

She's My Friend PATCH PROGRAM



Girl Scouts Heart of the South aims to provide a safe space for girls to develop strong voices and leadership that will influence our neighborhoods, cities, states and nation in moving towards a brighter future.

As our society is constantly developing and changing, it is important that we start difficult conversations about racism, diversity, and inclusivity with girls at a young age. By doing so, they are able to learn from their experiences. It is vital that we accept the realities of our modern world and find healthy ways to help our girls to do the same.

As Girl Scouts we strive to be friendly and helpful, considerate and caring and respectful to people. We are sisters to every Girl Scout and can help to make the world a better place by exploring and celebrating diversity. Through the She's My Friend Patch Program, girls will explore inclusivity, the value of each person in a society and discover the confidence to stand up for what is right. Girl Scouts encourages every girl to develop her own beliefs and to advocate for them.

Join us in standing up and standing with girls of all races, ethnicities, and backgrounds, because she is my friend and she deserves to be treated equally.



Access Additional Activity resources in the Google Classroom.

↓ Look for and click on this icon for these resources.

To use Google Classroom, sign in to www.classroom.google.com, click the "+" sign to join a class, and enter the class code: **io2npe2**

To access the resources, select the "classwork" tab. Here you will find all things related to the patch program.

She's My Friend

FACILITATOR'S GUIDE

This guide is not intended to be an independent study, nor for individuals, but rather a discussion guided program in the troop or family setting. In a troop setting, it is up to the leader to direct the discussion based on the grade level of the girls.

We have curated the activities based on grade levels, but you know how to talk to your girls best! It is your job as the facilitator of this patch program to present the information in a way that is age-appropriate and will create meaningful conversation within your group.

Many of the activities are suitable for all grade levels and allow for different levels of examination and discussion based on the group's maturity and understanding of the topic.

After reading the Facilitator's Guide and becoming familiar with the vocabulary, introduce each topic to your group and complete the introduction activity and discussion. Then, choose at least one age level activity to complete.

If you want to do more, try out some of the other activities! Almost all of them can be adapted for other grade levels.

We welcome and encourage you to be creative while completing these activities and if you come across another activity that adequately teaches the lesson, feel free to incorporate it.

You know your troop best and what works for them so be creative and have fun while completing this patch program!



BEFORE YOU BEGIN

Thank you Girl Scout volunteers for leading this very important conversation with your Girl Scouts. It's important for you, as a role model and leader, to not let your personal opinions or bias influence the girls' view.

We want this patch program to serve as a discussion guide to help you navigate unfamiliar and sometimes difficult topics in a neutral and respectful way.

The Facilitator's role is as a caring adult who can help girls acquire their own skills and knowledge in a supportive atmosphere rather than as an advocate of any particular position.

Please know that you may not agree with all of the information in this patch program, but it is important we prepare our Girl Scouts to face any situation with courage, confidence, and character.

The purpose of this patch program is to open up a dialogue about things young girls may experience in their day-to-day lives.

Based on the topics and conversations to be covered, you may want to inform parents/ guardians and have them complete a Sensitive Issues Parent/Guardian Permission Form. This form notifies them that the troop/group is planning to participate in a program or activity which involves subject matter that may be considered sensitive or controversial.

[!\[\]\(e474458956c9a37fbf9586ddb60a7fa1_img.jpg\) Download the Sensitive Issues Parent/Guardian Permission Form in the Google Classroom](#)

HOW DO YOU TALK TO GIRLS?

Some of the discussions may make you feel uncomfortable, which is completely normal when taking on the information in this program.

We encourage both leaders and girls to examine why they might be feeling that discomfort. Perhaps your discomfort comes from not knowing or understanding something about the topic. It's okay to feel this way!

There is a simple solution: learn more about the subject so that you can be fully prepared and have a discussion with others. We've included a list of resources below that you can use to better educate yourself on topics of diversity and inclusivity, as well as find resources to help your girls understand the topics at hand.

The most important part of learning to facilitate this patch program is to figure out how you are comfortable presenting it. There are plenty of resources to help you learn, including a vocabulary list that can be used as a quick reference point to clear up misconceptions.

Through included links, volunteers can connect with trusted sites that may help them succeed. These links will open in another window and are not managed by the council.



HOW DO YOU HANDLE DIFFICULT QUESTIONS?

