

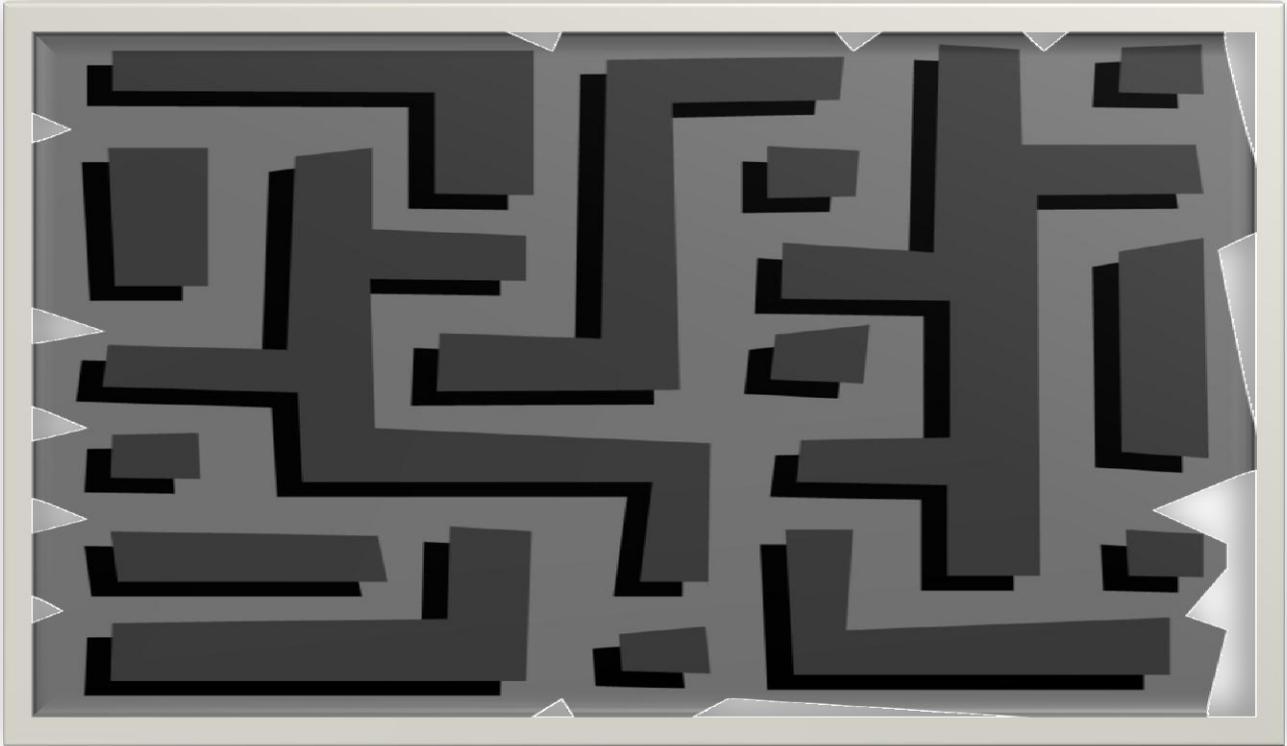
Special
Bonus!

A YEARS WORTH of Meeting Plans for GS Cadettes

To *thank you* for your demonstration of commitment to making the girls' year an exciting **ADVENTURE**, we have packed your suitcase with an entire years worth of meeting plans and activities for the **AGENT OF CHANGE JOURNEY**.



The Journey How-To Adult Guides are your suitcase for the journey. Use this bonus packet to pack the suitcase and with the activities and plans of your choosing to customize your own trip.



Year Outline on How to Guide Girl Scout Cadettes Through MEdia

This is a helpful guide with suggestions on how to extend the Girl Scout Cadette GS Troop year and incorporate the GS Journeys into the GS Troop curriculum more easily by providing easy to use guides. This can be used in conjunction with the books and guides for the Girl Scout Cadette Journey for Series 3 *It's Your*

Story, Tell It. Adjustments may be needed to fit around your Girl Scout GS Troop year. Additional meetings Interest Projects, field trips, and Girl Scout days to celebrate such as Founder's Day, World Thinking Day, and Girl Scout Birthday (These dates can be found inside the back of the girls' book) may be added into your Girl Scout GS Troop year as well. Take note that this Journey is mostly girl lead, so a lot of how the Girl Scout GS Troop year goes depends on how the girls would like for it to be run and which awards they would like to work towards.

**GB= Girls Book
GS Guide= Your
Book**

**AT THE CADETTE
LEVEL girls...**

**RELATED ACTIVITIES(by Sessions or
girls' book chapter/activity)**

Discover

Girls develop a strong sense of self.	Are better able to negotiate the socio-cultural factors, gender issues, and stereotyping/bias based on their sense of self.	S1: Becoming "View" Finders, Viewfinder Games, Your MEdia Story, Closing Ceremony; S2: Opening Ceremony, Option: Media Charades, Beauty Is in the Eye of the Beholder, Unmasking Media Stereotypes, Diversifying Beauty, Quick Rip!, Closing Ceremony; S5-7: Using Survey Input; S9: Earning the Influence Award, A Commitment to Cultivate, Closing Ceremony; S10: Option: A Girl Scout PSA, Theme Songs, Your MEdia Story Revisited; The Final Celebration: Earning the Cultivate Award; GB: All activities and profiles
	Show an increase in self-efficacy.	S2: Unmasking Media Stereotypes, Option: Recipe for Beauty, S4: Earning the Monitor Award, Getting It "Write," Coaching Tips; S8: Presenting the MEdia Remake; S9: Earning the Influence Award, A Commitment to Cultivate; Final Celebration: Earning the Cultivate Award; GB: All activities, profiles, and Media Job Listings
	Are better able to examine their own and others' values from individual, cultural and global perspectives.	S1: Becoming "View" Finders; Viewfinder Games; S2: Beauty is in the Eye of the Beholder, Diversifying Beauty; S4: Analyzing the Survey; S5-7: Using Survey Input; S10: Planning the Mi Dia of Media Celebration; GB: Message in the Girl Scout Law, Finding Your Frequency
	Demonstrate increased commitment addressing issues of fairness, ethics, and justice in their communities.	S3: "News" and the Girl Scout Law; S4: Earning the Monitor Award; S8: Presenting the MEdia Remake; S9: Earning the Influence Award; The Final Celebration: Earning the Cultivate Award; GB: Consider the Source, Messages in the Girl Scout Law
Girls gain practical life skills – girls practice healthy living.	Are increasingly committed to practicing and promoting healthy behavior.	All Healthful Snacks; S2: Opening Ceremony, Option: Recipe for Beauty; S3: What's the Scoop; S4: Coaching Tips, Perfection is Not a Goal; GB: A Real Seven-Layer Dip, Your Body, Your Friend, Physical-Emotional-Physical, Power Down, More Ways to Power Down.

