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A Leadership Journey Workshop for Girl Scout Cadettes

MEdia

This Program Brought to you by GSCNC and R.E.A.C.H.



Building girls' confidence...

- Girl Scout Cadettes explore media all around them—in their lives and in their world.
- Girl Scout Cadettes will look critically at what they find! Is there any ME in their media world?
- Girl Scout Cadettes put some real ME in media
- And so much more...



MEdia JOURNEY FOR GIRL SCOUT CADETTES

Workshop Schedule

January 22-23, 2011

Program Begins at 9 am Saturday and continues until 10 am Sunday

Lead Facilitator:
Other Volunteers:

Girl Scouts were advised to bring a Bag Lunch. Lunch is not provided as part of this program.

Location

Camp Brighton Woods, located near Ashton, MD
120 Brighton Dam Road, Brookeville, MD 20833

The Program will be located in the Main Room of the Brighton Lodge

Schedule for the Day

0900—0930 *Opening Session*
0930—0945 *What is Media? Session*
0945—1000 *Animation Fun! Session*
1000—1030 *Your Unique Point of View Session*
1030—1100 *When Reality Isn't Real Session*
1100—1200 *Your MEdia Story Session*
1200—1230 *Lunch—Conducting Our Survey*
1230—1245 *Slicing the Media Pie Session*
1245—1315 *Do You Get the Message? Session*
1315—1330 *Unmasking the Stereotype Session*
1330—1400 *What's Your Inner Beauty? Session*
1400—1430 *Finding Your Frequency Session*
1430—1530 *MEdia Remake Work Session*
1530—1545 *What's Your Network? Session*
1545—1630 *Project Runway*
1630—1700 *Putting the ME in Media Session*
Sunday
0900—0930 *Going for the Silver Workshop*
0930—1000 *Closing Session (Awards Presentation)*

MEdia JOURNEY FOR GIRL SCOUT CADETTES

Opening Session

Objective

During the Opening Session, Girl Scout Cadettes will be introduced to the program, meet one another, and learn about the 3 Awards they will earn along their Journey, all of which build foundational leadership skills critical to moving up the Girl Scout Ladder of Leadership and becoming lifelong leaders.

Format: Whole Group

Materials

- Journey Books for the Girl Scouts who ordered theirs during Registration
- Girl Scout Promise and Girl Scout Law written on large paper (or poster board)
- Masking tape or other means to post the Girl Scout Promise & Law posters
- Media Chips depicting various form of media
- Small basket or bowl to hold the 'chips'

Steps to Complete Activity

1. As girls arrive, have them take a seat and read pages 4-13 in the girl book.
2. Once all of the girls have arrived and had a few minutes to read, gather them in a circle. Pass out the 'media chips'. Have each girl take a turn introducing herself, state the media on her chip, naming one way it is used in her daily life. Collect the chips as each girl goes.
3. Introduce the Journey. *On this Journey, Girl Scout Cadettes will have the opportunity to earn three awards that move them up the ranks of Girl Scout Leadership! Along this journey you will learning about media, focusing on your interests and desires to make a positive change in the way you use media in your own lives.*
4. Introduce the Journey's Awards. The Journey Award has three parts:
 - ◆ Let the girls know that on this Journey they will have a chance to earn three important leadership awards in Girl Scouts: the *Monitor* award, the *Influence* award, and the *Cultivate* award.
 - ◆ Each of these awards has a special meaning: The *Monitor* Award shows that you understand the role media plays in your life and the lives of those around you; The *Influence* Award shows that you can influence people in a positive way to change media for the better; and the *Cultivate* Award shows that you have the courage and confidence to Cultivate a new perspective on media. These awards are placed together on the front of your vest or sash.

Following this session, girls move on to *What is Media?*

MEdia JOURNEY FOR GIRL SCOUT CADETTES

What is Media?

Objective

During this Session, Girl Scout Cadettes will learn about the various forms of media.

