

Girl Scout Seniors and Ambassadors are ready to take the world by storm—and at Girl Scouts, there are millions of ways to do it.

As a Senior (grades 9–10) and an Ambassador (grades 11–12), she might:

- Go on an adventure and travel to amazing places like Costa Rica, Japan, and India
- Be a positive role model, mentor younger girls, develop strong friendships, and fight bullying
- Join with other girls to tackle an important international issue and earn a Global Action award
- Explore exciting careers in a variety of fields—from science to the arts, from education to government
- And, of course, Seniors can earn their Gold Award, which adds that “little something extra” to college and scholarship applications.
- Whether it’s enhancing school-based activities or helping girls make the most of community involvement, the opportunities open to Girl Scout Seniors are virtually unlimited!
- Seniors are eager to spread their wings—and Girl Scouts helps them take flight.



Developmental Milestones

Physical

- Have the visual-spatial coordination needed to help judge distance and speed and react quickly when learning to drive
- Are more agile and coordinated, making it easier to do things like type on a keyboard or build complex projects (Some teens may be uncoordinated, though, because they’re growing so quickly.)

Language

- Most can communicate in an adult-like fashion and are able to hold appropriate conversations.
- They tell more involved stories and are able to use more sophisticated communication skills.
- Most teenagers often prefer to communicate via text message and social media.
- They may find blogging or writing to be a helpful way to express themselves.

Cognitive

- Show an increasing ability to reason, make educated guesses, and sort fact from fiction
- Start thinking more abstractly, comparing what is to what could be
- Think about and come up with ways to deal with hypothetical situations
- Begin to set their own goals for the future; take other opinions into account but make their own decisions
- Develop a strong sense of right and wrong and make decisions based on following their conscience

Social Emotional

- Can recognize personal strengths and challenges
- Strive to be independent
- Analyze their own feelings and try to find the cause of them
- Develop a better sense of who they are and what positive things they can contribute to friendships and other relationships
- Are able to voice emotions (both negative and positive) and try to find solutions to conflicts

Girl Scout Foundations

National Program Portfolio

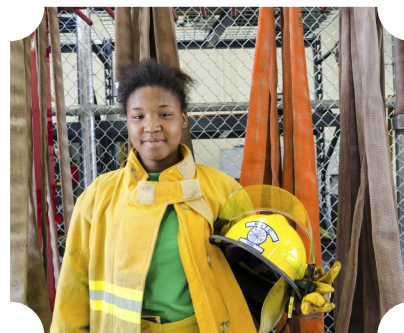
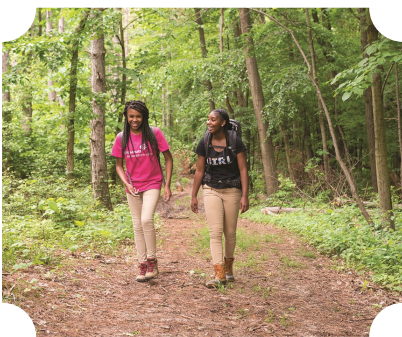
As Girl Scouts progress from Daisy to Ambassador, the awards they earn symbolize new and higher levels of achievement—and ultimately a deeper understanding of what it means to be a leader. While she may be exposed to these subjects at school, in other youth programs, or even on her own, at Girl Scouts 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.

Into 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.

Shop for badges and journey awards: gsw.org/shop

Learn more about badges and journeys: www.girlscouts.org/badge-and-award-explorer



National Program Badges & Journeys

Senior

STEM

Coding For Good



Coding Basics



Digital Game Design



App Development



Cybersecurity Basics



Cybersecurity Safeguards



Cybersecurity Investigator



Programming Robots



Designing Robots



Showcasing Robots

Cybersecurity



Digital Leadership



Science of Style



Space Science Expert



STEM Career Exploration



Truth Seeker



Voice for Animals



Website Designer

Robotics

Entrepreneurship



Business Startup



Cookie Boss



My Cookie Network



My Financial Power



Savvy Saver



Social Innovator

Journey Awards

It's Your World — Change It!



GIRLtopia Patch



GIRLtopia Pin

It's Your Planet — Love It!



Sow What? Patch



Sow What? Pin

It's Your Story — Tell It!



