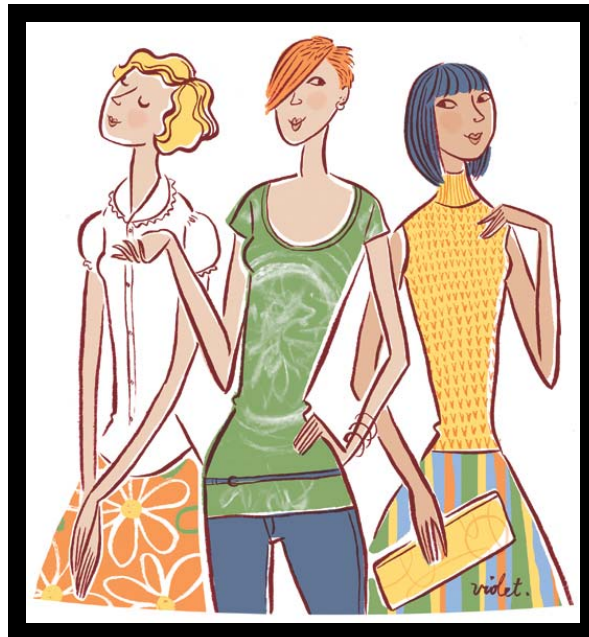


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*A Leadership Journey Workshop for Girl Scout Seniors*

## MISSION: Sisterhood!

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



### **Building girls' confidence...**

- Girl Scout Seniors realize the benefits of sisterhood—for themselves and the world.
- Girl Scout Seniors learn ways to broaden their friendship borders—and be their own best friend.
- Girl Scout Seniors learn that sisterhood strengthens girls and it strengthens the world!
- And so much more...



# MISSION: Sisterhood! JOURNEY FOR GIRL SCOUT SENIORS

## Workshop Schedule

### January 22-23, 2011

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

Lead Facilitator: Cheryl Billiter  
Other Volunteers: Ann Schneider

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 Classroom in the Brighton Lodge

### Schedule for the Day

#### Saturday

- 0900—1100 *Gold Award Workshop*
- 1100—1115 *Opening Session*
- 1115—1145 *Starting Our Sisterhood*
- 1145—1200 *Sisterhood Begins With Me*
- 1200—1230 *Lunch*
- 1230—1300 *Defining Sisterhood Issues*
- 1300—1330 *The Value of Friendship Session*
- 1330—1400 *"Free" Activity Session*
- 1400—1430 *Mission Briefing Session*
- 1430—1500 *Games & Snack Session*
- 1530—1545 *Without Saying a Word Session*
- 1545—1615 *Buddy Bracelets Craft Session*
- 1615—1630 *Advocacy Session*
- 1630—1700 *"Free" Activity Session*

#### Sunday

- 0900—0945 *Our Sisterhood Stories Session*
- 0945—1015 *Beauty is in the Eye of the Beholder Session*
- 1015—1045 *Our Sisterhood Circle Session*
- 1045—1100 *Closing Session (Awards Presentation)*

# MISSION: Sisterhood! JOURNEY FOR GIRL SCOUT SENIORS

## Gold Award Workshop

### Objective

During this Session, Girl Scout Seniors will learn about the Steps to earning the Girl Scout Gold Award and how completing this Journey gets them one step closer to earning theirs

**Format:** Whole group together with the Senior Girl Scout Seniors

### Materials

- Journey Books for the Girl Scouts who ordered theirs during Registration
- Pens or pencils
- Other materials provided by Gold Award Panelist(s)

### Steps to Complete Activity

1. Have the girls get out their books and look at how **MISSION: Sisterhood!** can help them earn their Girl Scout Gold Award (page 9 of their book).
2. Introduce the Gold Award Panelist(s) who will be talking to them about the steps they will be taking to earn their Girl Scout Gold Award.
3. Let the Panelist(s) have the floor.

Following the Gold Award Workshop, the girls move to their *Opening Session* for the Journey.

# MISSION: Sisterhood! JOURNEY FOR GIRL SCOUT SENIORS

## Opening Session

### Objective

During the Opening Session, Girl Scout Seniors will be introduced to the program, meet one another, learn about the Sisterhood Award they will earn along their Journey.

