

HERstory

Daisy, Brownie, Junior



Created by GSHG 2020

Our Mission, Girl Scout Promise and Girl Scout Law

Our Mission

Girl Scouting builds girls of courage, confidence, and character, who make the world a better place.

Girl Scout Promise

On my honor, I will try:

To serve God and my country,
To help people at all times,
And to live by the Girl Scout Law.

Girl Scout Law

I will do my best to be

honest and fair,
friendly and helpful,
considerate and caring,
courageous and strong, and
responsible for what I say and do,

and to

respect myself and others,
respect authority,
use resources wisely,
make the world a better place, and
be a sister to every Girl Scout.



Dedication to the Girls

HERstory is a patch program created just for you. You are one of a kind! It doesn't matter what you look like, what you sound like, where you come from, or what you believe. Everything about you makes you special. Your sister Girl Scouts and leaders believe in you, always, and we are here to help you, challenge you, and uplift you at every opportunity.

Girl Scouts has evolved and changed with the times. However, the one thing that has never changed is our belief that every girl should feel like she is included. In 1912, Juliette Gordon Low set out on a journey to create a space that was fun, safe and welcoming for all girls. A place where girls could be themselves and have the same opportunities as boys. Her solution was Girl Scouts.

The Girl Scout Promise and Law tell us who Girl Scouts are and how we should treat other people. Every time we say the Promise and Law, we remind ourselves how to make the world a better place by the things we do and say every day.

When you are doing activities in HERstory, there are no wrong questions, and everyone has a right to their own opinion. It is okay to show your emotions because we all have them. The topics covered will sometimes be tough to think about and discuss, and that is okay. In Girl Scouting we create safe spaces for learning and growing together.

We hope you will learn a lot of new things through your HERstory journey. We believe it will set you on a path of hope and a future that embraces the belief that all humans are created equal. It is a future that is happening now, and you are helping to create it.



HERstory: Diversity, Equity, Inclusion

What is diversity? What is the difference between equality and equity? What does inclusion mean to you? These are some big words and we will help you learn what they mean. Being a Girl Scout means being a good sister to others, no matter your story or theirs. In this patch program, you will discover the past, learn how it has shaped our present, and how it can prepare you to shine bright for tomorrow. You will learn to stand against injustice, speak up for those who are silenced, and celebrate our big, diverse world.



Purpose

When you've earned this patch, you'll know more about the past and its effect on the present and the future - and you'll know how to work with those in your community to help build create sustainable change in the area of diversity, inclusion, equality, and equity for all.

Steps: Depending on your grade level, you'll do one or more activities for each step.

1. Footprints of our Past
2. Present Advocacy
3. Imagine the Future
4. Tell your story - Your Reflection, Your Legacy
5. Take Action

*Instead of inheriting a broken system,
we have the power to change it.
- Yara Shahidi*



Step 1: Footprints of the Past

Daisies choose one or more, Brownies choose two or more, Juniors choose three or more.

Our history shapes what we feel and experience today. With your group, learn more about an event, person, or movement from the past.

CHOICES:

- With an adult, go online to gshg.org/herstory or another trusted website. Learn about a woman from history that was important in our story as women. Already have a favorite woman figure? Great! Learn more about her. Once you know more about her, draw her as you see her.
- Visit a local museum that has an exhibit or program about a minority group, person, or event. When you visit, answer questions like: *How would you feel if you were that person? What would you have done? Have you been in a situation like they faced? If so, how did you feel?*
- Learn about the Suffrage Movement and create a skit depicting an event from the Suffrage Movement. Gather a team to perform the skit. Ask your trusted adult to help you record your skit so you can share it with others.
- Visit or take a virtual tour of a historical site in Georgia. With your troop leader or caregiver, find out about some sites that interest you. Make a plan to visit with your family or group. When you visit, answer questions like: *Who lived here? When was this place busy like your neighborhood? Why is it important in history?* Share what you learned with someone by telling the story, drawing a picture, or writing a story or poem.
- Talk about the commercials for your favorite toys or foods. *-Does the family in the commercial look like your family? Do you see people who look like you? Does seeing someone who looks like you make you want to have the toy or eat the food? How are the commercials trying to get your attention?*
- Watch a fairytale movie from the past (1930s-1980s) and compare the film with a fairytale movie from the current times (1980s-present). What races, religions, genders, or other groups do you not hear or see? Talk about the groups not represented in the movies.
- Read "Sneetches" by Dr. Seuss. Discuss the discrimination explored in the book. *Who is Sylvester MacConkey McBean? In your life and today's society, who do you think are the Star-Bellies? What do the stars mean to you on the bellies?*
- Celebrate a tradition that is different from yours. Learn why it is important and how it is celebrated. Some possible ways to celebrate: try food from another culture and/or make it, listen to music from the culture, attend a cultural festival, or another cultural or ethnic gathering in your community.
- Reimagine an event that was unfair and happened because someone was different. Act it out. As a Girl Scout, what would you do differently to make the circumstances better? For instance, you see someone being picked on at school, how would you handle the situation? Would you intervene and stand up for the other kid? Would you tell the teacher about what happened or keep it to yourself? Figure out a way to change an event to make sure everyone is treated fairly.



