

GIRL SCOUT RESEARCH INSTITUTE

GSRI Quarterly



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FROM THE DIRECTOR

Welcome to the inaugural issue of the Girl Scout Research Institute's e-newsletter!

Our first issue focuses on girls' healthy living, a topic on the minds of many today. In the months and years to come, we will use this e-newsletter to bring you the best of our research and evaluation, as well as outside sources that we hope will deepen your understanding of the many issues facing girls.

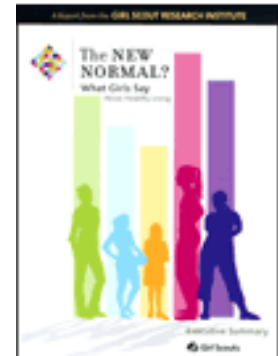
Girl Scouting is committed to being the world's best leadership development program for girls ages 5-17 (kindergarten through high school). Understanding the needs, hopes, concerns and views of girls through research is at the core of this commitment.

We ask that you help us build this newsletter. Forward it to your colleagues and friends, and let us know about work that deserves attention here. Send your comments and suggestions to gsresearch@girlscouts.org.

We want this to be the best "interactive" girl-research source, so please stay in touch!

Sincerely,
Michael Conn, Ph.D.
 Director, Girl Scout Research Institute

GIRLS' HEALTH: IT'S NOT JUST PHYSICAL!



What's really normal? For girls, being healthy is more than just eating right and exercising; it is also about feeling good about oneself, being supported by friends and family and appearing "normal."

But, what is "normal"? And how do girls deal with just wanting to be "normal" in the face of media, peer, school and, sometimes, family pressure?

Find out from the Girl Scout Research Institute's [The New Normal? What Girls Say About Healthy Living](#) (2006).

TEENS' RISKY BEHAVIOR

Current trends and statistics on girls and boys' risk behaviors, including physical inactivity, unhealthy dietary behaviors, alcohol and drug use, sexual behaviors and more, from 1991-2005, are available through the Centers for Disease Control and Prevention's [Youth Risk Behavior Surveillance System](#).

WELL-BEING: WHAT REALLY COUNTS

Just how well are children and families in the U.S.? Check out [America's Children: Key National Indicators of Well-Being \(2006\)](#), the annual report from the Federal Interagency Forum on Child and Family Statistics.

The report includes health indicators such as overweight, illicit drug use, alcohol use, physical inactivity, and emotional and behavioral disorders.

TAKING IN THE BIG PICTURE



IMPROVING CHILDREN'S HEALTH
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Advancing the health of all children is the objective of [Improving Children's Health: Understanding Children's Health Disparities and Promising Approaches to Address Them](#) (2006).

Released by the Children's Defense Fund, this report examines children's health as a whole, and across five

issues: overweight/ obesity, asthma, dental care, lead poisoning and immunizations.

SEEING THE FUTURE OF TEENS

What do teens think about drinking? How often do they smoke and take illicit drugs? And why? Have habits changed over the last 30 years? And what does that say about their future? Find out on [MonitoringTheFuture.org](#).

MINDING THE MIND



For teens, life is not simple. Learning how to cope, take care of themselves, and understand mental health and illness is a must. The Annenberg Foundation offers [Cope.Care.Deal](#), a mental health site for teens, so teens can do just that.

[TeenScreen.org](#) also puts teens' mental health to the fore with the support of local communities and 34 national organizations. See how they work to fight teen depression and suicide.



DID YOU KNOW?

41% of girls ages 11-17 believe being overweight is not a problem if you feel good about yourself.

[The New Normal? What Girls Say About Healthy Living \(2006\)](#)

ABOUT GSRI

The Girl Scout Research Institute, formed in 2000, is a vital extension of Girl Scouts of the USA.

The GSRI conducts original research, evaluation, and outcomes measurement studies, releases critical facts and findings, and provides resources essential for the advancement of the well-being and safety of girls living in today's world.

The GSRI also informs public policy and advocacy for Girl Scouting.

ABOUT GIRL SCOUTING

Girl Scouts of the USA Mission Statement

Girl Scouting builds girls of courage, confidence, and character, who make the world a better place.

FEATURED RESOURCE

[Harvard Family Research Project Out-Of-School Time Evaluation Database and Bibliography](#)



Harvard Family Research Project
 Harvard Graduate School of Education

This comprehensive database on out-of-school time program evaluations has 10 profiles to deepen your research.

ADDITIONAL RESOURCES

- [GirlsHealth.gov](#)
- [GirlPower.gov](#)
- [SAMHSA's National Mental Health Information Center](#)

GIRL SCOUT PROGRAM RESOURCES

- [Girls Scouts shape UP! GirlSports](#)
- [In the Zone: Living Drug-Free Staying Safe](#)
- [Girl Scouts Against Smoking](#)

READER'S CHOICE

We are always interested in our readers' news and views on research practices in the youth development field. Starting with our next issue, we want to feature a reader's choice.

If you know of current research on girls' issues that is worth sharing, please write to us about it at gsresearch@girlscouts.org.

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