**Format:** Whole Group

### Materials

- Journey Books for the Girl Scouts who ordered theirs during Registration
- Paper
- Copies of *Make It Your Own* worksheet from pages 34-35 of Facilitator's Guide
- Pencils or Pens

### Steps to Complete Activity

1. Introduce the Journey. Gather the girls together and let them know they are starting a Girl Scout leadership Journey about joy of sisterhood for themselves and their world. *On this Journey, Girl Scout Seniors will explore how making connections with other females expands your potential and gives you the power to shape a better story for all women and girls.* Then, have the girls read pages 5-9 of their book.
2. Next, bring out a sheet of paper. Print the words "Sisterhood Is..." in large letters at the top of the page. Have the girls take turns passing the sheet of paper so that each can write one line in it that completes the sentence. When each girl has written her statement, she will fold the paper down covering her statement and pass it to the next. When all of the girls have written their statement, unfold the paper and read what they wrote, like one long sisterhood poem..
3. Introduce the Journey's Sisterhood Award. The Journey Award has five steps which are listed and defined on page 68-77 of the girl book:
  - ◆ Define Your Sisterhood Issue
  - ◆ Develop Your Mission
  - ◆ Make the Big Decisions!
  - ◆ Logistics Time!
  - ◆ Creating the Project Timeline
4. Pass out copies of *Make It Your Own* Worksheets and have the girls consider how to make the Journey their own adventure... (There are "free" sessions built in for activities the girls may want to do to unwind (like taking a short hike, or singing some silly songs).

After this session, girls move on to *Starting Our Sisterhood*

Time Required: 15 minutes

# MISSION: Sisterhood! JOURNEY FOR GIRL SCOUT SENIORS

## Starting Our Sisterhood

### Objective

During this Session, Girl Scout Seniors will explore the definition of sisterhood and what it means for themselves and for their Team.

**Format:** Whole group

### Materials

- Girl Book
- Pens or Pencils
- Large Paper
- Diverse images of women and girls
- Glue or tape
- Assorted decorations
- Markers

### Steps to Complete Activity

1. Have the girls read pages 10-23 in their book. Have them complete the activities on pages 13 and 17.
2. Have the girls gather the large paper, and the images provided, and tell them to use these images to create a visual record of what sisterhood means to them. Encourage them to work as a team and talk out what they want to do as it is happening.
3. While the girls are working, share with them some definitions of sisterhood:  
*\*Sisterhood is found in those special moments of connections experienced with girlfriends, mothers, sisters, aunts, and female cousins.*  
*\*Sisterhood is all the moments the Seniors will experience with all the girls and women they have yet to meet.*  
*\*Sisterhood expands the Seniors' sense of themselves and gives them the power to create their own life story.*
4. When the girls are finished, have them take a look at their Mural and see what it says about their understanding of sisterhood.

Following this session, the girls break for lunch.

## MISSION: Sisterhood! JOURNEY FOR GIRL SCOUT SENIORS

### Sisterhood Begins with Me

#### Objective

During this Session, Girl Scout Seniors will learn the meaning and importance of being their own best friend, and start to consider sisterhood issues.

**Format:** Whole group

#### Materials

- Girl book
- Pencils or pens
- Social Style instruction cards, one set

#### Steps to Complete Activity

1. Have the girls read pages 25-35 in their book, completing the activities along the way. Have them do a variation on “Call Out That Inner Beauty” activity on page 32: Have the girls line up, single file, one behind the other in the middle of the room. Starting with the girl in front, have each girl turn around and say something nice about the girl behind her, then move to the back of the line. After the last girl has gone, ask the girls to remember what the girl said to them: *raise your hand if the compliment you received mentioned your outward appearance*. With the girls hands still up—ask the girls if they are surprised by the number of ‘superficial’ compliments given to each other—and challenge them to find inner strengths to compliment their friends on in the future.
2. The girls will explore their view of themselves through a simple game that lets them consider their preferences in social situations. Have them stay in their single-file line. Explain that throughout this game, they will step to the right or left depending on how they feel about the instructions you call out. Let them know there’s no right or wrong way to respond. This exercise is simply to let them learn more about themselves... Then, call out the scenes and instructions from the Social Style cards. If time allows, have the girls create their own scenarios, too and take turns calling them out. Then explain that we did this exercise so that the girls can learn how they react in different situations, so that they can improve their social relationships in the future. Tell them that great leaders are comfortable with variety and diversity of any type—*by working on how you react in these different situations, you can improve yourselves as friends, sisters, and leaders!*

Following this session, the girls will go to lunch.

