

# Short and Snappy – What Every Girl Should Know



**Objective**  
To get volunteers thinking about the deeper impacts of Girl Scout activities and how to prepare girls for their lives ahead.

**Length**  
20 minutes

**Materials Needed**  
Positive attitudes and thinking caps

**Information to Share (spend 10 minutes on this section)**

As Girl Scout adults, we create a safe space for girls to grow and become leaders. Our role is to support them in building the skills and self-awareness they need to be successful, satisfied, confident women leaders. Below is a list of skills and knowledge that girls need in order to become women of courage, confidence, and character who make the world a better place.

**1. Where to Draw Boundaries**

You want girls to be courteous, respectful, and kind, but it is important that they not be taken advantage of or pushed over by others. Do her “friends” only want to hang out so they can copy her math homework? Is someone in her life—and adult or another kid—pressuring her to do things that feel uncomfortable? Bring up discussion about these issues, and encourage them to talk to their parents about these types of scenarios, even if they haven’t come up yet. Girls need the skills to stand up for themselves with confidence. Having the ability to say a simple “no,” without feeling the need to give excuses or apologies takes confidence—which she can build through her leadership in Girl Scouts.

**2. The Art of Managing Money**

Understanding how to manage money is a life necessity. Work with the girls in your troop through the cookie program, cookie badges, and goal setting to save, spend, or donate according to girl-led plans. Then when girls get a little older, introduce them to complex budgets, both to use as a troop (e.g. for trips and activities) and for them to use in their personal lives. Financial literacy will not only help girls understand the value of a dollar, but it also helps ensure that they’ll be on secure financial footing for life.

**3. When (and Who) to Call for Help**

As early as possible, all children should know to call 911 in the case of an emergency—but what about when a girl is older? Will she feel comfortable calling her parent or another trusted adult for help in an emergency situation, even when they might disapprove of her actions or who she’s spending time with? Discuss these situations with girls and how they should prioritize their safety above all else.

## Information to Share (continued)

### 4. How to Avoid Burnout

We all know at least a couple people who are notorious for over-booking themselves or even sometimes have to bow out of commitments at the last minute out of sheer exhaustion. These habits start early, and continue to grow as girls place more pressure on themselves to succeed or stand out in their many activities. Help girls develop the skills to avoid this situation. Even from a young age, girls can learn to use calendars that help them manage their time and visualize their commitments. Do a calendar project where girls make and fill out a calendar with all of their personal commitments (e.g. birthday party invites, soccer matches, school project due dates, and anything else going on). Then get the girls to figure out where and when they have time for rest and relaxation. Time management and balance are incredibly important in the working world, but they also go a long way in keeping yourself healthy and happy.

### 5. The Ability to Keep Moving and Problem Solve

Whether she's on a bike, navigating transit, or in a car, a girl should know how to get out of a fix. Help her learn how to repair her own bike, read a map, and change a flat tire on a car when she's old enough. Arrange talks and demonstrations with experts in a variety of practical skill areas and work with parents to get girls practicing these skills at home. Even if she's not that excited to learn this stuff now, she'll be glad when she's not stuck waiting around for a tow-truck.

### 6. How to be Heard

You can have 1,000 great ideas, but if you don't communicate them in a way that will make people listen, they're not going to help you much. Roleplay with your troop and practice with communication exercises so that they learn how to introduce themselves with confidence when they meet new people face-to-face. Help them understand basic strategies of making a compelling argument (she'll need facts to back up her points), and work on direct communication of facts, ideas, and feelings. Girls can practice these skills through activities like Cookie Booths, Higher Awards projects, and much more. Finally, talk them through the sometimes confusing world of social media, texts, emails, phone calls, and even the hand-written letter, versus when an in-person chat is best. People skills will help girls ace that college interview, launch themselves into a dream career, and have healthy relationships with friends and partners.

## Activity (spend 10 minutes on this section)

1. Break up into 6 smaller groups.
2. Assign each group one of the six skills listed in the information.
3. Have each group come up with a list of 5-10 Girl Scout activities that help girls develop that particular skill.
4. Come back together and have each group share their ideas.

Information accessed: 3.21.2017 (<http://www.girlscouts.org/en/raising-girls/leadership/life-skills/6-things-all-girls-should-know-before-they-re-16.html#parenting>)

