



# Cadettes At a Glance

For more information about any of the additional awards within this packet, please reach out to your local program coordinator!

**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 as 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 clothes 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 leader to determine which of the skills described will best support her safe Mariner experience.

Girl 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,



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/>



### 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*** As a part of a team in your school, place of worship, or community organization, you'll find out what motivates people and inspires positive change:



1. Explore your strengths– Set a personal leadership goal.
2. Set a group goal– Prepare to bring your team's goals to life.
3. Support your team– Discover what brings out the best in your group.
4. Look ahead together– Build on what's working and try new challenges.
5. Make your mark– Create a lasting impact.

Once you've earned this award, you'll know how to lead by being a great teammate.

***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 this 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. 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.**

**These are NOT Silver Award prerequisites.**

# Community Service Bar Approval Form

Applicant Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Troop #: \_\_\_\_\_ Service Unit/County: \_\_\_\_\_

Leader's Name: \_\_\_\_\_

Leader's Email: \_\_\_\_\_

## PLEASE CHECK ONE:

- ☐ I am seeking approval to work with GSCI to earn my Service to Girl Scouting Bar.
- ☐ I am seeking approval to work with the following organization to earn my Community Service Bar.

Name of GSCI contact (staff, troop leader, etc.): \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

## OR

Organization's address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Contact Person: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Description of Service (minimum of 20 hours): \_\_\_\_\_

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Signature of Contact Person: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Applicant: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Troop Leader: \_\_\_\_\_ Date: \_\_\_\_\_

# Community Service Bars Time Log

Girl Scout Name: \_\_\_\_\_

Troop #: \_\_\_\_\_ Service Unit/County: \_\_\_\_\_

Leader's Name: \_\_\_\_\_

GSCI Contact: \_\_\_\_\_

OR

Name of Organization: \_\_\_\_\_

Organization Contact: \_\_\_\_\_

DATE	TYPE OF ACTIVITY OR RESPONSIBILITY	TIME SPENT

\_\_\_\_\_ has completed service of at least 20 hours with GSCI or their chosen organization and is now eligible for the Service to Girl Scouting bar or the Community Service Bar.

Troop Leader Signature Approving Award: \_\_\_\_\_

# Leadership Awards cont.

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



**Program Aide (PA)** As a Program Aide, you'll turn some of your favorite activities into fun experiences for younger kids. In doing so, you'll help build their confidence as well as your own:



1. Get to know your group– Join in and explore how the group works.
2. Prepare to lead– Assist the leader with a meeting
3. Plan and lead one activity– Share what you love with the group.
4. Reflect and prepare– Use what you've learned to get ready.
5. Lead a full meeting– Share what you love with the group.

Once you've earned this award, you'll have led multiple activities for a group of younger kids.

**True North** Ready to try something bold? Maybe you want to plan a trop, make a new friend, or audition for a solo performance. Find out how to use your values and practice leadership as you choose, plan, and carry out your own courageous act. Courage looks different for everyone— in this award, you'll pick something courageous for YOU. Get ready to make things happen!



1. Explore your values– Think about what matters most to you and how that shapes your choices.
2. Choose a goal that matters to you– Pick something meaningful that challenges you to grow.
3. Make a plan– Plan to act, find support, and take care of yourself.
4. Act with courage, confidence, and character– Try, learn, and grow.

Once you've earned this award, you'll have used courage, confidence, and character to do something that matters to you.



# Take Action and Global Action Awards



**You have the power to  
make a real difference!**



With friends or fellow Girl Scouts, design a project that addresses a community issue/ Take Action projects focus on local challenges, while Global Action projects explore how communities worldwide have approached similar issues.

## Steps

1. Identify a community issue– Connect a badge you’ve earned to challenges in your community.
2. Explore the issue’s root cause– Examine why this issue is happening and how it impacts your community.
3. Brainstorm solutions–Come up with ideas that can make a lasting difference.
4. Make a plan– Create your goal and a plan to reach it.
5. Take Action and celebrate!– Turn your plan into lasting change.

Your project should be fun and achievable within a couple of weeks or a month. You get to decide how big your project will be and remember you don’t have to plan a BIG project to make a BIG impact!

Once you’ve earned this award, you’ll know how to address a local or global community issue with lasting impact.

To learn more about the new and updated leadership awards, visit: <https://www.girlscouts.org/en/members/for-girl-scouts/badges-journeys-awards/leadership-awards.html> or scan the QR code.



# 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 prerequisite

How to earn the Girl Scout Silver Award:

- Attend a Silver Award Chat with GSCI.
- 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 coordinator.



# 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?