

Making true-blue friends, saving the planet, standing up against stereotypes, using their team power for the greater good—that’s what being a Girl Scout Cadette is all about. Cadettes blaze new trails in the wilderness, write and direct their own movies, take the stage for public speaking, make delicious meals from around the world, and pick up tools to do some woodworking. Their curiosity and imagination lead the way as they try all kinds of new experiences.

As a Cadette, she might:

- Choose an issue she cares about, then do something to make a difference as part of a Girl Scout Leadership Journeys
- Earn her Silver Award, the highest award a Cadette can earn
- Get outdoors and off the beaten trail
- Try out new experiences (and learn new skills) as she earns badges



## Developmental Milestones

### Physical

- Become a little less coordinated as height and weight change quickly
- Start showing uneven development in skills like agility, balance, strength, and flexibility (For example, they may be able to run fast, but not gracefully.)
- Have a difference between body and brain growth; may be more mature physically than cognitively or emotionally

### Language

- Start to use writing to describe personal experiences
- Start to “get” and pay more attention to body language, tone of voice, and other nonverbal language cues
- Are interested in having discussions, debates, and arguments (sometimes just for the sake of it)

### Cognitive

- Start to understand concepts like power and influence
- Question things and don’t take everything at face value
- Think about how current actions affect the future and may worry about things like climate change and war
- Use flexible thinking, like checking work and changing approaches as needed
- Begin developing a worldview and a basic set of values
- Want to contribute and make their own money

### Social Emotional

- Bow to peer pressure to be like others
- Have experiences with bullying or cyberbullying
- Be sensitive to other people’s opinions and reactions, and think the whole world is watching them
- Develop a sense of pride in accomplishments and awareness of their challenges
- Are introspective and moody, and need more privacy

# Girl Scout Foundations





## National Program Portfolio

As Girl Scouts progress from Daisy to Ambassador, the awards they earn symbolize new and higher levels of achievement—and ultimately a deeper understanding of what it means to be a leader. While she may be exposed to these subjects at school, in other youth programs, or even on her own, at Girl Scouts she'll experience them in a unique way that puts her on a path to a lifetime of leadership, adventure, and success. And because our program is girl-led, girls decide what they'll do, together. Below is a list of all the badges she can earn as a brownie. For more information visit <https://www.girlscouts.org/en/our-program/badges.html>.

## Intro to Program Pillars and Journeys

- **Outdoors:** When girls embark on outdoor adventures, they learn to confidently meet challenges while developing a lifelong appreciation of nature.
- **Science, technology, engineering, and math (STEM):** Whether they're building a robot, developing a video game, or studying the stars, girls become better problem-solvers and critical thinkers through STEM activities.
- **Life skills:** Girls discover they have what it takes to become outspoken community advocates, make smart decisions about their finances, and form strong, healthy relationships. As you help girls plan their activities, give them opportunities to explore and up their game in each of the pillar areas.
- **Entrepreneurship:** By participating in the Girl Scout Cookie Program or fall product program, girls learn the essentials of running their own business and how to think like entrepreneurs.
- **Journeys:** are a path for girls to explore their community in thematic progression from many perspectives and experiences, using the 3 Girl Scout keys to leadership: Discover. Connect. Take Action.

It's Your World— Change It!	It's Your Planet— Love it!	It's Your Story— Tell it!
		
aMAZE!	Breathe	MEdia

Engineering Journey	Computer Science Journey	Outdoor STEM Journey	Outdoor Journey
			
Think Like an Engineer	Think Like a Programmer	Think Like a Citizen Scientist	Learn more about how to earn your Take Action Award — and help your community — with the Girl Scout Take Action



# National Program Badges & Journeys

Cadette

## STEM

### Coding For Good



Coding Basics



Digital Game Design



App Development

### Cybersecurity



Cybersecurity Basics



Cybersecurity Safeguards



Cybersecurity Investigator

### Robotics



Programming Robots



Designing Robots



Showcasing Robots



Animal Helpers



Digital Leadership



Digital Movie Maker



Science of Happiness



Space Science Researcher



Special Agent



STEM Career Exploration

## Life Skills



Babysitter



Book Artist



Cadette First Aid



Cadette Girl Scout Way



Comic Artist



Democracy for Cadettes



Eating for You



Field Day



Finding Common Ground



Good Sportsmanship



Netiquette



New Cuisines



Public Speaker



Screenwriter



Woodworker

## Outdoors



Archery



Cadette Snow or Climbing Adventure



Cadette Trail Adventure



Eco Trekker



Night Owl



Outdoor Art Apprentice



Primitive Camper



Trailblazing



Trees



# National Program Badges & Journeys

Cadette

## Entrepreneurship



Budget Manager



Business Creator



Cookie Innovator



Cookie Market Researcher



Entrepreneur



My Cookie Venture



My Dream Budget



My Money Habits

## Journey Awards

It's Your World — Change It!



aMAZE! Set



Leader in Action

It's Your Planet — Love It!