Format: Whole group, working in teams

Materials

- Girl books
- Pencils or pens
- Paper

Steps to Complete Activity

1. Discuss with the girls what media is and some examples of how they use it in their everyday lives. *Media is all the tools used to communicate with many people at once.* Some examples are: books, magazines, newspapers, websites, television, cell phones (text messages, tweets), blogs, social media, advertisements, etc...
2. If the girls have not filled in the quiz on page 13, give them a couple minutes to do so, then review their answers. Were any of the girls surprised by their media rating?
3. Have the girls complete pages 15-17 as a group, filling in their books as they discuss what they read.
4. Ask the girls share their answers to the questions found in the corners of pages 6, 10, and 46 of their book. We will revisit these questions later in the Journey, so record your answers in your book.
5. Give each girl one sheet of paper. Half them fold it in half to form two columns... In one column, have all of the girls list the activities they do each day, including websites they visit regularly. In the other column have the girls write all of the forms of media they use doing each activity. When they are finished, ask them if they are surprised by the amount of media they use every day. Have the girls use this information to create their MEdia Pie on page 11 of their book.

Following this session, the girls move on to *Animation Fun!*

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Animation Fun!

Objective

During this Session, Girl Scout Cadettes will learn about one form of media used to tell stories—animation. They will try their hand at creating “moving pictures” by completing activities found in the *MEdia* girl book.

Format: Whole group

Materials

- Unlined memo pad (or staple one together from blank sheets, 24 pages)
2 pads for each girl
- Pencils, Colored pencils or markers
- Masking tape
- Index cards—2 per girl
- Strong clear tape
- Chopsticks—1 per girl

Steps to Complete Activity

1. Ask the girls to tell you what animation is: **Animation** is the rapid display of a sequence of images of 2-D or 3-D artwork or model positions in order to create an illusion of movement. Talk a little about how animation has changed over the years: compare the Rudolph cartoons they may have seen on TV recently to the newer cartoons the girls are more familiar with.
2. Using the instructions on page 21 of the girl books, try their hand at animation...
3. Then, have them turn to page 47 of their book to try their hand at making a thaumatrope.
4. If time permits, have them try the “morphing” technique on page 67 of their book.

Following this session, the girls move on to *Your Unique Point of View*.

MEdia JOURNEY FOR GIRL SCOUT CADETTES

Your Unique Point of View

Objective

During this Session, Girl Scout Cadettes will gain an understanding that they and others have their own unique point of view—with respect to media and everything in life—that are truly worth sharing with the world..

Format: Whole group

Materials

- Photocopies of *Movie Camera Moves and Moods* Chart from p34 of Facilitator's Guide
- Materials for making *Director's Viewfinder*
- Girl book

Steps to Complete Activity

1. Have the girls read pages 22-23 of their book. Discuss how not only are Movies a form of Media, they often depict media in their storylines: A few examples of movies that you may want to watch sometime to see how this occurs are:
Julie & Julie: A movie about media—but it also shows how one form of media feeds another. The movie is the story of a woman who writes a blog that turns into a best-selling novel, and then a popular movie!
Singing in the Rain: Shows how actors made the transition from silent movies to “talkies”.
His Girl Friday: A movie about newspaper reporters.
Desk Set: A movie about the introduction of computers into a research department of a television station. Again, not just a movie about media, but another example of one media feeding another—this time computers feeding into television.
2. Now, let the girls know that they will get to try their hand at being directors and finding their own “view”. *Demonstrate how the girls can use their hands to make an adjustable frame “viewfinder” - by forming right angles between thumb and forefinger, then overlapping the two L's to make a rectangular frame. They can slide the frame in for a close-up and out for a long shot.*
3. Pass out the *Movie Camera Moves and Moods* chart and have the girls walk around the room practicing the various camera moves.
4. Using the instructions provided, the girls are going to make their own viewfinder.
5. After they make their Director's viewfinder, have them take turns as director. When the director shouts “action!” the girls move around the room experimenting with point of view using their viewfinders. When she shouts “freeze frame!” everyone stops and studies what's in their viewfinder. When she shouts “Let's see it!” the girls who like what they see raise their hands to share their “good shots”.

Following this session, the girls will move on to *When Reality Isn't Real*.

Time Required: 30 minutes

Director's Viewfinder

Description of Project

On the movie set, directors carry their own personal viewfinder, which looks like a small telescope—they use it to line up (or frame) a shot for the camera operator.

