

Cadette *Handbook*

Welcome to Girl Scout Cadette

As a Cadette, you're growing into a whole new Girl Scout. That's an incredible adventure in itself – a world of new people to meet, exciting activities to choose, and choices to make that can change you and the world. There's a compass on the cover of this book to symbolize this adventure into uncharted territory. And, it's there for another reason, too: to remind you that you don't have to go it alone. As a Girl Scout Cadette, you have a century-strong sisterhood to help you chart your course.

Our Movement has lots of maps you can try out to find the right direction for you. Maybe you'll amaze yourself by learning to navigate relationships with your friends. You may find that you have a special talent as a peacemaker and diplomat. You may uncover a quiet place in the woods where you can just be yourself, in whatever form you take at just that moment. And, you'll find undiscovered territories, too – perhaps you'll uncover a passion for science or cooking or media.

Along the way, you'll become even more of a leader by solving problems, helping others, and making the world a better place.

And, you'll act as a trailblazer for others: all the younger Girl Scouts who look up to you, people your own age who see you as an example, and even adults who will be inspired by what you can do.

So forget about following someone else's path! You're a Girl Scout Cadette – bold enough to forge new trails that are all your own.

Ways to Belong

Many people think you can only be a teen Girl Scout if you have been a Girl Scout since you were little. That's just not true. You can jump in and belong to Girl Scouting at any age. There's a way for every girl who wants to belong to take part – even if you're busy with lots of activities.

- You can join a Girl Scout group that meets regularly.
- You can focus on one aspect of Girl Scouting like camping or riding, try out scuba diving or test out a badge on the science of style, then, take some time off for other activities in your life.
- You can customize your Girl Scout experience so that you focus on travel – and there are all kinds of fabulous places you can go.
- You can even join Girl Scouts and choose special series to attend throughout the year.

Girl Scouting is here to be exactly what you need it to be: all you could want – and all you want to make of it.

The Girl Scout Promise and Law

The Girl Scout Promise

On my honor, I will try:

To serve God and my country,
To help people at all times,
And to live by the Girl Scout Law.

The Girl Scout Law

I will do my best to be
honest and fair,
friendly and helpful,
considerate and caring,
courageous and strong,
and responsible for what I say and do,
and to
respect myself and others
respect authority,
use resources wisely,
make the world a better place,
and be a sister to every Girl Scout.

The Promise and Law have few words, but those words are packed with meaning – meaning you can find right now, and more that you'll find as you continue on your Girl Scout adventure. You might find that the challenges you have in living the Law change from moment to moment and from year to year – or that every time you read it, you have a spark or idea or flash of inspiration that wasn't there before. That's the elegance and strength of millions of women practicing the same ideals.

Remember to try and live up to the Promise and Law – for it's in the process (sometimes difficult) that your power and our power lie. What makes you strong is not in always living them perfectly, but in living the spirit. That's what makes you a leader and what builds vitality into the Movement.

As our very first handbook stated, we "should remember that simple living in the spirit of the Law is more important than being able to state the Law and talk glibly about it."

Girl Scout Traditions

Sharing traditions with millions of current Girl Scouts – and the huge network of Girl Scout alumnae who have come before you – helps to give you that important feeling of belonging in a big, powerful sisterhood. Here are a few popular traditions to enjoy. Your Girl Scout community and council might have some other special traditions, too. Share them all – and pass them on, to keep our sisterhood strong for the centuries to come.

Girl Scouts make the **Girl Scout sign** when they say the Girl Scout Promise, when they are welcomed into Girl Scouting at an investiture ceremony, or when they greet other Girl Scouts or Girl Guides. The three fingers represent the three parts of the Promise.

Girl Scouts greet each other with the **Girl Scout handshake**. It's used by Girl Scouts and Girl Guides all around the world. Shake hands with your left hand and make the Girl Scout sign with your right. The left hand is nearest your heart and signifies friendship.

The **Girl Scout motto** is "Be Prepared." It reminds us that we must not only be willing, but, also, be able to give service.

The **Girl Scout slogan** is "Do a Good Turn Daily." It's a reminder of the many ways, both large and small, that each of us can contribute to the lives of others.

The **friendship circle** stands for an unbroken chain of friendship with Girl Scouts and Girl Guides around the world. Everyone stands in a circle, crosses their right arms over the left, and clasps hands with her friends on both sides. Everyone makes a silent wish as a **friendship squeeze** is passed from hand to hand.

The Secret of SWAPS

When Girl Scouts travel to other places, they often make small tokens of friendship to exchange with the Girl Scouts they meet. These little gifts are called SWAPS – Special Whatchamacallits Affectionately Pinned Somewhere or Shared With A Pal.

Start Your Cadette Adventure!

The Girl Scout definition of leadership, as represented by three keys – Discover, Connect, and Take Action – was created by girls just like you. It's a special way of looking at leadership – the girl way!

Girls we asked said that anyone can be a leader – in her home, her community, or the world.

And, leadership isn't something that happens some day in the future. You can be a leader right here and right now.

After all, when you stand up for someone who's being bullied, you're acting like a leader. When you see a problem in your community and gather others to help solve it, you're acting like a leader. When you reach out to someone who feels left out, you're acting like a leader.

