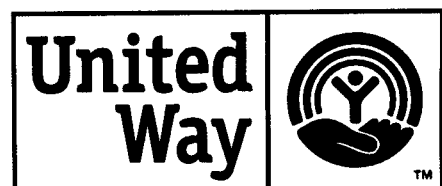




Girl Scouts of the Chesapeake Bay Council, Inc
501 S. College Ave
Newark, DE 19713
www.gscb.org
(800) 341-4007
T. (302) 456-7150
F. (302) 456-7188





From Girl Scouts with L.O.V.E. - Learning to Overcome Violence Everywhere

From Girl Scouts with L.O.V.E.
(Learning to Overcome Violence Everywhere)

is a Delmarva Peninsula-wide community service project for Girl Scouts, their families, and communities to learn about violence in its many forms and learn how to overcome violence through age specific activities.

Why is this project important?

Violence is a community-wide challenge affecting young people. Violence cuts across all races, economic, social, and ethnic backgrounds.

What is Girl Scouts of the Chesapeake Bay Council doing to stop the violence?

This is grassroots change. Through age specific activities done at troop/group and council-wide levels, girls and their families will learn about violence and are empowered to stop it.

Who can participate in this program?

All registered Girl Scouts. Families may consider this a sensitive subject so it is recommended to have permission slips to participate.

How do I earn this patch?

All Age Level Girl Scouts must complete at least one activity from Discover, Connect and Take Action sections, and turn in an evaluation form at the completion of all activities. A copy of the evaluation form is located in the end of this package. All age levels must participate in the Take Action Project From Girl Scouts with L.O.V.E. Care Packages to qualify for this patch.

From Girl Scouts with L.O.V.E. - Learning to Overcome Violence Everywhere

How do I purchase patches?

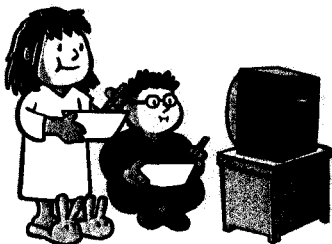
You may purchase "From Girl Scouts With L.O.V.E." patches in our Bay Shop.

What is next?

Girl Scouts of the Chesapeake Bay has found that this is an important subject in the lives of girls. We will continue to develop materials to help empower girls through educational program dealing with Internet Safety, Relational Aggression, and Bullying. Please look for updated information on our web site at www.gscb.org and in our e-news.

Let's get to know each other.

Discover who your team is. Play one of these or any other icebreaker game to learn who is in your group and what they are about. Doing an icebreaker with your group will help you to prepare to open up to Discover, Connect and Take Action.



Partner TV Commercials

All Age Levels

This is a good one-on-one icebreaker. Students should get into groups of two and interview each other. They only get two minutes each. Then, the students have one minute to come up with a quick television commercial advertising their partners. This one takes some creativity! You may wish to give students a guide sheet and/or do an example commercial first.

From Girl Scouts with L.O.V.E. - Learning to Overcome Violence Everywhere



The Great Wind Blows

All Age Levels

This is a fast paced icebreaker that gets student moving and laughing. Arrange a circle of chairs.

Ask each student to sit in one of the chairs (have an exact number).

Tell students that if they agree with your next statement, they should stand up and move to another chair.

Stand in the center of the circle and say: "My name is _____ and the great wind blows for everybody who...." (choose an ending that would

likely apply to nearly everyone in the class, such as "likes chocolate ice cream."

At this point, everyone who likes chocolate ice cream gets up and runs to another empty chair.

As the students move, make sure you occupy one of the empty seats.

If you do, then one student will have no seat to occupy and will replace you in the center.

Have the new person in the center finish the same incomplete sentence. Play the game as often as it seems appropriate.

Discover trust in the team you have met. Play one of these games or any other De-inhibitor game, to learn to build trust in one another to help us prevent violence.

Trust Me

All Age Levels

Divide group into 4 teams.

One person is blindfolded.

Another is the leader who will verbally instruct the blindfolded person to go from point A to point B.

The leader must not touch the blindfolded person.

The other two people assist the leader in making sure the blindfolded person does not bump into anything.

When 2-3 minutes have passed have people switch roles. Perhaps suggest a new route.

Ask the group:

How did you feel when you were blindfolded?

Did you trust the leader? Why? Why not?

Did you trust the assistants? Why? Why not?

What did you need as the person who was blindfolded?

As the leader, did you convey a sense of trust? How could you have, if you did not?

As assistants, did you convey a sense of trust? How could you have, if you did not?
Why is trust so important?



