



A YEAR IN THE LIFE OF JULIETTE

Girl Scouts Go Pink

Month of October



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Girl Scouts Go Pink

Juliette Gordon Low, the founder of Girl Scouts, died in 1927 at the age of 66 from Breast Cancer. At the time of her death, the words “breast” and “cancer” were not spoken in “polite company.” It wasn’t until 1996 that it was disclosed to Girl Scouts around the world that she passed away from Breast Cancer.

As we move into the future, girls can be more involved in raising awareness about breast cancer. By raising awareness, girls can make a difference in the lives of women and their families to cope with impact of breast cancer. Many Girl Scout girls and adults have had the experience of having a mother or another family member suffer with breast cancer. And, like so many other serious illnesses, breast cancer affects not just the patient, but the patient’s family as well.

This month’s patch is designed to promote breast health and cancer prevention. Girls will learn about the importance of breast health by doing research and other activities. All age levels are invited to participate in this program. Activities and the number of requirements are for listed for each age level. Girls can do this by themselves or with their troop.

Patches and arcs are available for purchase at the Girl Scouts of Central California South Goldmine stores.

<https://www.girlscoutshop.com/CENTRAL-CALIFORNIA-SOUTH>

Questions: customercare@girlscoutsccs.org or (800) 490-8653

DAISY Options:

Daisies must complete Step #1 and one other requirement.

- 1. Make a pink ribbon craft (search Pinterest with an adult) and give completed craft to five women.**
- 2. Celebrate Juliette Gordon Low's Birthday (October 31) by making pink refreshments. Invite friends and family members in honor of Juliette.**
- 3. Create a pink pumpkin patch. Decorate pumpkins with pink (use paint, ribbon and stickers).**
- 4. Draw, write or create something to tell others what you know about Juliette Gordon Low and breast cancer. Share with others.**
- 5. Make a Chemo Care Kit- Get a reusable shopping bag that you can decorate and fill it with items that help ease the symptoms associated with chemotherapy. Bring it to your local oncology center or doctor.**

Some ideas of what to include:

A funny book

A scarf or hat

Plastic utensils to help with metallic taste patients may get

Hard candy

A small pillow

Ginger or other types of tea

Lip Balm for chapped lips

Notes of encouragement or handmade cards

BROWNIE Options:

Brownies must complete Step #1 and one other requirements.

1. Make a pink ribbon craft (search Pinterest with an adult) and give completed craft to five women.
2. Celebrate Juliette Gordon Low's Birthday (October 31) by making pink refreshments. Invite friends and family members in honor of Juliette.
3. Create a pink pumpkin patch. Decorate pumpkins with pink (use paint, ribbon and stickers).
4. Draw, write or create something to tell others what you know about Juliette Gordon Low and breast cancer. Share with others.
5. Make a Chemo Care Kit- Get a reusable shopping bag that you can decorate and fill it with items that help ease the symptoms associated with chemotherapy. Bring it to your local oncology center or doctor.

Some ideas of what to include:

A funny book

A scarf or hat

Plastic utensils to help with metallic taste patients may get

Hard candy

A small pillow

Ginger or other types of tea

Lip Balm for chapped lips

Notes of encouragement or handmade cards

6. Connect with a local Making Strides or Susan G. Komen Walk. Find out when events are happening in your area and attend one.

http://main.acsevents.org/site/TR/MakingStridesAgainstBreastCancer/MSABCCY18WER?pg=entry&fr_id=89701

http://www.info-komen.org/site/TR?fr_id=7292&pg=entry

JUNIOR Options:

Juniors must complete Step #1 and two other requirements.

1. Make a pink ribbon craft (search Pinterest with an adult) and give completed craft to five women.
2. Celebrate Juliette Gordon Low's Birthday (October 31) by making pink refreshments. Invite friends and family members in honor of Juliette.
3. Create a pink pumpkin patch. Decorate pumpkins with pink (use paint, ribbon and stickers).
4. Draw, write or create something to tell others what you know about Juliette Gordon Low and breast cancer. Share with others.
5. Make a Chemo Care Kit- Get a reusable shopping bag that you can decorate and fill it with items that help ease the symptoms associated with chemotherapy. Bring it to your local oncology center or doctor.

Some ideas of what to include:

A funny book

A scarf or hat

Hard candy

A small pillow

Ginger or other types of tea

Lip Balm for chapped lips

Notes of encouragement or handmade cards

6. Connect with a local Making Strides or Susan G. Komen Walk. Find out when events are happening in your area and attend one.

http://main.acsevents.org/site/TR/MakingStridesAgainstBreastCancer/MSABCCY18WER?pg=entry&fr_id=89701

http://www.info-komen.org/site/TR?fr_id=7292&pg=entry

7. Learn about and name three ways to reduce your risk of breast cancer.
8. Visit a center or talk to a professional about how mammograms are done. This research can be done online too, with an adult.

CADETTE, SENIOR and AMBASSADOR Options:

Girls must complete Step #1 and two other requirements.

1. Make a pink ribbon craft (search Pinterest with an adult) and give completed craft to five women.
2. Celebrate Juliette Gordon Low's Birthday (October 31) by making pink refreshments. Invite friends and family members in honor of Juliette.
3. Create a pink pumpkin patch. Decorate pumpkins with pink (use paint, ribbon and stickers).
4. Draw, write or create something to tell others what you know about Juliette Gordon Low and breast cancer. Share with others.
5. Make a Chemo Care Kit- Get a reusable shopping bag that you can decorate and fill it with items that help ease the symptoms associated with chemotherapy. Bring it to your local oncology center or doctor.

Some ideas of what to include:

A funny book

A scarf or hat

Plastic utensils to help with metallic taste patients may get

Hard candy

A small pillow

Ginger or other types of tea

Lip Balm for chapped lips

Notes of encouragement or handmade cards

6. Connect with a local Making Strides or Susan G. Komen Walk. Find out when events are happening in your area and attend one.

http://main.acsevents.org/site/TR/MakingStridesAgainstBreastCancer/MSABCCY18WER?pg=entry&fr_id=89701

http://www.info-komen.org/site/TR?fr_id=7292&pg=entry

7. Learn about and name three ways to reduce your risk of breast cancer.

- 8. Visit a center or talk to a professional about how mammograms are performed. This research can be completed online too, with an adult.**
- 9. Make a list of resources in your community related to breast cancer health (non-profits, support groups, oncology facilities)**
- 10. Interview a survivor (make sure to ask at least 5 questions) and share with your troop or others.**
- 11. Invite a survivor to speak with your Girl Scout Troop/group.**
- 12. Identify five notable women who have survived or died of breast cancer. Talk to your Girl Scout troop or family about what early detection is and why it is important.**