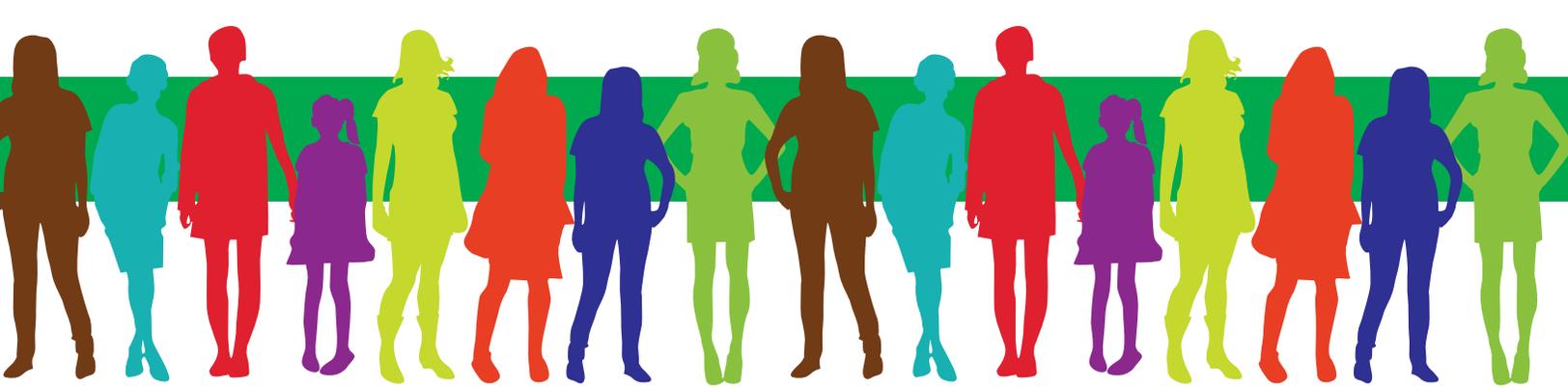




National Stand Beside Her Movement *Patch Program*

**What if we taught
this generation to
Stand Beside Her?**



Welcome to the Stand Beside Her Patch Program. We're so glad you're here!

Teaching girls to be supportive of one another is a lifelong skill that girls can develop at an early age to make friends, support one another, end comparison and competition and combat bullying.

That's why we created the National Stand Beside Her Project, so that all girls can be appreciated for their talents, strengths and uniqueness.

As girls mature, they can work to further develop the skills they have learned to create cultural change in their community and themselves.

We've created activities for each Girl Scout Grade Level that highlight a part of the Girl Scout Law. Review the Girl Scout Law with your girls and go back to the appropriate line to begin your activity.

Teach your girls to "Stand Beside Her" and you'll be teaching them to make the world a better place!

As you participate in the Stand Beside Her patch program you will see the following symbols to help you along your journey.



Activity

Complete the steps in each activity to gain a better understanding of how to be supportive of one another.



Stand Beside Her

Tie in the message and the activities on how girls can Stand Beside Her and make the world a better place.



Outcomes

Once girls have completed all of the steps these are the outcomes they should receive.



At Home

These are simple tips and actions parents can do with their girl to keep the learning going.

Girl Scout Law

I will do my best to be
honest and fair,
friendly and helpful,
considerate and caring,
courageous and strong, and
responsible for what I say and do,
and to
respect myself and others,
respect authority,
use resources wisely,
make the world a better place,
and
be a sister to every Girl Scout.

Daisies: Be a sister to every Girl Scout

Daisy Girl Scouts are all about making new friends! Talk to your girls about the Girl Scout Law and what it means to “be a sister to every Girl Scout.”

 **Activity:** “We’re a Pair: Sock Project”, Get creative and meet new friends!

Step 1: Purchase pairs of white socks and fabric paint of your choice.

Step 2: Hand a pair of socks to each girl to decorate.

Step 3: Allow time for the socks to dry.

Step 4: Throw one of the socks in a large pile in the middle of the room.

Step 5: Grab a sock that is not your own and then look for the girl who is holding the identical sock to the one you picked up.

Step 6: Once you have found who the sock belongs to, get to know your new friend!



Outcomes:

1. Girls will learn an easy and fun way to introduce themselves to new friends.
2. Girls will begin to understand how to make conversation with their peers.
3. Knowing that being a good friend is important, especially when you are a Girl Scout!



Stand Beside Her:

Talk to your girls about the importance of having friends. Friends can help you have fun, and support you when you’re feeling sad or disappointed.

Have the girls think about someone at school who might need a friend. What can they do to help? Encourage girls to be a friend to someone new, or sit with someone who needs a friend at lunch.

Where else can girls be a friend to others?

