



Make New Friends Healthy Living Patch

Are you a drama queen or a peacemaker? Every day as you interact with other people you have the chance to build them up or tear them down. Complete the requirements for the patch to beef up your friendship quotient! **If the requirement is starred (*) then it is a mandatory activity for all age levels.*

Discover:

Daisies complete 2; Brownies complete 3; Juniors complete 4; Cadettes, Seniors and Ambassadors complete 5

- A. Read a book about friendship.
- B. Talk to a trusted adult about what it means to be a good friend.
- C. Have you ever been bullied? Have you ever been a bully? If you haven't been affected by bullying, chances are, someone you care about has! It happens a lot, but once you know more about it, you can decide to be open and honest, and stand up for kindness. Take the online quiz at http://forgirls.girlscouts.org/bullying-can-you-recognize-it-quiz/?ar=teens13_17 and see how by putting friendship first, you can defend yourself and be supportive of other girls
- D. Research what a stereotype is. How might stereotypes prevent you from being a friend? Tell someone what you learned.
- E. Observe the people around you. Do you see examples of healthy relationships? Do you see examples of not-so-healthy relationships? Which type of person do you want to be?
- F. Think of someone who is a good friend and list the qualities that make them a good friend. Pick one of those qualities that you want to strengthen in yourself.
- G. Think about a time when you had a first impression of someone that was wrong. How did that wrong impression affect your relationship?





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Connect:

Daisies complete 1; Brownies complete 2; Juniors complete 3; Seniors and Ambassadors complete 4

- A. Watch the video “Girls Talk About Bullying” online at http://forgirls.girlscouts.org/girls-talk-about-bullying/#/girls10_12/girl-voices/girls-talk-about-bullying
- B. Can you relate to what they said about bullying? Talk to someone about what you learned.
- C. Maya Angelou said, “I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.” Do you believe that to be true? Why or why not? Share your thoughts with a trusted adult.
- D. With family or friends, select and discuss a movie or book that shows girls’ relationships and bullying behavior.
- E. Practice being a good listener. Let a friend talk about how they feel and listen without interrupting.
- F. Is there someone to whom you were not a good friend? Apologize to them and start over.

Take Action:

Daisies complete 1; Brownies complete 1; Juniors complete 2; Cadettes, Seniors and Ambassadors complete 2

- A. Make a difference by sending a positive message to a girl you don’t even know! We could all use a friend when we’re feeling down. When you’re in need, a kind word can come from anywhere. You can send a random act of kindness to a girl on the other side of the world! If you need encouragement, you can request a message. Check out “Kindness Travels” online at <http://forgirls.girlscouts.org/kindnesstravels/> and see how far you can help kindness travel!
- B. Use washable chalk to write anti-bullying or friendship-boosting slogans on a public sidewalk to promote peace and friendship. (Be sure to get permission first.)
- C. Write an anonymous message to someone telling them what you admire about them.
- D. For one week, don’t say anything negative about anyone. Don’t participate in gossip. Be a force for good and use your friendship skills!