

PATCH PROGRAMS!!

The following patch programs are available for check out from Camp Mitre Peak, the Program Center, the Activity Center or online as indicated. Some may also be purchased/ordered from the GSUSA catalog or through any council shop. Patches for selected programs are also available from any council shop, through the GSUSA catalog, or online.

Bee Fit: The new GSPB Bee Fit patch program requirements are included in the At A Glance booklet and online as well as information on how to participate in other council-wide fitness events.

GSPB Family Patch 2006: Girl Scouts and family members can earn this new, collectable patch simply by being involved in Girl Scouts! Purchase the patch at any Permian Basin Girl Scout Shop.

No Way!: This program was designed to help girls learn ways to better ensure their personal safety. Using age-appropriate activities, language and approaches, this program covers topics such as saying “no” to potentially dangerous adults, confident body language, good touches and bad touches, bullying and sexual harassment. It is appropriate for girls age 4-6 and has an adult guide available.

Don't Go There!: This program was designed to help girls learn ways to better ensure their safety and is part of the *Staying Safe* series. It is appropriate for girls ages 6-8 and has an adult guide available.

I Don't Think So!: This program was designed to help girls learn ways to better ensure their personal safety. Using age-appropriate activities, language and approaches, *Staying Safe* covers topics such as saying “no” to potentially dangerous adults, confident body language, good touches and bad touches, bullying, sexual harassment and abuse. It is appropriate for girls age 8-11 years and shares its adult guide with “Don't Go There!”

In the Zone: Living Drug Free: This program encourages girls to find their “zone” by living a positive, healthy and drug free life. It includes age appropriate activities for all levels and includes an adult guide.

Follow the Reader: a Girl Scout Family Reading Project: This patch program is based on the objectives of the White House literacy initiative No Child Left Behind: phonemic awareness, phonics, fluency, vocabulary and comprehension. This family centered book—the first of its kind is completely bilingual. It offers families the opportunity to read together using the language in which they feel most comfortable. Level Daisy, Brownie, and Junior.

Read to Lead: This patch program encourages girls to develop their reading and writing skills and use those tools in creative ways to explore the world. It is available for all levels.

Strong Bones, Strong Girls: This program educates and encourages girls to establish lifelong healthy habits, especially calcium consumption and physical activity to build and maintain strong bones. It includes 20 activity cards/games, 24-minute video, and leader's guide. Level: Junior.

Connections: This program helps girls make connections to their own heritage as well as to people who are different from them in areas ranging from race to social status. It is available for all levels.

Girls Are Great: This program covers “growing up female” issues such as self-image, peer pressure, feelings, the media, and health and is available for all levels.

Media Know-How: This program helps girls recognize and use the beneficial aspects of television, radio, magazines, and the internet - and teaches them to think critically about the messages they hear and the images they see. It is available for all levels and includes an adult guide.

Girl Scouts Against Smoking: This colorful anti-smoking booklet teaches girls about habits and why people start smoking, as well as what it does to one's body. A sample booklet is in the checkout box. This program is available for all levels and includes a facilitator's guide. Booklets should be purchased for each girl and may be ordered through any council shop or from the Girl Scout catalog- \$6.00 for a pkg. of 10.

Let's Get Movin': This program is specifically written to help young children express their feelings about a move. Fun activities, and safety tips are designed to take the apprehension out of moving. It is available for all levels.

uniquely ME!: This program was created to address the critical nationwide problem of low self-esteem among adolescent and pre-adolescent girls. These booklets include exercises about recognizing one's strengths and best attributes, handling peer pressure, healthy eating habits, hygiene, general wellness, exercise and identifying core values and personal interests. Additional information about eating disorders, the power of positive thinking, relationships, and stress is also included. It is appropriate for ages 8-10, includes a bilingual version, and comes with an adult guide.

Fit & Fun GirlSports Basics: Boost girls' interest and participation in sports with this exciting sport and fitness project for Junior Girl Scouts. Learn skills to play tennis, softball, track and field, basketball, soccer, and/or fitness basics. It includes an adult guide.

Go Global!: Increases international awareness through engaging activities and stimulating information. Make connections through culture, heritage, food, nutrition, education, environment, and human rights. Level: Brownie and Junior.

Zink the Zebra: A wonderful program designed to raise girl awareness of and appreciation for individual differences, foster compassion, and respect for others. Program includes book, video, activities, and the option to purchase Zink the Zebra beanies @ \$5.00 each (includes patch and beanie). Beanies should be ordered at least two weeks in advance. It is available for all levels and Program Aide Specialty.

Be a Reader: This patch program is published by QSP and is offered every year with the Go Nuts for Reading fall product sale. Girls earn the *Be a Reader Patch* then add a "bee" every year thereafter. Subjects include sports, science, space, weather, nature, geography, and the outdoors. It is available for all levels.

The requirements and patch ordering information for the following programs can be found online at the websites indicated.

Religious Awards: This program has been created by various religious groups to encourage girls to grow stronger in their faith. This program is recognized by the GSUSA, but each religious organization develops and administers its own program. Visit www.praypub.org for more information. Adult recognitions are also available. All levels.

Ms. President: Can a girl become president of the United States? Of course she can! Today a girl has more choices of what she can do when she grows up than ever. This online program will help you learn about famous women leaders and have fun while earning the Ms. President Patch. Visit [www.girlscouts.org/gscnc/Program Opportunities/leadership](http://www.girlscouts.org/gscnc/Program%20Opportunities/leadership) and self esteem for guidelines and patch information. Level: Brownie, Junior, Cadette, and Senior.

Water Drop Patch: This project was jointly developed by the United States Environmental Protection Agency and the Girl Scout Council of the Nation's Capital (GSCNC). The purpose of the project is to encourage girls to: make a difference in their communities by becoming watershed and wetlands stewards; use their skills and their knowledge to educate others in their community about the need to protect the nation's valuable water resources; explore the natural world to gain an interest in science and math; and use the Internet as a source of information. Visit: www.girlscouts.org/awards, badges, and other insignia/insignia found online. Level: Brownie, Junior, and Studio 2B.

The requirements and patch ordering information for the following programs can be found online at [www.gspb.org/ patch programs](http://www.gspb.org/patch%20programs)

USTA Tennis/GirlSports: Receive a patch by fulfilling a variety of criteria based on skill development, knowledge of the sport, and participation in a tennis program. This program is for all levels and the patch is free.

LPGA/USGA Girls Golf: Earn this participation patch by participating in a Girls Golf event and completing the requirements. Level: Brownie, Junior, Cadette, and Senior. Free Patch.

Hand in Hand/United Way: Become better acquainted with the United Way and its services to people and agencies in your area and earn this participation patch. All levels.

Home Sewing Association: Free project kits can be ordered for Girl Scout sewing projects through the Home Sewing Association. Contact Program Manager for ordering and project availability information.