So many decisions you make in life – like deciding who to sit next to at lunch or choosing not to pass on gossip – are leadership decisions.

Here's what it comes down to: Girl Scouts try to lead in every aspect of their lives, whether it's in the halls at school or in the halls of Congress.

The Three Keys

Girl Scouts has a special definition of leadership based on our [Three Keys](#).

You start with the **Discover** key. This is where you look inward to understand who you are and what you value.

When you head out into the world, you use the **Connect** key to team up with others and create a network, both locally and around the world.

Then you **Take Action** to make the world a better place.

Bringing Leadership to Life

The magic, fun, and friendship of Girl Scouting happen when the Three Keys leap off the page and into life. How does that happen? In these three ways:

- Girl Scouts is girl-led. That means you decide what to do, how to do it, and why it matters to you.
- Girl Scouts is cooperative. Your team is millions of girls strong right now, and every one of those girls forms a team whose power you can draw on whenever you need it – just as those girls will draw on yours.
- Girl Scouts learn by doing. This means your activities are hands-on. You do an activity, reflect on what you learned, and then figure out how to apply your new knowledge in the world around you.

Service and Action

You've heard the terms "give service" and "take action." They're both important parts of what you do as a Girl Scout, and they each have a different role in the ways you make the world better.

Giving service to others means being helpful – doing a kind thing right now. That could mean anything from organizing a food drive to writing an editorial to helping a friend with a tough homework assignment.

Taking Action moves beyond immediate service to making lasting change. To take action, you dig to the root of a problem to find sustainable solutions. You use your global perspective to mobilize others and make an improvement that will continue even after you're no longer directly involved. This could mean anything from planting and staffing an urban garden to advocating for a law or policy change to creating a center where children who need tutoring can always get it.

Service and action often blend together into one long-lasting effort. Together, through giving service and taking action, you live the Girl Scout Law and can truly change the world.

Along the Path

As you're charting your course as a Girl Scout Cadette, Girl Scouting has even more to offer you. Here are some things to look forward to as you head out on your adventure.

Networking: When you know more people, you'll learn new things, hear new ideas, and find that more possibilities are open to you. That's why your Leadership Journeys and National Proficiency badges challenge you to get out and meet new people.

Thinking About the Future: As you think about your life after middle school, you might want to talk to women who've tried out living dreams like yours. Your Journeys and badges are full of career profiles, career ideas, and chances to try on different roles for size. They'll also help you develop and discover things about yourself that help you chart your future path. Best of all, you can explore and ask questions with other Girl Scout Cadettes who are wondering about the same things!

Girl Scout *destinations*: As a Girl Scout Cadette, you're now eligible to take part in travel experiences that range from two days to three weeks. *Destinations* can whisk you to the far corners of the world where you will meet remarkable Girl Scouts and Girl Guides, develop leadership skills, gain confidence, and enjoy amazing Take Action opportunities. Going on a *destination* will take you out of your comfort zone – and that's a good thing! Whether you're trekking through the rain forest, spending time with your Costa Rican host family, or making life better for kids in an orphanage, you'll be inspired. Visit the Girl Scout *destinations* website for trip descriptions, applications, and current offerings.

Take on More Roles in Girl Scouting: Check out volunteer opportunities both at your council and at the national level. Maybe, you can serve on a committee, work with a planning board, or advocate for girls' issues on a larger stage.

Begin to Grow Your Resume: The skills you gain in Girl Scouting will impress adults at school and future employers. Right now, what you do in Girl Scouting supports and expands what you're doing in class (in fact, you might even be eligible for extra school credit). You'll certainly be ahead of the game if your high school has service learning requirements, since that's basically what Take Action is.

So, what will you do in Girl Scouting?

To begin, you and your Cadette friends will choose a National Leadership Journey.

National Leadership Journeys invite you to explore a theme using all Three Keys to leadership. As you do a Journey, enjoy knowing that Cadettes all around the country are diving into this same theme – and maybe even Taking Action in some similar ways. It's this power of girls changing the world together that makes being a Girl Scout so special.

Journeys give you and all Cadettes a shared starting place for exploring what it means to be a leader in your world. But, they're just that – a starting place. National Leadership Journeys are meant to be brought to life by you, as you fill in the map of your Girl Scout Leadership Experience and add your own imagination to the theme.

Take a look at the Cadette Journey map to start imagining the possibilities and planning a fantastic adventure (and, check out your Journey map online for even more great ideas!)

And, at every turn, have tons of fun with your Girl Scout friends!

Trips

Go someplace related to the Journey theme, whether near or far. Visit a local television station to go behind the scenes of MEdIA, or take a backpacking trip to earn your Trailblazing badge and share aMazing friendship stories around the campfire.

Badges

Learn new skills that link right up to your Journey; maybe you'll earn the Digital Movie maker badge and then inspire others to Take Action through film, earn the Public Speaker badge and make your voice part of the MEdia, or earn the Science of Happiness badge and help others stay happy in the relationship maze.

Cookies

Run your own business as part of the Girl Scout Cookie Program – and use some of your cookie proceeds to fund your trips and adventures.

Silver Award

Put all your leadership savvy in action as you earn one of Girl scouting's highest awards.

