

YOUTH WEBSITES

Health, wellness + safety resource links for Youth Day 2026



CLICK ANY RESOURCE TITLE TO OPEN

ASTHMA

- [Asthma in Children and Teens](#)
- [Pediatrics Asthma Booklet PDF](#)

CONDITION CATALOG

- [Childhood Diseases](#)
- [Young Children: Diseases & Conditions | Parent Information | CDC](#)
- [Pediatric Conditions A-Z - Kids Central Pediatrics](#)

DIABETES

- [Guidebook for Children and Adolescents With Diabetes PDF](#)
- [Novo Nordisk - Diabetes in Children and Adolescents PDF](#)

HEART

- [High blood pressure in children - Symptoms & causes - Mayo Clinic](#)
- [High Blood Pressure in Children and Teens | American Heart Association](#)
- [High Cholesterol in Children Symptoms, Causes & Treatment](#)

MENTAL HEALTH

- [Publications About Children and Adolescents - National Institute of Mental Health \(NIMH\)](#)
- [Coping and Calming Skills Strategy Packet PDF](#)

YOUTH HEALTH + SAFETY

Share with families, ministry leaders, and youth volunteers as a quick reference guide.

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NUTRITION

- [Healthiest Meals at Every Fast Food Chain \(2026\) - Complete Nutrition Guide](#)
- [These Are the Healthiest Fast Food Restaurants, According to Dietitians - Dining and Cooking](#)

OBESITY

- [Childhood obesity - Symptoms and causes - Mayo Clinic](#)

ORAL HEALTH

- [Dental Health for Teens](#)
- [Children's Oral Health Activity Book](#)
- [Oral Health for Teenagers Information Leaflet PDF](#)
- [Oral Health and You: Guide for Adolescents PDF](#)

SAFETY

- [A Guide to Internet Safety for Kids in 2026 | SafeWise](#)
- [Digital Devices and Your Eyes - American Academy of Ophthalmology](#)

SICKLE CELL ANEMIA

- [All About Sickle Cell Workbook PDF](#)
- [What You Should Know About Sickle Cell Disease PDF](#)

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