



Cadettes At a Glance



Earn your **Journey Summit Pin** by completing any three journeys. The journeys for Cadettes are *aMAZE*, *Breathe*, *Media*, *Think Like a Citizen Scientist*, *Think Like an Engineer*, *Outdoor Cadette Journey*, and *Think Like a Programmer*.

Girl Scout Mariner- Earn this pin by completing the following requirements within the first year of becoming a Girl Scout Mariner:



- Know and recite the Girl Scout Promise
- Know and recite the Girl Scout Law
- Complete option A or B described below
 - A. Mariners ON or IN water
 1. Acquire basic swimming skills by swimming fifty (50) yards using any stroke, and treading water fully clothed for three (3) minutes.
 2. Select a watercraft or water sport.
 - B. Mariners NEAR water
 1. Learn basic skills to prevent drowning.
 2. Select a focus area, such as marine or aquatic ecology.
 3. Study and learn the safety protocol required for the focus area

Although most girls will pursue option A, option B exists for girls who want to become Mariners but are unable to access the traditional Mariner experience. Girls who choose Option B should work with their troop leader to determine which of the skills described will best support her safe Mariner experience. Girls who choose Option A should start by earning the pin, then complete water safety, and finally choose path one or path two to continue her Mariner experience.

Trailblazer- Is adventure your true north? Earn this pin by completing the following requirements within the first year of becoming a Trailblazer:



- Know and recite the Girl Scout Promise
- Know and recite the Girl Scout Law
- Complete the first level of three (3) concentrations including: hiking, camping, stewardship, survivorship, and adventure sports.



Earn your **Cookie Entrepreneur Family pins** each year by completing the worksheet found here: https://www.girlscouts.org/content/dam/girlscouts-gsusa/forms-and-documents/cookie/cef-req/GSUSA_CEF_Requirements-Cadette.pdf



Earn your Safety Pin by completing these five steps:

1. Pick a safety issue important to you, and organize a forum where other teens can discuss the issue. (Can't meet in person? Hold an online forum or pose questions on social media to start conversation.)
2. Talk to younger Girl Scouts about Internet Safety and safe use of social media. (Can't meet in person? Make a video you can share with younger girls.)
3. List your duties as a counselor-in-training, volunteer-in-training, or in other leadership roles you hold. Carry the list with you, and use it to make sure you've covered all your bases when making a safety plan for trips and events.
4. Talk to a counselor, social worker, or someone who works at a local women's shelter to find out more about how to stay safe while dating. (Can't meet in person? Try e-mail, phone, or search online for resources.)
5. Pick a sport or outdoor activity you enjoy. Find out how rules, training, and safety equipment are designed to protect players.



The Girl Scouts *My Promise, My Faith* pin invites girls in grades K-12 to experience a faith journey through exploration of the Girl Scout Law and teachings from their faith. Girls can earn this national pin each year. Earn your *My Promise, My Faith* pins by completing these steps:

1. **Choose one line from the Girl Scout Law.** Find a story, song, or poem from your faith with the same ideas. Talk with your family or friends about what that line of the Law and the story, song, or poem have in common.
2. **Find a woman in your own or another faith community.** Ask her how she tries to use that line of the Law in her life.
3. **Gather three inspirational quotes** by women that fit with that line of the Girl Scout Law. Put them where you can see them every day!
4. **Make something to remind you of what you've learned.** It might be a drawing, painting, or poster. You could also make up a story or a skit.
5. **Keep the connection strong.** Find out if your faith community offers a recognition program for Girl Scouts. Talk with your friends, family, or a group in your faith community about what you've learned about your faith and Girl Scouting. Ask them to help you live the Law and your faith. Maybe you can show them what you just made or perform your skit!

Adult volunteers from faith organizations partner with girls by:

- ♦ Linking the national pin into their faith's religious recognitions
- ♦ Guiding girls through their personal faith journey
- ♦ Helping girls strengthen their understanding of their faith

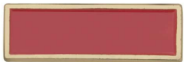
National Leadership Awards

The Silver Torch Award This award recognizes a Cadette who acts as a leader in her community. To earn the award, do these two things:



1. Complete one Cadette Leadership Journey
2. Serve for one full term in a leadership position at your schools, place of worship, library, town, council, community center, after-school club, or similar organization. For example, you might serve on a planning committee for graduation, co-teach a youth class at your place of worship, or serve on a Girl Scout board of directors. The length of your service will depend on the term specified by the organization or the particular position you hold.

Cadette Community Service Bar When you earn the Cadette Community Service bar, you are making a difference in your community– and practicing the values of the Girl Scout Promise and Law. It’s also a great way to get involved with a cause you are about.