Materials

- Cardboard tube (from toilet paper or half a paper towel tube), one for each girl
- Black construction paper
- Clear tape
- Scissors
- Hole-punch
- String or yarn
- Markers and pencils

Steps to Make Viewfinder

1. Cut 2 identical black circles, with a radius 1/2" wider than the opening in the tube.
2. Trace the tube's opening at the center of the circle 1.
3. In pencil, mark a rectangle that is a bit wider than it is tall in the center of circle 1. Cut out the rectangle by folding the circle in half and snipping along the marked lines.
4. Cut 5 small V-shaped notches, spaced evenly around circle 1, cutting from the outer edge of the circle to the inner traced circle. Fold the resulting tabs at the line for the tube's opening.
5. Place this tabbed circle over the end of the tube, so that the pencil-lined circle matches the tube's opening and the rectangle "window" falls in the center.
6. Fold the tabs all around the circle. Tape them to the tube.
7. Circle 2 will be used to adjust the area viewed. Fold the circle in quarters and cut out a 1/4 pie wedge so that a 3/4 circle with an "L" remains. The "director" slides this "L" against the window in circle 1 to zoom in on the framed shot visible through the tube.
8. Punch a hole at the other end of the tube, and through circle 2. Loop the string through both holes, long enough to let them hang loosely around your neck.

Following this session, the girls will create *When Reality Isn't Real*.

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When Reality Isn't Real

Objective

During this Session, Girl Scout Cadettes will learn that no person is entirely “objective” and that means no media is entirely objective either. They will learn about reality TV and other forms of media that appear to be real, but may, in fact, be slanted to produce a desired reaction from the audience.

Format: Whole group

Materials

- Girl Book
- Pens or pencils

Steps to Complete Activity

1. Have the girls read pages 38-42 in their book.
2. Do the activity on page 38 as a group.
3. Ask the girls, *“Would you ever consider appearing on a reality TV show? Why or why not?”*
If you were to appear on a reality TV show, what would it be about? Is there a show currently on TV that is similar to your idea? If you could create a new Reality TV show, what would it be about and how would you make it happen?
4. Once the girls to have had a chance to discuss their reality TV show, have them spend a few minutes sharing their thoughts about the stories on pages 40-42 of their book.
5. Now, have the girls look at page 34 of their book. As a group, see if they can find the 16 messages in the Girl Scout Law. Then find three examples of media that support the Girl Scout Law.

Following this session, the girls will move on to *Your MEdia Story*

MEdia JOURNEY FOR GIRL SCOUT CADETTES

Your MEdia Story

Objective

During this Session, Girl Scout Cadettes will have a chance to reach out to others for ideas about media issues by taking part in a Team activity of creating a MEdia survey.

Format: Whole Group

Materials

- Girl Books
- Pens or Pencils
- Copies of Sample Survey from page 45 of Facilitator's Guide

Steps to Complete Activity

1. Let the girls know that as part of the Monitor Award, they will take part in a Team activity that considers media use in the community. In order to do this, they will create a survey. Let the girls decide if they want to do this as one large group or break into Teams (Form 2 Teams, if team format is chosen).
2. Pass out the sample survey. Tell the girls that the time allotted for conducting their survey is during lunchtime today. Then, ask the girls to consider who they are going to survey during that time: a) their peers—the other Cadettes on this Journey; b) the other Girl Scouts present at the Journey today; c) their friends and family via texting; d) the adult volunteers at the Journey today.
3. Next, it is time for the girls to brainstorm five questions to include on their survey. Ideas to consider: needs the community may have that are currently unmet by media; issues in the community that media may contribute to; aspects of media the community (and the girls) want to see changed. The girls may also want to ask questions about stereotypes in media. Have the girls try the “What Bothers You?” activity on page 72 of their book to help get them started.
4. Once the girls have their questions, they need to decide if their survey is going to be a questionnaire that the participants fill out, or if they are going to interview the participants. If it is going to be a questionnaire, then the girls need to spend some time writing the copies of their questionnaire to distribute. If it is going to be an interview, then they have to decide and prepare for how they are going to collect the answers.