Don't try so hard to fit in, and certainly don't try so hard to be different - just try hard to be you. -Zendaya

Step 2: Present Advocacy

Daisies choose one or more, Brownies choose two or more, Juniors choose three or more.

Injustice is not just something that happened in the past. Many people of different backgrounds still experience things that do not seem fair. Many times, learning more about people we meet can help us all understand each other better. Learn more in the activities below.

CHOICES:

- Learn about women's experiences women voting. Interview two generations of women about their experience voting. It could be your troop leader, mother, teacher, grandmother, or youth group leader. Compare your interview notes. What experiences do they have in common? Was anything different?
- Read the book "Morris Micklewhite and the Tangerine Dress". With a trusted adult or in your troop meeting, discuss what the book means to you. The read aloud version is here: https://www.youtube.com/watch?v=IAQrw_15UoM
- Schedule a time to speak with the business owner, then visit a local minority-owned business with your caregiver or troop. Learn answers to questions like: What goods or services does their business provide? How long have they been in business? How many employees work for the company? What hardships or struggles did they experience to get where they are today? What hardships or struggles still exist for this business/community?
- How does a song inspire you to be a better person? What songs speak to you about making a change in the world? Discuss as a group songs that inspire you. You might use the song "This Land is your Land" which was sung at the 2021 presidential inauguration. This link provides the meaning of the words to the song: https://bpo.org/files/documents/Fairytales_L3_This_Land_is_Your_Land.pdf
- Do you know what Autism Spectrum Disorder is? Do you know anyone that is on the spectrum? Discuss as a group and share stories of experiences. Other options include
 - Reading children's books like this one, "The Girl Who Thought in Pictures" by Dr. [Temple Grandin](https://www.youtube.com/watch?v=qfyn0vZrgDI): <https://www.youtube.com/watch?v=qfyn0vZrgDI> (preschool read aloud of *The Girl Who Thought in Pictures*).
 - [17 Children's Books That Promote Understanding Of Autism](#)
- What is a bully? Role play different ways someone can be bullied. Now, talk about some ways you could help someone who is being bullied. Role play again, but this time you can help someone who is being bullied. Brainstorm how you should react. Did you stand up for them? How does it feel to help someone who is being bullied?
- Labels- Have you ever thought about all of the labels attached to you and others? From the moment you are born you begin being labelled. What are some of those labels? (Ex. Gender, skin color, hair color, religion, right/left handed, country of origin, etc.)
- Discuss what is normal to you. There is no right or wrong answer because no two people are alike and everyone is different in their own way.
- Watch the short film "Hair Love." What family connections do you see with your own family? How does this story speak to you and make you feel? Read aloud of *Hair Love* children's book: <https://www.youtube.com/watch?v=xt-SsSabUbs>
 - Learn more about your ancestry . Talk to your parents or grandparents about your family. Answer questions like: What were their names? What did they do for a living? Where were they from? How far back can you trace your ancestry? If not so far back, why do you think that is?
 - Draw a flag, coat of arms or tribal tattoo that represents your cultural identity.



"Don't follow the path. Go where there is no path and start a trail" - Ruby Bridges

Step 3: Imagine the Future

Daisies choose one or more, Brownies choose two or more, Juniors choose three or more.

The world is a big place that is filled with people trying to affect big change. Discover the movements and people working towards making the world a better place with courage, confidence, and character.

CHOICES:

- The Future is YOU! What does that mean to you? Imagine your best self in 5 years, 10 years, and 20 years. How will you contribute to your community? What do you hope you will be able to do or change in the future?
- Write a letter to your mayor about something that you believe in. This letter can be written about anything you are passionate about or that is important to you. It could be anything from your pet's rights to a girl being able to have wheelchair access to the local swimming pool.
- Create your own election ballot. You can use this moment to select any topic or subject you want. This can be apples versus pizza for school lunch or what your new troop mascot will be. Now, hold an election!
 - Who was your voting group?
 - Why do you think people voted in your election?
 - How did you get people to vote?
- Grab your coin jar! Layout different coins and bills. Who is represented? Are they female? Are they People of Color? Why do you think our money has mostly men on it? Draw a dollar bill with a face that is not represented.
- Imagine that you are a superhero or an athlete. Who would you be? How would you change the world for the better? If you had a "lasso of truth", like Wonder Woman, what would it do for people?

Here are some examples of women superheroes and athletes:



Batgirl	The US Women's Soccer Team
Black Widow	Ali Raisman
Bumblebee	Alyse Lui
Captain Marvel	Bethany Hamilton
Shuri	Brandi Chastain
Stargirl	Kerri Walsh
Supergirl	Naomi Osaka
Wonder Woman	Serena and Venus Williams
Zee Zatara/Zatanna	Simone Biles

- Imagine a better world. Write a short story about how you wish the world looked.