D i s c o v e r

Activity: Feeling Safe—What Girls Say

Age Level: All Age Level Girl Scouts may participate.

Outcome:

Girls will be able to define what safety means to themselves.

Supplies:

Feeling Safe, What Girls Say, a report from the Girl Scout Research Institute available at:

http://www.girlscouths.org/research/pdf/feeling_safe.pdf

- Read and discuss with your group the survey results from *Feeling Safe, What Girl Say*.
- Ask girls if understanding how girls feel may help an organization like Girl Scouts make our world a safer, less violent world.
- Ask them to challenge themselves to tune into what may make one feel safe or unsafe in every day life.
- What can they do to make others feel more comfortable?
- Are there small changes that each one of us could make to live in a safer world?
- Try one of these changes before your next meeting.
- At the next meeting share with the group what a difference the small change made.
- Will you continue this small change?
- Why or why not?



D i S C O V E R

Activity: What is my LOGO?

Age Level: All Age Level Girl Scouts may participate

Supplies:

- Color copy of logo handout and/or other examples of companies logos.
- Tacky or hot glue and glue gun (depending on age level)
- Card stock and/or a copy of the page to create the logo on
- Markers or crayons
- Pens or pencils
- Scissors
- Other items as desired—optional

Outcome

1. Increase self-awareness.
2. Create positive self-esteem.
3. Foster understanding of the role individuals play in creating a safe environment.

Share with the girls—

What is a logo? A corporate logo is one of the most essential branding elements that a company might have. Think of some of the great logos you may have seen; McDonalds, Nike, PEZ, Lisa Frank, Paul Frank, Oscar Myer, Hershey, ect. (Let girls tell you about some they like or dislike.) Do these logos automatically make you think of the company? This shows you how strong a logo leaves an impression on people.

Now have the girls define a good logo design. Inform them it should be instrumental in building an identity, and should exude the attitude of the company. The viewer of a logo should have an idea about the disposition, character or fundamental values of the company it represents. It should build a positive, strong and long-lasting impression on those who see it.

With this in mind, are there ways we see or describe ourselves? Some things that you may use to describe yourself might include; your hair style, your clothing, your makeup, and the music you listen to.

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List 10 items or ways to best describe yourself.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

