

Juliette Family Guide



“Scouting rises within
you and inspires you to
put forth your best.”

- Juliette Gordon Low

girl scouts 
of utah

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Girl Scout Mission, Promise, and Law

Mission

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

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.

**Members may substitute for the word God in accordance with their own spiritual beliefs.*

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.



Girl Scouts 101

Girl Scouts is an international organization that builds girls of courage, confidence, and character, who make the world a better place. Girl Scouts is the preeminent organization dedicated to developing leadership in girls; girls around the country and world can join. In Girl Scouts, girls work with supportive adults to design fun and challenging activities that empower them to discover, connect, and take action around issues that concern them.

How Girl Scouts Works

Girl Scouts is a grade-based program that provides leadership experiences and helps girls develop a strong sense of self, problem solving abilities, and more. Since 1912, girls have explored new fields of knowledge, learned valuable skills, and developed strong core values through Girl Scouts. Today Girl Scouts is, as it always has been, the organization best positioned to help girls develop the important leadership skills they need to become successful adults.

Supportive adults and peers guide Girl Scouts as they develop their leadership potential through age-appropriate activities that enable them to discover their values, skills, and the world around them; connect with others in a multicultural environment; and take action to make a difference in their world. These activities are designed to be girl-led, cooperative, and hands-on — processes that create high-quality experiences.

When girls participate in Girl Scouts, they benefit in five important ways:

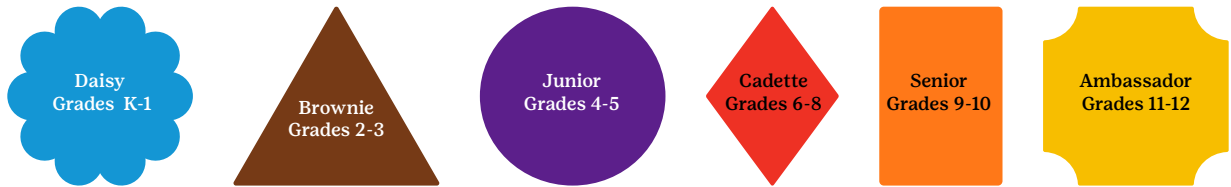


- » Strong Sense of Self: Girl Scouts have confidence in themselves and their abilities and form positive identities.
- » Positive Values: Girl Scouts act ethically, honestly, and responsibly, and show concern for others.
- » Challenge Seeking: Girl Scouts take appropriate risks, try things even if they might fail, and learn from mistakes.
- » Healthy Relationships: Girl Scouts develop and maintain healthy relationships by communicating their feelings directly and resolving conflicts constructively.
- » Community Problem Solving: Girl Scouts desire to contribute to the world in purposeful and meaningful ways, learn how to identify problems in the community, and create “action plans” to solve them.

Girl Scout curriculum is grouped into four pillars: STEM, Entrepreneurship, Outdoor, and Life Skills. Girl Scouts complete badges, patch programs, and Journeys to achieve these outcomes, as well as enjoy a wide range of experiences from overnight summer camp to selling cookies. Girl Scouting is more flexible than ever and offers many ways to get involved. Girls can participate in a variety of ways, like camp, events and series, travel, troops, Juliettes, and virtual programs. Girls can participate in one way or in a combination.

Levels of Girl Scouting

Girl Scouting is open to all girls in grades K-12 who accept the Girl Scout Promise and Law and pay annual membership dues. Our membership year runs from October 1 to September 30. Girl Scouts is broken down into 6 levels, based on school grade:



Starting in April, girls entering kindergarten in the fall may join as Daisies.

Girl Scouts move to new levels as they get older. There are no other requirements to move up a level. Girl Scouts may celebrate moving to a new level with a Bridging ceremony, described later in this guide.

Curriculum

Our curriculum includes badges, patch programs, and Journeys. Badges are the most traditional form of earned award, dating back to our founding. Badge topics may be similar between levels, but curriculum and activities are different. Topics include robotics, art, athletics, and financial literacy. Badges are divided into the four program pillars.

Badges are available as printed badge booklets, either individually or in packs. Most badges have five steps with three options to earn each step, except for Daisies who have three steps with two options each. Select badges have additional information found in the Volunteer Toolkit. You can find an overview of all badges by age level at www.girlscouts.org/badgeexplorer.

