



A YEAR IN THE LIFE OF JULIETTE

Including All Friends

Month of September



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Including All Friends

Juliette Gordon Low wanted Girl Scouts to be an inclusive organization from the beginning. She faced challenges with a disability when her hearing was accidentally damaged at the age 24. She knew in 1912, as she founded what has become the world's preeminent organization for girls, that including all girls was important.

As we prepare for a new Girl Scout year, we are still including all girls and we are being more purposeful about it. Join Girl Scouts as we embark down a road of discovery, learning about ourselves and the community around us, connecting to others regardless of how alike or different we are and finally as we take action, to truly make the world a better place.

The Including All Friends patch is available for all girls, Daisy through Ambassador. Activities are organized by the Three Keys of Leadership: Discover, Connect, and Take Action. Activities are listed by recommended age level, however, leaders know their Girl Scouts best and can place them based off of ability.

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@girlscoutscs.org or (800) 490-8653

All levels must choose one activity from each section (Discover, Connect and Take Action options) to earn this month's arc.

-DISCOVER Options-

-Look up the word Disability. What does it mean to you? Define inclusion, how is Girl Scouts an inclusive organization? (ALL)

-Strengths and Weakness - We are all unique and have strengths and weaknesses. There are some things we can do well and other things that we don't do as well as others. Work with your troop, family or a friend, each person makes two lists. Write one list of a few strengths and write one list of a few weaknesses. Compare your lists and recognize how you may have similarities and differences. (J/C/S/A)

-Take the Disability Awareness quiz, found later in program. Talk about what you learned with your troop or family member. (ALL)

-American Sign Language is one the primary forms of communication for people in America who are deaf, hard-of-hearing, or are non-verbal. ASL has become a form of artistic communication as well. Your Girl Scout can watch this version of Katy Perry's Roar to get inspired. (ALL)

https://www.youtube.com/watch?v=tsl4_jrkorg

-Girl Scouts of all abilities recite the Girl Scout Promise and Law during their Girl Scout meetings. Learn the Girl Scout Promise in American Sign Language.

<https://scoutingweb.com/wpcontent/uploads/2018/01/GSPromiseASL.pdf> (ALL)

-Think about the last line of the Girl Scout Law and talk about what it really means "to be a Sister to Every Girl Scout." How can you include other Girls, even if they have different abilities than you? Sometimes this can be due to age, if you are a Brownie and up, how can you include a Daisy even if she doesn't have the same abilities as you? (ALL)

-Discover accessibility all around, what does it mean? Pick a day and pay attention to your school, at stores, movie theaters and parking lots. Write in a notebook where you see accessible options in your everyday life. For example, a ramp to enter a building, a sink that is lower to fit wheelchairs, and Braille on signs. (B/J/C/S/A)

-At a Girl Scout meeting, play a game that all girls can play. Divide your troop into two teams evenly, have each team line up facing each other to play "rock, paper, scissors". After a round of best out 3 games, everyone should move one person to their left, continue for 10 minutes. Expand your inclusion activities by asking the Girls to pick another activity that can include everyone. (ALL)

CONNECT Options:

-Find an organization online that serves all abilities in your community. With the help of an adult, find out what their mission is, find out what ages they serve. Can you connect to this organization to complete a badge or a service project? (J/C/S/A)

-Braille is a written language for blind people, it is made up of raised dots that can be felt with your fingertips. Using the link below, create your name in Braille. You can use an index card and a pushpin, push the pin through the card to make the dots. Use your fingertips to feel your name in Braille. (ALL)

http://braillebug.afb.org/braille_print.asp

-Interview a person with a disability, if you know a person; ask them if they would be willing to do an informational interview. Ask them about their hobbies, family, dreams, what she/he want people to know about their disability. (ALL)

-Service animals play an important role in many people's lives. Using the internet, find out how service animals are trained. Learn how the public should interact with them and how to treat an animal with a job. If you find an organization that trains animals in your community, invite them to a troop meeting. (ALL)

-Learn about the differences between the Special Olympics and the Paralympics. Research which sports are offered by each organization. If you are interested in volunteering for a Special Olympics or Paralympics type-sporting event, check with local groups that serve all abilities in your area. (C/S/A)