Following this session, the girls will move on to Lunch and *Conducting Our Survey*.

Time Required: 1 hour

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Conducting Our Survey

Objective

During the Lunch break, Girl Scout Cadettes will conduct their MEdia Survey as planned, collecting data to create their MEdia Remake.

Format: Whole Group

Materials

- Surveys created earlier in the day
- Pencils or pens

Steps to Complete Activity

1. The girls should use whatever method they decided to conduct their survey. Each girl should interview at least 5 participants. The girls should avoid interviewing the same person as any of the other Cadettes interview.

Following this session, the girls will move on to *Slicing the Media Pie*.

MEdia JOURNEY FOR GIRL SCOUT CADETTES

Slicing the Media Pie

Objective

During this Session, Girl Scout Cadettes will compile their survey results and begin thinking about how to use the information to create their MEdia Remake.

Format: Whole Group

Materials

- Surveys created earlier in the day
- Survey data collected
- Pencils or pens
- Paper
- Girl book

Steps to Complete Activity

1. On a sheet of paper, the girls should use the data they collected during their survey to create a community media pie. Have the girls compare this pie to the one they created in their book earlier.
2. Next, begin a discussion in which the girls look at each slice and talk about what needs it meets and what needs it's not meeting. Then ask the girls to decide which slices of the pie contain the most realistic portrayal of girls; which contain unrealistic portrayals of girls; and if any comments were made on the surveys about this.
3. Ask the girls to consider their media pie and determine where they see the greatest need to change the images; where they see the portrayals of girls they like the best; and where they see opportunities for media to address some of the unmet needs of the community that were turned up by your survey responses.
4. Let the girls know that they will be using this material later when choosing their Media Remake project. If they have time to do so, they can begin to talk about some of the ideas that may have come to mind during this discussion.

Following this session, the girls will move on to *Do You Get the Message?*.

MEdia

JOURNEY FOR GIRL SCOUT CADETTES

Do You Get the Message?

Objective

During this Session, Girl Scout Cadettes will learn about advertising in media.

Format: Whole Group

Materials

- Girl book
- Pencils
- Magazines, one for each girl (if possible)

Steps to Complete Activity

1. Have the girls read pages 24-35
2. Using the activity on pages 26—27 of their book, as a starting point, give the girls 1 minute to brainstorm about all the written messages they receive during a day—have one or two girls record the answers. At the end of one minute, stop their brainstorm and add any thing to the girls’ list that they might have missed: text messages, signs on buses (or bus stops), billboards along the highway, messages painted on buildings, etc... Get them talking about the messages all around them.
3. Ask the girls how they respond to the advertisements they see: Do they get “hooked” as described on page 28? Do they Stop and take a closer look (page 29)? Are they aware of product placement in the movies, TV shows, music, etc the enjoy? Does seeing your favorite character in a show/movie using a product influence your decision to buy/use that product?
4. Now, Pass out the magazines (if there are not enough for each girl to have one, have the girls work in pairs). Give the girls three minutes. At “go” they rip out all the ads they can find that are for beauty products and fashion. After three minutes, call “time”. Now have each girl count up the number of ads she “blocked” and record the number on page 35 of their book. Start a discussion with the girls about the volume of advertisements they ripped out about beauty and fashion.
5. Collect the ads they found and hold them for a later activity.

Following this session, the girls will move on to *Unmasking Stereotypes*

MEdia JOURNEY FOR GIRL SCOUT CADETTES

Unmasking the Stereotype

Objective

During this Session, Girl Scout Cadettes will face stereotypes found in media head on and develop a plan to look beyond them in media and their everyday life.