LiA

Mentor younger girls in their Journeys – perhaps you'll share your passion for Earth with Brownies on their *WOW! Wonders of Water* Journey

Traditions

Share in the Girl scout tradition of celebrating, celebrating, celebrating when you earn your awards – they represent how you are growing into your own personal definition of leadership.

Outdoors

Head outdoors for an adventure, like a high ropes course that strengthens your amazing relationships or a horseback ride that helps you remember to Breathe.

Read about the history of Girl Scouts and our founder, Juliette Gordon Low, at any of these websites.

http://www.girlscouts.org/who_we_are/history/

http://www.girlscouts.org/who_we_are/history/timeline/

<http://www.main.org/gsusahistory.htm>

Learn about Our Girl Scout/Girl Guide World at

<http://www.waggg.org>

Ceremonies and Celebrations

As a Cadette, you'll have fun holding ceremonies with your friends. Ceremonies help us connect to each other, steer our life courses, and perhaps inspire one another to try new directions. They're opportunities for groups to make sense of important personal and public moments together. This power of ceremonies is why they're held – and have always been held – to mark important events not just in Girl Scouts, but everywhere from government to places of worship to our own homes. Whether they are spontaneous or well-planned, brief or lengthy, formal or casual, ceremonies give us space and time in this rapidly moving world of ours to reflect on your special event before moving on. What kind of ceremonies will you plan to navigate through your years as a Girl Scout Cadette?

Special Girl Scout Ceremonies

The ceremony ideas and examples in your Leadership Journeys can help you make every gathering with your Girl Scout friends special! There are, also, ideas for holding celebrations each time you earn your Journey awards. Here are some other great Girl Scout ceremonies.

- An **investiture ceremony** welcomes someone into Girl Scouting for the first time.
- A **bridging ceremony** is held when you “cross the bridge” to the next level in Girl Scouting
- A **rededication ceremony** is held when you want to renew your Girl Scout Promise and review what the Girl Scout Law means to you.
- A **Court of Awards ceremony** is where you receive awards and recognitions you've earned. A Silver Award ceremony might be part of a Court of Awards, as a special honor for Cadettes who've earned one of Girl Scouting's highest awards.
- A **flag ceremony** honors the American flag as the symbol of our country and all the hopes, dreams, and people who make it up.
See this website for instructions for a flag ceremony.
<http://www.girlscouts.org/program/basics/traditions/ceremonies/flag.asp>
- A **Scouts' Own** is a special ceremony where Girl Scouts get together to share inspiration and celebration around a theme, like friendship, service, honor, or respect for the planet. The Scouts' Own might take place indoors or outdoors, at a group meeting, at camp, or during any gathering with other Girl Scouts. It's called a Scouts' Own because it's all yours – you choose a theme and decide how to share in the most meaningful way!

Elements of a Ceremony

The most exciting ceremonies have all the elements of a good story. Think of your favorite book or movie – it probably includes the same things you'll need to put together a memorable ceremony.

Purpose. The purpose of a ceremony is its main idea. Maybe you want to welcome new members to your troop or group, or maybe you want to celebrate the end of a Girl Scout year. State the ceremony's purpose in the opening after you welcome your guests.

Mood and Atmosphere. Mood and atmosphere establish the tone of the ceremony. Would you like it to be serious, reflective, lighthearted, or funny? Mood is the way you affect your audience during the ceremony. You can help create a mood with music, decorations, and candlelight.

Characters. The personalities of each girl taking part in the ceremony contribute to the nature of the ceremony. Every participant plays an important role. Each girl should have the chance to express herself during the ceremony.

Setting. A ceremony's location – and the time it is held – can make a big difference in your event. The setting needs to be comfortably fit your group's size and the activities you've planned. It should, also, contribute to the mood and atmosphere you are hoping to set.

Theme. The theme of a ceremony focuses on the purpose and how the purpose is developed. You can carry out a theme through your choice of readings, drama, humor, and songs. The invitations, refreshments, and decorations – along with all the other elements – will reflect your theme.

Flag Ceremonies

As part of a flag ceremony, you might say the Pledge of Allegiance. You might, also, sing the national anthem, or another song like "America the Beautiful," written by Katherine Lee Bates, a professor of English literature and prolific author.

If your group includes girls visiting from other countries, you might want to conduct an international flag ceremony and honor their flags, too.

Here's how to conduct an indoor flag ceremony:

1. The group forms a horseshoe. The color guard takes position. All stand at attention.
2. The Girl Scout in charge says, "Color guard, advance." At this signal, the flag bearers and color guard move forward with their flags extended in front of them. Flags are carried so that the American flag is carried slightly higher than other flags and position to the right or in front of other flags. The flag bearers then turn together and face the group. All stand at attention.
3. The color guard walks behind the flag bearers and, once in formation, stands to the side of the flag bearers.
4. The Girl Scout in charge says, "Girl Scouts, honor the flag of your country." The group salutes (civilian style, placing their hands on their hearts) the American flag. Flag bearers and color guard do not salute yet and remain in place.
5. The Girl Scout in charge says, "Girl Scouts, recite the Pledge of Allegiance." This may be followed by the Girl Scout Promise, songs, poems, or verses.
6. The Girl Scout in charge says, "Color guard, post the colors." This signals the flag bearers to place the flags in their stands. The American flag is always placed last so that it remains highest at all times. The color guard and flag bearers remain at attention next to the flags.
7. The Girl Scout in charge, says, "Color guard, dismissed." The color guard and flag bearers touch their hearts to salute to the flag, and the flag bearers and color guard walk off the stage or from the front of the room.
8. If the flag ceremony is part of a larger ceremony such as an investiture, the Girl Scout in charge commands the color guard to retire the colors by taking the flags to their places of storage. She can use any of the following commands:
 - "Color guard, attention."
 - "Color guard, advance."
 - "Color guard, honor your flag."
 - "Color guard, retire the colors."
 - "Color guard, dismissed."
 - "Girl Scouts, dismissed."