-Play the Team Up Game, developed by the Special Olympics organization. Team Up is a game about similarities and differences. With your troop, ask the question, "We meet every week, but how well do we really know each other?" Ask each girl to think of a question (yes or no question) they want to ask another girl, then ask them to Team Up with another girl and have them ask their questions. Rotate through two more pairings. Now gather the troop in a circle and have 2-3 girls ask the troop their questions. Girls that have the same answers Team Up, then get back in the circle. As a group, recognize how similar and not similar your troop is. (D/B/J)

-TAKE ACTION Options-

-Create an ad campaign with your troop to educate your community on inclusion. What would you include? If you have a smart phone or video camera, film your ad. You can also create a poster. Share it with your families. (ALL)

-Modifications - what are your favorite Girl Scout activities? Plan with your troop or parents how you could do those activities that include Girl Scouts with disabilities. Plan an activity to share with others during the next Girl Scout year. (ALL)

-Volunteer - Arrange for your troop (or a Girl Scout as an individual) to volunteer with an organization that works with adults and/or children with disabilities. Use the information that you have already learned during this patch to find an organization in the community. (ALL)

-Host a Disability Awareness meeting with your troop, and invite your families. Find activities that help bring awareness to different abilities, some ideas are: try tying shoes with one hand, learning to sign your name using American Sign Language, using pictures to communicate, or writing with non-dominant hand. End with a discussion about how these tasks can be accomplished, but differently than you may do in your life. (ALL)

-Take the BE FEARLESS BE KIND pledge. This means that you will practice empathy or the ability to understand what someone else is feeling.” The pledge asks you to practice empathy wherever you are, take responsibility and ownership over your actions towards others. Sign the pledge as part of your evaluation. (ALL)

Be Fearless, Be Kind Pledge:

I pledge to be fearless and to be kind. To be inclusive, to stand up for those that need my help and to make a difference whenever I can, because I can.

Sign Here

Disability Awareness Quiz

Daisy/Brownie/Junior Levels

True or False Quiz

1. You can “catch” a disability from someone else. T/F
2. People in wheelchairs cannot play sports. T/F
3. People who talk slow or have a learning disability are not smart. T/F
4. People who are blind can read. T/F
5. People with disabilities don’t have the same feelings as other people. T/F
6. People with disabilities cannot live by themselves. T/F
7. Everyone who uses a wheelchair is unable to walk. T/F
8. A person with a disability can get a job. T/F

Disability Awareness Quiz

Cadette/Senior/Ambassador Levels

True or False Quiz

1. Only people who can’t walk use wheelchairs. T/F
2. When you meet a person who is blind or visually impaired, you should introduce yourself to that person. T/F
3. You can assume that people with disabilities usually need help. T/F
4. People with disabilities want to be treated like everyone else. T/F
5. It is okay to ask people with disabilities about their disability. T/F
6. People with disabilities can play competitive sports. T/F
7. Among other professions, people with disabilities work as stockbrokers, lawyers, doctors and teachers. T/F
8. People can become disabled at any point in their lives. T/F

Disability Awareness Quiz

Daisy/Brownie/Junior Levels

Answers

1. **False - A disability is not something you can catch.**
2. **False - Almost every sport you can think of has been adapted so that people in wheelchairs can play!**
3. **False - Just because somebody has problems vocalizing their thoughts or processing certain kinds of information does not mean that they are not smart.**
4. **True - People who are blind may be able to read with a special kind of alphabet: Braille.**
5. **False - Everyone has feelings.**
6. **False - There are many people with disabilities who live independently. There are also many people that live by themselves but may have someone help them with more difficult tasks.**
7. **False - Many people are in wheelchairs because their legs are too weak to carry them long distances. They may walk for short distances or just for exercise, while some people who use wheelchairs are unable to walk.**
8. **True - A person with a disability can work just as hard as anyone else to get their job done.**

Disability Awareness Quiz

Cadette/Senior/Ambassador Levels

False

1. **Only people who can't walk use wheelchairs. False**
2. **When you meet a person who is blind or visually impaired, you should introduce yourself to that person. True**
3. **You can assume that people with disabilities usually need help. False**
4. **People with disabilities want to be treated like everyone else. True**
5. **It is okay to ask people with disabilities about their disability. True**
6. **People with disabilities can play competitive sports. True**
7. **Among other professions, people with disabilities work as stockbrokers, lawyers, doctors and teachers. True**
8. **People can become disabled at any point in their lives. True**