Breathe Set



Leader in Action

It's Your Story — Tell It!



Media Set



Leader in Action

## Engineering



Think Like an Engineer



Take Action



Leader in Action

## Computer Science



Think Like a Programmer



Take Action



Leader in Action

## Outdoor STEM



Think Like a Citizen Scientist



Take Action



Leader in Action

## Outdoor



Night Owl



Trailblazing



Primitive Camper



Take Action



Leader in Action

## Additional Awards



Global Action Award Year 1



Global Action Award Year 2



Global Action Award Year 3



World Thinking Day 2023 Award

## Guiding Your Troop

As a Cadette Girl Scout leader you are responsible for showing girls the ways of Girl Scouts. The most important part of Girl Scouts is our three program processes.

- **Girl Led**-Girls play an active role in decision-making, goal-setting and leading their Girl Scout Leadership Experience
- **Cooperative Learning**-Girls work together toward shared goals and learn from one another in an atmosphere of respect and collaboration that encourages the sharing of skills, knowledge and learning.
- **Learning by Doing**-Also known as experiential learn-by-doing, is a hands-on learning process that engages girls in a cycle of action and reflection that results in deeper understanding of concepts and mastery of practical skills.

### How to make things Girl Led with Cadettes

Girl Planning Process	Girl Process at Troop Meeting	Adult Facilitation in Planning	Adult Facilitation at Troop Meeting
Discuss activities to do, plan logistics and implementation at troop meetings.	Take more ownership by leading the opening ceremony or being in charge of an activity without assistance of an	Observe girl planning and give input when asked. Assist with logistical aspects of the troop meeting.	Support girls in leading activities by being available as needed.

### How to plan your troops year using the VTK

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My Troop	Explore	Year Plan	Meeting Plan	Resources
You will see your girls contact information in this tab	<p>Wondering where to get started? You can see all the exciting options in the EXPLORE tab. You'll be able to:</p> <ul style="list-style-type: none"> <li>• Browse prebuilt tracks of badge and Journey activities</li> <li>• Create your own activity track with your girl(s)</li> <li>• Preview tracks and badge requirements before you add them to your year plan</li> <li>• See an overview of all preselected tracks at the bottom of the page. It's even printable, so you can easily review your options!</li> </ul>	<p>From this tab you can:</p> <ul style="list-style-type: none"> <li>• Set meeting dates and locations</li> <li>• Add badges, Journeys, and activities to your plan</li> <li>• Preview badge and Journey requirements</li> </ul> <p>Don't worry! You can always add, remove, or change your plan as you go, one meeting at a time</p>	<p>Make every meeting a success! Here you'll find:</p> <ul style="list-style-type: none"> <li>• Suggested badge outlines</li> <li>• Material lists—supplies you will need</li> <li>• Printable meeting aids</li> <li>• A customizable agenda</li> </ul>	<p>Where do badges belong on her uniform? Which awards can she earn at the next grade level? If you've got questions, you'll find the answers you need on the <b>RESOURCES</b> tab</p> <ul style="list-style-type: none"> <li>► Access the Family Hub</li> <li>► Use the <b>Badge Explorer</b> to find all the available badges for your girls grade level and the steps she needs to do to complete them.</li> </ul>

### Troop Safety-Ratios

For Troop Meetings

- The adult-to-girl ratio is two unrelated volunteers, including one female, for up to 25 Girl Scout Cadette
- There should be one extra adult for every additional 1–12 Girl Scout Cadettes

For Outings, Activities, Travel and Camping

- The adult-to-girl ratio is two unrelated volunteers, including one female, for up to 20 Girl Scout Cadettes
- There should be one extra adult for every additional 1–10 Girl Scout Cadettes

# Planning Your Troop Meeting Based on Characteristics of Cadettes

	In-Person Meeting	Hybrid Meeting (Blend of in-person and on-line)	Completely Virtual Meeting
Suggested Meeting Length	90 minutes	75 minutes	60 minutes
Average Attention Span	35minutes per activity	30 minutes per activity	25 minutes per activity
Parent/caregiver Involvement	Parents/caregivers should discuss with their girls what they learned at the troop meetings.	Parents involvement in off-line activities is minimal. Give the girl help where needed.	Parent involvement is low. The girl may need help signing into the meeting

