

## 2019 GSWRC **Stands Beside Her** Discussion Guide

Stand Beside Her is a rallying cry inspiring girls and women to stand up for each other and commit to shutting down unhealthy comparison that tears down and divides. The competition and comparison formed on the playground and in the classroom carries over to the boardroom and in the home, preventing women from reaching their fullest potential. Let's create a world where all women and girls are appreciated for their talent, strengths and uniqueness.

### **Recommendations for Leading a Discussion**

1. Ask a girl to serve as facilitator.
2. Use takeaway cards or boards for discussion participants to capture their thoughts, including commitments for future actions and other post-event follow-up. Ideas could be tied to Bronze, Silver and Gold Award projects, completing the **It's Your Story – Tell It!** Leadership Journey, and/or Girl Scout events/activities.

### **Discussion Questions**

Panel discussion will be led by Christi McGuire. Panel includes: Councilmember Jennifer Mossotti, Fire Chief Kristin Chilton, Eileen Levy, Brigid DeVries, Anne Elizabeth Forker and Melissa Jackson.

1. At 9 years old, a girl's self-esteem peaks—and then takes a nose dive. 92 percent of teen girls would like to change something about the way they look, with body weight ranking the highest.
  - A. What is your advice to someone who wants to boost their self-esteem?
  - B. Why is a girl bossy, but a boy is ambitious?
2. All women have been affected by the constant comparison and competition among each other. And not in the traditional sense of, "I am going to try my best and you try your best," but the kind that tears down our self-esteem and makes us question if we are good enough. Where we ask ourselves if we are lacking the right skills, looks or abilities to be our best. This competition and comparison starts as early as kindergarten, when girls notice certain attributes that other girls have that gets the teacher's attention, the ones who get to say the pledge or are called on. Girls start developing social circles and having a need to belong around that same time.
  - A. What is one way that women and girls can support each other in their lives, their workplace, at school or in their community?
  - B. Do you remember a specific experience where a woman supported you when you felt discouraged? What kind of impact did that make on you?

3. Only 21 percent of girls believe they currently have most of the key qualities required to be a good leader. 39 percent of girls have been put down or discouraged when trying to lead.
  - A. What do you think is the most significant barrier to female leadership?
4. Competition and comparison don't end in middle school but continue into adulthood. The media, television shows and advertisements display women in conflict and turn it into entertainment. In the workplace, women find themselves being pit against each other instead of opening the door for more women at the table. Moms shame other moms. Daughters hear and bear witness to the competition—and the cycle of negativity continues.
  - A. What does “Women’s Empowerment” mean to you? Is this about gender equality, or is it more than that?
  - B. What woman inspires you and why?

## Working with Girls in Your Troop

### Discovering—and Doing—More

Encourage and support your girls in completing the **It’s Your Story – Tell It!** Leadership Journey! This Journey explores important themes such as developing a strong sense of self, discovering the benefits of a balanced diet and physical activity, navigating healthy relationships, identifying ways to enhance self-expression, and promoting well-being and confidence in others.

Activities and discussions woven into each level get girls thinking critically about the media, including its portrayal of girls and women. The activities are designed to promote age-appropriate discussion on topics including marketing tactics aimed at young consumers, the media’s narrow definition of beauty, and the portrayal of relationships between girls and women.

Journeys by grade level:

- **Daisy**— *Flowers, 4 Stories, 3 Cheers for Animals!*
- **Brownie**— *A World of Girls*
- **Junior**— *aMUSE*
- **Cadette**— *MEdia*
- **Senior**— *Mission: Sisterhood!*
- **Ambassador**— *BLISS: Live It!*

### Stand Beside Her Patch Program

Get your troop involved in the Stand Beside Her Movement by participating in the [National Stand Beside Her Movement patch program](#). Check out the activities created for each Girl Scout Grade Level that highlight a part of the Girl Scout Law. From Daisies to Ambassadors, there are ways for you and your troop to “#standbesideher!