Format: Whole Group working in Teams

Materials

- Ads they ripped out of magazines earlier
- Magazines
- Pencils or pens
- Paper
- Girl book
- Copies of the Media Watchdog Pledge (page 59 of facilitator's Guide)

Steps to Complete Activity

1. Have the girls read page 43-46 in their book. Ask them to complete the quiz on page 43, and discuss the results.
2. Remind the girls that a stereotype is usually based on a myth about a certain group of people. A myth is a kind of story, usually involving heroes or tales from long past, but it is also a word used to identify a false story.
3. Invite the girls to name any stereotypes they've noticed in books, TV shows, movies, advertisements, and in real life. Then ask the girls to select the stereotypes that they think limits girls and women. Are there any stereotypes that limit men and boys? Do you know someone who has broken out of one of these stereotypes—like a family where the woman works and the man stays home to take care of the children?
4. Challenge the girls to come up with ways to be “myth-busters” and help others break out of the roles stereotypes place them in. Then have them combine their ideas collectively into a group commitment for an ongoing practice of monitoring their media. Pass out copies of the Media Watchdog Pledge and have the girls complete the blanks together.

Following this session, the girls will move on to *What's Your Inner Beauty?*

MEdia JOURNEY FOR GIRL SCOUT CADETTES

What's Your Inner Beauty?

Objective

During this Session, Girl Scout Cadettes will learn ways to look beyond the stereotypes, and imagery in media to discover the true beauty that lies within themselves and each other.

Format: Whole Group

Materials

- Girl Book
- Pencils or pens
- Ads torn from magazines during *Do You Get the Message?* Session
- Scissors, glue, paper and other art materials that may be available
- Recipe for Beauty ingredients

Steps to Complete Activity

1. Ask the girls to take turns stating their definition of beauty or to complete the sentence, "*Beauty is _____.*" Have them write their answer down on a piece of paper and put it aside.
2. Have the girls read pages 48-53 in the girl book. Have them complete the activities on pages 49 and 51. Discuss their answers as a way to get the girls talking about what it means to be beautiful. (While the girls are working get the boiling water and steep the tea bags for the '*Recipe For Beauty*')
3. Remember those ads the girls tore out of magazines earlier? Bring them out again, while you start a conversation about the story on page 52 of the girl book. Ask the girls: *When it comes to retouching—how much is too much? What is the result when you see retouched pictures and assume they are accurate?*
4. Now, have the girls rip those adds up! Then have them create a work of art from the torn up advertisements, using any of the art materials on hand.
5. When the girls finish with their work of art—or when you have about 10 minutes left in the session, get the girls attention and have them prepare the '*Recipe for Beauty*'. They can use it in the next session, if they want to see how it works.
6. Ask the girls to consider what they discussed and learned about beauty today to write their definition of beauty or to complete the sentence, "*Beauty is _____.*" (Don't look at or change what you wrote earlier). Now compare your new statement to the one you wrote earlier. How much has it changed? Are you surprised by the change?

Following this session, the girls will move on to *Finding Your Frequency*

Time Required: 30 minutes

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Recipe For Beauty

Description

One of the Health hazards of using media for many hours is tired eyes. Eyes focused on a screen or tiny print for a long time can become strained. And tired eyes can become puffy or get dark circles under them. The cost of eye creams that claim to remedy puffy eyes or dark circles is about \$15 or more for a 1-ounce jar. The best cure for tired eyes is to get eight hours of sleep each night and about 8 glasses of water every day!

Here is a Natural Remedy for Media-Weary Eyes

Materials

- Green tea bags (4)
- 1 cucumber
- Honey (2 or more) Tablespoons per tea bag
- Vegetable grater, vegetable peeler, measuring spoons
- Water
- Mixing Bowl
- Cotton balls, makeup pads or clean cloth for each girl

Steps to Complete Activity

1. Steep 4 green tea bags in 10-12 ounces of boiling water for 2 minutes (or warm water for 20 minutes)
2. Peel and grate on fresh cucumber
3. Mix 3 tablespoons grated cucumber, 1 green tea bag, and 2 (or more) tablespoons honey. Make a paste.
4. To use: spread a small amount below eyes with a cotton ball, makeup pad, or clean cloth, being careful to avoid direct contact with the eyes. Close eyes and relax for 5-20 minutes. Then rinse off with cold water on a washcloth, cotton ball or makeup pad.