Over the course of the training, girls may ask questions that may seem inappropriate, or that you don't have the answer to. If that happens, do not shut them down, instead tell her that you will have to do some research to find her the correct answer or help her rephrase her question in a more respectful way.

It is okay to not know. It is okay to have an open dialogue. This training should be a safe space for girls to ask the questions they have regarding racial inequality and the changing landscape in America. Always thank girls for their questions and validate their participation. This is about creating a safe space for learning, and we should encourage their curiosity.

VOCABULARY:

The included vocabulary list is for the meeting facilitator to become familiar with the current definitions of commonly used terms. The more familiar you are with these terms, the more easily you will be able to use them while facilitating a discussion with your Girl Scouts. When we aren't exposed to something regularly, it can feel uncomfortable or inappropriate to us because we do not fully understand its meaning or context.

RACE - a group that people that can be defined by physical qualities (such as skin color), country of origin, or history

ETHNICITY- belonging to a common group with shared heritage, often linked by race, nationality, culture and language.

DISCRIMINATION - the practice of unfairly treating a person or group of people differently from other people or groups of people

PREJUDICE - an unfair feeling of dislike for a person or group because of race, sex, religion, etc.

RACISM- Prejudice or discrimination directed at someone of a different race, based on the belief that one's own race is superior.

BIAS - disproportionate weight in favor of or against an idea or thing, usually in a way that is closed-minded, prejudicial, or unfair.

XENOPHOBIA - Intense or irrational dislike or fear of people from other countries.

SOCIOECONOMIC STATUS - This is about how much money someone has, and how easy it is for them to get more money. This can be based on how much education someone has received, what other people think about them based on their race or sexual orientation, or how much money their family has.

ABILITY - How well someone can do something. Every person has a different ability for every job. For example, something like walking up steps seems simple for some people, but for a person who uses a wheelchair, it may be an impossible task. Or some people may have no trouble speaking in front of people, but someone with anxiety may freeze up even thinking about it. Not all disabilities are visible, so be careful when assuming everyone is able to complete a task.

DIVERSITY - having many different forms, types, ideas, etc.; having people who are of different cultures in a group or organization

EQUITY- fairness or justice in the way people are treated

INCLUSION- including and accommodating people who may be excluded because of their background or ability; creating opportunities for everyone to be included

CULTURE- shared values, beliefs, customs, arts, etc. of a particular group, area, or time

MULTICULTURALISM - including and appreciating many different cultures

TRADITIONS - a way of thinking, behaving, or doing something in a particular group, family, society, etc., for a long time.

Finally, if you have any questions about the material or feel uncomfortable with any portion of the program, please reach out to Girl Scouts Heart of the South. We will be more than happy to talk through your thoughts and feelings with you, as well as answering any questions you may have.

800-624-4185
info@girlscoutshs.org

Again, the entire point of the She's My Friend patch program is to make all Girl Scouts feel welcomed, included, and teach them to be friends to all. We want to open a line of communication among fellow Girl Scouts and friends about acceptance because even though some of these topics may seem beyond their age level, these are the matters that young women deal with everyday in our fast changing society.

It is our hope at Girl Scouts Heart of the South to create an environment in which every girl feels happy, welcome, and heard.

I am a friend that is

HONEST & FAIR

A part of being a Girl Scout is being honest and fair. What do you think this means? When we think about honesty and fairness, we think it means to tell the truth and not to cheat, which is correct! But, it can mean other things too. Have you ever heard of the words equality and bias? You may not have realized it but these words go hand-in-hand with honesty and fairness.

All people should be treated fairly and equally. It seems simple enough, however it is something that our society is still struggling with. People of color or people that appear different, can face discrimination and are not treated the same way that you may be treated. Equality is something we are still working towards and even though we are doing much better than we were just 60 years ago, it is still a major issue facing our country.

Equality means ensuring individuals or groups of individuals are not treated differently or less favorably, on the basis of their specific, protected characteristics, including areas of race, gender, disability, religion or beliefs, sexual orientation and age.

Bias means prejudice in favor of or against one thing, person, or group compared with another, usually in a way considered to be unfair. So what does this look like? How does being honest and fair relate to equality and bias?

In a perfect world, people would not face discrimination and would be treated fairly. You see, to be honest and fair is to treat people with equality under every circumstance. In order to treat people with equality is to be honest and fair about why certain people are being treated a certain way or why those people are receiving things.

In order to make fair decisions, it has to be based on honesty, not because you like one person better than the others. Were these decisions made because of someone's skin color, beliefs, or differences or because they put in the work and earned whatever role or award they received?