Special Girl Scout Days

Girl Scouts have special days that they celebrate with activities and parties. It's fun to share in the celebrations girls have been having for years and years.

February 22 – World Thinking Day

February 22 was chosen as World Thinking Day because it is the birthday of Robert Baden-Powell and his wife, Olave. Baden-Powell started the Scouting movement. Every year on this day, Girl Scouts and Girl Guides do activities and projects to celebrate world friendship and honor their sisters in other countries.

March 12 – The Girl Scout Birthday

On this date in 1912, the first 18 girls gathered to hold their first meeting as Girl Scouts in the United States. Some Girl Scouts wear their uniform to school on this day. You can celebrate by throwing a birthday party or by doing something Juliette Gordon Low loved to do – like making the world better for girls. Maybe you can give a special presentation on March 12 to tell your family and friends about how you took action to make a difference.

Girl Scout Week

The week in which March 12 falls is called Girl Scout Week. Some Girl Scouts wear their uniforms if they go to a service at their place of worship on Girl Scout Sunday or Girl Scout Sabbath. Seniors often take an active role in services as readers, greeters, or ushers to mark the day.

April 22 – Girl Scout Volunteer Day

This is a day when you can say thank-you to your Girl Scout grown-ups for all the hard work they do for you. You may want to make a card or gift, write a poem, or sing a special song.

October 31 – Founder's Day

Juliette Gordon Low was born on October 31, so Girl Scouts honor her birthday as Founder's Day. She said she was glad she was born on Halloween, when everybody has fun. Girl Scouts honor her birthday every year with parties and special projects to help others.

You may, also, want to write a letter to yourself about what you're looking forward to doing as a Cadette. There's a special page in the My Girl Scouts section to help you do this. Then, when you get ready to become a Girl Scout Senior, you can open the envelope and read what you wrote to yourself at the very beginning of your Cadette adventure.

If you really want to think ahead, write a letter to yourself that you'll open when you're 18 years old and ready to bridge from Girl Scout Ambassador to Adult Girl Scout. If you do this every time you move to a new level, you'll have a record of everything you hoped to do as a Girl Scout. When you write down your dreams, you're more likely to make them happen.

Showing you're a Cadette

See the pictures on this website for correct placement of all your Cadette pins, badges, and awards.

http://www.girlscouts.org/program/basics/for_volunteers/where_to_place/

Show you belong:

Girl Scout Brownie membership pin

This pin tells others you are a Girl Scout Brownie. You earn it by learning the Promise and Law and by being invested. It's shaped like a trefoil. Each leaf stands for one part of the Girl Scout Promise. In the middle of the pin is a Brownie elf. You can wear your pin even when you're not wearing your uniform, just to show you're a Brownie.

GSUSA strip

You can wear this strip to show that you're a member of Girl Scouts of the USA.

Council ID strip or USA Girl Scouts Overseas strip

This strip shows the name of your Girl Scout council, or that you are a member of USA Girl Scouts Overseas.

USA Girl Overseas pin

Girls who belong to USA Girl Scouts Overseas wear this pin.

Membership stars

Each star represents one year as a Girl Scout and is pinned on a disc. The color of the disc shows your level. Girl Scout Brownies get a green disc. The number of stars shows how many years you've been a member at each level.

World Trefoil pin

This pin shows that you are part of the World Association of Girl Guides and Girl Scouts (also known as WAGGS). The golden trefoil on a blue background represents the sun shining over all the children of the world.

American Flag patch

This patch shows that you're an American Girl Scout.

Brownie wings

If you were a Girl Scout Brownie, you got your Brownie Wings when you "flew up" and became a Girl Scout Junior. You wear the wings to show everyone you were once a Brownie - which means you know a lot about Girl Scouts that you can share with girls who are Brownies right now.

Bridge to Girl Scout Cadette and/or Senior Award

You can wear this award to show you bridge from Girl Scout Cadette and/or Senior.

Troop numbers

Many Girl Scouts belong to troops, and wear their troop numbers.

Troop crest

Some families have crests that show for what they stand. Girl Scouts is like a family, too. You and your Senior friends can choose a crest to wear on your uniform. Talk about the symbols on each one. Which one best shows the world for what you want to stand? Go to <http://www.fortunecity.com/millennium/puppet/989/crests/index.html> for a list of crests and their meanings.

Awards that Show What You've Learned

One of the best things about Girl Scouts is learning all kinds of new things! When you earn awards, you can put them on your uniform to show what you know.

Keep track of when you earn each on pages 26 - 27.