Journeys focus on leadership development through in-depth exploration of a topic. There are three original Leadership Journeys: It's Your Story – Tell It; It's Your Planet – Love It; and It's Your World – Change It. New Journeys have been released since then.

The Outdoor Journey will strengthen Girl Scouts' outdoor skills and ignite their interest in environmental stewardship. There are also three different STEM Journeys: Think Like an Engineer, Think Like a Programmer, and Think Like a Citizen Scientist.

Each Journey has separate curriculum and awards for each Girl Scout level. Some have physical guidebooks and others are contained in the Volunteer Toolkit. To learn more about Journeys visit www.girlscouts.org/en/members/for-girl-scouts/badges-journeys-awards/Journeys.html.

Patch programs can be earned by Girl Scouts of any level. Designed to supplement badges and Journeys, patches offer the chance to dive deeper into specialty topics. You can explore National Parks, focus on your mental health, and more with Girl Scouts of Utah's Patch Programs, or connect with Girl Scouts around the nation by completing Girl Scouts of the USA Patch Programs.

Curriculum Types

Badges
Hundreds available!

Patch Programs
Created by councils or GSUSA for extra fun.

Journeys
Learn and apply leadership skills.

Uniforms

Girl Scouts has different uniforms for Daisies, Brownies, and Juniors, then a single uniform for Cadettes, Seniors, and Ambassadors. Daisy uniforms can be a vest or a tunic and all other levels have the choice between a sash and a vest. You can wear your sash, vest, or tunic over a white shirt and khaki pants or skirt or over official Girl Scout gear, found online in the Girl Scout shop at www.girlscoutshop.com.

Generally, official insignia such as badges, Journeys, and the Juliette patch are placed on the front of the vest or sash, and other patches are placed on the back. All Girl Scouts wear the US flag patch, a council and GSUSA patch, and an insignia tab with the WAGGGS pin and appropriate membership pin. Juliettes have a special purple patch that is placed where the troop numbers usually go. Diagrams on patch and pin placement can be found at www.girlscouts.org/uniforms.

Scholarships are available for uniforms (one per level). Visit our Scholarships page for more information and to apply at www.gsutah.org/scholarships.

Girl Scout History

Girl Scouts was founded in 1912 by Juliette Gordon Low in Savannah, Georgia, inspired by the scouting movement in England. The first troop meeting was held March 12, 1912, with a troop of 18 diverse Girl Scouts. The movement spread throughout the country and world, with Girl Scout councils in all 50 states, Puerto Rico, and Girl Scouts Overseas.

Girl Scouts of the USA is a member of WAGGGS, or the World Association of Girl Guides and Girl Scouts. This connects Girl Scouts in Utah with Girl Scouts and Girl Guides in over 100 countries.

Traditions

Girl Scouts has a rich history of traditions, such as ceremonies, badges, and more. Two traditional ceremonies are Investitures and Bridging. Other traditions include Founder's Day, World Thinking Day, SWAPS, and Girl Scout Day and Week.

Investiture Ceremonies

Investiture ceremonies (often combined with Rededication ceremonies) are an opportunity for Girl Scouts to affirm their Girl Scout membership and commitment to live by the Girl Scout Promise and Law.

There are many ways to hold an Investiture or Rededication ceremony, including a traditional ceremony with candles or newer ceremonies that celebrate the Girl Scout Promise and Law. Investiture ceremonies are often held during the fall.

Bridging Ceremonies

Bridging ceremonies are an opportunity to celebrate Girl Scouts moving from one level to the next, which happens after grades 1, 3, 5, 8, 10, and 12. Bridging ceremonies often include crossing a bridge (real or symbolic) to signify this step in the Girl Scout program. Many Girl Scouts also receive badges and other awards at this end of year celebration. Bridging ceremonies are often held in the spring.



Scout's Own

A Scout's Own is a special ceremony in Girl Scouts that can be held at any time and in any place. The ceremony should have a specific topic that the Girl Scout prepares quotes, poems, readings, or other media to share. They should also have some time to quietly reflect.