INTRODUCTION ACTIVITY

PLAY TO WIN

(10 minutes)

This activity works best in a troop setting

This game helps us to see how each of us experiences the same situations in our own unique, and sometimes very different ways. It is important for each of us to realize and understand that we are not only unique in our personality and appearance, but we are also unique in our life experiences. The exact same situation may be experienced by someone else in an entirely different way than your own. It is important for each of us to be sensitive to that fact and work to promote equality whenever we can. This can be done by simply being aware of unfair treatment and doing our best to encourage fairness for all. You don't always see inequality until you experience it, but a major component of being a friend and ally is to look out for equality imbalances.

People of color have been experiencing inequality and bias their whole lives. They have been the ones sitting in the back row of chairs not by choice. In order for us to be honest and fair moving forward, we need to understand their past experiences. Let's discover more about the Civil Rights Movement in America.

SUPPLIES:

- Chairs, one for each girl
- Bucket
- Balls (Ping Pong, plush, tennis, one that is suitable for your space), at least one for each girl
- Small Prizes (candy, small toy or book, etc.), enough for each girl

SET UP:

- Create 3 straight rows of chairs (each chair sitting behind the other)
- Place a bucket in front center of the chairs (about 2 feet from the first row of chairs)

GAME INSTRUCTIONS:

1. Have the girls pick a random chair to sit in for the game.
2. Give each girl a ball
3. On your signal, the girls will all throw their ball to try and land it in the bucket
4. *Girls must stay seated in their chair for the game.
5. Girls who made their shot should get a small prize
6. Make sure every girl gets a prize upon ending the game.

DISCUSS

- Did you think this activity was fair for every player? Why or why not?
- Was it harder or easier to be in the back row of chairs?
- Do you think the chair selection was fair?
- What could be changed to make it fair for everyone?
- Do you think only those who made it into the bucket can should be the only ones to get a prize?

You may have witnessed or experienced these before at one time or another. They don't always happen in big ways, but can be small acts or passing comments. It's important to recognize when you or others are making choices and comments that are honest, fair, and unbiased.

- Have you ever seen someone treated unfairly?
- Did you speak up about the injustice? Why or why not?
- Do you feel like your voice could help someone who is being treated unfairly?
- Have you ever treated someone unfairly? How could you correct that behavior in the future?

Understanding our nation's past surrounding inequality can help us to move forward in a positive way. It is important to be honest about the injustices that occurred and are still occurring and understand our role to move forward while creating a world that is better for people of all races.

Everyone deserves to have the same rights and opportunities as their friends and neighbors. But because of societal and political divides, not everyone is allowed the same opportunities. We need to be mindful of the fact that many people do experience life in vastly different ways than we do, for many different reasons, and realizing when we can help by being conscious and sympathetic of that reality will make us honest and fair to all of our friends.

“I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

- Maya Angelou

ADDITIONAL ACTIVITIES:

- Visit the National Civil Rights Museum in Memphis, TN
- Read or watch Martin Luther King's "I Have a Dream" speech and discuss using provided questions

Daisy & Brownie:

- Complete the Civil Rights Activity Book located within the Google Classroom.

Junior & Cadette:

- Learn about protesting and other ways People of Color advocated for change. Then, create your own sign and plan to address a current civil rights issue that you feel strongly about.

Senior & Ambassador:

- Throughout history People of Color have written letters, poems, songs, and stories about their experiences. Read some of them and then recollect a time when you were excluded from something on an unfair basis. Write letters to the people who excluded you, or poems expressing what it felt like to be treated unjustly.
- Pick a past or present leader in civil rights to research. Then present your findings about their life and accomplishments to your troop or friends and family.

I am a friend that is

COURAGEOUS & STRONG

Doing what is right is not always easy. You are taking a stand and voicing your opinion for all to hear and possibly criticize. It can be nerve-wracking to put yourself out there! But there is more to lose by sitting by and doing nothing while someone is disrespected or hurt. Don't stand by! Girl Scouts stand up, stand strong and stand together.

It takes strength and courage to stand up for what is right. Courage and belief in what you are saying and strength to say it loud and proud! Words hurt and sometimes all someone needs is a friend who will stand up for them and their rights. We are all different, but equal, and we need to stand up for our friends. Knowing what's right doesn't mean much unless you do what's right.