Cadette Leadership Journey Awards

There are three Journeys for Seniors:

aMAZE

BREATHE and

MEdia.

You and your Senior friends can choose to do them in any order you like.

It's Your World—Change It!

Introducing the First Series of Journeys

aMAZE: The Twists and Turns of Getting Along

Life is a maze of relationships and this journey has Girl Scout Cadettes maneuvering through all its twists and turns to find true friendships, plenty of confidence, and maybe even peace. The adult guide offers tips for talking about relationship issues with girls, and pointers for understanding Cadettes' development and creating a safe, welcoming space.

Sister to Sister: The Darker Side of Friendship

Page 62 of the aMAZE adult journey book cites this GSUSA documentary program that elicits discussion about issues like bullying, relational aggression, cyber bullying and romantic relationships. [Download](#) (ZIP) and install this program resource to run on your own computer (Windows only), and read the [Facilitator Guide](#) (PDF).

The Interact Award signifies that girls can advance peace in the world around them—one interaction at a time. To earn it, girls must complete three of the nine Interact Challenges—though they can do as many challenges as they like! These challenges invite the Cadettes to try small—and positive—new ways of interacting in their daily lives.

The Diplomat Award focuses on how a diplomat "possesses skill or tact in dealing with others." To earn the award, Cadettes demonstrate that they can use something they have learned about relationships to design and implement a project that benefits others.

The Peacemaker Award invites girls to collect relationship "tools" they can use and pass on to others along the journey. The girls earn the Peacemaker Award at the end of the journey by reviewing all the tools they've collected and making a commitment about how they will continue using them throughout their lives.

Cadettes can take a leadership role with Brownies

LiA (Leader in Action) Award

Girl Scout Cadettes have an opportunity to put their skills to work assisting Girl Scout Brownies on their Quest. Brownies (and their volunteers!) will appreciate having Cadettes along on the journey, and Cadettes will benefit from having the opportunity to have a position of responsibility. The steps for Cadettes to earn the LiA are in the Adult Guide for "Brownie Quest" and also [available online](#) (PDF). Your Girl Scout council is a great resource to identify Cadettes who might be interested in earning this award.

It's Your Planet—Love It!

Introducing the Second Series of Journeys

Breathe

Cadettes engage all five senses as they clear the air—their own and Earth's.

Girls learn to assess air quality inside and out, getting an aerial view of everything from cigarette smoking to noise in the air to deforestation.

Along the way, they try some scientific experiments (that could even double as magic tricks to share with Brownies).

As they enjoy creating some "breathing room" in their lives, Cadettes may also find a new flair, think about "Hair," and perhaps even try making an éclair.

After becoming more Aware, the girls go on to Alert others to act for air, and then Affirm their impact on Earth, as they add these three uplifting leadership awards to their collection of Girl Scout honors.

Journey Awards

Along this journey, Cadettes have the opportunity to earn three leadership awards that engage them in improving the world's air quality while also supporting and nourishing their own abilities as leaders who are aware, alert, and able to affirm all they do.

Aware

Keep an Air Log throughout the journey.

I identify two experts who can guide you to greater air awareness.

I increase your AWAREness about the issues that impact Earth's air.

I decide the most important, personal reason you care about Earth's air.

With your Cadette team, choose an air issue to act on together.

Alert

Decide whom to educate and inspire—this is your Air Care Team (ACT)!

Decide what you will ask your Air Care Team to do.

Decide how to reach your Air Care Team to inspire them to act on your air issue.

Educate and inspire! Give your ACT its call to action.

Affirm

Gather proof of progress or improvement through your efforts to educate and inspire.

Share the impact with your ACT and maybe even go further.

Get with your Cadette team and reflect on your efforts and their impact.

Affirm your commitment to strive to be an heir apparent of air and all of Planet Earth's elements.

Earning the LiA

Girl Scouts has always had a tradition of older girls helping younger girls. In the *It's Your Planet—Love It* series of leadership journeys, Cadettes have air and Brownies have water. Think of the power of bringing these two grade levels and all their Girl Scout power together! That's what the LiA (Leader in Action) Award is all about. The LiA encourages Cadettes to be key assistants on a Brownie team's *WOW! Wonders of Water* journey. All the steps to the award are in the Cadette LiA letter found in the Adult Guide for both the Cadette and Brownie journey, and the downloadable form above.

It's Your Story—Tell It!

Introducing the Third Series of Journeys

MEdia

Cadettes look for the ME in media and learn how they can shape media—for themselves, their community and the world.

Stories are told everywhere and in all kinds of formats – in movies by big Hollywood studios, online by bloggers and through social networks, through the clothes chosen by stylists for a fashion spread in a magazine, through the photos chosen by a newspaper editor. *MEdia* helps girls think about who is responsible for telling all the stories they see around them and how can use their story to help "re-make" the forms of media they see around them.

Leadership Awards

Monitor Award - Cadettes have taken stock of media in their world and the influence it has

Influence Award - Cadettes understand the importance of having media reflect the realities of their world

Cultivate Award - Cadettes have made a personal commitment to cultivate a new perspective on media

Cadettes can take a leadership role with Brownies

LiA (Leader in Action) Award

Girl Scout Cadettes have an opportunity to put their skills to work assisting Girl Scout Brownies on their Journey. Brownies (and their volunteers!) will appreciate having Cadettes along on the journey, and Cadettes will benefit from having the opportunity to have a position of responsibility. All the steps to the award are in the Cadette LiA letter found in the Adult Guide for both the Cadette and Brownie journeys. Your Girl Scout council is a great resource to identify Cadettes who might be interested in earning this award.