Girl Scout Day and Week (Week of March 12)

Girl Scout Week is celebrated the week surrounding the day the first Girl Scout troop met (March 12, 1912). Activities highlight and celebrate Girl Scouting, including faith days (like Girl Scout Jummah and Sabbath). There are often social media challenges for members to showcase what they've done through Girl Scouts.

Founder's Day (October 31)

Juliette Gordon Low, our founder, was born on Halloween, and many Girl Scouts celebrate this day as Founder's Day and may have a birthday party for Juliette Gordon Low. Activities may include Halloween activities, Girl Scout traditions, or a birthday party complete with cake and fun games.

World Thinking Day (February 22)

World Thinking Day is celebrated by Girl Scouts and Girl Guides worldwide. Every year, the World Association of Girl Guides and Girl Scouts (WAGGGS) creates a new patch program to help Girl Scouts think globally. Themes vary between years but are meant to increase the friendship between countries and fellow Girl Scouts and Girl Guides.

SWAPS

SWAPS are Special Whatchamacallits Affectionately Pinned Somewhere. They are small, often handmade items attached to a pin, which are swapped at large Girl Scout events, such as Camporee and Convention.

About Girl Scouts of Utah

Girl Scouts of Utah was founded in Ogden in 1920 and has grown to include most of Utah and West Wendover, Nevada. We have three offices and two shops located in Salt Lake City, American Fork, and Ogden (office only). Girl Scouts of Utah also has two camp properties, Camp Cloud Rim and Trefoil Ranch, located in Park City and Provo Canyon. We serve almost 6,000 youth members and 3,000 adults throughout our council. Girl Scouts of Utah is organized into service units, made up of smaller geographic areas within the council, each with a volunteer leadership team, troops, and Juliette Girl Scouts.

Our website contains information such as events, membership renewal, the cookie program, and camp. There is also a Juliette page.



Juliettes (IRM – Individually Registered Member)

Who is a Juliette?

A Juliette is a Girl Scout who participates in Girl Scouting without a troop. Juliettes are all levels of Girl Scouts and can do the same activities, traditions, and programs that Girl Scouts in troops can. Juliettes may value the independence of the Juliette program, want to work with their family instead of a troop, or simply prefer the Juliette experience to a traditional troop. Juliettes is a fantastic way to participate in Girl Scouting and for many Juliettes it was their first choice.



Juliettes in Girl Scouts of Utah

Juliettes in Girl Scouts of Utah are all ages and from all areas of the state. They are supported by a council staff member who can connect them to resources, answer questions about Girl Scouts, and assist with other Girl Scout-related needs. Other council staff members may also assist, depending on the question or concern.

Communication from GSU

Juliettes who are subscribed to newsletters receive a special, bimonthly newsletter for Juliette Girl Scouts. This newsletter includes Juliette-specific updates and information, as well as other opportunities, such as large events, activity ideas, and tips and tricks for Juliette families. Families must be subscribed to all newsletters in order to continue receiving the Juliette newsletter.

Juliettes in Utah also have a Facebook group, monitored by council staff. You can find it as GSU Juliettes or at www.facebook.com/groups/535310223968528. While many service units connect with local Juliettes through Juliette Representatives, many service units are also on Facebook as groups, which Juliette families are welcome to join.

Regional Juliette Representatives

Regional Juliette Representatives are volunteers who connect Juliettes to their local service unit. Regional Juliette Representatives oversee a group of 3-5 service units close to each other, coordinating with service unit volunteers to invite Juliettes to local Girl Scout events. While Juliette Representatives are often caregivers of Juliettes, they can be any adult volunteer with GSU. Caregivers and adults interested in volunteering with Juliettes should email programs@gsutah.org for more information or to sign up.

Juliettes Outside the Wasatch Front

Juliettes are located throughout the state of Utah, from Logan to St. George and everywhere in between. Juliettes is a great way to participate in Girl Scouts from a rural community or area where there may not be a lot of other Girl Scouts. Juliettes from outlying areas are welcome at any event, including virtual events, and may participate in the cookie program; they may also want to connect with one another for activities and get-togethers. Juliettes can connect with others through our Facebook group, through Regional Juliette Representatives, or through our staff.

