

Step Up, Stand Up, and Get Involved!



Good Neighbor
badge

One of the best things about being a Girl Scout is helping other people. *All* Girl Scouts work to make the world a better place.

What kinds of things have you done?

Maybe you are a Daisy who learned how people work together when you earned your Good Neighbor badge.

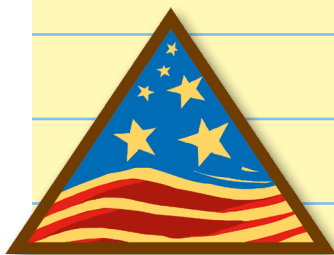
Or a Brownie who did some great things to make changes in your neighborhood when you earned your Celebrating Community badge.

Or a Junior who learned how to make changes in the government by earning your Inside Government badge.

As a Girl Scout, you can use your helping power *now and forever* to solve problems and make a difference in this world at any age.

You can find something that matters the most to you. It can be a big or small problem. The important thing is to do something about it!

Look at the **“What Would You Like to Change?”** list on the next page for some ideas.



Celebrating Community
badge



Inside Government
badge

Is there something in your community that you want to change? Get your neighbors to sign a petition to let people know about the problem. Then give the petition to your local city council.

HOW TO GET STARTED

Get Information

If you're not sure how you want to help, here are some things you can do:

- ★ **Talk to people!** Do you have friends or family members who can help you come up with ideas for ways you can help? Any idea is a good one, big or small. Write them down and later you can come up with a plan.
- ★ **Watch your neighborhood, town, or school.** For a few days, pretend that you're a visitor to your neighborhood, town, or school so you can see them in a different way. Do you see things that need to be improved? Make a list of everything you see!
- ★ **Go to a town meeting.** With an adult, go to a town hall meeting to find out what kinds of things people are unhappy about. Is there something you hear that makes you want to help, too?

WOMEN MAKE A DIFFERENCE!

There are many brave women who have made the world a better place. They found a problem they cared about and figured out how to make a change.

ROSA PARKS was just trying to get home from work when she refused to give up her seat to a white passenger, which was the law! At that time in 1955, black and white people had separate bathrooms, drinking fountains, and schools. This was called segregation. Even the seats on the bus had signs for "colored" or "white" people. Rosa was arrested and refused to pay the fine because she said the law was unjust. African-American people in Montgomery, Alabama stopped riding the buses and Rosa Parks became a hero of the civil rights movement. Later, the U.S. Supreme Court overturned Montgomery's segregation laws.

What Would You Like to Change?

You probably see things every day that you'd like to fix or make better. If you need some help coming up with ideas, here are a few to get you started!

- ☑ *There are too many dogs and cats at my local animal shelter that need to be adopted.*
- ☑ *The swings and the slide at my local playground are broken.*
- ☑ *There are many homeless people in my town who need help.*
- ☑ *We don't have any music or art classes at my school.*
- ☑ *A lot of kids at my school don't know how to play fair or be kind to each other.*
- ☑ *There is a lot of garbage on the streets where I live.*
- ☑ *It's scary walking in my neighborhood at night because there aren't enough lights.*
- ☑ *There are no bike paths where I live and I can't ride safely.*

GET MOVING

You know exactly what problem—or problems!—you want to solve but don't know how to get started. Try these things:

- ★ **Share your ideas.** Talking to other people is a good way to get ideas about how you can help. Have your parents or guardians help you meet other people who are working to help solve the problem you care about.
- ★ **Do some research.** With an adult, go online and find out more about the problem you want to solve. Are there other people or groups who are trying to find solutions? What kind of things are they doing?
- ★ **Find a group or organization** in your community that is working to address the problems you care about and, with an adult, find out how you can help, too.
- ★ **Get help from your Girl Scout troop or classmates:**
 - Ask your Girl Scout friends or classmates for help with your project.
 - Ask about using some money from your Girl Scout Cookie sale to support your project.

Is there a women's shelter in your neighborhood that could use some supplies? Start a clothing or food drive.

DO SOMETHING

Here are some ways you can make a difference:

- ★ **Write a letter** to your local government representative about what needs improvement in your community.
- ★ **Create posters, fliers, or a video** about the change you want to make.
- ★ **Volunteer with an adult** to do things in your community. You might help with a park cleanup, tree planting, or walking dogs at your local animal shelter.
- ★ **Help collect supplies and donations**—maybe books for a children's hospital or canned food for a local food pantry.
- ★ **Write letters to our military troops** overseas or be part of an effort to send them supplies. Your troop's Girl Scout Cookie Program may have a "Gift of Caring" or "Cookie Share" where you can send cookies to military personnel.

WOMEN MAKE A DIFFERENCE!

FLORENCE NIGHTINGALE had only one dream: to help others by becoming a nurse. In 1853, Florence took a team of nurses to a military camp hospital in Turkey. She found that soldiers were dying from the dirty conditions. She made a difference by cleaning things up and showing others how to safely care for the patients. By doing this, she saved thousands of soldiers' lives.

LET YOUR VOICE BE HEARD

Your voice and your ideas are powerful.

Many people care about what you have to say! Here's how to let people know what's on your mind:

- ★ **Spread the word** about your cause by going to your local news media or chamber of commerce to let them know what you think.
- ★ **Write a letter** to your local government official (mayor, city council member, or state legislator) to let her know about your work.
- ★ **Set up a presentation** at a mall or community center to show other people what you're doing. Make sure to get permission first!

Is there a local relief group that helps when there's a fire or natural disaster? Find out what you can do with them in times of need.

CHECK OUT THESE WEBSITES

Team up with an adult and visit some websites to help you come up with world-changing ideas!

- ✓ Read stories about what other Girl Scouts have done to make the world a better place at www.girlscouts.org/en/for-girls/girls-changing-the-world.html.
- ✓ How does the United States government work? Find out at www.kids.usa.gov/government/index.shtml.
- ✓ Learn more about the presidents of the United States at www.pbskids.org/youchoose/trading-cards/presidents.

WOMEN MAKE A DIFFERENCE!

SUSAN B. ANTHONY spent most of her life trying to get women the right to vote. Born in 1820, Susan's family worked to end slavery—which inspired her to find her own cause. She knew that women did not have a voice if they could not vote. So she started a publication and wrote about women's rights, made speeches around the country, and was even arrested and fined after voting illegally in the 1872 presidential election. It wasn't until 14 years after she died that her dream came true, but she was a powerful force in making it happen.