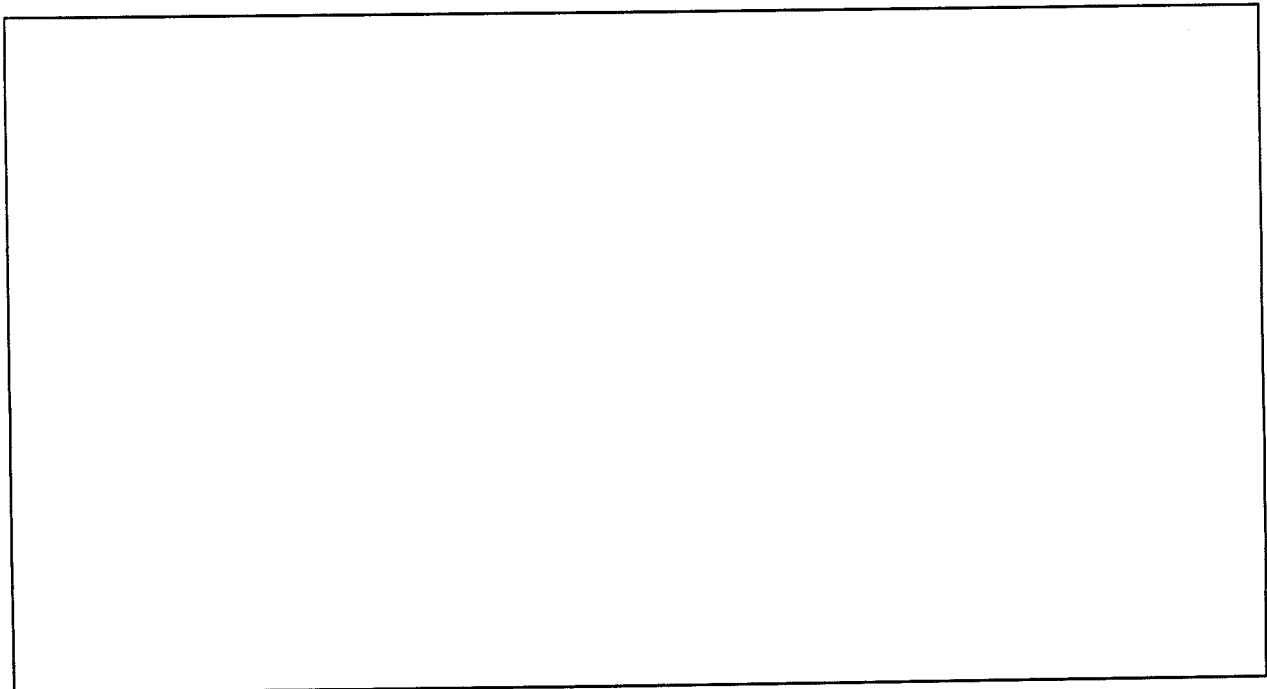


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In the space provided below use these descriptions of yourself to create a symbol, a logo, or a crest that represents you. You can use a variety of materials to create this "logo." Perhaps it would include shoe laces – if you are a runner; a swimming cap - if you are a swimmer, ect.

Share this logo with your family, friends, and someone new. Ask them what they think about it. Does it leave them feeling safe and comfortable, wanting to know more about the person who created it? Why or why not? Could this logo leave others feeling unsafe or uncomfortable? Why or why not? What could you do to help them feel more comfortable with you – the designer of this most important logo?

What does this have to do with violence or hopefully in this case anti-violence? The answer is tolerance and respect. Your actions, your personality, your logo have a positive or negative effect on others. How can you learn more about yourself, and others? In life you continually learn about yourself and the world around you. Use these experiences to help you understand and respect yourself and others. It will help others to feel comfortable and safe and perhaps it could even lead to living in a safer, less-violent world.



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Discover

Activity: Who Can I Trust?

Age Level: All Age Level
Girl Scouts may participate.



Supplies:

Copy of contact information to distribute to each girl.

Outcome

1. Girls will have an increased awareness of community resources.
2. Girls will experience an increase in family and community involvement.

Pass out this list of resources available to the girls. Explain to them if they need help there are agencies designed to help with different issues. If you do not find one that can help you with your problem here look in the phone book or on-line.

Delaware State Attorney General
http://www.state.de.us/attgen/main_page/kids/kids_page.htm

School Crime Hotline
800-220-5414

Family Violence Hotline
New Castle – 302-762-6110
Kent & Sussex – 302-422-8058

Rape Crisis
New Castle – 302-761-9800
Kent & Sussex – 800-262-9800

Suicide Hotline
800-652-2929

Talking with Kids about Tough Issues
www.talkingwithkids.org

Cecil County Violence & Rape Hotline
410-996-0333

National Institute of Health
www.nlm.nih.gov/medlineplus/safety.html

Life Crisis Center (rape, family violence, ect.)
410-749-Help

Mid-Shore Council on Family Violence
800-927-4673

Act-Now Crisis Line for Suicide
800-969-4357

Child Abuse Neglect & Reporting
800-292-9582

Delaware Coalition Against Domestic Violence
<http://www.dcadv.org/>
800-701-0456

Delaware Commission for Women
www.delawareworks.com/divisions/dcw/welcome.htm

Child Abuse Hotline
800-552-7096

Eastern Shore Coalition Against Violence
877-787-1329

Family Violence & Sexual Assault
800-838-8238

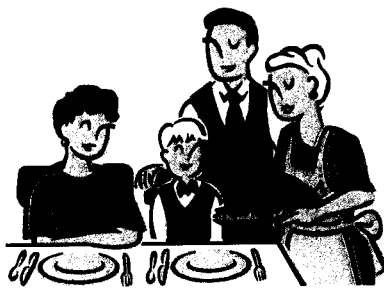
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Part 1: Family Dinner

Share with the girls that a report from the National Center on Addiction and Substance Abuse at Columbia University (CASA) finds that compared to teens who have frequent family dinners (five or more per week), those who have infrequent family dinners (two or fewer) are three and a half times likelier to have abused prescription drugs; three and half times likelier to have used an illegal drug other than marijuana or prescription drugs; three times likelier to have used marijuana; more than two and a half times likelier to have used tobacco; and one and a half times likelier to have drunk alcohol.

The report also reveals that compared to 12 and 13 year olds who have frequent family dinners, those who have infrequent family dinners are:



- Six times likelier to have used marijuana
- More than four and half times likelier to have used tobacco; and
- More than two and a half times likelier to have used alcohol.

The study also found that 84 % of teenagers said they prefer to have dinner with their families rather than eat alone.

To get a copy of the full report visit <http://www.casafamilyday.org>
CASA invites you to join them on September 22, 2008 for Family Dinner Night.