Other Support

Throughout the year, GSU may run events for Juliettes and their families. From the Girl Scout Cookie Program to ceremonies to virtual meetups, these events vary from year to year and are often partially planned by Juliette families through the Facebook group. These events are open to all Juliettes in the council.

What do Juliettes do?

Juliettes can do many things through Girl Scouts! They have the opportunity to attend events, sell cookies, earn badges, and more. Juliettes is a customizable program, with individuals and families deciding what they want to do on their Girl Scout adventures.

Badges, Journeys, and Patch Programs

Badges, Journeys, and Patch Programs are all ways to learn and grow through Girl Scouts. As mentioned in an earlier section, they are a little different from one another, but most involve curriculum and learning in some format. Badges, Journeys, and patches cover a wide range of topics, so there's something for everyone.

Badges, Journeys, and Patch Programs Explained

Badges – Badges are written and produced by Girl Scouts of the USA. They are standardized between councils and are written on a variety of topics. Badges are specific to the level they are designed for, such as Hiker for Brownies or Trailblazer for Cadettes. Badges are meant to create a progression in a topic, such as robotics or digital media, so that Girl Scouts can build on what they have learned in past years. However, it is not required to have earned the previous level's badge in order to complete the next level's badge in that series. Badges go on the front of the vest or sash.

Journeys – Journeys are also written and produced by Girl Scouts of the USA. Journeys are a more in-depth exploration of a topic and include a leadership aspect, the Take Action Projects. Take Action Projects aim to use what a Girl Scout has learned during their Journey and apply it to a problem in their community to make a sustainable change. More information on Take Action Project planning can be found in the Volunteer Toolkit. Journey patches go on the front of the vest or sash.

Patch Programs – Patch programs can be written and produced by many different groups, such as Girl Scouts of the USA, Girl Scout councils, individual Girl Scouts, and other companies and organizations. They can be on a wide variety of topics and are often meant for all ages. These patches are placed on the back of the vest or sash.

Fun Patches – Fun patches are patches that are not associated with a specific curriculum but can be bought for your Juliette's vest or sash to show that they participated in that activity. Some examples include field trips and sporting events. These patches are placed on the back of the vest or sash.

Adapting Badges and Journeys

Here are some tips and tricks to adapt group work or other troop-based activities in badges, patches, and Journeys:

- » Instead of sharing what your Juliette has learned or done with a troop, share with family or friends.
- » When a badge asks for Girl Scouts to work in teams, pair up with your Juliette to work as a team or invite a sibling or friend to join in the fun.
- » Connect with other Juliettes through events or your local Juliette Representative to earn badges, patches, or Journeys together.
- » Celebrate Girl Scout traditions and activities as a family. Keep an eye out for some of our many family-friendly Girl Scout events.
- » Attending events and camps are a fun way to make new Girl Scout friends and complete badge steps that may be challenging individually. Often you can invite a friend too!

Volunteer Toolkit: An Online Resource

Juliettes have access to the Volunteer Toolkit, a free online resource on badges and Journeys as well as select patch programs. Badges and Journeys are formatted as meeting plans, which can be adapted for Juliettes. Juliettes may email programs@gsutah.org for a PDF guide on accessing the toolkit.

Curriculum FAQ

What is the difference between a badge booklet and the Volunteer Toolkit?

A badge booklet is a printed booklet available for purchase in the Girl Scout shop or online. They include steps to complete the badge, additional information that might be helpful, and some newer booklets include a volunteer guide, to assist caregivers and troop leaders in leading the badge. The Volunteer Toolkit provides curriculum to earn the badge in a different format, with more ideas of things to say and more details on how to complete activities. The Volunteer Toolkit is free for all Juliettes.

Where do I purchase badge booklets and badges? Does the council subsidize these costs for Juliettes?

Badge booklets and badges can be purchased in one of our two shops, either in person or over the phone for shipping, or online. Girl Scouts of Utah does not subsidize this cost, but families can use Activity Credits for these items.

Do I need to have someone sign off on my badge work, patch, or Journey before I can earn it?

No, Girl Scouts is an honor system. If you say you earned the badge, then we trust you.

Where are the Journey books?

The Journey books have been phased out, and Journeys may now be found in the Volunteer Toolkit in a six-meeting format.

What is a Take Action Project?