	Are more knowledgeable about how family and cultural differences affect healthy living.	GB: Your Body Your Friend, Physical-Emotional-Physical
Girls seek challenges in the world.	Are better able to distinguish positive and negative risk-taking.	S4: Coaching Tips; GB: 10 Great Ways to Challenge Yourself
	Recognize the importance of challenging oneself for one's positive growth.	S1: Introducing the Journey's Award, Becoming "View" Finders; S3: Planning Field Trips; S4: Closing Ceremony, Getting It "Write", Coaching Tips, Options: Virtual Field Trip, MEdia Art; S9: Earning the Influence Award, A Commitment to Cultivate, In Your Own Voice; GB: All Anim-8 activities, Take It Apart; 10 Ways to Challenge Yourself
Girls develop critical thinking.	Are better able to examine issues and ideas from various perspectives	S1: How Many Ads Do Your Want? Becoming "View" Finders; Viewfinder Games; Closing Ceremony , S2: Designing a Survey, Beauty is in the Eye of the Beholder, Unmasking Media Stereotypes; Diversifying Beauty, S3: Conducting the Survey; Slicing into the Big Media Pie, What's Fame?, "News" and the GS Law; S4: Analyzing the Survey; S5-7: Using Survey Input, Option: Virtual Field Trip, "The Golden Eaglet"; S10: Getting Girl Scouts in the Spotlight; GB: Amazing Media!, Archive This, Trash That; My Day of Message Overload!; Getting Hooked; Take It Apart; Toeing the Line; Hey, I Can't Hear (or see) Me!; Stereotypes: easy but Inaccurate; Stereotype Search, "Who Says?"
	Have increased understanding of positive and negative ways that media impact their own and others' lives.	All activities Adult Guide and Girl Book

Connect

Girls develop healthy relationships.	Have more positive trusting relationships with others.	S1: Closing Ceremony; S2: Closing Ceremony; S3: "News" and the GS Law, GB: Phone-a-Friend; your Body, Your Friend
	Are able to use positive communication and relationship-building skills.	S2: How to Ask? Closing Ceremony; S8: Closing Ceremony; S10: Planning the Mi Dia of Media Celebration, closing Ceremony; GB: Time out! TMI! Your Body, Your Friend
	Feel more comfortable with new feelings that accompany adolescence and ways of expressing feelings in relationships, including sexual feelings.	GB: Your Story
Girls feel connected to their communities locally and globally.	Strengthen existing relationships and seek to create new connections with others in their communities	S4: MEdia Remake Planner, Getting Organized, Preparing the Presentation or Media Release, Coaching Tips; S9: Earning the Influence Award; GB: Build a Network to Make Your Influence Really Count
	Gain greater understanding of the importance of community networks for themselves and others	S4: MEdia Remake Planner, Getting Organized, Preparing the Presentation or Media Release, Coaching Tips; S9: Earning the Influence Award; GB: Build a Network to Make Your Influence Really Count
Girls advance diversity in a multicultural world.	Are more aware of the issues, perspectives, and experiences of people from various backgrounds, locally and globally.	S1: Becoming "View" Finders, Viewfinder Games; S2: Designing a Survey, Beauty is in the Eye of the Beholder, Diversifying Beauty; S3: Conducting the Survey, Slicing into the Big Media Pie, closing Ceremony; S4: Analyzing the Survey and Choosing the Remake, MEdia Remake Planner, Getting Organized, Using Survey Input
	Learn strategies for promoting diversity.	S4: MEdia Remake Project Ideas; S5-7: MEdia Remake Planner, Getting Organized; Preparing the Presentation or Media Release, GB: Who Says?

Take Action

	Can examine the negative impact of stereotyping, prejudice, discrimination, and privilege on their lives and the lives of others.	S2: Unmasking Media Stereotypes, Quick Rip!, S3: Slicing into the Big Media Pie; S5-7: Using Survey Input; S9: A Commitment to Cultivate; S10: Getting Girl Scouts in the Spotlight; GB: Hey, I Can't Hear (or See) Me! Stereotypes; Easy but Inaccurate, Stereotypes Search, "Who Says?"; Gimme a C!
Girls can identify community needs.	Strengthen their ability to decide which community issue deserves action.	S2: Who to Ask, What to Ask, How to Ask; S3: Conducting the Survey, Slicing into the Big Media Pie, Closing Ceremony; S4: Analyzing the Survey, MEdia Remake Project Ideas, MEdia Remake Planner, Getting Organized; Using Survey Input S5-7, GB: Community Counts; Media Award Tracker
	Begin to address deeper causes of issues in their communities.	S3: Slicing into the Big Media Pie; Closing Ceremony; S4: Analyzing the Survey, MEdia Remake Planner, Getting Organized; GB: Your MEdia Remake
Girls are resourceful problem solvers.	Are able to create and implement detailed action plans for their projects.	S2: Designing a Survey; S3: Conducting the Survey, Slicing into the Big Media Pie, Closing Ceremony; S4: Analyzing the Survey, MEdia Remake Planner, Getting Organized, Preparing the Presentation or MEdia Release; S5-7: Using Survey Input, Planning the Presentation; GB: Media Award Tracker
	Increasingly seek out community support and resources to help achieve their goals.	S4: MEdia Remake Planner, Getting Organized; S8: Presenting the MEdia Remake; GB: Build a Network to Make Your influence Really Count
Girls advocate for themselves and others	Recognize the importance of advocacy in accomplishing positive changes for themselves and others.	S3: Closing Ceremony; S4: Earning the Monitor Award, MEdia Remake Planner, Getting Organized, Preparing the Presentation or MEdia Release; S5-7: Using Survey Input, Advertising the Project, Becoming "Buzz Agents," Planning the Presentation; S8: Presenting the MEdia Remake; S10: A Girl Scout PSA (option),

