

# Leadership and Healthy Living for Girls



## The National Girl Scout Leadership Experience

invites girls from kindergarten through high school to Discover who they are and what they stand for, Connect with others locally and globally, and Take Action to make a difference in the world around them!

Girl Scouting gives girls a fun and meaningful way to develop leadership skills they can use in their daily lives and as they grow. Girl Scouts of the USA realizes that girls making healthy choices and promoting healthy living are necessary to the foundation they need to become strong leaders. Engaging content and activities supporting girls' attainment of practical life skills related to healthy living are woven throughout our national leadership journey program. Journeys:

**Show girls how to incorporate** practical new habits into their daily lives. Even Girl Scout's littlest leaders, Daisies and Brownies, enjoy educating and inspiring families, neighbors, and schools to make practical changes that add up to healthier lives.

**Encourage girls to use their passions to better the world.** Girl Scouting ties the passion many girls have for the environment to healthy living habits they can develop for themselves. By exploring innovative ideas and taking the lead on trying them out in their communities, girls get to "do good and feel good" while inspiring others to do the same.

**Support girls in advocating for what they believe in,** including opportunities for gardens at their schools and in their communities, walking school buses, and healthier food choices for school lunches. Girl Scouting helps girls of all ages become role models for healthy living.

Program experiences aimed at healthy living can be found in Girl Scouts' three series of leadership journeys:

*It's Your World—Change It!*

*It's Your Planet—Love It!*

*It's Your Story—Tell It!*



# Girl Scout Daisies

explore the joys of animal care, and come to understand that all living creatures need a balanced diet, fresh air, and play! Along the way, these little leaders also learn that they need the same. Simple and fun recipes in their leadership journeys guide Daisies to create, eat, and share healthful animal-themed snacks. These treats inspire their families to snack healthfully, too!

—from *5 Flowers, 4 Stories, 3 Cheers for Animals!* for K-1st grade



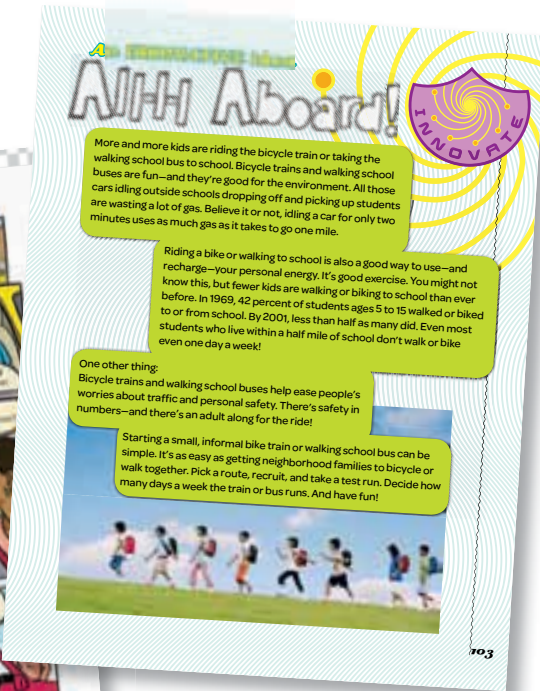
# Girl Scout Brownies

take the lead by choosing a simple healthy habit they can enjoy with their families. This practical activity invites Brownies (and their families and Girl Scout troops) to make one change in their eating or exercise habits.

Whether that means enjoying a walk together a few times a week, getting sweet fizzy drinks off the dinner table, or trying some new vegetable recipes, Brownies can take small actions that create real results. Imagine 700,000 Girl Scout Brownies each inspiring their families, troops, classrooms, and everyone around them to incorporate one new healthy choice into daily life? That adds up to a big impact!