A Take Action Project is a way of making a sustainable change in your community. Take Action Projects should address a root cause and have a life beyond the project, making them different from a simple service project. An example would be the problem of trash in the park. A service project could be spending an afternoon picking up trash in the park. A Take Action Project would address the root cause of not having enough trash cans by asking the city council to provide more trash cans in the park.

The Girl Scout Cookie Program

Juliettes can participate in Girl Scouts cookies in a council-led programs. Juliettes sell cookies traditionally and online, just like they would in a troop, and can also participate in other parts of the cookie program. The Juliette cookie program is an exciting way to learn about entrepreneurship and business skills, as well as communication and goal setting.

Through the Girl Scout Cookie Program, Juliettes can earn rewards such as stuffed animals and patches, earn Activity Credits to pay for Girl Scout activities, camps, and the shop, as well as earn trips and special Juliette rewards.

Signups for the Juliette cookie program generally begin in late fall and early winter. This will be announced in our Juliette newsletter, on our Facebook group, and to past cookie entrepreneurs. Dates may shift annually, so keep an eye out for announcements starting in early fall.



Events, Programs, and Summer Camp

Juliettes are welcome to attend almost every event or camp in the council. Girl Scouts of Utah provides overnight camp at our two properties, day camps, workshops, special events, and other programs with the help of our service units, volunteers, and program community partners. Our events can be found on our activities calendar at www.gsutah.org/activity-calendar.

Juliette Events

While Juliette events vary from year to year, they are events with a focus or specifically for Juliettes with Girl Scouts of Utah. Examples of past events include virtual meetups, Investiture ceremonies, bridging and end of year celebrations, and camping activities. Juliettes at these events will get to meet other Juliettes from around the state as well as participate in fun activities. There may also be a time for caregivers to meet each other, share best practices, and ask questions.

Camp

We have two camp properties, Camp Cloud Rim and Trefoil Ranch, where we run council-led summer and weekend camps. Both camps are located in natural areas and have their own unique activities. At Camp Cloud Rim, you might get to kayak on the lake, take a backpacking trip, make wheel-thrown pottery, or rock climb outdoors. At Trefoil Ranch, you might ride horses, shoot archery, participate in a cooking camp, or build your teamwork skills at our ropes course.

Our camp offerings are varied and are led by camp staff, who are trained in safety, youth work, and other important skillsets. Our summer camp programs are generally designed for Girl Scouts to attend without adults, developing independence and encouraging them to make new Girl Scout friends.

Girl Scouts of Utah also offers minicamp programs, which are day programs or 1-2 night programs at one of our camps during the school year. These camps are also led by council staff and can include activities such as snowshoeing, arts and crafts, games, campfires, and Girl Scout traditions. These minicamps take place at both of our camps and are open to a variety of ages. Many of these minicamps require an adult to attend with the Girl Scout.

Girl Scouts of Utah also has day camp programs throughout the state, led by our wonderful service units. These programs are outdoor, day-only programs held at parks, campsites, and other spaces. They are led by dedicated volunteers who follow GSU guidelines for safety and fun. Older Girl Scouts can also volunteer at some day camps as Program Aides, a leadership opportunity for Cadettes and older.

Virtual Events

GSU offers some virtual events throughout the year. Some work towards badges while others are fun enrichment activities. These events are a great opportunity for Juliettes to connect with other Girl Scouts from other areas and around the country. Juliettes can attend Girl Scout events through Girl Scouts of Utah or through any council around the country. There are also several partner programs that offer self-paced courses to earn badges and patch programs.

Service Unit Events

Some Girl Scout events are held by service units. Service units are geographic areas within GSU that are led by volunteers. There are 31 service units throughout Utah and they are made up of troops, adult volunteers, and Juliettes from that area. Service units may have a volunteer specifically to organize and run events for local Girl Scouts. Juliettes are invited to these events. Some service unit events are just for that service unit and others are for the whole council. Events for the whole council can be found on our event calendar, just like council-led events.

Service units often hold events for World Thinking Day, as well as other events which can vary. Past examples include Journey workshops, holiday celebrations, derbies, and events at community locations.

