.health.org/features/kidsarea/kidsarea.htm](http://www.health.org/features/kidsarea/kidsarea.htm)

**U.S. Department of Health and Human Services Web Sites for Kids**

[www.hhs.gov/kids/](http://www.hhs.gov/kids/)

**BE SMART, DON'T START:**

**INFORMATION ABOUT ALCOHOL, TOBACCO, AND ILLICIT DRUGS**

**Alateen**

1-800-344-2666 (meeting referral)

1-800-356-9996 (literature)

Both numbers: 8 a.m. - 6 p.m. (EST), M-F

[www.al-anon-alateen.org](http://www.al-anon-alateen.org)

**National Association for Children of Alcoholics**

1-888-554-COAS (2627)

8:30 a.m. - 5 p.m. (EST), M-F

[www.nacoa.net/kidkit.htm](http://www.nacoa.net/kidkit.htm)

**Office of the National Drug Control Policy—National Youth Anti-  
Drug Media Campaign**

[www.freevibe.com](http://www.freevibe.com)

**Students Against Destructive Decisions (SADD)**

[www.saddonline.com](http://www.saddonline.com)

**Surgeon General's Report for Kids about Smoking**

[www.cdc.gov/tobacco/sgr/sgr4kids/smokeless.htm](http://www.cdc.gov/tobacco/sgr/sgr4kids/smokeless.htm)