



girl scouts

of central and western
massachusetts

Women's Health

Complete the five steps to earn your Women's Health Badge.

1. **Investigate the tests that help women stay healthy:** Check out this [article](#) to learn more about the tests that help women stay healthy and protect them over the course of their life.
2. **Find out how fads and beauty practices impact health:** Have you ever noticed celebrities or influencers promoting certain beauty products or current diet fads? How do these individuals use social media to promote these products?

Choose two items related to beauty or diet that you have seen promoted on social media or on TV and research those items to see if they are supported by a health professional. It's important to remember that often times, when products are promoted they are not always safe to use or they may even be tested on animals.

Challenge yourself to find two products whether health or beauty related that are safe and natural ways to take care of your body and mind. How is the promotion of these products different from those that can actually harm your body?

3. **Focus on techniques to help you stay emotionally healthy:** Join Jessica to learn about ways to practice self-care!
4. **Take a closer look at a women's health topic:** Choose a women's health topic that is important to you or that interests you and create a short video answering the following questions:
 - What is the topic?

- How does this topic affect women's health?
 - Is there a specific group of women that are affected? (age, race, medical history)
 - What is currently being done to help women affected by this topic?
 - What more can be done to support women affected by this topic?
5. **Get the word out on a women's health topic:** Share your knowledge and the video you created with friends and family members.