**Time Required:** 15 minutes

## MISSION: Sisterhood! JOURNEY FOR GIRL SCOUT SENIORS

### Defining Sisterhood Issues

#### Objective

During this Session, Girl Scout Seniors will start talking about issues of concern to each of them: issues that specifically affect women and girls—sisterhood issues. They will learn to recognize sisterhood issues in their daily lives and in the community.

#### Materials

- Photocopies of *Mission: Sisterhood Project Planner* (page 49-53 of Facilitator's Guide)
- Pencils or pens
- Large paper or poster board
- Markers

#### Steps to Complete Activity

1. Get the girls talking about issues of concern to each of them: issues that specifically affect women and girls—sisterhood issues. Ask them some questions about what they observe in their daily lives or reasons why they think girls/women don't act like a sisterhood... Then ask them to think critically about all aspects of their day: what they see or hear throughout their day that could be improved for women and girls. Use the large paper or poster board to record what they come up with.
2. Ask them to consider the issues they raised and see if they find one that reaches beyond our immediate group and that may be relevant for a larger group of girls. When they find an issue that does, that is a sisterhood issue worth taking action on!
3. Pass out copies of the *Mission: Sisterhood Project Planner* and guide the girls to create a short list of sisterhood issues they feel passionate about—and could create a positive change on. If the girls get stuck for ideas, have them look at the articles in their books.
4. Encourage the girls to do some critical thinking on each of the issues to narrow down the choice to the one they want to focus their project on. Let the girls know that the project will be to create a PSA about their issue—either on film or posters (it's their choice). Have them start recording their ideas on the *Project Planner*.

Following this session, the girls will move on to *The Value of Friendship*.

# MISSION: Sisterhood! JOURNEY FOR GIRL SCOUT SENIORS

## The Value of Friendship

### Objective

Now that the girls have an idea of their preferences and comfort levels in more general social situations, it's time to get them talking about what is most important to them in their friendships. During this Session, Girl Scout Seniors will explore the values of friendship and how they apply to their sisterhood relationships.

**Format:** Whole Group

### Materials

- Girl Books
- Puzzle pieces
- String or yarn
- Hole punch
- Large paper or poster board, and tape
- Index cards, pencils or pens
- Friendship Scenarios

### Steps to Complete Activity

1. Have the girls read pages 37-45 in their book. Using the Puzzle Pieces and yarn, have them do the activity on page 42 of their book.
2. On the large paper or poster board, write the following question: *What do you value most in a friendship?* Give each girl three index cards and ask her to write a word or phrase on each card that answers the question. Collect all of the cards and tape each value up on the wall. If some values were chosen by more than one girls, they can be taped in a row to show how often they were valued by the group.
3. Start a discussion about the friendship values to see if there are more that didn't come to mind when they filled out their cards. Close out the discussion by letting the girls know that being aware of what they value in friendships helps them better understand why a friendship may not be going the way they would like. Save the Values cards for use in a later session.
4. Now, turn the girls focus on levels of friendship, meaning the depth of closeness and trust they share with each other. Pass out the Friendship scenarios and have them take turns pairing up to role-play them. The girls should be encouraged to have fun with them. After a few minutes, 'freeze' each pair and ask the rest of the girls if they think this friendship is a "further" (it can go further) or a "fizzle" (it is destined to fizzle) - and ask why.
5. Remind the girls that there is no right or wrong ending to these scenarios, but they should always try to resolve the situation as quickly as possible. Tell them: *Being direct is a great leadership skill and one that's so useful in maintaining healthy relationships of all types.*

Following this session, the girls will have a "Free" Session to work on their *Make It Your Own* goals  
**Time Required: 30 minutes**



## MISSION: Sisterhood! JOURNEY FOR GIRL SCOUT SENIORS

### “Free” Activity

#### Objective

During this Session, Girl Scout Seniors will begin to customize their Journey experience through an activity they choose from the *Make It Your Own* worksheets they completed earlier in the day.

**Format:** Whole group

#### Materials

- Completed *Make It your Own* worksheets
- Materials the girls determine they need (from materials on hand)

#### Steps to Complete Activity

1. Guide the girls to choose an activity from their *Make It Your Own Worksheets* and do it.
2. If the girls prefer, they can spend this time reading from the girl book, or they may choose to do a physical activity such as a short hike or an active-play game.

