

Welcome Girl Scout Families!

At Girl Scouts, we're all about practicing everyday leadership, preparing girls to empower themselves, and promoting **G.I.R.L.** (Go-getter, Innovator, Risk-taker, Leader)™ experiences. Because girls who practice leadership like a Girl Scout are more likely to reach their full potential.

How families get a great start in **Girl Scouts**

► **Participation begins with membership!**

We're thrilled you've chosen to be part of Girl Scouts!
Visit gsnwg.org/join to register your girl to the troop.

► **Support your girl's experience!**

Don't miss a thing - add the troop calendar to your family calendar. If your girl must miss a troop meeting, help her catch up by completing activities at home. Prepare for each meeting or activity as requested by the troop leader, and turn in paperwork, permission slips, dues, etc. Please be on time for drop-off and pick-up schedules. Ask your girl what she's learned and what got her excited at Girl Scouts!

► **Engage!**

Lend a hand during troop meetings when you can. You could chaperone field trips, provide snacks, or pick up supplies - girls love to have their families involved. Help the troop meet its financial goals by working with your daughter in the Girl Scout Cookie Program and the Fall Product Program.

► **Keep in touch!**

Stay connected with your girl's troop leader. Also, follow our council, Girl Scouts of the Northwestern Great Lakes, on Facebook for the latest news, programs and parenting advice from Girl Scouts. Update your contact information as it changes. Give feedback to troop volunteers and Council staff about your daughter's experience in a positive manner. If issues arise, please discuss this privately with the troop leader, not in front of the girls.

► **Learn with your girl!**

Girl Scouts help girls build new skills with new experiences - even at home! Have fun earning badges together or follow her lead when she wants to know more - even after the badge is done! Keep this handout for reference as you get to know Girl Scouts.

About Girl Scouts

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.

Girl Scout Mission

Girl Scouting builds girls of courage, confidence, and character, who make the world a better place.

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.

Ways to Connect

 facebook.com/gsnwgl

 pinterest.com/gsnwgl

 twitter.com/gsnwgl

 gsnw.gl/linkedin

 gsnw.gl/instagram

 888.747.6945

 info@gsnwgl.org

 gsnwgl.org

My **Girl Scout** Troop Information



My Troop Number is:



My Service Area is:



Single grade level or multi-level troop

- Daisies (grades K-1) Brownies (grades 2-3) Juniors (grades 4-5)
 Cadettes (grades 6-8) Seniors (grades 9-10) Ambassadors (grades 11-12)



Troop Meeting Details:

Location: _____

Time: _____

Day/Dates: _____

Dues: _____

Other: _____



Name and Contact Info:

Troop Leader: _____

Assistant Troop Leader: _____

Troop Treasurer: _____

Troop Helper: _____

Troop Fall Product Manager: _____

Troop Cookie Manager: _____

These roles require an adult membership and background check to ensure the safety of all girls and the troop's resources.

Our family will help by:



Helping Tasks and Due Dates:

Purchase these supplies:

Contribute these items:



The Girl Scout Leadership Experience



What we do!

Focus of Girl Scout Activities

The Three Keys of Leadership

- Discover
- Connect
- Take Action

How we do it!

Girl Scout Processes

- Girl Led
- Learning by Doing
- Cooperative Learning

What we give girls!

Short Term and Intermediate Outcomes

- Strong Sense of Self
- Positive Values
- Challenge Seeking
- Healthy Relationships
- Community Problem Solving

Long Term Outcomes

(Based on our Mission)

Girls lead with **Courage**, **Confidence**, and **Character** who make the world a better place.

What girls give back!



Program Foundations

Girl Scouts takes the potential of girls, combines it with robust skill-building programming, and adds caring adult mentors and strong female role models. Everything a Girl Scout does centers around STEM, the outdoors, development of life skills, and entrepreneurship, and is designed to meet her where she is now and to grow along with her.

STEM



Girls become better problem-solvers, critical thinkers, get better grades, and see STEM as the foundation for a meaningful and successful future.

Outdoors



Girls discover that they can better solve problems and overcome challenges, build social bonds, and become team players that care about protecting our environment.

Entrepreneurship



Girls gain new skills, build their confidence, and develop an entrepreneurial mindset over time.