Girls advocate for themselves and others		Final Celebration: Earning the Cultivate Award; GB: Know Your Audience, Gimme a C!
	Gain greater ability to use specific advocacy skills.	S3: Monitor Award Check-In, Closing Ceremony, Preparing the Presentation or MEdia Release, Coaching Tips; S5-7: Advertising the Project, Becoming “Buzz Agents,” Planning the Presentation; S8: Presenting the MEdia Remake; S10: A Girl Scout PSA (option), Final Celebration: Earning the Influences Award; S10: Option: A Girl Scout PSA ; GB: Know Your Audience
Girls educate and inspire others to act.	Show increased commitment to educate others on how to better their communities.	S3: Closing Ceremony; S4: MEdia Remake Planner, Getting Organized, Preparing the Presentation or MEdia Release; S5-7: Using Survey Input; S8: Presenting the MEdia Remake; S9: Earning the Influence Award; S10: Option: A Girl Scout PSA; The Final Celebration: Earning the Cultivate Award; GB: Using Your Passion to Lead, Gimme a C!, Media Award Tracker
	Are better able to identify and select various methods for informing others about their Take Action projects.	S3: Closing Ceremony; S4: Analyzing the Survey, MEdia Remake Project Idea, MEdia Remake Planner, Getting Organized, Preparing the Presentation or MEdia Release; S5-7: Using Survey Input, Planning the Presentation; GB: Media Award Tracker
Girls feel empowered to make a difference.	Feel more valued by others for their ability to apply leadership skills toward positive change.	S3: Monitor Award Check-in; S3: Closing Ceremony; S4: Earning the Monitor Award; S5-7: Using Survey Input; S8: Presenting the MEdia Remake; S9: Earning the Influence Award; S10: Planning the Mi Dia of Media Celebration; The Final Celebration: Earning the Cultivate Award; GB: Your Story, Your Change; Gimme a C!
	Have increased confidence to participate in decision-making processes in their groups or communities.	S3: Slicing into the Big Media Pie, Planning Field Trips, Closing Ceremony; S4: Analyzing the Survey; S5-7: Using Survey Input, Planning the Presentation; S8: Presenting the MEdia Remake; S9: Earning the Influence Award; S10: Planning the Mi Dia of Media Celebration; The Final Celebration: Earning

		the Cultivate Award; GB: Your Story, Your Change, Build a Network to Make Your Influence Really Count, Gimme a C!, Media Award Tracker
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Session 1: ImMEdiate Action

Goal: The Cadettes begin to explore their relationship with, and their view of, media.

Meeting 1:

SUPPLIES & RESOURCES

- ✓ Girl Scout Cadettes Adult Guide
 - ✓ Girl Scout Cadettes *MEdia* (Girls Book)
 - ✓ Healthy snack
-
- Journey Kickoff: A Media Walkabout
 - Gather Cadettes together and inform them they will begin an exciting journey all about media, one that focuses on their interests and desires and that really gets to the *ME* in *media*.
 - Notify them that the word *media* refers to *all* the *tools* used to communicate with many people at one time.
 - The Cadettes will also kick off the journey by investigating just how much media is right around them.
 - For more information refer to page 28 of the *Adult Guide*.
 - How Many Ads Do You Wear?
 - Girls further learn about media awareness
 - For more information see page 30 of the *Adult Guide*
 - Introducing the Journey's Awards
 - Take this time to discuss this journey and the opportunities they will receive to earn three awards to move them up the ranks of Girl Scout leadership.
 - Remind them that journey awards are the only awards that give them the skills, preparation, and leadership know-how to go for the Girl Scout Silver Award.
 - For more information of the Journey's awards refer to page 30 of the *Adult Guide*.
 - Healthy snack

- This will be good time to discuss snack options for future meetings and food allegories of the members of your troop, serve healthy snack!!
- Clean Up!!
- Closing Ceremony
 - Invite the Cadettes to choose a closing ceremony to end the day's meeting.

Meeting 2:

SUPPLIES & RESOURCES

- ✓ Girl Scout Cadettes *Adult Guide*
 - ✓ Girl Scout Cadettes *MEdia* (Girl Book)
 - ✓ Photocopies or large version of "Movie Camera Moves and Moods" chart (page 34 in the *Adult Guide*)
 - ✓ Chart paper
 - ✓ Marker and pencils
 - ✓ Easel (or white board)
 - ✓ Optional: cameras, cell phone cameras
 - ✓ Sketchbook
 - ✓ Slips of paper
 - ✓ Small bag, bowl or container
 - ✓ Healthy snack
-
- Opening Ceremony
 - Invite girls to choose ceremony to begin day's meeting.
 - Being Prepared: Customizing the Journey
 - Remind the girls that media takes a lot of preparation and that is a direct connection to the Girl Scout motto: ***Be Prepared.***
 - Have a small discussion with the girls about being prepared and point out that all the preparation happens well before the cameras roll. Then have the girls' think of their *MEdia* journey as a time when they are creative and collaborative.
 - Invite the Cadettes to brainstorm more ideas, keeping in mind the time they have to devote to the journey.
 - For more details refer to page 32 of the *Adult Guide*.
 - Becoming "View" Finders
 - Inform girls that they will get a chance to become a director! Have a some discussion on what a director does (let this be more girl led).

- Demonstrate how the girls can use their hands to make an adjustable frame “viewfinder”, by forming right angles between thumb and forefinger, then overlapping the two L’s to make a rectangular frame.
- For more details refer to page 33 of the *Adult Guide*.
- Viewfinder Games
 - Cadettes will take turns being director.
 - Refer to page 36 of the *Adult Guide* for more information.
- The Art of Archiving
 - Have girls think of how they would like to save any sketches, notes, drafts, doodles and snapshots they create along the way. They may also want to create a team archive, a special place to preserve materials, of their journey experience to share with friends and family at their final celebration.
 - It could even serve as a *MEdia* kit to pass on to a group of rising Juniors.
- Your *MEdia* Story
 - Wrap up today’s *MEdia* start by pointing the girls to the opening pages of their book, which focus on whose reality media represents and what reality the girls want to be living.
 - Follow script on page 37 of the *Adult Guide*.
- Snack Time!!
- Clean Up!!
- Closing Ceremony: Small Bites Say a Lot
 - Gather Cadettes in circle and write down their skills or likes on a slip of paper.
 - For more details refer to page 38 of the *Adult Guide*.
- Looking Ahead to Session 2
 - Have girls bring in images from any media that show a stereotype about girls or women. Encourage them to take a look at the “Dialing into Stereotypes” section on pages 43-46 of their book.
 - Also ask the girls to bring in issues of fashions, beauty, celebrity, or other magazines that they don’t mind tearing up. Bring extra to ensure that all the girls have one for the “Quick Rip!”
 - For more information refer to page 39 of the *Adult Guide*.