Cadette Journey Summit Award

If you complete all three Cadette Journeys, you'll earn the Cadette Journey Summit award. Earning this award is a very special achievement.

National Leadership Awards

The **Silver** Torch Award: This award recognizes Cadettes who act as leaders in their communities.

Do these two steps to earn the award:

1. Complete one Cadette Leadership Journey.
2. Serve for one full term in a leadership position at your school, place of worship, library, town council, community center, after-school club, or a similar organization. For example, you might serve as school yearbook editor, on a committee to organize youth events within your faith community, or on an event-planning board at the Girl Scouts. The length of your service will depend on the term specified by the organization or the particular role.

The Cadette **Community Service** bar: When you earn the Cadette Community Service bar, you make a difference in your community – and practicing the values of the Girl Scout Law. It's, also, a great way to get involved with a cause about which you care.

To earn the bar, first choose an organization with which you'd like to volunteer. The organization will need to agree to give you instructions about the work you'll be doing. Your council needs to approve your service, so check with them before you begin. Once you've chosen your organization, complete at least 20 hours of service to earn the bar.

Cadette **Service to Girl Scouting** bar: If you choose to volunteer at least 20 hours to the Girl Scout organization, you can receive the Cadette Service to Girl Scouting bar. For example, you might volunteer your time at a special event for younger girls, be an office assistant for your council or service unit, or help with special projects.

Your service hours for these bars need to be separated from those you use toward other awards. Each bar represents a new project and can only be earned once.

Service, Action, and Community Service

While you are giving service to others, keep an idea bank for Take Action project that could help you mobilize others get at the roots of some of the problems you might observe. For example, if you give service at a food pantry in your place of worship, you might observe trends like busy and stressed parents with little kids in tow or a lack of fresh fruits and vegetables to distribute. Observing these issues could propel you into a Take Action project for one of your National Leadership Journeys. You could organize a tutoring and play station at the food station and gather volunteers to run it, or convince local businesses to provide fruits and veggies to the pantry - and offer easy fast recipes for families to use, too.

National Proficiency Badges

Your Cadette national Proficiency badges have been designed especially for girls your age. While they follow the same five-step format as every level of National badge, they're different than the badges you might have earned as a Brownie or Junior. Not only is the design a different shape (and created by a different artist!), the topics are more sophisticated. Each badge offers creative and fun opportunities to learn skills and dig into ideas that are relevant to you right now.

That's why your badges are called "proficiency" badges: Earning one means you've gained a skill you're ready to use to give service to others.

"A badge is a symbol that you have done the thing it stands for often enough, thoroughly enough, and well enough to BE PREPARED to give service in it."

There are four kinds of National Proficiency badges: Legacy, Financial Literacy, cookie Business, and Skill-Building badges. And, you can make your own badge, too.

When you add badges to your sash or vest, you're showing people which skills you've build. Every badge tells a story - in fact, you may find that people ask you what you did to earn your badges. When you can tell them what you learned and how much fun you had, you're letting people know what Girl Scouting is all about.

Legacy

The Legacy badges are based on activities that Girl Scouts have been doing since 1912. There are seven categories of Legacy badges: Artist, Athlete, Citizen, Cook, First Aid, Girl Scout Way, and Naturalist. The Legacy badges give you variety and choice: You'll have lots to do and you get to pick those badges in which you're most interested. Plus, you'll see how relevant these topics still are for girls today!

The Legacy badges are offered all the way up to Ambassador. That means that you can keep earning badges in these categories each year. Take a look at your Awards log to see all the badges you can earn as a Cadette - and what excitement lies ahead as you move up the ladder in Girl Scouting.

Financial Literacy

Your *Girl's Guide*, also, includes Financial Literacy badges. These badges help you learn about money - how to make it, how to spend it, how to save it, and how to share it with others.

Cookie Business

You can take the skills you've learned doing the Financial Literacy badges and use them during the cookie sale to earn your Cookie Business badges. Each year that you're a Cadette, you can earn one Financial Literacy Badge and one Cookie Business Badge.

Skill Building

You can add more badges to your *Girl's Guide*, depending on what topics interest you and your friends. These additional badges come packaged in Skill-Building badge activity sets. Each set tells you how to earn five different badges. The first three sets are coordinated with your National Leadership Journeys. You can make your Cadette adventure the best it can be when you see how everything fits together.

Make Your Own Badge

If you have always wanted to learn a particular skill or find out more about an interesting topic, you can make a badge to teach you that skill. You can make one badge for each year that you're a Cadette. See the Badges section to find out more!

Every National Proficiency badge includes a tip for tying the fun you're having in the badge to your Journeys. And, this tip is just the beginning. Once you dive into a Journey's theme, you'll think of your own fun ways to relate your badge-earning activities to your development as a leader.

The Girl Scout Honor Code

It's great to earn awards and put them on your uniform. You deserve to feel a glow of accomplishment when you do that.