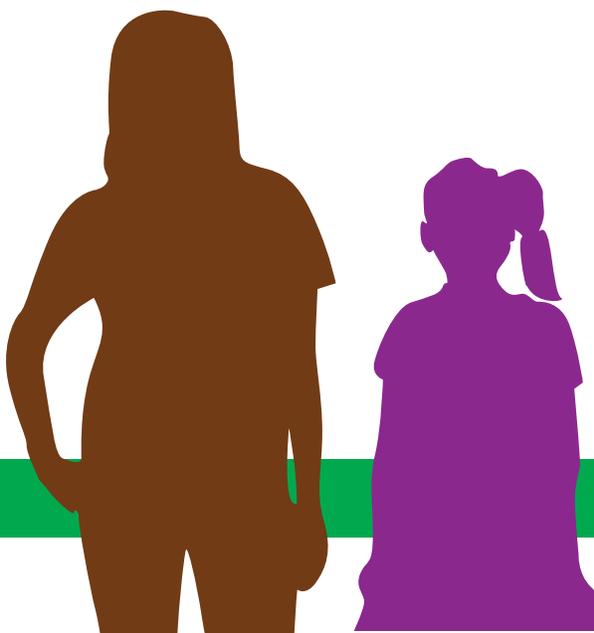
Note: Adults may need to help girls with ideas: playground, after-school care, sports teammates, dance class, etc.



At Home:

To further encourage new friendships and supporting friends, parents can create opportunities for girls at home.

- Encourage play dates with new friends.
- Invite a new friend to the birthday party.
- Host a family game night with other families and talk to your daughter about including everyone in the activities.



Brownies: Considerate and Caring

Brownie Girl Scouts enjoy finding ways to show they care for others. Talk to your girls about what they can do within their troop to be considerate of one another and show that they care about their fellow troop members.



Activity: Chalk It Up to Being a Girl! Get outside and spread positive messages to each other and your community.

Step 1: Find a space outside, and collect your sidewalk chalk. Don't forget to share the different colors!

Step 2: Use the chalk to write encouraging messages to each other on the sidewalk; while showing friends how special they are.

Step 3: Take a look at all of the positive words written in chalk about you and your friends!



Outcomes:

1. Learning to treat others as you would like to be treated.
2. Discovering that sharing with your friends is more fun!
3. Realizing that thoughtfulness is a great quality that every girl should have.



Stand Beside Her:

Ask your girls what it means to be considerate of others. Have girls think up ways they can show other girls that they care about them.

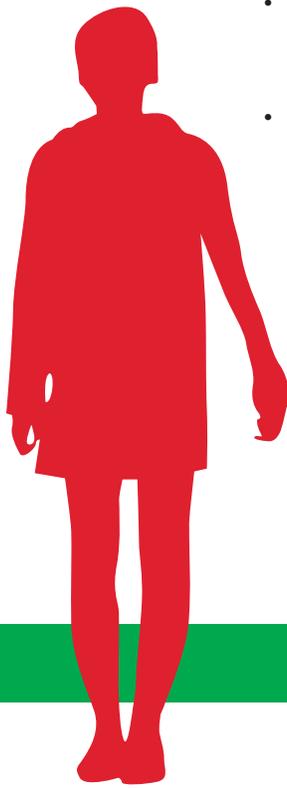
Girl Scout Brownies can come up with ideas about being considerate and caring. Help your girls pick a project that shows others they are thinking of them.

Example: Have the girls design cheerful cards using the words they used in the “Chalk it Up” activity. When they see another girl at school who might be having a bad day, they can give her the card to show they care!



At Home:

- Parents can encourage their girls to be considerate and caring by modeling the behavior at home.
- Monitor your comments about yourself, your daughter and other women. Show her how to build others up, not tear them down.
- Practice saying “Please” and “Thank You” when someone is helpful at home.
- Show your daughter that you care for others by doing something nice for a friend, relative or neighbor.



Juniors: Courageous and Strong

Girl Scout Juniors love to build courage through activities they've never tried before! Teaching girls to be courageous and strong goes beyond high adventure and gives them skills to cope with difficult situations throughout life.



Activity: Get ready for a new adventure with your friends!

Step 1: Find a friend that has done an activity that you would like to try, and learn about her experience.

Step 2: Make an adventure plan on how you are going to try the new activity.

Step 3: Try the activity with your friend and accomplish a new achievement!



Outcomes:

1. Seeing that even though you may have been hesitant at first, simply having the courage to try is sometimes all it takes!
2. Learning that trying new things will lead to adventures and new friends.
3. Finding that asking for advice from a friend, and that helping others try something new can be rewarding in the end!



Stand Beside Her:

Ask your girls if they have ever been afraid to speak up about something they felt strongly about. Explain that having the courage to stand up for what is right can be difficult but is an important lifelong skill.

History has shown that those who stand up for what is right will often find many supporters for their cause. How can girls be courageous and strong in support of one another?

Encourage your girls to seek opportunities to stand up for someone who is being picked on or teased at school; to have the strength and courage it takes to befriend a girl who doesn't have friends or to support other girls who are struggling to fit in.