## Tips for Planning

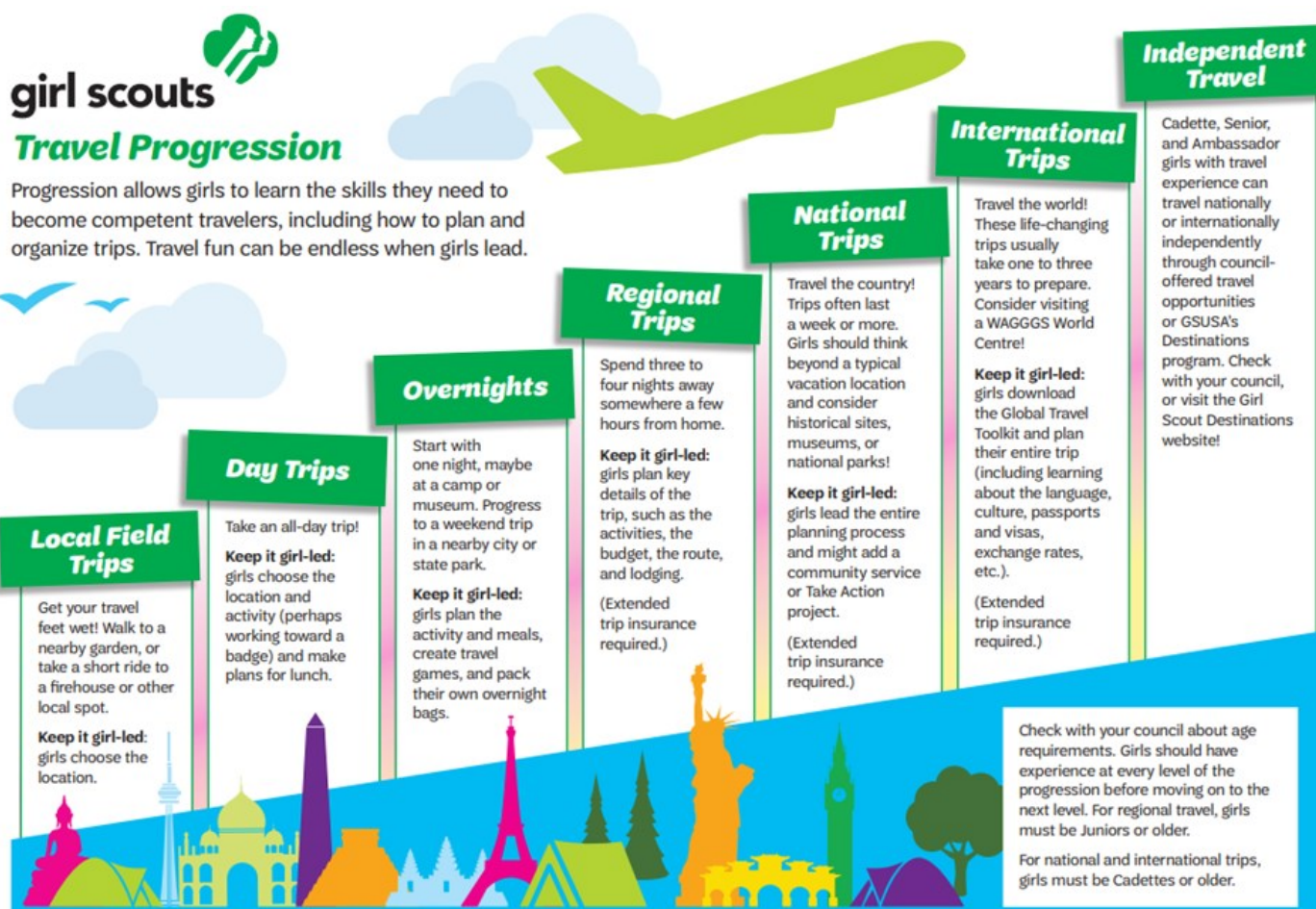
- Delegate portions of meetings for girls to lead. This may include having girls take turns each week to lead the opening or closing ceremony, or lead activities related to the badge that the troop is earning.
- Allow space for girls to share their interests. Affirm and be supportive of their differences, and their interests
- Provide a channel for girls to reach out directly to ask for clarification and support as needed
- If instructions are typed or written you may summarize the instructions verbally and put complete directions on screen for girls to refer to.
- Consider giving girls short passages to read on their own time, that can come back as a group to discuss.
- Girls will likely use the chat function of your virtual meeting space for communication.