To earn the bar, first choose an organization you’d like to volunteer with. The organization will need to agree to give you instructions about the work you’ll be doing. Your council needs to approve your service, so check with it before you begin. Once you’ve chosen your organization, complete at least 20 hours of service to earn the bar.



Cadette Service to Girl Scouting Bar If you choose to volunteer at least 20 hours to the Girl Scout organization, you can receive the Cadette Service to Girl Scouting bar. For example, you might volunteer your time at a special event for younger girls, be an office assistant for your council or service unit, or help with special projects.

Your Service hours for these bars need to be separate from those you use towards other awards, Each bar represents a new project, and can only be earned once.

Mentoring Awards

When you guide people or teach them something you know, you're acting as a mentor. As an Ambassador, you have some exciting opportunities to help younger Girl Scouts by sharing your skills, passions, and experience.

Leader in Action (LiA)



You can earn a Leader in Action (LiA) award by assisting a Brownie group on any of their National Leadership Journeys. There are three different LiA awards, one for each of the Journey series: *It's Your World – Change it!, It's Your Planet– Love It!, It's Your Story– Tell It!, Think like a Programmer, Think Like an Engineer, Think Like a Citizen Scientist*, and the *Outdoor Journey*. To earn an LiA, you'll share your organizational skills, use one of your special talents (such as creating and demonstrating a science experiment or craft), teach Brownies something important from their Journey (such as making healthy snacks or getting exercise), and reflect on your experience. For more information about each LiA, network with the adult volunteers guiding Brownie groups in your Girl Scout community. Complete requirements can be found in their Brownie Leadership Journey adult guides.

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Program Aide Pin

To earn the Program Aide Award, follow these steps:

1. Earn one LiA award.
2. Complete council-designed leadership course training. Part of your leadership course training will involve learning to work with children, and gaining a deeper understanding of a specialty such as science, art, the outdoors, or adapting activities for girls with disabilities.
3. Work directly with younger girls over six activity sessions. This might be assisting girls on Journey activities (in addition to what you did for your LiA), badge activities, or other sessions. You might work with a group, at their meetings, at a day camp, or during a special council event.

Girl Scout Silver Award



You can become a Silver Award Girl Scout if you:

- are in sixth, seventh, or eighth grade
- are a registered Girl Scout Cadette
- have completed a Cadette Journey

How to earn the Girl Scout Silver Award:

- Let your council know you want to earn it.
- Find an issue you care about.
- Build your Girl Scout Silver Award team or decide to go solo.
- Explore your community and think of how that issue affects your community.
- Choose a Silver Award project that can lead to lasting change.
- Develop your project.
- Make a plan and put it into motion.
- Reflect, share your story, and celebrate.

For more information, please visit <https://www.girlscouts.org/en/members/for-girl-scouts/badges-journeys-awards/highest-awards/silver-award.html> or email your local program specialist.

Bridging to Girl Scout Senior

To earn the *Bridge to Girl Scout Senior Award*, complete two bridging steps:



Step 1: Pass it on!

Share your talents and skills by teaching younger Girl Scout something you learned to do as a Cadette.

This list has a few ideas to get started. You only have to do one of these– or something like it– to complete the step:

- **Share favorite things you did on a National Leadership Journey.** Did you add a trip? Meet local experts? Do something special when you earned your awards? Put a little kit together and present it as a “boarding pass” gift to Juniors that they can use to start their Journey after they bridge up.
- **Take a group of Juniors to your favorite local hiking spot,** demonstrate something you’ve learned about outdoor safety, and talk to them about Leave No Trace. Or tell them about your group’s most memorable adventure and teach them your favorite Girl Scout tradition.
- **Did you earn a Silver Award?** Tell a group of Juniors about your project (maybe you could make a presentation or video). Let them know how you or your team got through the tough times and how much fun you had along the way.

Step 2: Look Ahead!

As a Senior, your world will get even bigger– which means there’s so much more to explore. There’s no better way to find out what you have to look forward to than by talking with your Senior sisters.

This list has a few ideas to get started. You only have to do one of these– or something like it– to complete the step.

- **As a Senior, you can take part in the global travel opportunities offered by GSUSA.** Talk to Girl Scout Seniors who have traveled internationally or to a national conference about their adventures.
- **If you’re interested in earning your Gold Award,** connect with Seniors who have already earned their Gold. Ask for advice about how to choose from among your ideas.
- **Find out how Seniors customized their experience on a National Leadership Journey.** What trips, experts, and projects did they do? How did they have fun bringing the theme to life?