Discuss with the girls why having dinner with your family might be important in preventing violence? What do you think gets in the way of family dinner?

Set a date with your family to have dinner. Try having dinner together 1—2—3 more times a week than you normally do. Even if it is frozen pizza.

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Part 2: Family Game Night

“Ask Evelyn” of Hasbro shares on the website http://www.askevelyn.com/family_game_night.html “Mix together kids and parents, take the phone off the hook, turn off the TV, bring out a board game and what do you have? An evening of fun, learning and laughter that brings all of you closer together. Sounds good? Then maybe you should be planning your own Family Game Night.”

Mark your calendar on nights you have dinner with the family from Part 1 of this activity and on one of those nights take time to spend uninterrupted time with your family. Clear dinner away and enjoy each others company while playing a game. Try this for one month.

Ask the girls at the end of the month:

What did you learn while playing games with your family?

Did you learn team work? That you respect your family members and that they respect you? Did this open a line of communication that was not open before? Do you think you can turn to your family now more easily than before?

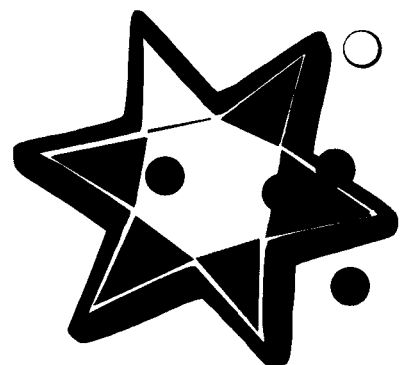
Was understanding shared during Family Game Night? Was it ok when people won or lost? Did this experience of winning and losing help to build relationships in your family? Do you think you can turn to your family to talk to now more easily than before?

Tell the girls:

Ask Evelyn goes on to state that Family Game Night brings families closer together and gives children a sense of belonging and connectedness. It allows families to interact and talk and listen face to face...

Ask the girls: How do you think that this might help prevent violence?

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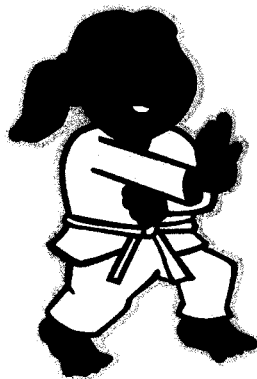
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D i s c o v e r

Activity: Various—See below.

Age Level: Various—See below.

Outcome: Girls will become familiar with program resources GSUSA has developed to make the world a safer place.



No Way!* or *Don't Go There!

Daisy and Brownie Girl Scouts

Find a Teen Troop to help lead you through the activities in the GSUSA *"No Way!"* or *"Don't Go There!"* workbook, depending on your age. You can purchase these workbooks in the Bay Shop.

Zink The Zebra

All Age Level Girl Scouts

Discover Zink the Zebra and learn how to promote the understanding and acceptance of human differences.

Visit the Volunteer Resource Center (VRC) and check out this fantastic resource that will help you learn more about yourself and others around you. You can purchase a Zink the Zebra beanie baby and Patch through the Bay Shop



Take Charge! Teen Girl Scouts



The world is a crazy place sometimes and girls need to learn skills to protect themselves. *Take Charge* is all about how to keep themselves and their friends safe. You can purchase this Studio 2B Focus book and charm in the Bay Shop.

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Discover

Activity: Sing for Peace

Age Level: All Age Level Girl Scouts may participate.

Supplies:

For a free catalog of more, national award-winning, peace education music, *contact Sarah*

Pirtle by e-mail at

dbrown@kqw.oit.idu or at

Discovery Center Music

63 Main Street

Shelburne Falls MA 01370

(413) 625-2355

Outcome:

Girl will learn that music can be used to share messages about ones self, culture and peace.



Sing songs alone or with your troop that teach peaceful messages, that sound soothing to your soul.

Find music that you enjoy and share these songs with a bring-your music or a song night. Talk about what the lyrics mean to you. Find out what they mean to others?

Could the music you listen to be offensive to others? Are you offended by music of others? What can you do to make a compromise while listening to music around others?

Is any of the music you listen to specific to a culture? Many cultures have music that has been shared from generation to generation. Do you think this may effect others who might hear this music?

What messages do you think others learn about you from your music? What messages do you learn about others from their music?