Who lives there? How are people treated? What is important to the people that live there? How do people help each other?

- Find out about any communities of Indigenous people who previously lived in your area. What was life like for them when they lived there?
 - Presently, are there any Indigenous communities in your neighborhood or near where you live? What about in your city or state? If you don't discover any Indigenous communities in any of these places, what state is home to the nearest Indigenous community to you?
- Find out what a campaign platform is. Think about what your platform would be if you wanted to be elected. Create a campaign button or sign for your campaign for the first female president or your state's governor. What is your slogan and what does it mean? How will you change the way things are now? What change would you want to make in your state or in the country?
- Do you know what a disability is? Maybe you have an uncle who is blind, a mother who can't hear that well, or a friend who speaks with a stutter. If you don't know anyone with a disability, find a good book to read about people with disabilities. How have people with disabilities shown up in your life? What have you learned from them? Talk about what you have learned with your troop or family.

Step 4: Tell your story

All grade levels choose one or more activities.

There are so many ways to tell your story. You have learned about how the past can affect your present and how your future is full of endless possibilities. With this newfound information, it's your turn to create a story about who you are. Use all of the resources you have discovered and share your story. With this patch, you equip yourself with ways to support your community and feel empowered about culture, race, and equality.

Here are some ways to depict YOUR STORY-

- Create a book cover
- Write a children's book
- Make a collage
- Tell a story with pictures
- Draw a comic strip
- Create a family tree
- Start a blog
- Act out a play
- Create a movie trailer
- Draw a portrait
- Write a song
- Create a vision board



Once you have your story created, send us your inspired creation or share it on social media. Please use YouTube or Vimeo for videos. Use the hashtag #HERstory.

TAKE ACTION

All grade levels choose one or more.



- What matters most to you? What change do you want to make? Create a poster of the change you want for the world and share with your family, troop, and those around you.
- Read a book that relates back to everything you have learned in this program. For awesome book ideas, go to our website. When you are finished reading, share what the book was about and what you learned from it with your troop or family.
- Find out ways to give back to your community. Find out what the local neighborhood center, school system, church, community closet, food bank, library, children's shelter or other organizations need, and help them to meet their needs.

Our unity is our strength & diversity is our power. -Kamala Harris

Glossary

1. **Ancestry** - One's family background
2. **Autism Spectrum Disorder (ASD)** - Something that some people are born with and it affects how the brain works and can make it difficult for some people to talk, understand others, make friends or calm themselves down when they feel worried or stressed.
3. **Campaign** - A series of planned actions carried out in order to reach a particular goal
4. **Culture** - The language, customs, ideas, and art of a particular group of people
5. **Cultural holidays** - Immersion in the culture of a place, a city, a country, or any holiday. Cultural holidays can be a great way to express something personal to us or to connect with a whole community. Culture is such an important mark of who we are because it often dictates how we think, feel, laugh, and talk.
6. **Disability** - A physical, mental or cognitive impairment or condition that requires special accommodations to ensure programmatic and physical access
7. **Diversity** - Psychological, physical, and social differences that occur among any and all individuals; including but not limited to race, color, ethnicity, nationality, religion, socioeconomic status, veteran status, education, marital status, language, age, gender, gender expression, gender identity, sexual orientation, mental or physical ability, genetic information, and learning styles..
8. **Equality** - Treating everyone the same regardless of need.
9. **Equity** - Achieving fairness by treating people differently depending on need.
10. **Inclusion** - Giving equal access and opportunities to all people irrespective of race, gender, disability, medical, or other need. Inclusion is seen as a universal human right, removing barriers of discrimination and intolerance. It affects all aspects of public life.
11. **Indigenous** - Descendants of native people from any region
12. **Injustice** - Applies to any act that involves unfairness to another or violation of one's rights
13. **Label** - A classifying phrase or name applied to a person or thing
14. **Lasso of Truth** - The Lasso of Truth is the primary weapon used by Wonder Woman, from DC Comics. The lasso is completely unbreakable, unchangeable, and indestructible. It is able to restore people's lost memories, hypnotize people, get rid of illusions. People who are in its circumference will be protected from magical attacks. (https://wonder-woman.fandom.com/wiki/Lasso_of_Truth)
15. **Minority** - A group of people whose race, religion, or politics is different from the larger population group
16. **Race** - A human population sharing certain common physical characteristics that have been passed down from one generation to the next.
17. **Stereotypes** - A positive or negative set of beliefs held by an individual about the characteristics of a certain group Stereotypes are usually oversimplified and inaccurate.
18. **Suffrage Movement** - A decades-long fight to win the right to vote for women in the United States.

“To put yourself in another’s place requires real imagination, but by doing so each Girl Scout will be able to love among others happily”
- Juliette Gordon Low