- Have you ever witnessed someone being bullied?
- Is it easier to stand up for what is right or stand by?
- What will you do in the future if you see someone being treated unfairly?
- Why do you think it is important to speak out when you see something wrong?

Girl Scouts need to learn how to identify behavior that could hurt someone and have the courage to stand up against it. Bullying is not always super obvious, it can be a combination of little comments and actions that slowly wrinkle someone over time. If you ever see someone else being hurt, it is important to always report it to an adult. It is never okay to say mean or hurtful things to someone else and it is never okay to witness it and stay silent.

When people witness bullying, and stay silent, this is a form of approval towards the bully. Bystanders can feel like they're dodging a bullet if it isn't them being bullied and choose to not to say anything, fearful they'll be the next target. Even if you feel too young or too small to help someone else, something small can grow into something bigger than anyone could imagine, it just takes a little bit of courage and love to flourish! Bullying has lasting negative effects on all people involved and needs to be stopped.



INTRODUCTION ACTIVITY

WRINKLED HEART

(10 minutes)

SUPPLIES:

- Construction Paper
- Scissors
- Markers/crayons

INSTRUCTIONS:

1. Give each girl a piece of construction paper
2. Have them fold the paper in half and cut out a heart
3. On their heart have them write positive characteristics about themselves down
4. Have the girls turn the heart over so you cannot read the words and pass their heart to the person on their right.
5. Once everyone has someone else's heart have them crumple them up.
6. Once crumpled, squeeze tight! Then carefully unwrinkle and try to flatten out the hearts.
7. Once unwrinkled, have the girls read the positive qualities that were on the part they could not see originally.
8. Ask: will the heart ever return to normal, with no wrinkles or damage?
9. Ask: can you easily read all of the qualities on the damaged heart?
10. *Before you speak, think and be smart. It's hard to fix a wrinkled heart.*

DISCUSS:

- How did you feel watching, someone crumple up the heart you made without reading the back?
- How did you feel crumpling up someone else's heart?
- Would you have still wanted to crumple the heart up if you had gotten to read the positive qualities on the back?
- What should we do when we see people wrinkling people's hearts at school or among our friends?

The crumpling you did of someone else's heart represents how people feel about being bullied or treated differently. The crumpling could be harsh words, mean gossip or rumors, untrue or rude posts or comments on social media, or even physical bullying or violence.

Just like someone's heart, once paper is crumpled, it can never be 100% smooth again. No matter how hard you try, that heart will always have some damage to it and it can affect how their positive attributes come out and how they portray themselves to others.

“In the end, we will remember not the words of our enemies, but the silence of our friends.”


- *Dr. Martin Luther King Jr.*

Mean and hateful words have surrounded Black, Indigenous and People of Color communities in America for decades. They have been bullied and need more people and friends to stand up and courageously speak out for what is fair and just.

It is imperative for us to fight for the injustices we see.

If we can keep other people's feelings and best interests at heart, it will be easy to be courageous and strong for all of our friends.

ADDITIONAL ACTIVITIES LOCATED IN THE GOOGLE CLASSROOM:

 • Download and complete the "Guide to Friendship Bullying" and discover what you can do!

 • Take the Anti-Bullying Pledge


 • Play the "4 Corners Game Stand up to Bullying"


Daisy & Brownie:

 • Read and Discuss *The Tiny Seed* by Eric Carle

 • Create a Courageous and Strong Chain

Junior & Cadette:

 • Use the role-playing cards to act out scenarios where you can practice being courageous and strong!

 • Read and discuss *You, Me & Empathy: Teaching Children About Empathy, Feelings, Kindness, Compassion, Tolerance and Recognizing Bullying Behaviors* by Jayneen Sanders

Senior & Ambassador:

 • Play the "Erasing Meanness" Game

I am a friend that is

RESPONSIBLE & RESPECTFUL

As Girl Scouts, we aim to develop skills that mold us into the girls and women we want to become, more specifically we focus on developing life skills. Life skills can be anything from decision-making, creativity, emotional intelligence, social skills, empathy, and self awareness; all of these skills embody being responsible and respectful for your words and actions.

As you get older, you will continuously be developing life skills; you're never too young or too old to learn new skills.

Let's focus specifically on awareness. There are different types of awareness, commonly heard as self-awareness and social awareness. You begin to develop self and social awareness through your own experiences and environment. Being **self-aware** is being conscious of the fact that you are doing something or simply being aware of yourself.