MEdia JOURNEY FOR GIRL SCOUT CADETTES

Finding Your Frequency

Objective

During this Session, Girl Scout Cadettes will bring all they learned about media together to find out what drives them in life

Format: Whole Group

Materials

- Girl book
- Pencils or pens
- 'Recipe For Beauty' made in earlier session
- Healthy Snacks

Steps to Complete Activity

1. Start by having the girls look at the activity on pages 18-19 of their book—The Media's Seven Layer Dip. Discuss how the girls learned about all the various forms of media today—and now they are going to take a look at how they each are a small part of the bigger MEDIA. Have the girls name three examples of how the statements listed on page 18 are true: examples that may come to mind— the movie, Julie & Julia; The recent story about a homeless man became a voice over celebrity because of a blog posting); and Newscasters and Meteorologists tells us everyday that we can find more information on their blog, or to check their stations website for up-to-the-minute information...
2. Have the girls read pages 56-66 in their book. Have the girls fill in pages 60-65, then share their answers with each other.
3. Have the girls sit on the floor in a circle, with their legs crossed in front of them. Explain that sometimes you have to unwind and take care of yourself for a few minutes, and that is what we are going to do now. Have them practice the Yoga Breathing on page 55 while listening to quiet music—either played for everyone to hear or using their iPods & MP3 players. If girls are interested, now is the time to try the 'Recipe For Beauty' they made earlier. Have the girls sit quietly just listening to music for 5-10 minutes. After that time is up, have them all stand and stretch their arms as high as they can reach and then bend over to touch their fingertips to the floor (repeat 3 times).
4. Then, bring out the healthy snacks provided for the girls to enjoy.

Following this session, the Group will break into Teams and move on to *Media Remake*

Work Session
Time Required: 30 minutes

MEdia JOURNEY FOR GIRL SCOUT CADETTES

Media Remake Work Session

Objective

During this Session, Girl Scout Cadettes will identify an issue they want to change and use their interests and talents to inspire and lead others to create a change in the way media is used in their everyday lives.

Format: Whole Group working in Teams

Materials

- Girl Book
- Paper
- Pen and Pencils
- Three Copies of MEdia Remake Project Ideas (page 64-65 of Facilitator's Guide)
- Three Copies of MEdia Remake Planner (pages 68-74 of facilitator's Guide)
- Art materials available for creating the project

Steps to Complete Activity

1. Have the girls read pages 68-81 of their book, which offers tips, ideas, and examples for their MEdia Remake project. Using this information along with their survey results, the girls can settle on an issue they want to tackle.
2. Pass out the MEdia Remake Project ideas and the MEdia Remake Planner to each Team and have them start planning their project.
3. Once the girls choose an issue, they need to figure out how they are going to get their message across—from t-shirts & bumper stickers with a logo or slogan to a song, skit, or play—the possibilities are endless.
4. Invite the girls to use the art materials available to get started on re-making their issue.

Following this session, the girls will move on to determining *What's Your Network?*

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What's Your Network?

Objective

During this Session, Girl Scout Cadettes will

Format: Whole Group

Materials

- Girl book
- Pencils or pens

Steps to Complete Activity

1. Have the girls read pages 82-89, completing the activities as they read.
2. Have the girls share and discuss their answers.
3. Guide the discussion to help the girls learn that these things they are exploring about themselves will help them become better leaders—leaders who can get their message out and create a change.
4. Have the girls talk about the ways they are thinking about sharing their MEdia Remake project outside of this workshop. Do they know they can send photos and submit articles to GSCNC for them to use in publications? Do they know GSCNC is on Facebook and Twitter—and Girl Scouts USA is, too?
5. If the girls are creating works of art, clothing, music to get their message across, encourage them to make 'extra' to share with others (depending on the materials available) - that way their message will reach more people, faster.
6. Now, ask the girls how it feels to be leaders, standing up and leading the way for a positive change? Let them know it is okay to be scared or nervous. Encourage them to continue their work—even after this Journey ends...

Following this session, the Teams will move on to *Project Runway*

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Project Runway

Objective

During this Session, Girl Scout Cadettes will have a chance to show off their MEdia Remake projects.