Awards mean so much more when you've earned them "on your honor." When you say those words from the Girl Scout Promise, you're acting in a way that makes you feel proud of yourself.

So, when you start out on your Girl Scout Junior adventures, from going on a Journey and earning leadership awards to building new skills by earning badges, you have a decision to make.

You might do the least amount possible to earn the award – doing the choices you find the easiest and fastest to complete. Or, you could explore new topics and ideas. You could work a little harder to meet a challenge (even when you think you can't) . . . go out and meet new people (even if you feel a little shy) . . . and open your mind to reach for the stars!

You might end up adding awards to your uniform more slowly this way, but you'll treasure your awards all the more - because you earned them on your honor.

"Better a few badges thoroughly deserved than a sleeve full of half-earned ones."

-*Scouting for Girls*, 1930

The Girl Scout Silver Award

This is the highest award a Girl Scout Senior can achieve. To earn the award, you'll team up with your Cadette friends. Together, you'll pick a project that you care about and that will make a difference in the world. As you complete the project, you'll meet new people, develop more confidence and, also, have a lot of fun. Find everything you need to know to get started on your Gold Award project at the end of your handbook.

Mentoring Awards

When you guide people or teach them something you know, you're acting as a mentor to them. As a Cadette, you have some exciting opportunities to help younger Girl Scouts by sharing your skills, passions, and experience.

Leader in Action (LiA):

1. You can earn a Leader in Action (LiA) award by assisting a Brownie group on any of their National Leadership Journeys. There are three different LiA awards, one for each of the Journey series: *It's Your World - Change It!*, *It's Your Planet - Love It!*, and *It's Your Story - Tell It!*. To earn an LiA, you'll share your organizational skills, use one of your special talents (such as creating and demonstrating a science experiment or craft), teach Brownies something important from their Journey (such as making healthy snacks or getting exercise), and reflect on your experience. For more information about each LiA, network with the adult volunteers guiding Brownie groups in your Girl Scout community. Complete requirements can be found in their Brownie Leadership Journey adult guides.

Cadette Program Aide:

PA

To earn a Cadette Program Aide award, follow these steps:

1. Earn one Lia award
2. Complete council-designed leadership course training. Part of your leadership course training will involve learning to work, with children, and gaining a deeper understanding of a specialty such as science, art, the outdoors, or adapting activities for girls with disabilities.

3. Work directly with younger girls over six activity sessions. This might be assisting girls on Journey activities (in addition to what you did for your LiA), badge activities, or other sessions. You might work with a group, at their meetings, at a day camp, or during a special council event.

Girl Scout Council Opportunities

Every Girl Scout around the country earns National leadership Journey awards and National Proficiency badges. That means that you have something in common with other Cadette, no matter where they live! Your council may, also, have special awards you can earn. Ask your Girl Scout volunteer about what's going on in your council.

Special Opportunity Awards

You can earn other awards for more fun Girl Scout activities.

Cookie Activity pin: When you sell Girl Scout cookies, you'll improve at five key business skills: Goal Setting, Decision Making, Money Management, People Skills, Business Ethics.

To earn this award, take part in the cookie sale – then wear the pin to celebrate helping lead the largest girl-run business in the world.

By participating, you'll be learning by doing – an important part of Girl Scouting. Every time you reach out and network to find customers, make a sales pitch, manage the orders and money and make decisions about how to use it, you're learning what goes into running a major business.

Notice that the five cookie business skills are not just handy for running a business, they're handy in life, too. Have a big project coming up at school? Goal setting and planning will be useful. Need to persuade your friends to do the right thing? Use people skills! Trying to save up some funds so you can take a trip? That's money management.

The cookies sale, also, helps support Girl Scouting for you, and millions of other girls. Part of the proceeds goes to your council to keep Girl Scouts thriving in your region.

World Thinking Day award: In honor of this day, Girl Scouts take part in special activities to honor their sisters around the world. Every year, girls think about something different. To find out what you need to do to earn this award, go to www.girlscouts.org/world_thinking_day.

Global Action award: When you earn this award, you'll learn more about how girls live around the world. You'll, also, do an activity to help girls who need it. To find out more, go to www.girlscouts.org/global_action_awards.

International Friendship Recognition pin: American Girl scouts who live overseas can earn this award by doing activities that encourage international friendships with girls in their host country.

Meritorious Service Awards

Every Girl Scout is prepared to do heroic things. When a girl receives one of these awards, she's being honored for doing something exceptional, like saving someone's life.

Medal of Honor: This award is given to a Girl Scout who has shown presence of mind and true Girl Scout spirit in an emergency.

Bronze Cross: This award is given to a girl who has shown extraordinary heroism or risked her life to save another's.

My Promise, My Faith

Earning My Promise, My Faith helps you explore how Girl Scouting and your faith offer similar ideas about how to act – and how Girl Scouting can tie into your faith. You can earn this pin once a year, every year you are in Girl Scouts. Choose a different line of the Law each year.