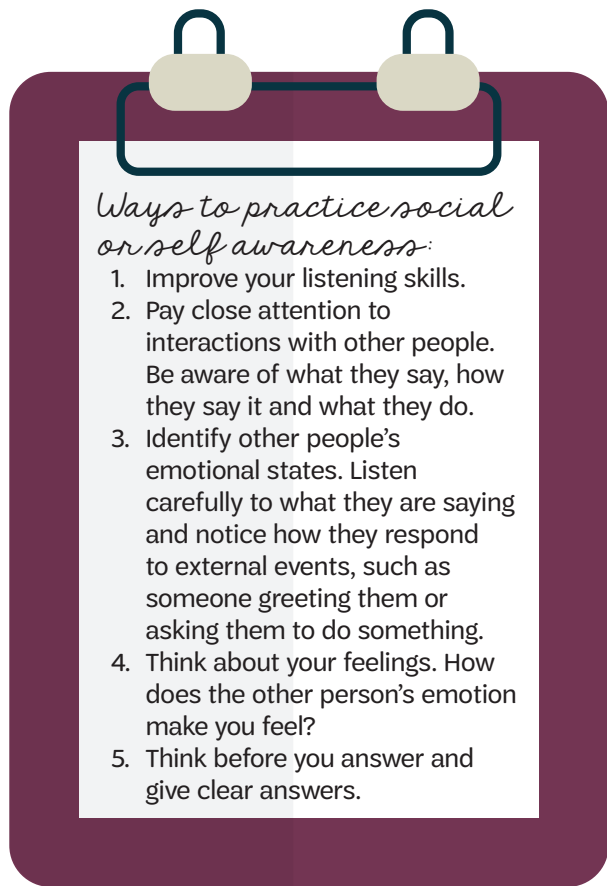
Social awareness is the ability to understand and appropriately react to both broad problems of society and interpersonal struggles. This means that being socially aware relates to being aware of your environment, what's around you, as well as being able to understand the emotions of people with whom you interact.

As you mature with age, you realize the world you live in is filled with bias, inequality, injustice, and a lot of other complex things. It can be confusing and scary trying to understand all of this, and that's okay, with these experiences comes opportunity.

Everyone you meet will have different life experiences from you, so sometimes it might be hard for you to understand why certain things upset others or why someone doesn't think the same way as you. With self-awareness we are given the opportunity to be responsible and respectful of others by trying to understand them.

You will never fully agree with everyone on everything. And hopefully you wouldn't want to! Think of what a boring world it would be if we all thought the exact same way and had the exact same experiences. It is not wrong to think differently than someone, but it is wrong to be dismissive, rude, or mean about your differing opinions. It is always okay to disagree with our friends and engage in a respectful conversation, as long as we remain responsible of our reactions and respectful of their opinions and experiences. It is especially important to remember this in a virtual world of social media since tone cannot be deciphered through a screen.





↓ INTRODUCTION ACTIVITY

I AM RESPONSIBLE:

This activity works best in a troop setting

SUPPLIES:

- Bucket or basket
- Pre-cut cards with “in control” scenarios
- Pre-cut cards with “out of control” scenarios

INSTRUCTIONS:

1. Place all of the cards into the container, make sure it is mixed together.
2. Have each girl step up and draw a card from the basket and act it out. (They can use other girls in the scene if needed).
3. Ask girls to decide if this scenario was something that they were in control of or out of control of.
4. Allow for open discussion.
5. If they are in control of it, how and what were they responsible for?
6. Discuss how they are not responsible for certain things that are out of their control.

DISCUSS:

Another way for girls to learn responsibility is to have them act out different scenarios. By role-playing, you're giving girls a chance to see what responsibility looks like in action. You can help guide girls during these role-play scenarios, helping them understand the true meaning of responsibility in all types of situations.

- How do awareness and responsibility go hand-in-hand?
- Why does responsibility seem so vital among other skills?
- Can you control every situation? Yes, no, both? As a group discuss deeper.
- How do you think the people involved in these situations were impacted by the actions or words used?
- What are things that you are responsible for? Do your choices only affect you?

ADDITIONAL ACTIVITIES:

- Pay attention to what bothers you about other people. This could give some insight to better understand ourselves.
- ↓ Read books about other countries and their special culture. Identify the similarities and differences. A great place to start is *Maps* by Aleksandra & Daniel Mizielinski.