Home Assignment: Have girls to spend time, before next meeting, to look around at how media plays a role in their lives. Point to girls to “Slice the Media Pie” and “Your *MEdia* Meter Rating” on pages 11 and 12-14 of their book, and encourage them to have fun with both activities. Ask them the questions listed on page 38 of the *Adult Guide*.

Session 2: Busting Media Stereotypes

Goal: The girls confront the media's criteria for attractiveness and beauty and examine which criteria they have internalized.

Meeting 3:

SUPPLIES & RESOURCES

- ✓ Girl Scout Cadettes *Adult Guide*
 - ✓ Girl Scout *MEdia* (Girls Book)
 - ✓ Photocopies of sample survey (page 45 in *Adult Guide*)
 - ✓ Healthy Snack
-
- Opening Ceremony: Turning into Me and My Media
 - Gather Cadettes in a circle and ask them to take turns filling in the two blank in the sentence found on page 41 in the *Adult Guide*.
 - Media Charades
 - Have girls to take the time to act out something about media in their lives that they've realized since starting this journey. The rest of the Cadettes will guess what media is being portrayed.
 - For more details refer to page 41 of the *Adult Guide*.
 - Media and Your Community: Designing a Survey
 - Inform the Cadettes that this is part of their effort toward their Monitor award. They will take part in a team activity that considers media use in their community.
 - Who to Ask/ What to Ask
 - Survey time!! Let the girls know that they need to first decide *who* they want to survey so that they can decide *what* they want to survey people about.
 - When and where to survey
 - Now that the girls have thought of who and what, its time to think about when and where. You might suggest that girls conduct surveys doing the school day, lunch time or right before or after school starts/ends.
 - How to Ask
 - Finally, the girls can begin brainstorming on whether their survey should be online, on paper, or in person.
 - For more information refer to pages 42-46 of the *Adult Guide*.

- Snack Time!!
- Clean Up!!
- Closing Ceremony
 - Invite girls to choose ceremony to close day's meeting.

Home Assignment: Have girls bring media examples that show stereotypes to next meeting, girls should bring 1-2 examples.

Meeting 4:

SUPPLIES & RESOURCES

- ✓ Girl Scout Cadettes *Adult Guide*
 - ✓ Girl Scout Cadettes *MEdia* (Girls Book)
 - ✓ Stereotypical portrayals of girls/women in the media (i.e. magazines, the web, package design, or advertising)
 - ✓ Pads of sticky notes
 - ✓ Chalkboard or easel(for displaying notes)
 - ✓ Healthy snack
-
- Opening Ceremony
 - Unmasking Media Stereotypes
 - Advertising and its messages are often at the root of concerns people have about media in their community and in the wider world.
 - Get girls to start a discussion on the ads they brought and count to see how many of them ads are.
 - Challenge the girls to look around for age stereotypes in the media they brought.
 - For more details, refer to pages 46-47 in the *Adult Guide*.
 - Monitor Award Check-In
 - Take this time to check in on the girls to see how they are progressing on their Monitor award activities. If they would prefer to do one together as a group, the "Stereotype Search" (page 46 in GB) is perfect!
 - Diversifying Beauty
 - Lead the girls to the "Your Body, Your Friend" section of their book (page 48), which discusses how girls are often too hard on themselves about how they look.
 - Keep discussion going; follow script on page 48 of the *Adult Guide*.

- Snack Time!!
- Clean Up!!
- Closing Ceremony
 - Invite girls to choose ceremony to end day's meeting.

Home Assignment: Bring magazines, which they don't mind tearing up, to the next meeting.

Meeting 5:

SUPPLIES & RESOURCES

- ✓ Girl Scout Cadettes *Adult Guide*
- ✓ Girl Scout Cadettes *MEdia* (Girls Book)
- ✓ Sketchbooks and pencils (or water paints and paint brushes)
- ✓ Optional (digital cameras or cell phone cameras)
- ✓ Magazines
- ✓ Assorted crafts (glue, craft paper, card stock or poster board, markers, yarn, etc.)
- ✓ Recipe for Beauty (page 51 Adult Guide)
- ✓ Good for ME Snack (see page 49 in Adult Guide for recipe)

- Opening Ceremony
 - Invite Cadettes to choose ceremony to begin day's meeting.
- Capture the Beauty
 - Give girls the chance to focus on beauty all around them. Have a small discussion on real beauty and all the different forms and that it can be found everywhere!
 - For more detail on this activity refer to page 49 of the *Adult Guide*.
- Quick Rip!
 - Have Cadettes take out the magazines that they brought. Add in any extras if needed, make sure each girl has one magazine. Then explain the fast-paced activity.
 - Refer to page 50 of the *Adult Guide*.
- Survey Adjustments?
 - This time is time to find out if the girls would like to change any of their survey questions, now that they have had a chance to explore stereotypes and definitions of beauty. You could ask:
 - What's missing from media? Diverse experiences of girls? Diverse kinds of beauty?
 - What ideas does the community have for how media shows what's real in girls' lives?
- Recipe for Beauty

- Refer to page 51 in the *Adult Guide* for a natural remedy for media-weary eyes.
- Good for me Snack
 - Refer to page 49 of the *Adult Guide* for directions!
- Closing Ceremony: “We are beautiful because...”
 - Have Cadettes gather in circle and close their eyes envisioning doing something they love as a team. Then have girls take turns completing the sentence, “As Girl Scout Cadettes, we are beautiful because _____”
 - End with a round of applause!
- Looking Ahead to Session 3
 - Ask the girls to bring in a news story or two from newspapers, web sites, or magazines. Gather some extras to have on hand in case any girls forget.
 - Refer to page 51 of the *Adult Guide* for more information.

Session 3: “Today’s Top Stories”

Goal: The girls gain a better understanding of the “story” of media use in their community and collaborate on what they might do to improve that story.

Meeting 6:

SUPPLIES & RESOURCES

- ✓ Girl Scout Cadettes *Adult Guide*
- ✓ Girl Scout Cadettes *MEdia* (Girls Book)
- ✓ Survey (according to the outreach plan prepared by the girls in Session 2)
- ✓ Healthy snack

- Opening Ceremony: Top Stories
 - Invite girls to share a favorite “headline” about one interesting news bite (personal, local, national, or international) and express it as if they were broadcasters.
 - After each girl has had a turn, ask them to combine their “headline” into one fun “top story.”
 - For more details refer to page 53 of the *Adult Guide*.

