



Cadette Girl Scout Age Group Characteristics



Every Cadette Girl Scout is unique, with different needs, interests and levels of development. Some girls may exhibit traits of older girls, while 6th grade Cadettes may still be exhibiting younger characteristics. It is so important to keep that in mind when working with Cadettes. As these girls move from childhood into adolescence, it is important to keep in mind the differences in their emotional, social, physical, and intellectual characteristics. A few eleven-year-old girls may have started their period, while some of the 13-year-old girls are just beginning to develop. The girls will become less sensitive and more assertive as they move through puberty.

Developmental Characteristics for Girl Scout Cadettes Ages 11–13 years of Age

Physical Characteristics	<ul style="list-style-type: none"> • Is very concerned with moving into puberty and the development that comes with the process • Likes to ask questions about sexual development and wants truthful answers • Has equal interest in boys' development • Going through a growth spurt – most girls reach 95% of their mature height by 13 yrs. • Concerned about body image and appearance - height, weight, stature, gait, hair, freckles, acne, orthodontics, glasses • Needs a lot of sleep for not only physical growth, but also emotional stability • Has concerns about good personal hygiene for herself and others
Intellectual: Characteristics	<ul style="list-style-type: none"> • Has the ability and knowledge to challenge adults intellectually with an increased use of logic, abstract thinking, and reasoning skills • Becomes more interested in their community, world, and the future of both • Works hard to be responsible and accomplish difficult tasks • Tries to understand that her brain is still developing and many functions are affected: organization, short-term memory, impulse control, pleasure seeking, limit testing, and wanting immediate rewards
Emotional Characteristics	<ul style="list-style-type: none"> • Likes to try new things, but finds it hard to adapt • Is sensitive and finds it difficult to accept blame, punishment, or criticism • Needs good positive outlet for all her energy • Likes to arrange her own activities and be a part of making the rules • Worries about popularity, school work, money, and the future • Sometimes has a hard time making decisions • Mood swings and irritability are common
Social Characteristics	<ul style="list-style-type: none"> • Shifting the center of her social world from home to peers • Has a drive to attain independence and a need to define her individuality • Has a strong urge to conform to peer-group morals and actions • Does not want to stand-out from peers • Develops close friendships with other girls - BFFs • Enjoys social media, all forms, and they become very important • May join cliques within the troop or at school • Finds that relationships can be difficult and create social problems at school and within the troop • Dislikes that bullying spikes during these years • Likes to chat, one-on-one, with adults – ask questions that do not have one word answers • Likes it when others just listen to her talk; she just wants to be understood • Wants the girls, within a troop, to create a 'Troop Agreement' that helps her to maintain her own limits and find acceptable ways to interact and express emotions.