



Mission: Sisterhood

Self-esteem means how a girl feels about herself – her abilities, her body, her capacity to seek and meet challenges in the world. Supporting and strengthening Seniors' self-esteem are goals of this journey. With strong self-esteem, girls are likely to avoid any drop in confidence as they move through adolescence. Instead their confidence will soar! Girl Scouting is guided by a positive philosophy of inclusion that benefits all. On this journey especially, it is hoped that girls will increase their feelings of being powerful, capable, and strong as they enhance their skills and develop new ones. So, as the Girl Scout Law says, "be a sister to every Girl Scout."

During the **Mission: Sisterhood** journey, girls have an opportunity to earn the prestigious Girl Scout Senior **Sisterhood Award**. The **Sisterhood Award** is an important step on the Girl Scout leadership ladder.

To earn the **Sisterhood Award**, Seniors will:

- Define a sisterhood issue
- Create a plan for how to Take Action on that issue
- Take Action!

What it means for Seniors:

Girls understand the power of sisterhood in their own lives and in the world. As with all leadership awards earned on Girl Scout journeys, the Sisterhood Award gives girls the planning, teamwork, and networking skills they need to pursue the Girl Scout Gold Award, the highest award in the Girl Scouts.

The steps to the **Sisterhood Award** are:

1. Define a Sisterhood Issue for themselves
2. Develop a Mission of their own
3. Make the big decision
4. Work out the logistics of their project
5. Create the project timeline

Here are some ideas for sample sessions for this **Mission: Sisterhood** journey. They are merely suggestions and are not meant to be the only way to take this journey.

It is extremely important that you let the girls make all of the decisions about how this journey will be earned from planning how to start to making the final plan as to how to receive the Sisterhood Award.

This journey encourages the girls to establish a friends and family network so you as the leader will be able to step back and guide rather than lead. Girls can choose to work on this journey alone, in pairs, in mini-teams, or as a larger group.

Page numbers in the headings refer to the page the session starts in the adult guide.

Session 1: **Starting Our Sisterhood** page 28. Seniors begin to define "sisterhood" for themselves and their team.

They could:

- Participate in a visual smorgasbord activity where they use pictures of women and girls in various activities to define what sisterhood means to them as a group
- Participate in a discussion group to determine why they chose the pictures they did and why they created the smorgasbord they did
- Start planning this journey keeping in mind their busy schedules using the Make It Your Own planning guide on pages 34 and 35 in the adult guide
- Plan to bring an item to the next meeting that symbolizes friendship to them
- Plan for each girl to prepare and bring a snack to share to the next meeting

Session 2: **Know Thyself** Page 36. Seniors learn the meaning and importance of being their own best friend, and start to consider sisterhood issues. They could:

- Participate in a "social style" activity where they discover how they feel in social situations and discuss their findings
- Participate in a group discussion to determine what is most valuable to them in a friend
- Read pages 25–31 of the girl book to gain a better understanding of who they are
- Share the snacks they brought while they discuss their daily lives, what they have observed when girls and women interact in their sisterhood
- Plan what movie they would like to watch they think depicts sisterhood for the next meeting

Session 3: **With Friends Like These...** Page 44. The Seniors gain a better understanding of the importance various types and levels of friendships play in their lives. They could:

- Participate in the "What Kind of Friend Am I and When?" activity (page 45 in the adult guide)
- Watch the video they decided on previously and tally the types of friendships portrayed in it (a list of types can be found in the girl book page 12–13)
- Participate in a discussion about what they saw and their tallies

- Participate in the Further or Fizzle: Friendship Role-play activity on page 46 of the adult guide
- Start a short list of possible **Sisterhood Projects** based on their lists and issues they have learned about along this journey so far



Session 4: **Your Mission Starts Now!** Page 54. The Seniors get moving on their **Sisterhood Project** plan and explore how various forms of communication help or hinder friendships and sisterhood. They could:

- Decide how to divide into teams to choose sisterhood issues that are important to them from the previous list or one they have discussed together and decide on their **Sisterhood Project**
- Start using the project planner in the girl book to plan their project
- To learn about different ways to communicate they may participate in a modern game of Telephone and Body-Language Charades

Session 5: **Fit for the Mission** Page 60. Girls learn ways to keep their friendships, minds, and bodies healthy and fit as they move forward with their **Sisterhood Project**. They could:

- Participate in the laughter parade activity as an opening ceremony
- Brainstorm ways friends keep us healthy
- Continue planning their **Sisterhood Projects**
- Make and enjoy fresh salsa
- Plan the next meeting and what to bring for the Diversity Salad

Session 6 & 7: **Sisterhood Knows No Boundaries** Page 66. The Seniors team up and carry out their efforts to have a positive impact on the sisterhood issue they chose en route to earning the **Sisterhood Award**. They could:

- Participate in the 'Beauty is in the Eye of the Beholder' activity on page 67 of the adult guide
- Enjoy their Diversity Salad by combining all of the ingredients they each brought
- Explore careers in advocacy on the web and discuss what might interest them

- If time allows, for fun, create Buddy Button Bracelets (friendship bracelets) (instructions on page 72–73 in the adult guide)
- Share how their projects are progressing with everyone and gather inspiration and advice for improvements or changes as necessary
- Continue planning and fine-tuning their **Sisterhood Projects**
- **Carry out their Sisterhood Projects**
- Find a sisterhood story, from any medium, to share at a future meeting

Session 8: **Making Sisterhood Your Story!** Page 76. The Seniors apply all they have learned to their own understanding of how sisterhood has shaped, and will continue to shape, their life stories. They could:

- Participate in the Sisterhood Stories Take Center Stage activity on page 77–78 in the adult guide
- Get creative by making the "Sisterhood Circle" pattern and making cards to send or give to the experts, advisors, and new friends they met along this journey
- Look again at the Sisterhood Smorgasbord and adjust the picture to include what they have learned and how their impressions and concepts have changed

Session 9 & 10: **Celebrating the Circle of Sisterhood** Page 80. The Seniors conclude their Mission: Sisterhood! Journey by discussing what they've learned, connecting with the many sisters, and celebrating mission: accomplished.

Note: These two sessions are set aside to plan their end of the journey celebration. It can be as large or as small as they like and will depend on their schedules.

Details and planning aids can be found on pages 80–81 in the adult guide



A good **Sisterhood Project**: Gives the girls the opportunity to:

- Find and think about a sisterhood issue they've never thought about before
- Figure out what they can do about a sisterhood issue they care about
- Meet and talk to new people (that expands their sisterhood)
- Understand how to focus efforts, so they get results despite obstacles
- Start some change that keeps on going even after they're done
- Step back and say, "I made this change happen!"
- Be a true example of sisterhood in action!

To help customize this journey please visit the GSUSA web site at www.girlscouts.org/journeys where you will find journey maps. Badge Activity Sets and the Girl's Guide to Girl Scouting are available at your local Girl Scout Shop or to purchase on line at www.girlscoutnorcal.org/shop.