Life Skills



Girls gain the skills and the inspiration to accept challenges, overcome obstacles, and take the lead.

Along the Way

► Enjoy Traditions

Sharing traditions reminds girls they are part of a big, powerful sisterhood. From celebration days to special ceremonies, Girl Scout traditions give girls a sense of history and inspire them to be the best they can be!

► Take Trips and Outings

Girl Scouts love to travel – from small troop outings to big trips away from home. When girls visit new people and places in their hometown communities and beyond, they bring home inspiring experiences and memories.

► Earn Skill-building Recognitions

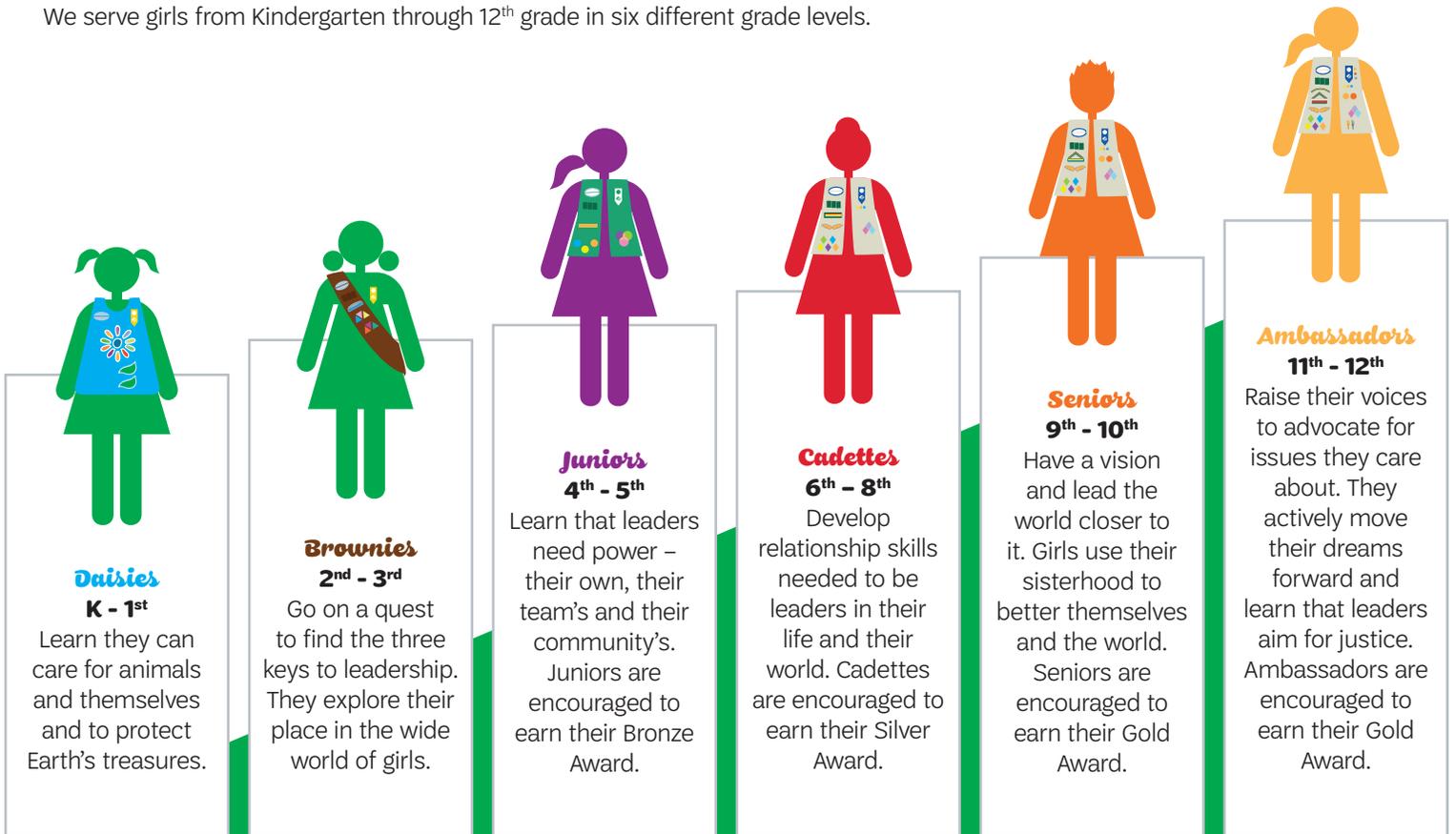
Girls earn badges, pins and patches to show themselves – and the world – what they've accomplished! Girls complete badges in traditional and contemporary skill areas. Girls earn leadership Journeys when they take a closer look at issues that matter to them. Girls complete Take Action projects for causes they care about. Highest Awards are the most prestigious awards, earned by girls who make a positive, lasting impact in their communities.