Program Community Partners

Program Community Partners are organizations within the greater community who organize and run events for Girl Scouts in Utah. They may be youth and family organizations, like Utah's Hogle Zoo or Tracy Aviary, or they might be other organizations such as the Society of Women Engineers. They may run badge or Journey workshops, Girl Scout nights, or other exclusive Girl Scout opportunities. Their events can be found on our activities calendar.

Scholarships

Girl Scouts of Utah offers scholarships to Girl Scout members and prospective members. Scholarships are available for:

- » Membership: one per year for new and renewed members
- » Uniforms: one per Girl Scout level to current members
- » Programs, Events, and Summer Camp: three scholarships annually (not including the deposit), only one of which can be for summer camp
- » Destinations: one quarter of the cost of a Girl Scout Destination (travel opportunity)
- » College Scholarships: the Cornelia Benton Scholarship is open to Girl Scouts graduating high school

We also have adult scholarships available for membership and activities where adults are required to attend so a Girl Scout can participate. Visit our Scholarships page for the most up to date information and to apply www.gsutah.org/scholarships.

Highest Awards

Girl Scouts' Highest Awards help Girl Scouts around the country make a difference in their community. There are three Highest Awards, earned by Girl Scouts in grades 4-12:

- » Bronze Award: Juniors (grades 4-5)
- » Silver Award: Cadettes (grades 6-8)
- » Gold Award: Seniors & Ambassadors (grades 9-12)

All award submissions are due to council by September 30. Bronze and Silver Awards require a final report, which can be submitted with help from the parent, a service unit volunteer, or the project advisor. These awards do not require council approval. Gold Awards require pre-approval from the council, as well as coordination with our Gold Award Committee for pre and post interviews and a final report. Silver and Gold Awardees are recognized at our annual Recognition of Excellence in November each year.

Here are some tips and tricks to earning a highest award as a Juliette:

- » Attend a council-led Highest Awards chat to get all of your family's questions answered.
- » Research award requirements on our website and take any necessary trainings.
- » Complete your Journey early to give yourself plenty of time for doing your award project and to practice making your impact sustainable with your Take Action Project.
- » Be sure their project is sustainable and has a life after your Juliette is finished.
- » Choose an advisor who is knowledgeable in the area your Juliette is doing their award and can best support your Juliette.

Visit the Highest Awards page for more information about earning yours and to meet previous Highest Awardees: www.gsutah.org/highest-awards.



Trips and Travel

Juliettes are able to travel with Girl Scouts through council-led and council-sponsored trips, Destinations, and EF Tours. These events are organized by Girl Scouts of Utah or Girl Scouts of the USA and allow Juliettes a trip and travel experience. Girl Scouts has a travel progression, encouraging Girl Scouts to start with day trips and work their way up to national or international travel. Juliettes may use their Activity Credits (earned through the cookie program) on council-sponsored travel or on Destinations, an opportunity to travel to other councils for unique overnight programs. Visit www.gsutah.org/travel.

Important Links and Resources

Reference the important links from this document and beyond to help you navigate Girl Scouts:

Girl Scout Basics

- » Girl Scouts of the USA Website - www.girlscouts.org
- » Girl Scouts of Utah Website - www.gsutah.org
- » Uniforms - www.girlscouts.org/uniforms
- » World Association of Girl Guides and Girl Scouts (WAGGGS) - www.waggs.org/en/

The Girl Scout Experience

- » Activities Calendar - www.gsutah.org/activity-calendar
- » National Virtual Events Calendar - www.girlscouts.org/virtualevents
- » Council Patch Programs - www.gsutah.org/council-patch
- » Girl Scouts of the USA Activity Zone - www.girlscouts.org/activityzone
- » Badge Explorer - www.girlscouts.org/badgeexplorer
- » Girl Scouts of Utah Camp - www.gsutah.org/camp
- » Highest Awards - www.gsutah.org/highest-awards

Other Resources

- » GSU Juliettes Facebook Group - www.facebook.com/groups/535310223968528
- » Girl Scouts of Utah Facebook Page - www.facebook.com/girlscoutsofutah
- » Girl Scouts of Utah Camps Facebook Page - www.facebook.com/GSUCamps
- » Scholarships - www.gsutah.org/scholarships

Contact Us

- » General Inquiries, Event Registration - info@gsutah.org
- » Juliette Inquiries - programs@gsutah.org