Daisy and Brownie:

- Think back to choices you have made or situations that you have been in. Were you responsible for what happened? It can be anything from a toy breaking, getting a scraped knee, not listening to a parent, hurting someone's feelings, etc.
- Come up with five calming words to use when you are feeling angry to help you think before you respond.

Junior and Cadette:

- Learn traditions, languages countries speak, and foods they commonly eat. Try recreating a dish for family dinner or come up with another way to immerse yourself into a foreign culture.

Senior and Ambassador:

- Set aside a daily reflection time. People benefit greatly when they are able to understand their own emotions. This can include quiet time, yoga, and journaling.
- Research what is emotional intelligence? How can this be applied to society and within yourself?

Remember this, you are free to choose, but you are not free from the consequence of your choice.

- *Anonymous*

It is up to us to be responsible for what we say, do, and learn. By being aware, we are able to support those around us and gain a better understanding of diverse groups. This is the kind of responsibility that develops us into becoming better allies for those friends who are different colors, religions, genders, and those who are all worthy of respect.

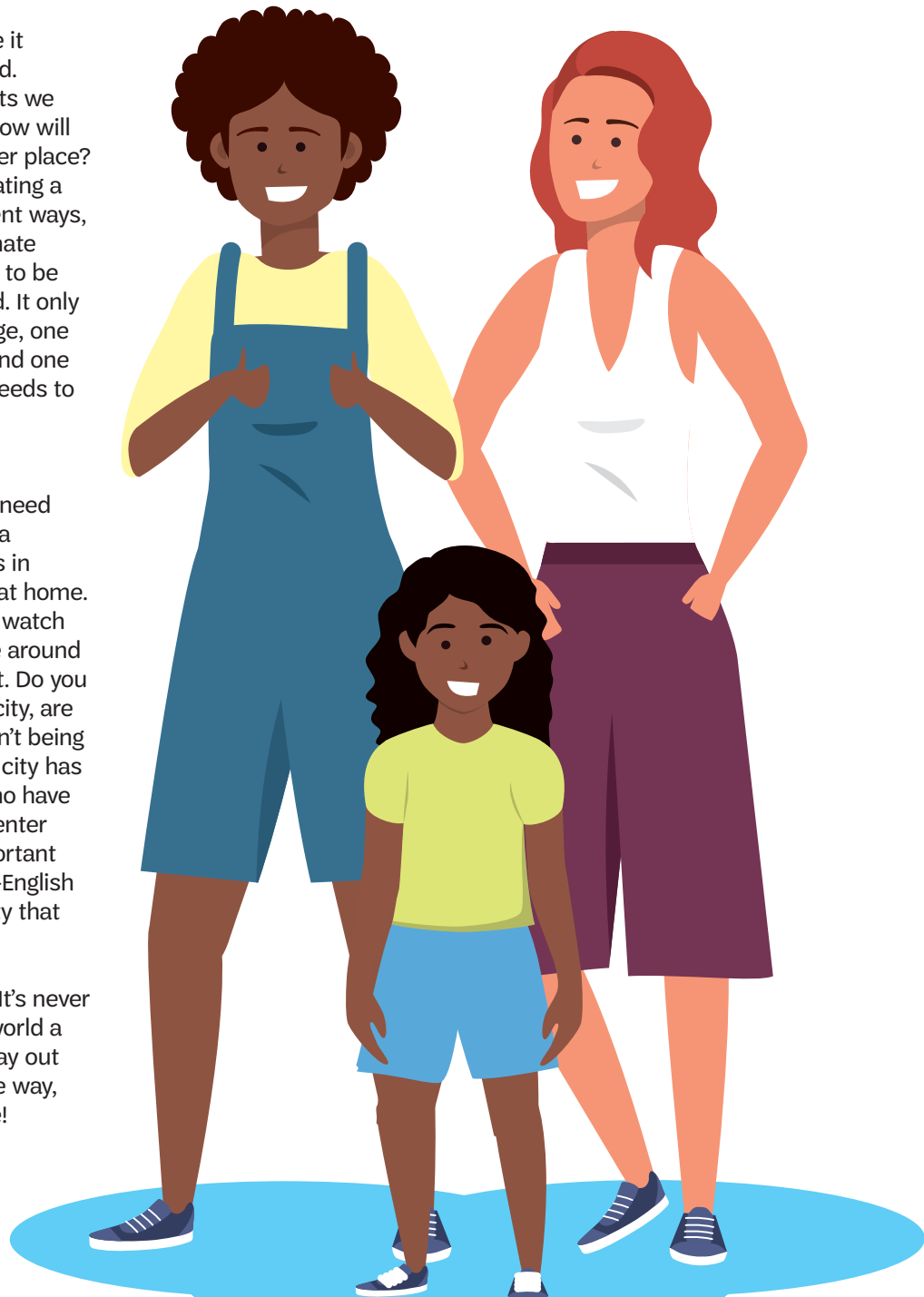
I am a friend that will

MAKE THE WORLD A BETTER PLACE

The world is such a big place, it may feel like it is impossible for one girl to change the world. Well guess what? It is possible! As Girl Scouts we promise to make the world a better place, how will you do that? Will you make the world a kinder place? A safer place? An equal and just place? Creating a better world can be done in so many different ways, by discovering an issue that you are passionate about and learning what steps you can take to be the change that you wish to see in the world. It only takes one person to put into motion a change, one person to recognize that there is an issue, and one person to speak up to say that something needs to change.

To change the world doesn't mean that you need to travel to another country or city to make a difference. One of the most important steps in making a change is making an impact right at home. Start making an impact in your community, watch how your passion touches the lives of those around you and grows into a community movement. Do you see any issues that have an impact in your city, are you passionate about a certain issue that isn't being addressed in your community? Maybe your city has buildings that don't accommodate those who have a disability, making it almost impossible to enter without assistance or maybe there are important public signs that do not accommodate non-English speakers or maybe there is a lack in diversity that needs representation.

Take the steps to think global and act local. It's never the wrong time to speak up and make the world a better place. Before you change the world, lay out a plan on what steps you will need along the way, whether it is a small change or a big change!





INTRODUCTION ACTIVITY