Grade Levels



You want to see girls happy, confident, strong and ready to succeed. **So do we.**

We serve girls from Kindergarten through 12th grade in six different grade levels.



About Progression

The progression of skills, abilities and activities in Girl Scouts provide age appropriate opportunities and fun at every grade level as girls grow up in Girl Scouting. For example, if a girl earns her Brownie Pets badge, her animal knowledge helps her the next year to explore the Junior badge, Animal Habitats. Badges at every level work this way—it's what makes the program so exciting!

Progression is present in Journeys, Highest Awards, outdoor skills and experiences, troop travel, and even in relationships with adult volunteers! Our youngest Girl Scouts rely on volunteer troop leaders to create Girl Scout experiences for them. Over time, older Girl Scouts learn to make their own plans. They rely on volunteers to guide them as they shape their own Girl Scout experiences.

WHAT DO Girl Scouts Do?



Girl Scouts is all about cooperation, learning by doing, and trying new things!

Every Girl Scout's experience is unique, but these are the activities that we encourage everyone to include in their Girl Scout year.



Earn at least 4 badges or other awards. From Cooking to Cyber Security, we have a badge that will interest every girl!



Go on at least one field trip. Our Troops visit museums, planetariums, organic farms, and more!



Participate in at least one overnight (Brownies and up, Grades 2-12) Whether it's a night at camp or an overnight at the Mall of America, these are the events girls request most!



Take part in at least one community service project. From visiting the elderly to making dog biscuits for an animal shelter, Girl Scouts love to make the world a better place.



Enjoy at least one outdoor outing. Snowshoeing, horseback riding, hiking—We want every girl to get outdoors and explore nature.



Participate in the world-famous cookie program. It's more than just selling cookies—girls learn to set goals, practice money management, and develop skills to run their own business!



Attend a family event! Girl Scouts love it when their family is involved. Many areas offer events and fun for the whole family!



Explore at least one STEM (Science, Technology, Engineering, or Math) activity. From making slime to building robots, our Girl Scouts love to try out STEM activities.



Learn about at least one Girl Scout tradition, such as a flag ceremony or Girl Scout holiday. These simple traditions help girls understand that they are a part of a worldwide sisterhood.

What happens in a Girl Scout Troop meeting?

Every Troop meeting is different, because they are Girl-led! Here is an example of a typical Troop meeting.

Opening: The girls open their meeting by reciting the Girl Scout Promise and Law, and participating in an ice-breaker or teambuilding game.

Business: Girls divide up any meeting responsibilities and vote on upcoming activities, such as what badges they will work on next month.

Activity: This is the main part of the meeting, where the girls work on earning a badge or sharing an experience. Examples might include working together to make home first aid kits to earn the Daisy Safety Award, painting pumpkins for veteran's home residents, having a guest speaker such as a therapy dog visit, or going for a walk in nature to earn the eco-learner badge.

Clean up: Girl Scouts always leave a place better than they found it. The girls will learn to share responsibility and divide simple meeting chores.

Closing: Troops often end with a troop tradition, such as a song, story, or making a wish for the world.