D i s c o v e r

Activity:
Relax, Relax, Relax

Age Level: *Junior and
Teen Girl Scouts may par-
ticipate in this activity.*

Outcome:
**Discover techniques
to deal with stress.**

Supplies:

- Salt - (your choice: Epsom, Sea or Kosher Salt)
- Baking soda (softens your skin)
- Essential oil of your choice
- Food coloring optional
- Music—CD
- Computer with internet access

Did you know that anger can have a very physical response? Your muscles tense, your heart pounds, your stomach might ache. Anger doesn't actually make the "blood boil" or your eyes "see red" but it does cause certain changes in the body. Here's what happens:

- Adrenaline and other chemicals pour into the blood stream.
- The heart pumps faster
- Blood pressure rises
- Blood flow quickens
- Muscles tense



In other words, the body shifts into high gear, generating energy needed for action.

Learn how to identify and describe your different moods. When you are angry try to tune into your feelings. Write them down in a diary or journal.

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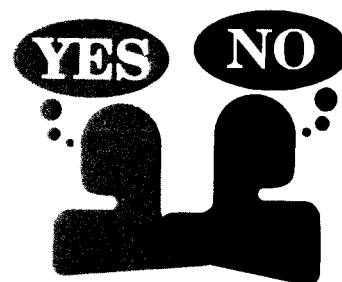
Manage your stress.

Face up to what's causing your anger. Express your feelings. Talk it over with someone you trust. Think about good things. Work with others to solve the problem. Take a break. See if there's another way to look at things that will help you accept them. Know that you can learn and grow from your mistakes.

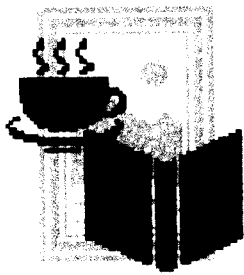
Treat your mind and body right: relax, exercise, sleep, and eat well. Use your five senses to calm your anger, touching, smelling, tasting, hearing and seeing. Squeeze play dough, splash in water, run outside, breath slow deep breaths, eat a good healthy snack.

The Do's & Don't of Anger

- Do calm down
- Do understand your motives before you express your anger. Are you trying to defeat the person, or are you trying to solve the problem? If your motive is negative, the results may be too.
- Do be assertive – but not aggressive. Express yourself firmly and clearly with out making insulting remarks. Understand the importance of negotiation and compromise.
- Do seek help if you have trouble communicating your anger constructively or if, you get angry too often. Talk with a friend about your problem, or see a counselor for help.
- Don't blame yourself and don't get personal and resort to insults or name-calling. These methods only cause more anger.
- Don't ignore your feelings. Don't avoid the issue and hide what you truly believe. Be direct, but don't get physical or violent.
- Don't make accusations you will be sorry about later. Listen carefully to what the other person has to say before you draw any conclusions.
- Don't sulk or pout in silence. This will not solve your problem.



Reduce Stress



Read a good book.

Try deep breathing.

Take a bath or shower.

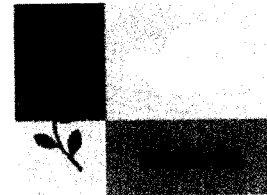
Try something new like a hobby or sport.

Reorganize things.

Take a break.

Anger in others

- ◆ When someone else is angry remember that they may say things that they really don't mean.
- ◆ Be considerate if others are around, encourage the angry person to discuss his or her anger privately. This could prevent embarrassment.
- ◆ Be a good listener, often people angry, just need someone to listen to as they "sound off."
- ◆ Consider the cause of anger. Think about whether the angry person might feel better if he or she had fewer responsibilities, or time alone, time to rest, ect.
- ◆ Don't take chances. Sometimes, anger can lead to violence. If the safety of others or yourself appears to be threatened, get help immediately.



Activities to help you relax

Dear Diary

Create a diary to record your thoughts when you are angry. Go to

<http://curiouslycrafty.wordpress.com/tutorials/>

to get step by step directions on how to create your own special journal.

Music

Make a CD that has songs you like to listen to. Make an extra copy for a friend.



Make bath salts so you can take a relaxing bath.

Basic Bath Salts

- Salt - (your choice: Epsom, Sea or Kosher Salt)
- Baking soda (softens your skin)
- Essential oil of your choice

Food coloring optional

Directions:



Pour the salt, the essential oils, and a few drops of food coloring into the bowl. Fill the jar. When it's time to use the bath salts, pour the mixture into the bathtub and add warm water. Stir the water so the salt dissolves.

Kosher Bath Salts

Mix equal amounts of kosher salt and baking of soda, add some glycerin, stir well. Put in a decorative container. Add to hot running water. Avoid eyes.

Epsom Bath Salts

Add 1 cup Epsom salts to your bath when you need to feel uplifted.