Following this session, the girls will move on to *Mission Briefing*

# MISSION: Sisterhood! JOURNEY FOR GIRL SCOUT SENIORS

## Mission Briefing

### Objective

During this Session, Girl Scout Seniors will Narrow down their Sisterhood Issues and zero in on the one they want to use for their Mission.

**Format:** Whole Group

### Materials

- Girl Books
- Pencils or pens
- *Mission: Sisterhood Project Planners* from earlier session

### Steps to Complete Activity

1. Have the girls read pages 47—57 in their book. Encourage the girls to share their thoughts on what they read, and how they can use it in their planning their project.
2. Have the girls continue with their critical thinking and filling in their project planner with the ideas they have about making a change for their sisterhood issue. Remind them that now is not the time to write their script or decide what roles each of them will play—but to decide what their message is going to be and how they want to deliver it...

Following this session, the girls will move on to *Games & Snack*

# MISSION: Sisterhood! JOURNEY FOR GIRL SCOUT SENIORS

## Games & Snack Session

### Objective

During this Session, Girl Scout Seniors will enjoy a healthy snack while they play some games to learn how communication effects their sisterhood relationships.

**Format:** Whole Group

### Materials

- Snacks
- Cell phones
- Slips of paper
- Music & CD player

### Steps to Complete Activity

1. Serve the nutritious snack and give the girls a few minutes to finish.
2. Have all of the girls sit on the floor (Or around a table) in a circle. Ask them to take out their cell phones. Have each girl write a brief text message on their phone describing an incident. Tell them not to send the message... Have the girls write their message on a slip of paper for recall later. Ask each girl to pass her phone to the right. The next girl will read the message, then erase it and re-write it in her own words, handing the phone to the next girl. The phone passes around the circle until it returns to the owner. (Use multiple phones at the same time). Then have the girls take turns reading the final text they received and the original she wrote at the beginning.  
Next, get a discussion up about whether they matched—and how this affects their relationships. Encourage the girls to come up with a list of sensitive situations that are best not to text, and to create a mental checklist to run through before hitting 'send. Use the 3 R's: Review, is my text clear?; Recipient, Am I sending it to the right person?; Ready, Am I sure I want to send this?
3. Turn on the music, and ask the girls to start a Conga Line. Ask one girl to start it on her own—not fun is it? Have a second girl join her—still not great? Then ask all the girls to join in—what a party! Let the girls dance for a while. When there is just a few minutes left, ask them to take their seats and talk about how it went, and how this Conga Line applies to their sisterhood relationships.

Following this session, the Group will move on to *Without Saying a Word*

# MISSION: Sisterhood! JOURNEY FOR GIRL SCOUT SENIORS

## Without Saying a Word

### Objective

During this Session, Girl Scout Seniors will learn about body language and how .

**Format:** Whole Group

### Materials

- Slips of paper with moods written on them
- Container to hold the moods

### Steps to Complete Activity

1. Let the girls know that communication comes in many forms. Sometimes it's not what you say, but how you say it that gets your message across. Ask them if they know what non-verbal cues and body language means.
2. Play a game to see how accurately the girls can send out and decode messages via body language. Take out the container of moods and tell the girls the rules:  
*No words allowed! When it is your turn, just pick up a slip of paper, read it, and act out the mood while the rest of us guess.*
3. After all of the girls have had a turn, have the girls assess how well they did. Ask if anyone wants to share a time when she misinterpreted a friend's body language and how it turned out.
4. Then, get them talking about how your "body language" can sometimes actually change the way you feel. Point out that sometimes, if they act a certain way, such as dragging their feet or slumping their shoulders, they might actually feel more tired or sadder. And, sometimes smiling and laughing can make everyone feel better.
5. Now have the girls put everything down and take some time to think quietly on their own about how the diversity of backgrounds and experiences among us has helped them to expand their view of themselves and opened up the potential to create the best possible project. Give them 5 minutes to sit quietly and just breathe and listen to their silent thoughts.

Following this session, the group will move on to *Buddy Button Bracelet Craft*

## MISSION: Sisterhood! JOURNEY FOR GIRL SCOUT SENIORS

### Buddy Button Bracelet Craft

#### Objective

During this Session, Girl Scout Seniors will get creative and design a bracelet that will represent their connection to close friends—or their sisterhood.