Format: Whole Group

Materials

- MEdia Remake projects
- Any props or additional materials requested, if available

Steps to Complete Activity

1. Give the girls time to put their finishing touches on their projects.
2. Have each girl (not the whole team at once) take turns presenting her MEdia Remake Project to the group. Encourage them all to have fun with their presentations. This gives them practice for when they go out into their community to share their project... If the girls created fashions as their medium, put on some music and let them walk the runway like models.

Following this session, the Teams will move on to *Putting the ME in Media*

MEdia JOURNEY FOR GIRL SCOUT CADETTES

Putting the ME in Media

Objective

During this Session, Girl Scout Cadettes will make a commitment to using media in positive new ways that involve their unique interests, perspectives, and experiences.

Format: Whole Group

Materials

- Girl books
- Copies of Challenging commitment Samples (page 96 of Facilitator's Guide)
- Paper
- Pencils or pens

Steps to Complete Activity

1. Let the girls know that at the Closing Ceremony, they will each be asked to share a superhero name that she makes up for herself to show her newfound Media power.
2. Have the girls read pages 90-91 of their book. It's time to think about your MEdia Commitment to Cultivate change—a requirement for the Cultivate Award they are earning along this Journey.
3. Pass out the copies of the Challenging Commitment Samples, and try to get them thinking about what their personal commitment is going to say.
4. Challenge the girls to combine their commitment with a manner of creative expression that fits their style (love to sing? Write and song!)
5. Give the girls time to work on their commitments. Have them write or draw the commitments neatly on a piece of paper so they can share them.
6. When there is 10 minutes left in the session, have the girls form a circle and take turns sharing their Commitment to Cultivate with the rest of the group. Let them know they will be sharing them again at the closing ceremony.

Following this session, the girls will break for the evening. The Program resumes in the morning with the *Going For the Silver*.

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JOURNEY FOR GIRL SCOUT CADETTES

Going For the Silver

Objective

During this Session, Girl Scout Cadettes will learn the steps they need to take to earn the Girl Scout Silver Award.

Format: Whole Group

Materials

- Silver Award Information
- Girl Books
- Pens & Pencils
- Paper

Steps to Complete Activity

1. Start by letting the Cadettes know that by completing this Journey, they have taken the first step toward Going For the Girl Scout Silver Award.
2. Using the Silver Award Information, explain the steps to earning the Silver Award:
 - Step 1:** Go on a Cadette journey.
 - Step 2:** Identify issues you care about.
 - Step 3:** Build your Girl Scout Silver Award team *or decide to go solo*.
 - Step 4:** Explore your community
 - Step 5:** Pick your Take Action project.
 - Step 6:** Develop your project.
 - Step 7:** Make a plan and put it into motion.
 - Step 8:** Reflect, share your story, and celebrate.

Once you complete your journey, the suggested minimum time for earning your Girl Scout Silver Award is 50 hours. These suggested hours are a guide. You can start by planning the time in chunks, dividing it up by the steps.

3. If there is time, have the girls start brainstorming ideas for the next step toward the Girl Scout Silver Award.

Following this session, the girls will move on to the *Closing Session*

MEdia JOURNEY FOR GIRL SCOUT CADETTES

Closing Session

Objective

During this Session, Girl Scout Cadettes will reflect on their Journey and receive the 3 Awards they earned along the way: the *Monitor Award*, the *Influence Award*, the *Cultivate Award*

Format: Whole Group

Materials

- Cadette Awards, one for each Cadette
- Safety Pins, one for each girl
- “MIC” for each girl

Steps to Complete Activity

1. Give each girl a “MIC” and invite her to “Step up to the MIC” and make up a superhero name that shows her newfound Media power. (Or you could have the girls make up superhero names for each other.)
2. Present each girl with the Three Awards she has earned along the Journey: the *Monitor Award*, the *Influence Award*, the *Cultivate Award*. These awards represents that you understand the role media plays in your life and the lives of those around you; that you can influence people in a positive way to change media for the better; and that you have the courage and confidence to Cultivate a new perspective on media.
3. After all of the Cadettes awards have been presented, have the girls reaffirm their commitment to cultivate change by sharing their pledge.
4. Have all of the girls staying to working on the LiA Patch proceed to where the Girl Scout Brownies are gathering for their session.

Thank any guests for attending, then dismiss group.