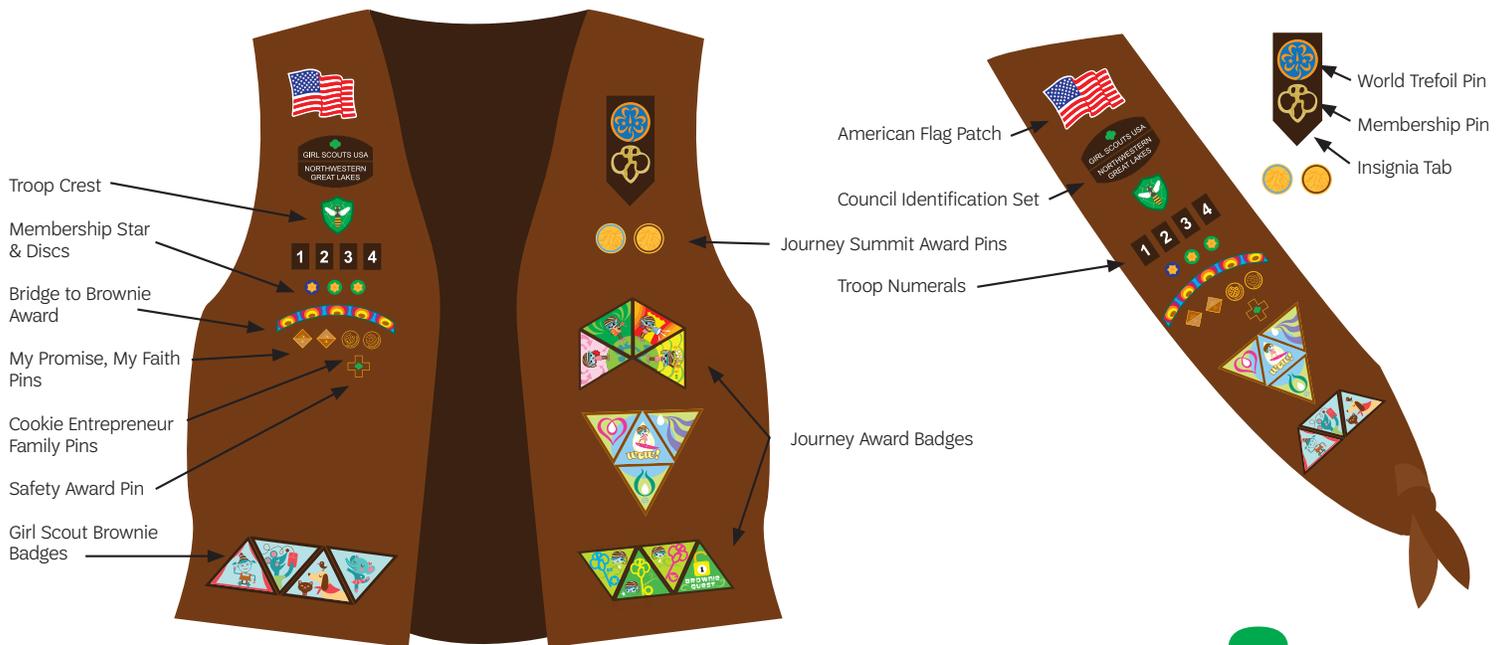
Girl Scout Uniforms

Uniforms create a sense of belonging and showcase achievements and experiences! Girls choose one required element (tunic, sash, or vest) to display official pins and earned awards.

The Basic Uniform Elements Include:



A Brownie Girl Scout vest and sash are represented below as an example to show placement of the uniform elements.
 * Patches/pins labeled on the sash are part of your Girl Scout's basic uniform and included in your My Girl Scout Kit.



My Girl Scout Kit

Families have the option to purchase a My Girl Scout Kit package and receive a free bag with a purchase of \$60 or more. The My Girl Scout Kit includes the basic uniform elements, choice of program books, and choice of additional apparel or accessory items from the official Girl Scout collection. Families may visit our online shop, girlscouts.org/GSNWGL or speak with our Retail Specialists to help them make their selections.





Girl Scout Safety Guidelines



Every adult in Girl Scouting is responsible for the physical and emotional safety of girls, and we demonstrate that by agreeing to follow these standards at all times.