WHEN YOU CLOSE YOUR EYES...

(10 minutes)

This activity works best in a troop setting

SUPPLIES:

- Bulletin Board Letters or Combo Ready Letters
- Sharpies
- White Paper Roll (24x12)
- Multi-colored sticky notes (optional)

INSTRUCTIONS:

1. Find a place to roll out the white paper roll on a wall.
2. Place the Combo letters on the white wall to read, "When I Close My Eyes..."
3. Have girls go up and write down what peace means to them, how do they want the world to be a better place.

This exercise invites students to think about and describe what peace means to them; an important theme that weaves its way through Dr. Martin Luther King, Jr.'s famous speech and goes hand-in-hand with diversity, freedom, and equality. With its colorful sticky notes and contrasting lettering the display is visually appealing and, as a group project, the mural is sure to promote a sense of community.

DISCUSS:

- What do you think Martin Luther King, Jr. would be most proud to see?
- What do you think he would be disappointed to see?
- Do you think he would approve the way we treat one another today? Why or why not?
- What are ways you can change the world? What steps can you take?
- What are some things that you want to see change in the world?

ACTIVITIES:

Daisy and Brownie:

- Grab some construction paper and create a visual of how you can make the world a better place! Use construction paper and crayons to draw an image of the world, cut out an outline of your hands and on your hands write ways that you can change the world.
- Make cards, letters, or care packages for someone who could use some encouragement like senior living homes, children hospitals, or military veterans.

Junior and Cadette:

- ↓ Watch "How to Change the World (a work in process)" by Kid President on YouTube. Ask yourself, do I think I can change the world? What can I do today that can make a better tomorrow?
- ↓ Take a look at these young activists who didn't let their age hold them back from making a change to the world!

Senior and Ambassador:

- Organize a service project about an issue you are passionate about like serving homeless shelters, bringing awareness to domestic abuse, or foster care, etc.
- Organize a committee that shares similar passions as you to plan events that raise awareness that educate and empower your community.

Each time a man stands up for an ideal, or acts to improve the lot of others, or strikes out against injustice, he sends forth a tiny ripple of hope.

*- Robert F. Kennedy
United States Attorney General*

When it comes to making the world a better place for people of all colors, ethnicities, abilities, and genders, Girl Scouts can be that hope in the world.

I am a friend that will

BE A SISTER TO EVERY GIRL SCOUT

Sisterhood is defined as a community of women linked by a common interest. Sisterhood is love and understanding. Sisterhood is made up of honesty, courage, strength, responsibility, and respect; all things that make us Girl Scouts. Our sisters in Girl Scouting follow the same promise with the goal of making the world a better place, and though they may be different from us, they are all our sisters.

