



MAY

Monthly Patch Program

Girl Scouts of Central Illinois

Ibtihaj Muhammad

“Don’t be afraid to reject someone’s disbelief in you.”

Ibtihaj Muhammad is an entrepreneur, activist, designer, speaker and Olympic medalist in fencing. She is an Olympic bronze medalist, 5-time Senior World medalist and World Champion. Ibtihaj became the first American woman to compete in the Olympics wearing a hijab.

Complete 3-Daisy, 4-Brownie, 5-Junior, 6-Cadette, and 7-Senior/Ambassador steps to earn your patch.

All monthly patches are custom designed patches. Once we get the final number of patches after the 15th of each month, we place an order. Patches take about a month to create and then we mail them to you.

Order patch on-line by **June 15th, 2021** at www.getyourgirlpower.org

Discover

1. Learn more about Ibtihaj’s life. Look through news articles, YouTube clips, or look online to learn who she is and what she has accomplished.
2. Ibtihaj won a 2016 Olympic medal in fencing. Her mother, Denise, found fencing for her. As a practicing Muslim, her mother was eager to find a sport that would allow her daughter to dress modestly and to honor Islam. Research what fencing is. Do you think you have what it takes to be a fencer?



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3. Ibtihaj became the first American woman to compete in the Olympics in a hijab. What is a hijab? Go online and learn more about a hijab? What does the word mean? Discuss your findings with your troop or a member in your family.
4. It's a great accomplishment and honor to be on the American Olympic team. It's not easy becoming an Olympic Medalist. Research the qualifications on being on any Olympic team.

Connect

5. Ibtihaj stated "Don't be afraid to reject someone's disbelief in you." What do you think this quote means? Was there a time when someone didn't believe in you? How did that affect you? Did you question yourself? Have a discussion about the above quote and think of positive ways to inspire others when they are doubting themselves.
6. Ibtihaj means happiness or joy. Does your name mean anything? Are you named after someone in your family? Discover the meaning behind your first and/or last name. Discover your heritage. Share your findings.
7. In 2017, Mattel unveils first Hijab-wearing Barbie in an honor of Ibtihaj. Design your own Barbie. You can sketch it out on paper or transform a Barbie you already have. What is something special you would have on your Barbie that represents you? Think about her clothes, accessories, and hair style.



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8. Ibtihaj released a memoir with Hachette Books in 2018 called “Proud: My fight for an unlikely American dream”. Ask a grandparent or someone about their American dream. What was their story, their situation, their motivation, and the outcome? Write their story down and share it with your troop. Stories like these are meant to be told.

9. Ibtihaj speaks regularly in keynote, fireside and panel formats around a range of topics including diversity and inclusion, technology, leadership, activism, overcoming obstacles, entrepreneurship, fashion and beauty. Public speaking can be scary. Create your own speech and present it. Talk about something you are passionate about or share a personal story. Was there a time in your life that you felt discouraged? Maybe share a story about a time you felt discriminated.

10. At the age of 12 growing up in Maplewood, NJ, Ibtihaj tried fencing for the first time. Her mother believed that playing sports would help her children integrate into the community. Fencing was a sport where Ibtihaj could be true to herself and would allow her to dress modestly to honor Islam. Previously, she played many different sports like swimming, track, and tennis where Ibtihaj had to make modifications to her uniform to honor the Islam practice. Look at women’s sports and their uniforms. How would you adapt a uniform to cover your arms and legs? Use color pencils or markers to sketch out how you would change the uniforms. Are some uniforms more revealing than others? How would you feel wearing some of the uniforms? Research why some uniforms are created a certain way.



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Take Action

11. Try fencing! Take a class or learn online.
12. There are many sports in the Olympics. Learn a new sport that is not common in the United States. Research the sport and learn how to play it. It doesn't have to be a physical sport. There are many different sports played all over the world that you may have never heard of. Teach the new sport to your troop.
13. Fashion is a passion to Ibtihaj. She started a clothing line and stated "LOUELLA BY IBTIHAJ endeavors to deliver a fresh, vibrant, and affordable take on modest women's fashion." On average the average American woman has 103 items in her closet. According to Fringe Association, "Each year... the average American buys sixty-eight items of clothing, eighty per cent of which are seldom worn; twenty per cent of what the \$2.4-trillion global fashion industry generates is thrown away." Go through your wardrobe and donate any clothes you don't wear anymore or have outgrown. Give your clothes a second life.