- Media and Your Community: Conducting the Survey
 - If girls have decided to do a survey, now's the time to do so based on their plans. Remind girls that this survey is great preparation for going for the Girl Scout Silver Award.
 - For more information refer to page 54 of the *Adult Guide*.
- Compiling Results
 - Once girls have their survey completed, guide the group to decide how to capture the most important issues and ideas from the responses. Then guide the girls to a decision on how to organize their survey results in most useful ways.
 - For more details, refer to page 54 in the *Adult Guide*.
- Snack Time!!
- Clean up!!
- Closing Ceremony

Meeting 7:

SUPPLIES & RESOURCES

- ✓ Girl Scout Cadettes *Adult Guide*
 - ✓ Girl Scout Cadettes *MEdia* (Girls Book)
 - ✓ Dry-erase or marker board
 - ✓ Markers
 - ✓ Eraser
 - ✓ 50 Slips of paper
 - ✓ Writing utensils
 - ✓ Bag, hat or bowl
 - ✓ Watch with second hand
 - ✓ Current examples of news stories (from web site, newspaper or magazine)
 - ✓ Highlighters
 - ✓ Healthy Snack
-
- Opening Ceremony
 - Invite the Cadettes to choose a ceremony to begin day's meeting.
 - Slicing into the Big Media Pie
 - Invite girls to create a "media pie" on a board or chart paper based on their survey results.
 - For more details, refer to pages 54-55 of the *Adult Guide*.

- What's Fame? What's in a Name?
 - This game gets the girls thinking of how much celebrity culture impact their lives.
 - Have girls quickly write names of famous girls and women in the media on slips of paper. Toss all slips into a bag and follow the directions on page 55 of the *Adult Guide*.
- "News" and the Girl Scout Law
 - This activity ties into "Toeing the Line" (page 38 of *GB*), where the Cadettes examine the set of news stories they brought to this session and consider why it matters whether news is reliable or not.
 - Have girls mark whether the writing in the articles fall into one of these categories:
 - Sensational
 - Trustworthy
 - For more information, refer to page 56 of the *Adult Guide*.
- Snack Time!!
- Clean Up!!
- Closing Ceremony
 - Invite girls to choose ceremony to end day's meeting.

Meeting 8:

SUPPLIES & RESOURCES

- ✓ Girl Scout Cadettes *Adult Guide*
 - ✓ Girl Scout Cadettes *MEdia* (Girls Book)
 - ✓ Local Newspaper, Web Sites or phone book
 - ✓ Scoopable Snack (recipe and directions page 58 *Adult Guide*)
 - ✓ Photocopies of the pledge (enough for all girls page 59 *Adult Guide*)
-
- Opening Ceremony
 - Invite girls to choose ceremony to begin day's meeting.
 - Monitor Award Check-In
 - Take this time to check again on the girls efforts to earn the Monitor award. Point them to the Award Tracker on page 92-93 of their book.
 - You might want to allow some time to let them do some activities together.
 - Planning Field Trips

- Inform the girls that they should brainstorm their ideal trips and agree on a “top five,” with another five backup ideas. Get the girls thinking about what media interests them and where they can see media being created.
- On these trips, the girls might make contacts with media experts who can later advise on their project, teach them media skills and more.
- For more information refer to page 57 of the *Adult Guide*.
- Scoopable Snacks
 - For directions and ingredients refer to page 58 of the *Adult Guide*.
- Clean Up!!
- Closing Ceremony: Media Watchdog Pledge
 - Gather Cadettes in a circle and invite them to take turns naming one active way to monitor their MEdia environment to stop the spread of stereotypes, rumors and other misinformation.
 - Then encourage the girls to combine their ideas collectively into a group commitment for an ongoing practice of monitoring their media use.
 - To close have girls speak the lines of the pledge on page 59 of the *Adult Guide*.
- Looking Ahead to Session 4
 - Encourage girls to continue to be on the lookout for media portrayals that misrepresent girls. Explain to the girls that they will be using their survey results to begin planning their MEdia Remake the next time they get together.
 - For more details, refer to page 59 of the *Adult Guide*.

Session 4: Caution: Bullies Straight Ahead

Goal: The girls gain a better understanding of the “story” of media use in their community and collaborate on what they might do to improve that story.

Meeting 9:

SUPPLIES & RESOURCES

- ✓ Girl Scout Cadettes *Adult Guide*

- ✓ Girl Scout Cadettes *MEdia* (Girls Book)
 - ✓ Photocopies of the survey questions and answers collected in the previous session
 - ✓ Dry-erase board or chalk board
 - ✓ Markers or chalk
 - ✓ Other project materials as needed (see project descriptions, and check sheets at the end of this session.)
 - ✓ “Watchful Eye” Snack (see recipes on page 62 of *Adult Guide*)
- Opening Ceremony: Remake/ Retake
 - Gather the girls in circle and say:
 - *Let’s each share one thing in our day that was so joyful we’d like to do it again. Then let’s share one thing we would “retake” and “remake.”*
- Earning the Monitor Award
 - If the girls are ready to receive their awards, suggest that they decide on the awards ceremony.
 - They might read the line most meaningful to them from their Media Watchdog Pledge or from entries in their book.
 - Congratulate Cadettes on their many *MEdia* Monitor milestones, and on earning the “M” of the “M-I-C.”
 - Media and Your Community: Analyzing the Survey and Choosing the Remake
 - Girls move toward the Influence award. Ask them to look over the multiple viewpoints and any “standout comments” compiled from their survey. Then get discussion started.
 - For more information refer to page 62 of the *Adult Guide*.
 - “Watchful Eye” Snacks: Deviled Eggs
 - For recipe and direction refer to page 62 of the *Adult Guide*.
 - Clean Up!!
 - Closing Ceremony
 - Invite Cadettes to choose ceremony to end day’s meeting.