# Troop Trips and Travel

Girls love trips. And Girl Scouts is a great place for them to learn how to plan and take trips, because travel is built on a progression of activities—that is, one activity leads to the next. Girl Scout Daisies, for example, can begin with a discovery walk. As girls grow in their travel skills and experience and can better manage the planning process, they progress to longer trips. Here are some examples of the progression of events and trips:

- **Short trips to points of interest in the neighborhood (Daisies and older):** A walk to the nearby garden or a short ride by car or public transportation to the firehouse or courthouse is a great first step for Daisies.
- **Day trip (Brownies and older):** An all-day visit to a point of historical or natural interest (bringing their own lunch) or a daylong trip to a nearby city (stopping at a restaurant for a meal)—younger girls can select locations and do much of the trip planning, while never being too far from home.
- **Overnight trips (Brownies and older):** One (or possibly two) nights away to a state or national park, historic city, or nearby city for sightseeing, staying in a hotel, motel, or campground. These short trips are just long enough to wet their appetites, but not so long as to generate homesickness.
- **Extended overnight trips (Juniors and older):** Three or four nights camping or a stay in a hotel, motel, or hostel within the girls' home region (the Upper Midwest). Planning a trip to a large museum—and many offer unique opportunities for girls to actually spend the night on museum grounds—makes for an exciting experience for girls.
- **National trips (Cadettes and older):** Travel anywhere in the country, often lasting a week or more. Try to steer clear of ordinary recreational trips girls might take with their families and consider those that offer some educational component such as incredible cities, historic sites, and museums around the country. This often means no cruises unless they incorporate community service or travel to different cities and historic sites.
- **International trips (Cadettes, Seniors, and Ambassadors):** Travel around the world, often requiring one or two years of preparation; when girls show an interest in traveling abroad, contact your local Service center to get permission to plan the trip and download the Global Travel Toolkit. Visiting one of the four World Centers is a great place to start, but also consider traveling with worldwide service organizations. Recently, girls have traveled to rural Costa Rica to volunteer at an elementary school, to Mexico to volunteer with Habitat for Humanity, and to India to witness the devastation of poverty in urban slums.



## Tips for Girls Traveling Alone

- If a Girl Scout Cadette, Senior, or Ambassador will be traveling alone at any part of a trip, use the opportunity to help her feel comfortable with and capable of being on her own.
- Always talk first with her caregivers to assess her maturity and ability to handle herself, and have her caregivers complete an emergency form. If she is flying, also discuss the possibility of booking a nonstop flight to make her trip that much less stressful, and ask caregivers to contact the airline, which will make special arrangements for any unaccompanied minor.
- With the girl herself, develop a trip plan, discuss hotel security and safety, and talk about avoiding excess communication with strangers, not wearing a name tag, and avoiding exposing money or other items (such as high-end cell phones and iPods) that are attractive to pickpockets.

**Travel Progression Checklist for Troop**—If your group is thinking about travel, consider first whether the girls are mature enough to handle the trip. In determining a group's readiness for travel, assess the group's:

- Ability to be away from their caregivers and their home
- Ability to adapt to unfamiliar surroundings and situations
- Ability to make decisions well and easily
- Previous cross-cultural experiences
- Ability to get along with each other and handle challenges
- Ability to work well as a team
- Skills and interests
- Language skills (where applicable)

## Outdoor

Studies show that girls today are not spending nearly enough time outdoors. Technology and structured activities leave less time for girls to get outside and enjoy nature. But as a Girl Scout, she'll have plenty of opportunities to create her own outdoor adventures and develop a lifelong appreciation for nature and the out-of-doors—whether with her troop, at camp, or with friends and family.

**Did you know that cadettes are old enough to:**

- Scuba Diving
- Hatchet Throwing
- Spelunking/Caving
- Whitewater Rafting (up to Class IV rapids)
- Canopy Tours (Ziplining)