Breath Deep

1. Get comfortable.
2. Close your eyes, and take a long, deep, slow breath. Try to inhale through your nose and exhale through your mouth.
3. Relax your every muscle. Feel your toes, relax your toes; feel your calf muscles; relax your calf muscles; feel your thigh muscles; relax your thigh muscles; feel your hips; relax your hips; feel your abdomen; relax your abdomen; feel your shoulders; relax your shoulders; feel your fingers; relax your fingers; feel your elbows; relax your elbows; feel your neck; relax your neck; feel your head; relax your head. Keep those deep breaths coming in and out.
4. Feel your stress, your anger slowly leaving with every breath you exhale. Just relax.
5. Stay in this relaxed state as long as time permits. Just relax.



Copy Cat

Activity: Copy Cat

Age Level: Daisy and Brownie Girl Scouts may participate in this activity.

Outcome:

Girls will learn how to identify good and bad behaviors.



Have girls form a line behind an adult leader. Explain to the girls that they are to copy all of the positive behaviors of the leader of the group. The leader will try to “trick” the girls by performing bad behaviors. When the leader performs a bad behavior, girls should freeze and not copy it.

Move around continuously. Positive motions could include clapping, marching, jumping, turning around, placing hands on your head, tip-toeing, waving, taking giant steps, etc... Bad behaviors could include throwing stuffed animals across the room, kicking the wall, knocking over a chair, pulling a coat onto the floor, littering, ect...

Girls should get better at this each time it is presented. More positive and negative actions can be added. Switch to a peer leader when the tasks are mastered. When the entire group reaches 100 percent reaction to only the positives, a special reward can be given. As the girls perform their copy cat actions, ask the girls, why was this action bad? Why was this one good? How would you feel if you were not around an adult and your friend asked you to do something bad? Would you do it? How would you avoid doing it? Is there someone you could talk to about this bad thing? Help them see alternatives to bad behaviors.

From Girl Scouts with L.O.V.E. - Learning to Overcome Violence Everywhere

C o n n e c t

Activity 1: Tell Us – On-Line!

Activity 2: Tell Us – In Person!

**Age Level for both activities:
Junior and Teen Girl Scouts
may participate in these ac-
tivities.**

Supplies:

Computer and internet access if doing online survey.

Outcome:

**Girls will learn to
share their views
and opinions with
others.**

Tell Us – On-Line!

Participate in an on-line survey if you have internet access or fill out the survey attached and mail it to: Girl Scouts of Chesapeake Bay – From Girl Scouts With L.O.V.E. survey, 501 S. College Ave, Newark, DE 19713. The survey will be posted on our web site at www.gscb.org from October 15, through December 15, 2007. Results of the survey will be posted beginning February 1, 2008.



Tell Us – In Person!



Participate in focus groups to share with us how we can help advocate for safety in your life.

When: November 30, 2007

From: 6:00 – 8:00 p.m.

Where: 501 S. College Ave.
Newark, DE 19713

From Girl Scouts with L.O.V.E. - Learning to Overcome Violence Everywhere

C o n n e c t

Activity:
Student Council

Age Level: All Age Level
Girl Scouts may participate in this activity.

Outcome:
Girls will develop leadership skills within the community.

Develop a plan to help your school overcome violence. Your plan should include ways to address issues to help all students get a good education in a place that they feel safe to be in.

Market your plan and run for student council.

If your school does not have a student council, make an appointment with your guidance counselor, assistant principal, principal, or PTA or PTO to share your plan.



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Connect

Activity:
**PSA – Public Service
Announcement**

Age Level:
**All Age Level Girl
Scouts may partici-
pate in this activity.**

Outcome:

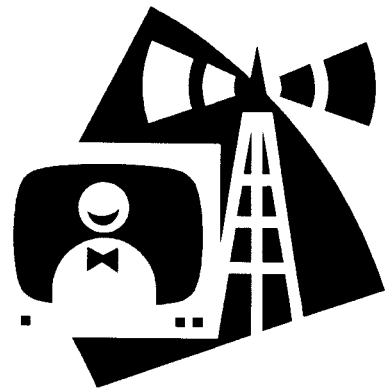
Girl will learn how to create an effective message to inform the public about From Girl Scouts with L.O.V.E. Learning to Overcome Violence Everywhere.

Lead by sharing the importance of this service project with the community.

Create a PSA to use on the radio to share with the community why you consider this service project to be important.

Record the PSA and submit it to Girl Scouts of the Chesapeake Bay Council, Inc. at 501 S. College Ave, Newark, DE 19713 by August 31, 2008.