Meeting 10:

SUPPLIES & RESOURCES

- ✓ Girl Scout Cadettes *Adult Guide*
- ✓ Girl Scout Cadettes *MEdia* (Girls Book)

- ✓ Cadette’s inspiring full-page magazine or calendar image (cut into jigsaw puzzles, one piece for each girl)
 - ✓ “Watchful Eye” Snacks (refer to page 62 in the *Adult Guide*)
-
- Opening Ceremony
 - Invite Cadettes to choose a ceremony to begin day’s meeting.
 - MEdia Remake Possibilities
 - Get ideas flowing about possibilities the Cadettes might pursue.
 - For more detail of this activity refer to page 63 in the *Adult Guide*.
 - MEdia Remake Project Ideas
 - Get the girls thinking about the negative images they see in the media and turning them into positive images.
 - See pages 64-65
 - Making a Decision
 - After the discussion have the girls settle on one Remake. Remind the Cadettes to listen to one another idea and give each girl chance to express why she prefers her idea.
 - Sharing the Remake: No Response? No Matter!
 - If the girls decide to send their Remake to the original media makers, they’re probably aware that they might not get a response. Let them know that they are still doing something important; by showing others they are educating and inspiring. The people could be moved by the Remake, which would mean more media will be improved! That’s leadership in action!
 - “Watchful Eye” Snacks: Cracker Stackers
 - For recipes and directions refer to page 62 in the *Adult Guide*.
 - Closing Ceremony: What Puzzle You?
 - Gather Cadettes and ask each girl to choose one of the “puzzle” pieces that was created earlier in the session. Then, have girls to join together all of their pieces into the full inspiring picture.
 - For more information on ceremony refer to page 66 in the *Adult Guide*.
 - Looking Ahead to Session 5-7
 - Over the next three sessions, the Cadettes will focus on the MEdia Remake they’ll present or release in Session8 (or whenever Cadettes decide).
 - Encourage a quick discussion about all parts of the project to be tackled ahead of and during the sessions.
 - For more details, refer to page 67 in the *Adult Guide*.

Session 5-7: MEdia Remake: “Rolling” and “Wrapping” It

Goal: Girls team up to use media techniques and tools to “talk back” to the media with a powerful message of their own.

Meeting 11:

SUPPLIES & RESOURCES

- ✓ Girl Scout Cadettes *Adult Guide*
 - ✓ Puzzle pieces created at the previous session
 - ✓ Healthy snack
-
- Opening Ceremony: Track Back
 - Gather girls together and “track back” to the “What Puzzles You?” activity started in the last session. Have each girl take back the same puzzle piece she used, so she can write her new insight on the back of it.
 - Then ask the girls to fit their pieces, one by one, into the upside-down puzzle, sharing aloud:
 - *One thing I now better understand about the media we are remaking is _____.*
 - MEdia Remake: Project Check-Ins
 - Check-in on the girls to see how their project is coming along. Encourage one or two Cadettes to volunteer for the role of “director” or “producer” to lead the check-in for each project session.
 - For more detail refer to page 78 in the *Adult Guide*.
 - MEdia and Your Community: Using Survey Input
 - Keep Cadettes focused on the needs of their community and their goals for making media positive by asking them to look back at their survey results and review them.
 - Have a discussion on their results and take this time to answer any questions they may have. For more information refer to page 78 in the *Adult Guide*.
 - MEdia Field Trip
 - If the girls have planned a field trip to a media studio, encourage them to arrange permission to share their project with professional at the facility and to continue their project work there.

- If the girls haven't planned a trip, they should prepare their questions for mailing or e-mailing to professionals at a variety of studios.
- For more details, refer to page 79 in the *Adult Guide*.
- Snack Time!!
- Clean Up!!
- Closing Ceremony
 - Invite girls to choose a ceremony to close day's meeting.

Meeting 12:

SUPPLIES & RESOURCES

- ✓ Girl Scout Cadettes *Adult Guide*
 - ✓ Girl Scout Cadettes *MEdia* (Girls Book)
 - ✓ Access to computer with internet
 - ✓ Ball or soft toss-able object
 - ✓ Healthy Snack
-
- Opening Ceremony
 - Invite girls to choose ceremony to begin day's meeting.
 - Virtual Field Trip
 - Whether or not the girls are taking a field trip, encourage them to "direct" their own "virtual trip" on one of the suggested themes (page 80 *Adult Guide*) or on a theme of their choosing.
 - "The Golden Eaglet" (1918)
 - The Cadettes get a chance to travel back in time and see how important media is to Girl Scouts. Direct girls to "And the Award Goes to...the Girl Scouts?" (Page 22 GB). Then have a discussion about early day Girl Scouting. After the discussion, show a few quick film clips
 - For more information, refer to page 81 in the *Adult Guide*.
 - Snack Time!!
 - Clean Up!!
 - Closing Ceremony: Purely for Pleasure
 - Have girls close their eyes and think of one book, movie, song, TV show, blog, game, or other media piece that recently had a big influence on them. Then have them to arrange themselves in four corners or spots of the room to represent four types of media (i.e. print, broadcast, film, online or any other type the girls choose).

- For more information refer to page 88 in the Adult Guide.

Meeting 13:
SUPPLIES & RESOURCES

- ✓ Girl Scout Cadettes *Adult Guide*
 - ✓ Write-on board or notepad
 - ✓ Markers or pens
 - ✓ Binder with slip sheets or pockets
 - ✓ Photo album or plastic storage bin
 - ✓ Optional: computer with scanner or video camera
 - ✓ Masking tape or other sturdy tape
 - ✓ Talking Pillows Materials (See page 87 in Adult Guide)
 - ✓ Healthy snack
-
- Opening Ceremony
 - Invite Cadettes to choose a ceremony to begin day's meeting.
 - MEdia Meets Message: Advertising the Project
 - Get the Cadettes discussing the written messages they receive from print media each day.
 - Point out that advertisers and professional media makers ask themselves the same questions with every new message they create.
 - For more details of this activity, refer to page 82 in the *Adult Guide*.
 - Becoming "Buzz Agents"
 - Inform girls that they will be Hollywood "buzz agents" today.
 - For more details of this activity refer to page 83 in the *Adult Guide*.
 - Documenting Our MEdia Remake
 - If the girls haven't been doing so all along, encourage them to compile an album or gallery of the behind-the-scenes work of their MEdia Remake.
 - If you didn't get around to art archiving in Session 1, get a discussion going about the importance of keeping a collection of materials that records their teamwork and decision-making throughout their Remake.
 - For more information, refer to page 84 in the *Adult Guide*.
 - MEdia Art: Talking Pillows

- For more details refer to page 87 in *Adult Guide*.
- Snack Time!!
- Clean Up!!
- C losing Ceremony
 - Invite girls to choose a ceremony to end day's meeting.