**Format:** Whole Group

#### Materials

- Assorted buttons
- Cloth, ribbon, elastic, leather, string, or cord
- Glue
- Needles & thread
- Any other craft materials available

#### Steps to Complete Activity

1. Invite the girls to use some of the buttons and other supplies on hand to create their Buddy Button Bracelet.
2. Tell the girls that these bracelets will serve as a memento of their Journey together.

Following this session, the group will move on to *Advocacy*.

# MISSION: Sisterhood! JOURNEY FOR GIRL SCOUT SENIORS

## Advocacy

### Objective

During this Session, Girl Scout Seniors will get creative and design mirrors especially for dreaming.

**Format:** Whole Group

### Materials

- Girl book
- Information about Girl Scout Advocacy Network, if available

### Steps to Complete Activity

1. Have the girls read pages 59-67 in their books. Encourage them to share any thoughts on what they read, especially if it has to do with advocating for change.
2. Ask the girls if they know what advocacy is. If they do not have an answer, then tell them: *Advocacy is the act of pleading for, supporting, or recommending—especially for a social, moral, political, or ethical cause.*
3. As Girl Scouts, you are asked to be advocates—for yourselves and for girls around the world. You can advocate for a sisterhood issue by telling an audience outside of your sisterhood about the issue and asking for a change... In fact, many women make careers out of advocating for issue for women and girls around the world. You can learn more about Careers in Advocacy by searching the internet.
4. The video or posters you make in a later session will be an example of how you can advocate for change on a sisterhood issue. There are so many organizations that advocate for girls and women. But one right here in your area—a part of your sisterhood, is the GSUSA Public Policy Advocacy Group based in Washington, DC. You can join the Girl Scout Advocacy Network at [www.girlscouts4girls.org](http://www.girlscouts4girls.org).

Following this session, the girls will have a “Free” Session to work on their *Make It Your Own* goals

## MISSION: Sisterhood! JOURNEY FOR GIRL SCOUT SENIORS

### “Free” Activity

#### Objective

During this Session, Girl Scout Seniors will begin to customize their Journey experience through an activity they choose from the *Make It Your Own* worksheets they completed earlier in the day.

**Format:** Whole group

#### Materials

- Completed *Make It your Own* worksheets
- Materials the girls determine they need (from materials on hand)

#### Steps to Complete Activity

1. Guide the girls to choose an activity from their *Make It Your Own Worksheets* and do it.
2. If the girls prefer, they can spend this time reading from the girl book, or they may choose to do a physical activity such as a short hike or an active-play game.

Following this session, the Group will break for the evening. The Program resumes in the morning with the *Our Sisterhood Stories* session

# MISSION: Sisterhood! JOURNEY FOR GIRL SCOUT SENIORS

## Our Sisterhood Stories

### Objective

During this Session, Girl Scout Seniors will create a PSA to tell their Story of Sisterhood!

### Materials

- Pencils or pens
- Project Planner form previous session
- Video camera
- Props from available materials
- Poster board or large paper
- Art materials

### Steps to Complete Activity

1. Have the girls get out their project planners and revisit the plans they made in an earlier session. Let them know that now is the time to start talking about the details for creating and delivering their message. They will have the opportunity to create a PSA—either using a video camera or by making posters, they can choose.
2. Ask if anyone knows what a Public Service Announcement, or PSA, is—and if they can give any examples. *If no one knows, tell them that PSAs are videos or radio announcements or informative posters that serve to spread awareness about issues and get people to take action.*
3. Invite the groups who decided to make posters to get started, using the art materials.
4. Invite the groups who decided to make a film, to work as a team to decide on the roles of different members in the video and create a short script that will make up a 30 second film. Remember that their film is supposed to convey the *Mission: Sisterhood* issue they selected earlier. They can use what art materials are on hand to create props for their story. The roles they need to decide on are Director, Videographer, and Actors.
5. The girls should be thinking about these questions as they write their script together:
  - \*What is your issue and who is your audience?
  - \*How are you going to inform your peers, the school, or your community about this issue and what they can do about it? You could create a skit that acts out your issue in some way.
6. Give the girls time to practice their scenes, and then film their PSA.

Following this session, the girls will move on to *Beauty is in the Eye of the Beholder*.