Mission: Sisterhood! Patch



Mission: Sisterhood! Pin

Life Skills



Behind the Ballot



Business Etiquette



Car Care



Collage Artist



Cross Training



Democracy for Seniors



Game Visionary



Locavore



Novelist



Room Makeover



Senior First Aid



Senior Girl Scout Way



Textile Artist



Troupe Performer



Women's Health

Engineering



Think Like an Engineer



Take Action

Computer Science



Think Like a Programmer



Take Action

Outdoor STEM



Think Like a Citizen Scientist



Take Action

Outdoor



Adventurer



Senior First Aid



Adventure Camper



Take Action

Outdoors



Adventure Camper



Adventurer



Eco Explorer



Outdoor Art Expert



Paddling



Senior Snow or Climbing Adventure



Senior Trail Adventure



Sky



Traveler

Additional Awards



Global Action Award Year 1



Global Action Award Year 2



World Thinking Day 2023 Award

National Program Badges & Journeys

Ambassador

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



Digital Leadership Space Science Master STEM Career Exploration

Life Skills



Ambassador First Aid Ambassador Girl Scout Way Coaching College Knowledge Democracy for Ambassadors



Dinner Party Photographer Public Policy

Outdoors



Ambassador Snow or Climbing Adventure Ambassador Trail Adventure Eco Advocate Outdoor Art Master Survival Camper Ultimate Recreation Challenge Water

Entrepreneurship



Cookie Influencer Entrepreneur Accelerator Financial Planner My Cookie Business Resume My Financial Independence

Journey Awards

It's Your World — Change It!



Your Voice, Your World Patch



Your Voice, Your World Pin

It's Your Planet — Love It!



Justice Patch



Justice Pin

It's Your Story — Tell It!



BLISS: Live It! Give It! Patch



BLISS: Live It! Give It! Pin

Engineering



Think Like an Engineer



Take Action

Computer Science



Think Like a Programmer



Take Action

Outdoor STEM



Think Like a Citizen Scientist



Take Action

Outdoor



Outdoor Art Master



Water



Survival Camper



Take Action

Additional Awards



Global Action Award Year 1



Global Action Award Year 2



World Thinking Day 2023 Award

Guiding Your Troop

As a Senior or Ambassador 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

	Girl Planning Process	Girl Process at Troop Meeting	Adult Facilitation in Planning	Adult Facilitation at Troop Meeting
Senior	Utilize girl feedback to plan the logistics of troop meetings.	Run the activities from start to finish with minimal help from an adult.	Encourage girls to survey each other about interests. Take a step back and be there for support.	Supervise and support as girls implement their activities. Offering assistance as needed. Lead the girls in evaluating the meeting to help provide feedback for the future.
Ambassador				

How to plan your troops year using the VTK

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"> ▶ Browse prebuilt tracks of badge and Journey activities ▶ Create your own activity track with your girl(s) ▶ Preview tracks and badge requirements before you add them to your year plan ▶ See an overview of all preselected tracks at the bottom of the page. It's even printable, so you can easily review your options! <p>Don't worry! You can always add, remove, or change your plan as you go, one meeting at a time</p>	<p>From this tab you can:</p> <ul style="list-style-type: none"> ▶ Set meeting dates and locations ▶ Add badges, Journeys, and activities to your plan ▶ Preview badge and Journey requirements 	<p>Make every meeting a success! Here you'll find:</p> <ul style="list-style-type: none"> ▶ Suggested badge outlines ▶ Material lists- supplies you will need ▶ Printable meeting aids ▶ A customizable agenda 	<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 Resources tab</p> <ul style="list-style-type: none"> ▶ Access the Family Hub ▶ Use the Badge Explorer to find all the available badges for your girls grade level and the steps she needs to do to complete them.

Troop Safety-Ratios

For Troop Meetings

- The adult-to-girl ratio is two unrelated volunteers, including one female, for up to 30 Girl Scout Senior/Ambassadors
- There should be one extra adult for every additional 1–15 Girl Scout Senior/Ambassadors

For Outings, Activities, Travel and Camping

- The adult-to-girl ratio is two unrelated volunteers, including one female, for up to 24 Girl Scout Senior/Ambassadors
- There should be one extra adult for every additional 1–12 Girl Scout Senior/Ambassadors

Planning Your Troop Meeting Based on Characteristics of Seniors/Ambassadors

	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	25 minutes per activity	20 minutes per activity	15 minutes per activity
Parent/caregiver Involvement	Parents/caregivers should discuss with their girls what they learned at the troop meetings.	Girls can manage their online experience and ask for assistance when needed	Girls can manage their online experience and ask for assistance when needed

Tips for Planning

- Give girls more responsibility for their role in meetings, assigning them things to research or prepare to present to the troop
- Designing opening questions to activities as “what if” scenarios
- Give girls space to imagine, hypothesize, and share their perspectives.
- Girls will likely use chat function of your virtual meetings
- Delegate meetings for girls to lead. For example, girls may lead badge activities or service projects.