Meeting 14:

SUPPLIES & RESOURCES

- ✓ Girl Scout Cadettes *Adult Guide*
 - ✓ “Music Can Inspire, Too!” and “Change the Soundtrack” (page 58 & 61 GB)
 - ✓ Other materials related to the chosen MEdia Remake (i.e. favorite music, computer with editing software, sound effect music, etc.)
 - ✓ Recycled cardboard signs
 - ✓ Permanent markers
 - ✓ Glitter glue, acrylic paints or tempera poster paints
 - ✓ Paint brushes
 - ✓ Water in jars
-
- Opening Ceremony
 - Invite Cadettes to choose a ceremony to close day's meeting
 - MEdia Remake: Final Tuning
 - Encourage Cadettes to complete any unfinished project steps they identified earlier.
 - As a check-in, ask the girls to recall the goals they set at the beginning of their Remake. Emphasize that perfection is not a goal, nor is making a product that looks slick and mainstream.
 - For more details, refer to page 85 in the *Adult Guide*.
 - MEdia Remake: Planning the Presentation
 - Talk with the girls about how they will present their Remake to their audience. Encourage them to think about what they want to happen, from beginning to end, including being available for a Q-and-A session with guests after the Remake is presented.
 - For more information, refer to page 86 in the *Adult Guide*.
 - MEdia Art: Poster Publicity
 - As the girls create publicity and promotion for their Remake, encourage them to get creative with one of the projects listed on page 87 in the *Adult Guide*.

- Snack Time!!
- Clean Up!!
- Closing Ceremony
 - Invite girls to choose ceremony to close day's meeting.

Meeting 15:

SUPPLIES & RESOURCES

- ✓ Girl Scout Cadettes Adult Guide
 - ✓ Movie Equipment
 - ✓ Movie "The September Issue"
 - ✓ Concession Stand Items (page 89 *Adult Guide*)
-
- Opening Ceremony
 - Invite Cadettes to choose ceremony to begin day's meeting.
 - Movie Night- "The September Issue"
 - Watch movie that deals with two women of Vogue, editor in chief and art director.
 - Healthy Concession Stand
 - Girls can enjoy popcorn, or other healthy snacks, during the movie.
 - For more information refer to page 89 in the *Adult Guide*.
 - Closing Ceremony
 - Invite girls to choose ceremony to end day's meeting.
 - Looking Ahead to Session 8
 - Make sure the girls make any final preparations for promoting, presenting, or releasing their project.
 - Encourage the girls to decide on a favorite song or songs to play for the gathering's opening ceremony (ask one Cadette or Network member to provide the music player) and choose how to use the music.
 - For more suggestions on what to say refer to page 88 in the *Adult Guide*.

Session 8: Our Premiere: This Is It!

Goal: The Cadettes share their new view of media and address a community need with their MEdia Remake.

Meeting 16:

SUPPLIES & RESOURCES

- ✓ Girl Scout Cadettes *Adult Guide*
 - ✓ Music player and girls' favorite recorded music
 - ✓ Seating for audience
 - ✓ Projection equipment or large monitor for displaying the work (as needed)
 - ✓ Walk through display area
-
- Opening Ceremony: Music Moves Us
 - Invite the girls to open today's meeting with their chosen way to share favorite music as a group.
 - Presenting the MEdia Remake
 - The Cadettes will present their project according to their plan, give the audience time to ask questions and then follow up with their "call to action" to the audience. After the presentation and Q & A, the girls share their archived materials with the audience as a "bonus feature," if part of their plan.
 - Closing Ceremony: Great Moments, or Rewinding the Remake
 - Gather Cadettes and congratulate them on their presentation. Ask them to take turns naming their favorite project moment and explaining its importance to them. Include yourself in the ceremony, so you have yet another chance to recognize the importance of the girls' efforts!
 - Looking Ahead to Session 9
 - At the next session, the girls earn their Influence award and begin activities that contribute to their Cultivate award. Call on your Network for art materials and media equipment.

Session 9: The ME in MEdia

Goal: Building on what they learned from their MEdia Remake project, the girls take the next step and express their commitment to use media in a new way.

Meeting 17:

SUPPLIES & RESOURCES

- ✓ Girl Scout Cadettes *Adult Guide*
- ✓ Girl Scout Cadettes *MEdia* (Girls Book)
- ✓ Influence awards (one award per girl)
- ✓ Paper and pencils
- ✓ Healthy Snack

- Opening Ceremony: Earning the Influence Award
 - Congratulate the girls on the imagination, involvement, inspiration, and positive impact they put into influencing others with their MEdia Remake.
 - As each girl accepts her award, have her state one thing she cherishes about having the power of MEdia in her own hands. Give round of applause.
 - Inform the girls that they are moving forward to a more introspective, personal phase of the journey. They'll focus on what they've learned about media and how they'll relate to it in new ways. They may want to plan for a guest speaker at an upcoming session or another movie night.
- Media Dream Jobs: Let the Credits Roll!
 - Get the girls thinking about the credits at the end of a Television show, news report, film or video. Get them talking about jobs in the media by looking through Media Job Listings in their book and thinking of other media jobs they've heard about.
 - Challenge the girls to explore one of the careers they chose and share what they learned next time they get together.
 - For more information, refer to page 94 in the *Adult Guide*.
- A Commitment to Cultivate
 - Get Cadettes started on their personal MEdia commitment. Point them to page 91 in GB, for examples of commitments worth cultivating. Suggest that the girls draft their commitment and revise it until they have one clear goal.
 - For more details on this activity refer to page 95 in the *Adult Guide*.

- Snack Time!!
- Clean Up!!
- Closing Ceremony
 - Invite girls to choose ceremony to end today's meeting.

Meeting 18:

SUPPLIES & RESOURCES

- ✓ Girl Scout Cadettes *Adult Guide*
 - ✓ Girl Scout Cadettes *MEdia* (Girl Book)
 - ✓ Selection of art materials for drawing, painting, collage or writing
 - ✓ Optional: music player and variety of records
 - ✓ A Real Seven-Layer Dip (16-ounce can refried beans, jar salsa, 16-ounce can black beans (drained), 2 cups sour cream, 2 cups chopped avocados, 2TB lime juice, 2 plum tomatoes (diced), 1 cup green olives) (see page 19 GB for instructions)
 - ✓ Hand mirror
-
- Opening ceremony
 - Invite girls to choose a ceremony to begin today's meeting.
 - In Your Own Voice
 - Challenge girls to combine their commitment with a manner of creative expression that fits their voice and style. Also, encourage them to try a new medium.
 - Remind the girls that they can think big or small, depending on their interest and the time they have.
 - For more information refer to page 95 in the *Adult Guide*.
 - Dip into the Dip!
 - Have Cadettes find three examples of how media interconnects with other media, how an idea or story spreads throughout the seven-layer dip. Refer girls to page 18 of the *GB*.
 - Enjoy snack!!
 - Clean up!!
 - Closing Ceremony: New Viewpoint
 - Gather Cadettes and offer a hand mirror, saying something like:
 - *You've come a long way on this journey. Look in the mirror with a look of admiration. What seems different about you now than before this journey? Think of just one word to tell us about this new view of you. Share the word aloud and pass the mirror to your left.*
 - Looking Ahead to Session 10

- At the next session, the Cadettes will complete the creative expression of their personal MEdia commitment. Encourage the girls (and your Network) to continue to gather art materials and secure any equipment needed to get their commitment to a point they are proud of.
- Within the next gatherings, the girls will begin planning and preparing for their final celebration. You will ask them rather they want to keep the celebration among friends and family or also invite a group of rising Juniors, so they can pass their “MIC” to a new group of girls who plan to enjoy the *MEdia* journey next year.
- For more information, refer to page 97 in the *Adult Guide*.