- 1. Follow the Safety Activity Checkpoints** - Instructions for staying safe while participating in activities are detailed in the Safety Activity Checkpoints. Read the checkpoints, follow them, and share them with other volunteers, parents, and girls (as grade-level appropriate) before engaging in activities with girls.
- 2. Arrange for proper adult supervision of girls** - Your group must have at least two unrelated, approved adult volunteers present at all times, plus additional adult volunteers as necessary, depending on the size of the group and the ages and abilities of girls. Adult volunteers must be at least 18 years old (or the age of majority defined by the state, if it is older than 18) and must be screened by your council before volunteering. One lead volunteer in every group must be female.
- 3. Get parent/guardian permission** - When an activity takes place that is outside the normal time and place, advise each parent/guardian of the details of the activity and obtain permission for girls to participate.
- 4. Report abuse** - Sexual advances, improper touching, and sexual activity of any kind with girl members are forbidden. Physical, verbal, and emotional abuse of girls is also forbidden. Follow your council's guidelines for reporting concerns about abuse or neglect that may be occurring inside or outside of Girl Scouting.
- 5. Be prepared for emergencies** - Work with girls and other adults to establish and practice procedures for emergencies related to weather, fire, lost girls/adults, and site security. Always keep handy a well-stocked first-aid kit, girl health histories, and contact information for girls' families.
- 6. Travel safely** - When transporting girls to planned Girl Scout field trips and other activities that are outside the normal time and place, every driver must be an approved adult volunteer and have a good driving record, a valid license, and a registered/insured vehicle. Insist that everyone is in a legal seat and wears her seat belt at all times and adhere to state laws regarding booster seats and requirements for children in rear seats.
- 7. Ensure safe overnight outings** - Prepare girls to be away from home by involving them in planning, so they know what to expect. Avoid having men sleep in the same space as girls and women. During family or parent-daughter overnights, one family unit may sleep in the same sleeping quarters in program areas. When parents are staffing events, daughters should remain in quarters with other girls rather than in staff areas.
- 8. Role-model the right behavior** - Never use illegal drugs. Don't consume alcohol, smoke, or use foul language in the presence of girls. Do not carry ammunition or firearms in the presence of girls unless given special permission by your council for group marksmanship activities.
- 9. Create an emotionally safe space** - Adults are responsible for making Girl Scouting a place where girls are as safe emotionally as they are physically. Protect the emotional safety of girls by creating a team agreement and coaching girls to honor it. Agreements typically encourage behaviors like respecting a diversity of feelings and opinions; resolving conflicts constructively; and avoiding physical and verbal bullying, clique behavior, and discrimination.
- 10. Ensure that no girl is treated differently** - Girl Scouts welcome all members, regardless of race, ethnicity, background, disability, family structure, religious beliefs, and socioeconomic status. When scheduling, helping plan, and carrying out activities, carefully consider the needs of all girls involved, including school schedules, family needs, financial constraints, religious holidays, and the accessibility of appropriate transportation and meeting places.
- 11. Promote online safety** - Instruct girls never to put their full names or contact information online, engage in virtual conversation with strangers, or arrange in-person meetings with online contacts. On group Web sites, publish girls' first names only and never divulge their contact information. Teach girls the [Girl Scout Online Safety Pledge](#) and have them commit to it.
- 12. Keep girls safe during money-earning** - Girl Scout cookies and other council-sponsored product sales are an integral part of the program. During Girl Scout product sales, you are responsible for the safety of girls, money, and products. In addition, a wide variety of organizations, causes, and fundraisers may appeal to Girl Scouts to be their labor force. When representing Girl Scouts, girls cannot participate in money-earning activities that represent partisan politics or that are not Girl Scout-approved product sales and efforts.



Return to Troop Leader

Girl Member
 Adult Participant

GIRL SCOUT HEALTH HISTORY FORM

The Troop leader must retain a copy of the Health History Form for each troop member and keep ALL information CONFIDENTIAL. Adults completing this form may sign for themselves on the Parent/Guardian signature line. Submit this form on or before the event. PARTICIPANTS WILL NOT BE ABLE TO ATTEND WITHOUT THIS COMPLETED FORM.

CONTACT INFORMATION

Name: Last First Middle D.O.B. Age
Street Address City/State/Zip
Custodial Parent/Guardian Day/Work Phone Evening/Home Phone Cell/Mobile Phone
2nd Parent/Guardian Day/Work Phone Evening/Home Phone Cell/Mobile Phone
Street Address (if different from girl) City/State/ZIP

If an emergency arises, and parent/guardian can't be reached, please contact the following people: (Adult participants, please list emergency contacts here.)