At Home:

- Parents can encourage their daughters to speak up when they have an opinion to share.
- Is there an issue in your community that you feel strongly about? Homelessness, litter, crime?
- Talk to your daughter about why you actively support an issue and encourage her to find one or join yours. If you don't have an issue that you're passionate about, maybe you can find one together!



Cadettes: Respect Myself and Others

Being respectful of oneself and others is important in every facet of life. Upon entering their teen years, many girls struggle to show respect to parents and authority figures as they develop their own independence. It's a normal part of growing up! Cadette Girl Scouts will greatly benefit from these activities by thinking of others and practicing their listening skills.



Activity:

Discover your friend's personal stories by being open minded, being kind, and listening. Take pride in your personal strengths and discover the strengths of others.

Step 1: What's her story?

Bring the girls together in a safe environment, while letting them know that all conversations that take place in the room stay in the room. Encourage dialogue between the girls using a variety of questions that are relevant to your group. Start off with simple "get to know you" questions, and gradually move into deeper, more personal questions. The goal of this activity is to have the girls open up to each other about their beliefs, thoughts, and backgrounds. When girls go to school or their communities, encourage them to think "What's her story?" before jumping to conclusions about anyone.

Step 2: Windchime Activity

Collect enough index cards for each girl to have one card. Instruct the girls to decorate the card with their personal strengths. Have the girls share the cards out to the group. Talk about the importance of using each other's strengths to help supplement your weaknesses. Pull all of the cards together with string, and tie to a decorated paper cylinder to create the windchime.

Step 3: At the start of your troop meetings refer back to the wind chime to remind yourself of the strengths in the room. Focus on each other's strengths when working on troop activities.



Outcomes:

1. Making the choice to ask questions and learn more about a person's story before making assumptions.
2. Acknowledging that you have valuable strengths that should be shared with others.
3. Realizing that simply being yourself is always the best.



Stand Beside Her:

Talk to the girls about ways that they can show respect for themselves. Is making healthy choices a part of respecting oneself? Absolutely! Is respecting adults and parents also reflective of their respect for themselves? You bet!

Ask your girls if they struggle with showing respect to others. What factors play into their feelings about respecting others? Remind your girls that the Girl Scout Promise also says "to help people at all times." Is helping others a method of respect?



At Home:

- Parents can encourage their daughters to develop respect by engaging them with senior adult members of the family. There is a lot to learn from our elders!
- Make a date with some older female adults from your family or community who can share stories with your girl. Hearing stories from the past reminds us that senior citizens have learned valuable life lessons that we can learn from today, and they will know a lot about how far women have come since they were young!

Seniors and Ambassadors: Friendly and Helpful

Senior and Ambassador Girl Scouts are ready to take the lead! Mentoring is a key component of the Stand Beside Her initiative. Remind your girls that the Stand Beside Her Movement is a call to action initiative to mentor, support and develop women and girls; to end comparison and competition and create more collaboration and support for one another.



Activity:

Help a Cadette prepare for the next step in her scholastic journey.

Step 1: Research what it takes to be a mentor.

Step 2: Connect with a local Cadette Girl Scout.

Ideas:

- Share study tips/tactics
- Create a Survival 101 Kit for entering middle school or high school
- Start a conversation on how you have overcome difficult situations in regards to competition and comparison with other girls your age.

Step 3: Share with your troop what you learned from mentoring a younger Girl Scout.



Outcomes:

1. Learning the impact of mentorship.
2. Helping to instill confidence in younger Girl Scouts.
3. Understanding the difference you can make by supporting your peers.



Stand Beside Her:

Can't find a Cadette Girl Scout to mentor? No problem! Visit a middle school guidance counselor for recommendations on girls who need female role models and support. Lift her up and make the world a better place!



At Home:

- Parents can encourage their girls to support their friends at school. Does your daughter have a friend who is running for school office? Trying out for something? Taking the ACT?
- Encourage your daughter to show support with kind words, an encouraging text message or a funny Instagram photo. #standbesideher





81% of girls are interested in science, technology, engineering and math careers.

But almost half say those are not "typical" careers for girls.

It's easier to be brave when you're not alone.

- Amy Poehler



a girl's self esteem peaks at the age of **9** then takes a nose dive.

9



63% have never had a formal mentor.

67% of women rate mentorship as highly important to helping and advancing their career, yet



57% of students in U.S. colleges are women.

44% of all master's degrees are earned by women

5% of Fortune 500 CEOs are women

at the current rate of change it will take until

2085

for women to reach parity with men in leadership roles in our country.

Making it through the glass ceiling to the other was simply a matter of running on a path created by every other woman's footprints.

- Shonda Rhimes

I've always believed that one woman's success can only help another woman's success.

- Gloria Vanderbilt



It's time to cheer on girls and women who want to sit at the table.

-Sheryl Sandberg



21%

of girls believe they currently have most of the key qualities required to be a good leader.



92% of teen girls would like to change something about the way they look, with body weight ranking the highest.



stand beside her

women and girls banding together to support each other