## MISSION: Sisterhood! JOURNEY FOR GIRL SCOUT SENIORS

### Beauty is In the Eye of the Beholder

#### Objective

During this Session, Girl Scout Seniors will explore how Media plays a powerful role in shaping and reinforcing values and standards for beauty.

**Format:** Whole Group

#### Materials

- Girl book
- Magazines
- Art Books
- Sticky notes (or flags)

#### Steps to Complete Activity

1. Tell them how fashion magazines offer a wide range of idea about how women should look, act, think, and what they should do, in addition to a look at the various fashion styles available to them. Talk about how various art forms/colors/lighting are used to manipulate our emotions to persuade us to believe the messages presented in ads.
2. Have each girl take a few magazines or an art book from the selection available. Now ask the girls to use the media they selected to find one image they think is beautiful. Have her tear out or mark the page to show others. Have her write down why she selected this image to represent the word beautiful (or how it defines beauty for her) on a sheet of paper, fold it and put it aside.
3. When they have all selected an image, have them gather in a circle and place the images they selected in the center. Now give each girl five sticky notes—have them take turns placing one of her sticky notes on an image that she agrees is beautiful. When all of the girls have placed their five tags, tally the results.
4. Discuss how the girls' share common notions of beauty and how they don't. Finding the image that received the least number of votes (or none at all), ask the girl who selected that image to her share what she wrote about why she thought that image was beautiful. Finding the image that received the most votes, ask the girls to share why they voted for this image over the one each of them selected initially and how this image represents beauty better than the one each of them originally chose.
5. Ask the girls to discuss how the results of this exercise can be used in their everyday lives to change their notion of beauty. *How did the way others voted influence your vote?*

Following this session, the girls will move on the next activity: *Our Sisterhood Circle*

**Time Required:** 30 minutes

# MISSION: Sisterhood! JOURNEY FOR GIRL SCOUT SENIORS

## Our Sisterhood Circle

### Objective

During this Session, Girl Scout Seniors will create a Sisterhood Circle to represent the Sisterhood they created along their *Mission:Sisterhood!* Journey.

**Format:** Whole Group

### Materials

- Decorative or colored Paper
- Plain Paper
- Scissors
- Glue
- List of Friendship values created in an earlier session
- Pencils, pens, or markers

### Steps to Complete Activity

1. Have each girl get started by choosing a sheet of paper from the selection. Make a square a little bit larger than the size you want for your final circle.
2. Place the paper patterned-side down. Fold along the diagonal to make a triangle. Fold the triangle in half and in half again to make a smaller triangle.
3. Place the corner where the folds meet at the bottom and trace the triangle's shape on a piece of plain paper.
4. Draw a girl on the plain paper triangle, making sure the hands, feet, and skirt are right against the edges of the triangle.
5. Transfer the girls pattern to the folded paper.
6. Cut out the girl, being careful to leave hands, feet, and skirt edges against the folds (don't cut them apart!).
7. Open up and voila! It's a Circle of sisterhood.
8. Using the materials on hand and your creativity, create your *Circle of Sisterhood* display. Add the values of friendship you brainstormed in an earlier session to reflect all that you learned about friendship along your Mission: Sisterhood! Journey.

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

# MISSION: Sisterhood! JOURNEY FOR GIRL SCOUT SENIORS

## Closing Session

### Objective

During this Session, Girl Scout Seniors will celebrate their MISSION: Sisterhood journey by reflecting on what they learned about themselves, their friendships, their network, and leadership by defining an issue and taking a stand for it.

**Format:** Whole Group

### Materials

- Senior Awards, one for each Senior

### Steps to Complete Activity

1. Have the girls gather together and take turns sharing one thing they learned on this Mission: Sisterhood journey—something about themselves, their friendships, their network, leadership, or a little of each!.
2. Present each girl with the Sisterhood Award she has earned along the Journey. *This awards represents the confidence and leadership skills you gained by taking a stand for your Sisterhood issue. This Sisterhood Award shows that you can plan for others and yourselves; you can make use of your skills to carry out a project; and you have the confidence to stand up for an issue that you believe in.*
3. Let the girls know that the skills they gained and used along the Journey will help them in carrying out a Girl Scout Gold Award project, and that moves them to the top of the Girl Scout leadership ladder.

Thank any Guests for attending, then dismiss group.