Name Phone Relationship
Name Phone Relationship

HEALTH INFORMATION

Name of Physician Clinic Name Phone

Is the participant covered by medical insurance? Yes No If so, please list plan name:

Please answer the following questions completely. Use the back side of page if necessary.

Does the participant have any health concerns we should be aware of? If so, please provide any important information, such as symptoms to watch for or care needs.

[Empty text box for health concerns]

Does the participant have any allergies? If so, please explain the cause, reaction, and how it should be handled.

[Empty text box for allergies]

Does the participant have any specific dietary needs or restrictions? If so, please describe.

[Empty text box for dietary needs]

Does the participant take any medications? If medications need to be distributed at event, please give them to the troop leader or council staff with a note giving permission and specific instructions.

[Empty text box for medications]

Is participant up to date on basic immunizations? Yes No

Has participant had a current tetanus shot? Yes No If so, please list date:

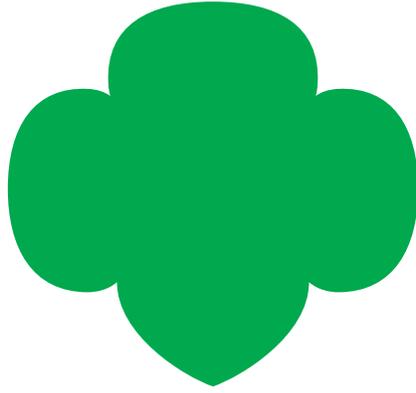
Does participant have any emotional, psychological, or behavioral health concerns we should be aware of? If so, please list any relevant information on how we can support these needs.

[Empty text box for emotional/behavioral concerns]

IMPORTANT - SIGNATURE REQUIRED FOR ATTENDANCE

Parent/Guardian Authorization: This health history is correct and complete as far as I know, and the person herein described has permission to engage in all activities except as noted. I hereby give permission to the Girl Scouts of the Northwestern Great Lakes, Inc. to provide routine health care, administer prescribed medications, and seek emergency medical treatment including ordering x-rays or routine tests. I agree to the release of any records necessary for insurance purposes. I give permission to the Girl Scouts of the Northwestern Great Lakes, Inc. to arrange necessary related transportation for me/my child. In the event that I cannot be reached in an emergency, I hereby give permission to the physician selected by the Girl Scouts of the Northwestern Great Lakes, Inc. to secure and administer treatment, including hospitalization, for the person named above. This completed form may be photocopied for trips to all activities.

Signature of Parent/Guardian or Adult Participant Date



Girl Scouts Health History Form

Parent/Caregiver Help Form



Girl's Name



Parent/Caregiver's Name



Address: _____

City, State, Zip : _____

Phone: _____ **Email:** _____

School: _____ **Grade:** _____

Are there any times of days your girl cannot participate in Girl Scouts? _____



When are you able to help with Girl Scout Troop activities? (circle all that apply)

After school

Evenings

Weekends



What are ways you are someone in your family can help with the troop?

(check all that apply)

- Be a driver for field trips (our vehicle has room for ____ total girls)
- Be a troop secretary and track awards, send parent/caregiver updates, keep planning notes
- Provide a snack for a troop meeting
- Help plan and organize troop meeting activities, parties or ceremonies
- Help out occasionally at troop meetings
- Shop for troop supplies
- Take pictures at troop meetings and outings
- Babysit for the troop volunteers' children during meetings, trips, and training sessions.
- Go camping with the troop.
- Attend troop outings and be the First Aider
(I am certified in Adult & Pediatric First Aid/CPR/AED.)
- Track troop finances as the Troop Treasurer.
- Assist with the Cookie Program (January – April commitment)
- Assist with the Fall Product Program (September – November commitment)

Other: _____

Parent/Caregiver Help Form page 2

Bring new experiences to girls in these four foundational Girl Scout program areas to help them complete badges and other earned awards. Share your special skill or hobby with Girl Scouts! List any certifications you have in these areas. Are you connected to other people and organizations who could help?



What OUTDOOR skills and hobbies can you share with the troop?



What STEM skills and hobbies can you share with the troop?



What ENTREPRENEURSHIP skills and hobbies can you share with the troop?



What LIFE SKILLS and hobbies can you share with the troop?