Session 10: A Better Media Reality

Goal: The girls express their commitment to using media in positive new ways that involve their unique interests, perspectives and experiences.

Meeting 19:

SUPPLIES & RESOURCES

- ✓ Girl Scout Cadettes *Adult Guide*
- ✓ Art materials for drawing, painting, collage, or writing
- ✓ Optional: music player and variety of recorded music
- ✓ Healthy snack

- Opening Ceremony: Superhero Names
 - Gather Cadettes to make up a superhero name that shows any of her newfound MEdia power (or they can think of names for one another as a group). Share the classic line that opened the original “Wonder Woman” adventures:
 - *All the world’s waiting for you and the power you possess!*
It’s the all-new adventures of...
- Getting Girl Scouts in the Spotlight
 - Reinforce how a mission or goal can really make a difference, by inviting the girls to view and discuss what messages Girl Scouting offers girls.

- Also get discussions going about how ads for Girl Scouts might accomplish a mission that CEO Kathy Cloninger speaks.
- For more details, refer to page 100 in the *Adult Guide*.
- Cultivate a New MEdia Reality
 - Give the girls time at this meeting to continue crafting a creative expression of their commitment to cultivate a better way of using media.
 - Once girls get to a point where they feel good about sharing what they've done, have them take turns presenting to the group.
 - Give supportive feedback and remind them that they will have a chance to present their commitments again at their final celebration with their friends and family and any other invited guests.
- Snack Time!!
- Clean Up!!
- Closing Ceremony
 - Invite Cadettes to choose ceremony to end today's meeting.

Meeting 19:

SUPPLIES & RESOURCES

- ✓ Girl Scout Cadettes *Adult Guide*
 - ✓ Poster board and permanent makers
 - ✓ Glitter glue and/or poster paints
 - ✓ Computer access
 - ✓ Music player and variety of recorded music
 - ✓ Healthy snack
-
- Opening Ceremony
 - Invite Cadettes to choose ceremony to begin today's meeting.
 - A Girl Scout PSA
 - Have Cadettes team up to create a poster campaign or video PSA for their Girl Scout council, incorporating (if possible) ideas from their MEdia commitments.
 - For brainstorming ideas and more information refer to page 101 in the *Adult Guide*.
 - Theme Songs
 - If the girls created a playlist in their book (page 59), ask whether a song from it represents them so well it could be their theme song
 - See page 102 in the *Adult Guide*.

- Media Dream Jobs: Reporting Back
 - Have Cadettes share what they uncovered, along with any job descriptions they created, for media jobs since their last meetings.
- Snack Time!!
- Clean Up!!
- Closing Ceremony
 - Invite Cadettes to choose ceremony to end today's meeting.

Meeting 20:

SUPPLIES & RESOURCES

- ✓ Girl Scout Cadettes *Adult Guide*
 - ✓ Girl Scout Cadettes *MEdia* (Girls Book)
 - ✓ Scrapbook or binder with sleeves
 - ✓ Markers
 - ✓ Paper
 - ✓ Drawing materials
 - ✓ Collected archive of the girls' creations from the *MEdia* journey so far
 - ✓ Real or symbolic "MIC"
-
- Opening Ceremony
 - Invite Cadettes to choose ceremony to begin day's meeting.
 - Planning the Mi Dia of Media Celebration
 - Let the girls know that it is totally up to them how they want their final celebration to go!
 - Refer to page 103 in the *Adult Guide*.
 - Your MEdia Story Revisited
 - Have Cadettes recall the beginning of their journey, when they each shared a story about themselves and media, and guessed where their media consumption would rate on the media scale (see pages 12-14 in *GB*).
 - For more details refer to page 105 in the *Adult Guide*.
 - Snack Time!!
 - Clean Up!!
 - Closing Ceremony: Sharing Our Powers
 - Have Cadettes to close their eyes and imagine they have a backpack that hold skills, talents and interests they're furthered along this journey. Say:
 - *Think of this backpack as holding all the things you've experienced on this journey that you'll treasure as you move*

into your Girl Scout future. Pull to one thing from your pack and “present” it to the Cadette on your left by saying: “I’m sharing _____ with you as we go forward in Girl Scouts.”

- Looking Ahead to the Final Celebration
 - Review everyone’s responsibilities for the celebration, confirm the date and time, and check that each girl will be ready to share her Cultivate commitment with the planned audience.

The Final Celebration: “Mi Dia” of MEdia

Goal: The Cadettes share their MEdia commitments and celebrate the journey.

RESOURCES & MATERIALS

- ✓ Removable tape or mounting putty
 - ✓ Bulletin board, push pins
 - ✓ Tabletops with cloths and similar supplies for displaying journey materials
 - ✓ Music and music player (as needed)
 - ✓ One Cultivate award for each girl
 - ✓ Real or symbolic MIC
 - ✓ Option: Passing the MIC (see page 108 *Adult Guide*)
-
- Step Up to the “MIC” Earning the Cultivate Award
 - As the Cadettes steps up to the “MIC,” she presents her Cultivate commitment as planned. Lead the applause for each girl’s presentation.
 - Congratulate the group and invite any of the guests to share an anecdote or comment about moments of leadership or positive impact they observed as a result of the girls’ journey.
 - You might ask the girls and their audience to reflect back, as well, on the Cadettes’ personal growth since the beginning of the journey.
 - Option: Passing the “MIC”
 - The Cadettes ceremonially pass their MIC and a package of MEdia resources to a selected group of Girl Scout Juniors, to prepare the girls for their own upcoming *MEdia* journey. Then they invite all

guests to mingle and enjoy the snacks, music and whatever else the Cadettes have planned!

- Looking Forward to New Adventures
 - Gather Cadettes one more time to talk with them about what they might be looking forward to next in Girl Scouts.
 - Follow script on page 108 in *Adult Guide*.