We will have the entries judged for content focused around the theme, and for originality. GSCB is currently working with a local radio station to air the winner. We will notify the winner via email and let our members know if we were able to arrange the airing via e-news.



To learn more about PSA's go to
http://en.wikipedia.org/wiki/Public_service_announcement

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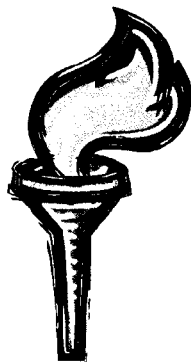
Connect

**Activity: No Way!
Or Don't Go There!**

Age Level:
Teen Girl Scouts become the facilitator of this program that Daisy and Brownie Girls participate in.

Supplies:
The *No Way* or the *Don't Go There* workbooks.
Other items as necessary to facilitate the program.

Outcome:
Teen girls will learn leadership while teaching younger girls how to stay safe.



Lead and connect with Daisy and/or Brownie Girl Scouts by sharing ways for younger girls to stay safe.

"No Way!"

Or

"Don't Go There!"

Teen Girl Scouts hold a workshop to help Daisies and Brownies complete the GSUSA "No Way!" or the "Don't Go There!" workbook, depending on the age. You may purchase these workbooks in the Bay Shop.



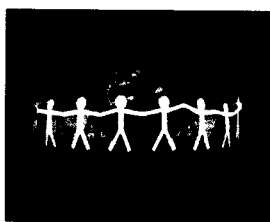
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Connection

Activity:
Check It Out

Age Level:
Varies by activity listed
below.

Outcome:
Girls will learn what
resources Girl Scouts
offer to educate girls
about anti-violence,
diversity and safety.



Other Activities about Safety, Anti-Violence, and Diversity in Girl Scouting:

Daisy Girl Scouts

Entire Petal Patch Program

Junior Girl Scouts

Safety First!

Model Citizen

It's Important to Me

Celebrating People

Healthy Relationships

Brownie Girl Scouts

Safety Sense – Try – It

Caring and Sharing – Try – It

Manners – Try – It

Working It Out – Try – It

Citizen Near and Far Try – It

People of the World – Try – It

Teen Girl Scouts

Conflict Resolution – Interest Project

From Stress to Success – Interest Project

Law and Order – Interest Project

Understanding Yourself and Others – Interest Project

Your Best Defense – Interest Project

From Girl Scouts with L.O.V.E. - Learning to Overcome Violence Everywhere

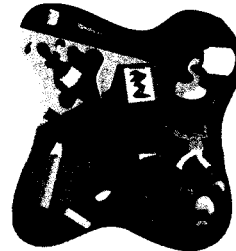
Take Action

Activity:
**Feeling Safe – What
Girl Say Art Exhibit**

**Age Level: All Age
Level Girl Scouts may
participate in this activ-
ity.**

Supplies:
Various art supplies.

Outcome:
**Girls will define what
safety and violence is
to them through art
work.**

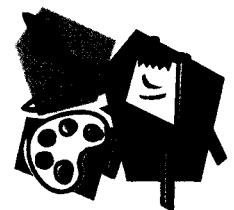


Take action by participating in the Feeling Safe – What Girls Say Art Exhibit. Here's how you can be a part of sharing with the community what girls say. Come find out what girls are saying about... What is violence? What does it mean to you? What is safety? Is safety a feeling? Is there a difference in feeling safe and truly being safe? Is safety emotional or is it physical?

Who: All Girl Scouts
When:
From: 10:00 – 2:00 p.m.
Where: Girl Scouts of the Chesapeake Bay Council, Inc.
501 S. College Ave
Newark, DE 19713

Registration Deadline February 15, 2008

Cost: There is no cost for admission to this event, but you may bring a donation of art supplies to donate to a shelter that will be used to help children whose lives have been touched by violence.



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Create an art piece to represent your perception of a safe world.

Create a second art piece of what you consider an unsafe world.

Submit the girl event registration form below to have your special art piece exhibited in an art exhibit open to the public. If you are able to be present on that day we would love to have you personally display your masterpiece and share with the public your voice concerning what girls say about safety.

On your registration form, please let us know if you will be attending in person or just submitting your art piece for display.

Feeling Safe – What Girl Say Art Exhibit Registration Form

First Name: _____ **Last Name:** _____

Day Phone #: _____ **Evening Phone #:** _____

Email Address: _____

Street Address: _____

City: _____ **State:** _____ **County:** _____

Service Unit: _____ **Troop #:** _____ **Age Level:** _____

Will you be attending the Feeling Safe – What Girl Say Art Exhibit
Please circle one:

Yes No

Please mail to Girl Scouts of the Chesapeake Bay Council, Inc.
501 S. College Ave, Newark, DE 19713 Attention: Event Registrar
All registrations should be received by February 15, 2008.