—from *Brownie Quest* for grades 2-3





## Girl Scout Juniors

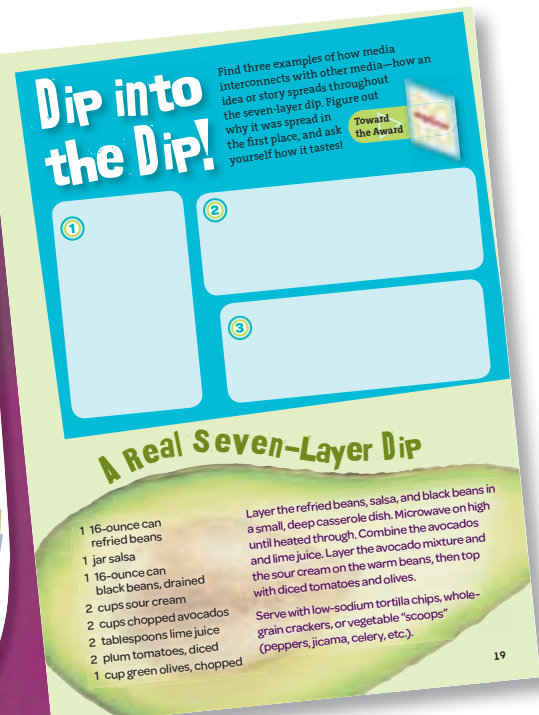
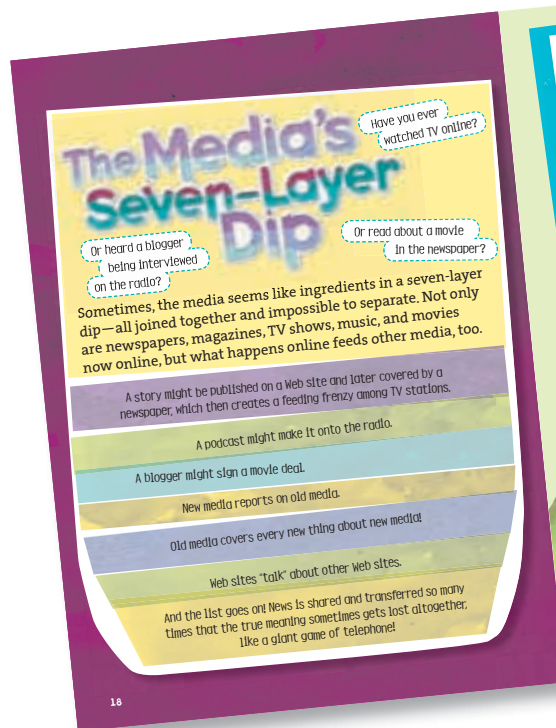
get moving to explore energy inside them, the energy of their places and spaces (buildings), and the energy of getting from here to there (transportation). Along the journey, they enjoy fun, physical activities, create energy-boosting meals, and Take Action by creating walking school buses, and community bike-sharing initiatives—all efforts that improve their own and others' health, and the health of the planet!

—from *GET MOVING!* for grades 4-5

## Girl Scout Cadettes

realize that emotional health matters and are invited consider how the media can shape unrealistic body and beauty standards causing stress and anxiety. Girls gain confidence though when they Take Action to re-make media to match their realities. Of course girls need to fuel up for all this action, so they can have fun with recipes for creating balanced and healthful snacks. Cadettes demonstrate leadership and promote health in their own lives and in the world around them!

—from *MEDIA* for grades 6-8



# Girl Scout Seniors

take the lead on one of the most important issues of our day in the *SOW WHAT?* leadership journey: food prints. Girls are challenged to decide what's good for them—and good for the planet—and have fun along the way. They dive into examples and inspirations from around the country and the globe, and enjoy making and sharing some really happy meals, too! Girl Scout Seniors learn to make healthful food choices for themselves and the planet, and educate and inspire the world to do the same.

—from *SOW WHAT?* for grades 9-10



## ADVOCACY IN ACTION: WHAT

OK, you hate that your school can't seem to find a way to sell snacks that are tasty and not so bad for you. If you followed

1. You've got your cause: nutritious food for all!
2. Dig up all you can about prepackaged, healthful snack options. Find out which items other schools in your area offer, and the cost. Check out vending machines at area health clubs and gyms. Find out who services them: survey students, school staff, and/or parents. What would they want?
3. Reach out to potential partners—follow students, parents, the PTA, your principal, the cafeteria staff, pediatricians, dietitians, local hospitals, snack distributors—basically anyone who might join your cause. Hang posters at school or publicize your efforts through the school paper or Web site. The goal? A core group of partners to team up with.
4. Gather your new partners and decide on your issue's critical VIPs. Do you need school-board approval for the changes or do officials at your school oversee the decision? Do you need student-council approval first? Attend some meetings of those VIPs. This might mean starting with your student council and moving up the

### THE 8 STEPS MIGHT LOOK LIKE

the "8 Steps to Advocacy," would you be able to taste success? Here's a quick soup-to-nuts approach:

1. Find out what your school board does. Learn how each official body does business and makes decisions.
2. Figure out what to say. How to say it, and who's best to say it. One or more students? A pediatrician? Some parents? A panel with some of each? Consider using key statistics and studies to enhance your pitch—maybe even a PowerPoint presentation. How much time will you have? You may need to write to the VIPs to request to appear at one of their scheduled meetings or to ask how you can get some "air time." What questions will VIPs have for you? How will you answer?
3. Practice, practice, practice—and then deliver your pitch with gusto!
4. Pass the baton to partners or VIPs. Thank the VIPs for their time—and do it promptly. Let them know what you think could happen next.
5. Step back and evaluate. How did your pitch go? Maybe your soufflé rose to dramatic heights—or just an inch or two! Either way, congratulations! You took a stand and presented your case. Sit back and enjoy a snack.

**1831** Mary Wollstonecraft publishes her book *On the Rights of Women*, which argues that women deserve the right to an education. Educated women would not be seen as naturally inferior to men, she writes.

**1792**

# Girl Scout Ambassadors

learn how to advocate for what they believe in and kickoff their journey with efforts around healthy living: They advocate for healthier food choices in their schools. Girls then go from healthy foods to healthy moods! Ambassadors feel empowered as they have the opportunity to explore health issues that impact girls and women, and advocate for themselves and others on health causes they care about.

— from *Your Voice, Your World* for grades 11-12