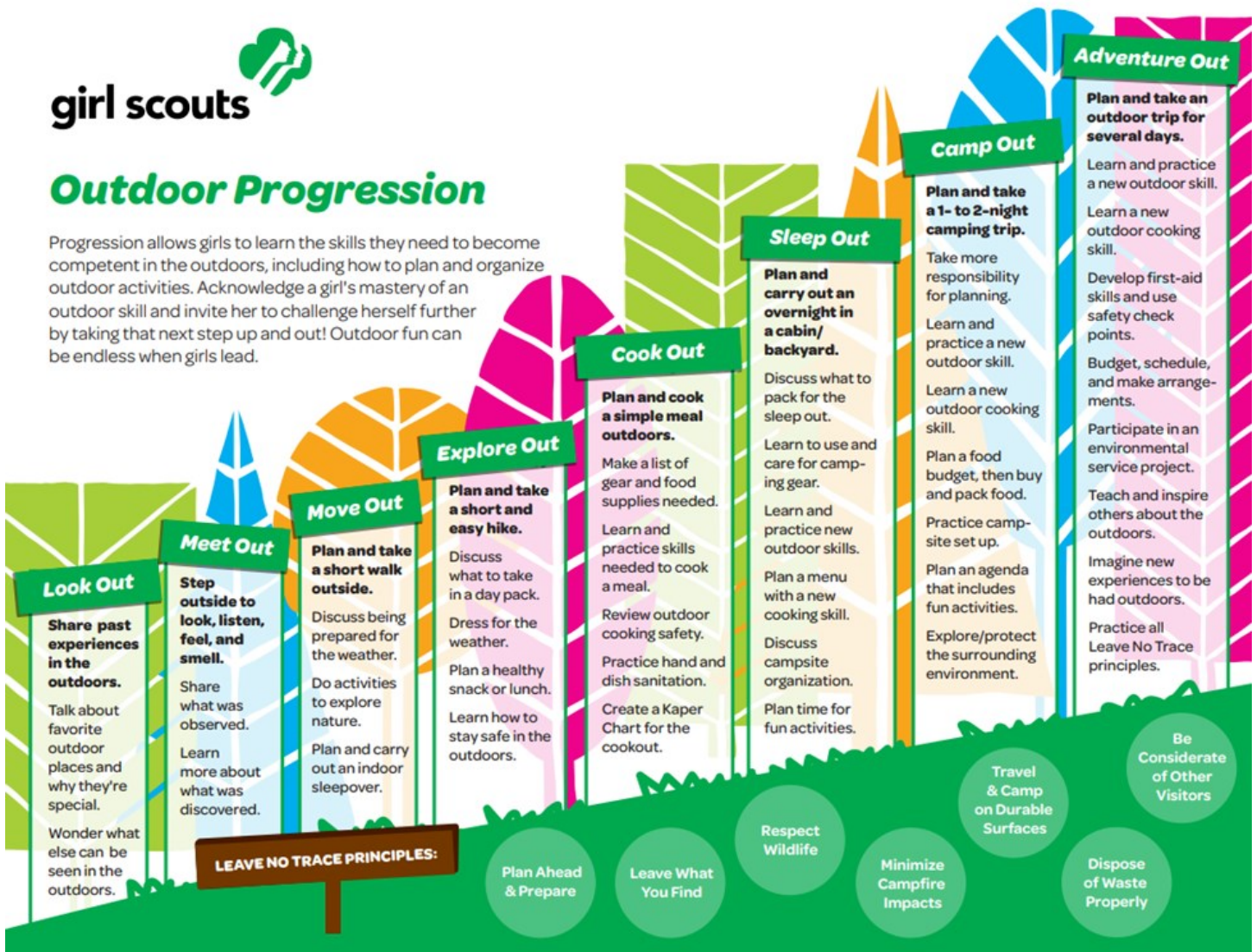






## Outdoor Progression

Progression allows girls to learn the skills they need to become competent in the outdoors, including how to plan and organize outdoor activities. Acknowledge a girl's mastery of an outdoor skill and invite her to challenge herself further by taking that next step up and out! Outdoor fun can be endless when girls lead.



## Troop Finances

As with other activities, girls progress in their financial and sales abilities as they get older. Below are some examples of the abilities of girls at the brownie age level:

- Girls estimate costs based on plans.
- Girls determine the amount of group dues (if any) and the scope of money-earning projects.
- Girls set goals for and participate in council-sponsored product sales.
- Girls carry out budgeting, planning, and group money-earning projects.
- Girls budget for extended travel either individually or as a troop.
- Girls budget for Take Action projects and leadership projects, that can include Girl Scout Silver and Gold Award.
- Girls may be involved in seeking donations for Take Action projects, with council approval.
- Girls keep their own financial records and give reports to caregivers and group volunteers.

# Uniforms

Girl Scouts at each level have one recommended element (tunic, sash or vest) for the display of official pins and awards which should be worn when girls participate in ceremonies or officially represent the Girl Scout Movement. For all girls, the unifying look includes wearing a choice of a tunic, vest or sash for displaying official pins and awards, combined with their own solid white shirts, khaki pants/skirts and a scarf.



**If your Journey awards and badges don't fit on the front of your vest or sash, you can wear them on the back.**



**Place your Journey awards above your badges.**