Complete these five steps to earn the pin:

1. Choose one line from the Girl Scout Law. Find a hymn, psalm, prayer, reading, or ritual from your faith that related to it. Think about how this shows a connection between your faith and what you've learned in Girl Scouting.
2. Interview a woman in your own or another faith community who can talk to you about how she tries to act in her life based on that line of the Law. Ask her to give you examples of what the line of the Law means to her and how she tries to follow it in her daily life.
3. Find three inspirational quotes by women that fit with that line of the Girl Scout Law. Put them somewhere you can see them every day to remind you to live that line of the Law.
4. Make something, like a drawing, painting, or poster, that reminds you of what you've learned. You could, also, make up a story or a skit.

5. Make a commitment to live what you've learned. You may want to talk to your friends, family, or a group in your faith community about how you plan to live what you've learned in your daily life. Maybe you'd enjoy performing your skit or showing them what you just made or performing your skit! You can, also, choose to make a private commitment to yourself.

Talk to your Girl Scout volunteers about opportunities to invite friends from school or your place of worship to get involved into the fun you're having as you earn awards. Your friends might want to become Girl Scouts, too.

Safety Award

Know how you and your friends can stay safe on your Cadette adventures.

Complete these five steps to earn the pin:

1. Learn how to make a room safe for a young child.
2. Find out about water safety and learn to perform a reaching assist from a dock or the side of a pool to help someone out of the water.
3. Teach a Daisy or Brownie what to do if she gets lost and why she shouldn't talk to strangers.
4. With your family, make sure you have enough food, water, and medical supplies on hand to last at least three days in case of a natural disaster. (Remember to plan for pets!) It's important to have someone outside the area whom everyone in your family can contact in case you are separated. Learn who your family contact is or help your family choose a contact.
5. Discuss bullying with your Girl scout group, friends, or family. Write a personal-responsibility statement that covers how you'll behave at school, at home, and online.

"Cadette Scouting is a way of living up to the best of your abilities. It is a way of learning about yourself and about others. It is a way of making the most of you, as you are now and as the person you would like to be"

-Cadette girl Scout Handbook, 1963

Which way will your compass take you?

Bridging to Girl Scout Senior

You've had a fantastic time as a Cadette. Are you ready to embrace new adventures? Are you ready to say yes to new challenges? Then, step up to Girl Scout Seniors, where you'll find opportunities to do all that and more!

When you're a Senior, your opportunities to develop your leadership skills and strive for change in the real world will expand. You'll have a choice of three inspiring National Leadership Journeys: *GIRLtopia*; *Sow What?*; and *MISSION: SISTERHOOD!* You might even be able to participate in a regional or national special project for teen leaders in Girl Scouts.

Once you're in high school, you might, also, be active in the Girl Scout Advocacy Network, a group that advocates for change on behalf of girls by promoting issues in Congress and state legislatures. Ask your regional Girl Scout council about advocacy opportunities in your region - or even across Girl Scouts of the USA.

What else does the world of Girl Scouts Seniors offer? Lots of adventure! You can try all sorts of new experiences - mountain biking, yoga, rock climbing, volunteer at the Special Olympics, or touring an art gallery.

If you yearn to travel, check out the international Girl Scout destinations tailored for Seniors and above. You could explore Belize, come face-to-face with a beluga whale in the Arctic, jet to India, or trek through the Amazon rain forest.

You're sure to meet other Girl Scout teens and make some new friends along the way.

Celebrate your Accomplishments: If you wrote a letter to yourself when you first became a Cadette, you may want to open it now. What's it like to read those words? How have you learned and grown as a leader in your life - and world - since you wrote that letter? How are you the same, and how are you different?

To earn your **Bridging award**, complete these **two** bridging steps:

STEP 1 Pass it on!

Share your talents and skills by touching younger Girl Scouts one thing you learned to do as a Cadette. (And, what about younger girls who aren't Girl Scouts yet? Maybe your story will inspire them to join!)

This list has a few ideas to get started. You only have to do one of these - or something like it - to complete the step.

IDEAS

- Share favorite things you did on a National Leadership Journey. Did you add a trip? Meet local experts? Do something special when you earned your awards? Put a little kit together and present it as a "boarding pass" gift to Juniors that they can use to start their Journey after they bridge up.
- Take a group of Juniors to your favorite local hiking spot, demonstrate something you've learned about outdoor safety, and talk to them about Leave No Trace. Or, tell them about your group's most memorable adventure and teach them your favorite Girl Scout tradition.
- Did you earn your Silver Award? Tell a group of Juniors about your project (maybe you could make a presentation or video). Let them know how you or your team got through the tough times and how much fun you had along the way.

STEP 2 Look Ahead

As a Senior, your world will get even bigger - which means there's so much more to explore. There's no better way to find out what you have to look forward to than by talking with your Senior sisters.

This list has a few ideas to get started. You only have to do one of these - or something like it - to complete the step.

IDEAS

- As a Senior, you can take part in the global travel opportunities offered by the Girl Scouts. Talk to Girl Scout Seniors who have traveled internationally or to a national conference about their adventures.
- If you're interested in earning your Gold Award, connect with Seniors who have already earned their Gold. Ask for advice about how to choose from among all your ideas.
- Find out how Seniors customized their experiences on a National Leadership Journey. What trips, experts, and projects did they do? How did they have fun bringing the theme to life?

Congratulations!

You've earned your Bridge to Girl Scout Senior award! Celebrate with a favorite ceremony – or invent a new one.