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:

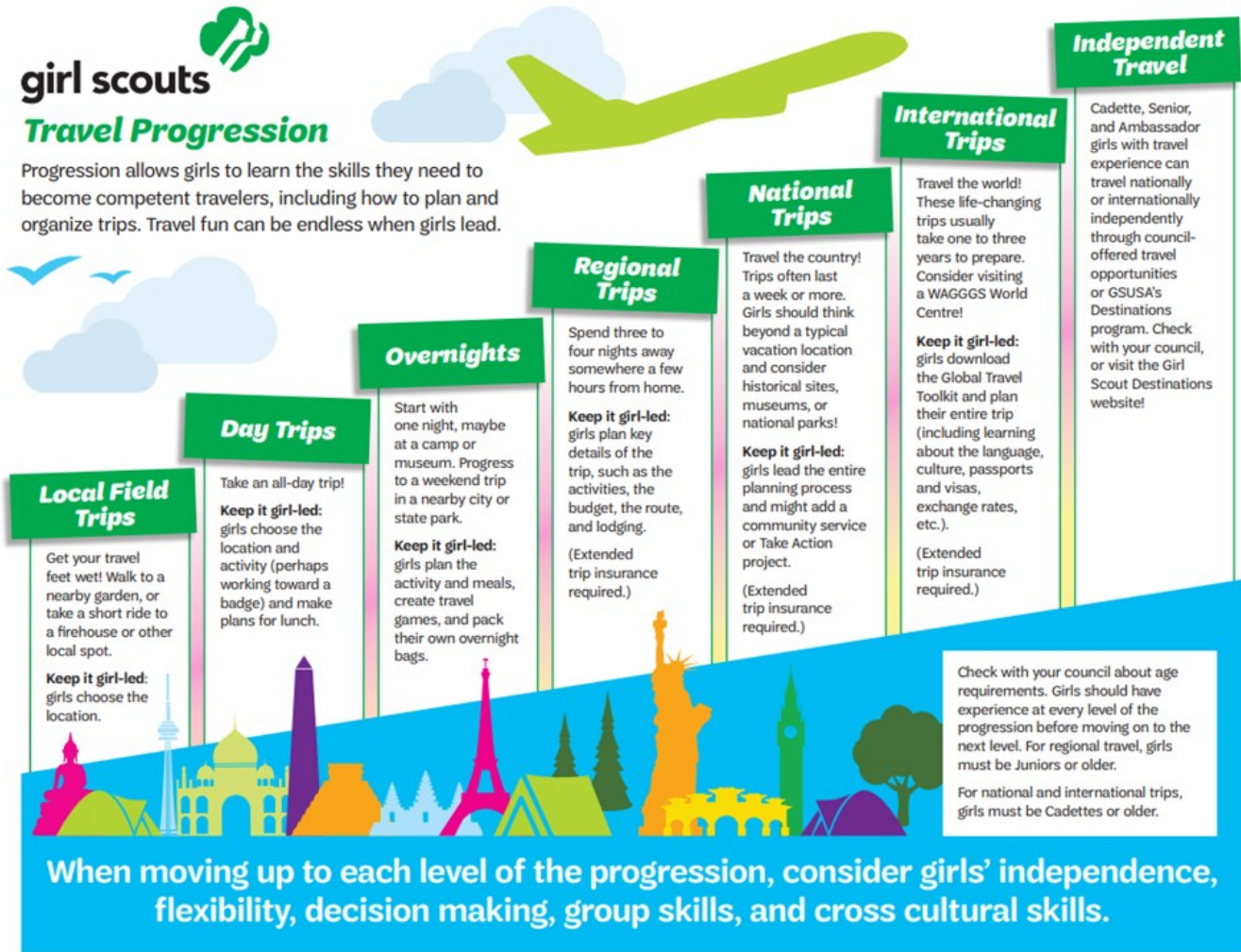
- **Short trips to points of interest in the neighborhood (Daisies and older):** A walk to the nearby garden or a short ride by car or public transportation to the firehouse or courthouse is a great first step for Daisies.
- **Day trip (Brownies and older):** An all-day visit to a point of historical 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.



girl scouts

Travel Progression

Progression allows girls to learn the skills they need to become competent travelers, including how to plan and organize trips. Travel fun can be endless when girls lead.



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 Seniors and Ambassadors are old enough to:

- Scuba Dive
- Tomahawk Throw
- Spelunk/Caving
- Whitewater Raf (up to Class IV rapids)
- Canopy Tours (Zipline)



girl scouts

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 Senior/Ambassador 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 keep their own financial records and give reports to caregivers and group volunteers.

Senior and Ambassador 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.

Girl Scout Senior



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.

Girl Scout Ambassador



Place your Journey awards above your badges.

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