We share a bond like no other and strive to do what is right with and for our sisters at our sides. Everyone has differences and we should celebrate them! Our differences make us unique and special and including every single one of our unique and special sisters will make us unstoppable.

When no one is left out, there are no hurt feelings, girls can feel comfortable and confident within their sisterhood and they can flourish. In order to truly experience the joy of diversity and equality, we need to treat everyone like our sisters and encourage others live by the golden rule. There is more than one way to be a great sister. It can be as simple as lending a listening ear or shoulder to cry on or it could be supporting her in bigger ways. As sisters we should uplift, encourage, and support each other's endeavors as if they were our own. After all, with so many different girls and women making up our sisterhood, think of all the different, amazing things we can accomplish!



You must never be fearful about what you are doing when it is right.

- Rosa Parks

Now more than ever, we need to stand up for what is just and support our brothers and sisters of different abilities, colors, ages, nationalities, and religions.

ADDITIONAL ACTIVITIES:

- To learn about more ways you can "Be a sister to every Girl Scout", complete the Stand Beside Her patch program!
- Research and celebrate different holidays from other cultures
- Learn about cultural etiquette

Daisy and Brownie:

- Create and fill out Friendship Hearts located in the Google Classroom
- Read and discuss the *Fruit Salad Friend: Recipe for A True Friend* by Maria Dismondy and Kathryn Selbert

Junior and Cadette:

- Read and discuss *Barefoot Books: Children of the World* by Kate Depalma

Senior and Ambassador:

- Get a pen pal and make a new friend
- Join a new club or activity to make new friends

Ways to be a sister to every Girl Scout:

1. Encourage her.
2. Listen. Let her talk!
3. Share your knowledge.
4. Give back to younger Girl Scouts.
5. Give compliments.
6. Help your troop leader and other volunteers
7. Connect girls.
8. Invite other girls to join your troop.
9. Be inclusive of other girls.
10. Live by the Girl Scout Promise and Law

INTRODUCTION ACTIVITY

Together a Masterpiece!

(15 minutes)

This activity works best in a troop setting

SUPPLIES:

- Poster board
- Construction paper
- Markers/crayons/colored pencils
- Additional decorative supplies (optional)
- Scissors
- Glue or tape

SET UP:

In the center of the poster board write the following quote: "We are each unique and beautiful, but together we are a masterpiece!"

INSTRUCTIONS:

1. Give each girl a piece of construction paper.
2. Instruct them to trace their hand and arm onto the paper (about 2 inches of arm/wrist).
3. Have them decorate to represent themselves and cut out.
4. Once everyone is done, have them show their hand and describe why they decorated it the way they did.
5. Now they are going to create the masterpiece! Help the girls glue their hands onto the poster board, forming a circle around the quote.

DISCUSS

- Do you think it was fun to create a piece of art where everyone could contribute?
- What did you find beautiful about each person's masterpiece?
- Even though every hand is so different, do you think it turned out beautiful?
- How can we create a "masterpiece" in our lives every day?

Even though every hand doesn't match, it may not be symmetrical, or in a specific color scheme, we created a beautiful masterpiece. It is beautiful because it has been touched by everyone.

No one could have created this on their own and it's uniqueness is what makes it so amazing. In our day to day lives, we can continue to create masterpieces by letting everyone contribute to our lives and embracing all of our diverse and unique sisters.

She's My Friend

CONCLUSION

The world is so big, there is nobody who is exactly the same. You will meet people who are from different cultures, they might eat different foods from you, believe in a different religion, or you will meet people who are from the same culture as you that believe in different religions or their families may look different from yours.

Just because they are different doesn't make them better than you nor less important; all are equally valued! Growing up differently from your fellow Girl Scouts is an opportunity to learn about how another person lives. Ask them about their lives, what they find important, what they value, and try to better understand their perspective and how they see the world.

By learning more about others, this allows you to see through a different lens, developing awareness and understanding of others in the world.

As Girl Scouts, it is your duty to fight for inclusion and equality for yourself and all of your friends. The greatest change happens when we open our minds and hearts to do better and work outside of our comfort zones.

Take what you've learned and stand up and with girls of all races, ethnicities, and backgrounds because she is my friend and she deserves to be treated equally.

Be the change you wish to see in the world, and never settle for less than what you and those around you deserve.

PURCHASE YOUR PATCH



She's My Friend Patch

\$1.25

Upon completion, you can purchase your She's My Friend patch online through the Girl Scouts Shop.

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