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T a k e A c t i o n

Activity:
*From Girl Scouts
With L.O.V.E. Care
Packages*

Age Level: *All Age
Level Girl Scouts
may participate in
this activity.*

Supplies:
As desired—see attached for ideas.

Outcome:
**Girls will learn the act of
charity through a year long
donation drive.**

Help those in the community whose lives have been touched by violence.

Assemble care packages for a local shelter that helps families that may have been touched by violence.

Decide ahead of time if your troop wants to cater to small children, parents, babies, or if each girl wants to bring the items for one person in a family unit.

You will need girls to gather and donate or seek help from others to get items to donated. You may even consider taking donations at each meeting throughout the year to make a big difference on Make A Difference Day 2008.

Have the girls create gift tags or letters with the message From Girl Scouts With L.O.V.E. Learning to Overcome Violence Everywhere
GSCB will receive donations at our Newark and Salisbury offices on Make A Difference Day 2008 on October 25, 2008 during the hours of 10:00 am to 2:00 p.m. Donations will then be delivered to local shelters by volunteers. If you can not join us on this day, donations can be given to either the Salisbury or Newark office during the whole month of September up to the day of the event.

Take pictures of your group assembling these care packages and send them into www.gscb.org and we will place them on our From Girl Scouts With L.O.V.E. website.

From Girl Scouts with L.O.V.E. - Learning to Overcome Violence Everywhere

From Girl Scouts With L.O.V.E. Care Packages

- Items to keep children occupied like, coloring books, crayons, books, and small toys. Remember the age of the children may vary. You should not include anything too big to carry.



- Individually wrapped snacks
- Toiletry Items, such as; tooth paste, toothbrushes, comb, pocket mirror, brush, deodorant, soap, shampoo, conditioner, lotion.
- School supplies and backpacks including: paper, pens, rulers, composition books etc...

- Phone cards



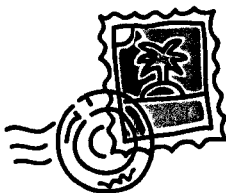
- Gift Certificates to fast food restaurants
- Small backpacks, diaper bags, purses or bags to place items to be donated in.
- Baby items such as: diapers, baby clothes, baby bottles, baby food, diaper wipes, diaper ointment, baby juice & formula, and baby blankets.

- Children's Clothes and Shoes

- Winter Coats and Boots

- Stationary and Stamps

- Women's Career Clothing



Girl Scouts of the Chesapeake Bay will be announcing at the 2008 Service Team Kick –Off in August, the locations to drop these care packages off on Make a Difference Day October 25, 2008. Please plan on joining us this day to make a BIG Difference in our community.

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Activity: Mock-Debate

Age Level:
Junior Girl Scouts may participate in this activity.

Outcome:

Girls will learn how to voice their opinion in a safe and informative way.

Supplies:

If attending the event please fill out a registration form available on our website at www.gscb.org or by calling (800) 341-4007 and ask for the Event Registrar ext. 7182.

Join us in this fun and informative way to share your voice. We will have a mock-debate on how to prevent violence. Each girl will play an active role in this simulation of how a bill becomes a law.

Date:



Time:

Location:

If you can not attend the Mock-Debate event, another way to share your voice is to participate in Council's Legislative Day. You may obtain a copy of the directions for this fun event on our website after March 15, 2008.

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T a k e A c t i o n

Activity:

Laws to Prevent Violence

Age Level:

Junior and Teen Girl Scouts may participate in this activity.

Outcome:

Girls will learn what their local community is doing to prevent violence.

Girls will utilize technology to express their views about how to prevent violence.

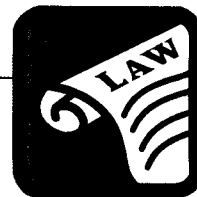
Supplies:

Computer with internet access

Possible books, magazines and/or a visit to the library

Possible visit to local government agency.

*Find out what our government is doing to prevent violence.
Share your views about this important issue.*



Think about how violence have impacted your world. Do you have friends or family or that has been touched by violence? Why do you care about this issue? How does it make you feel? What do you think you can do to make the world a better place?

Find out what your state is doing to prevent violence. Research a law about gun control, school violence, domestic violence or any other subject related to living safely. Find out what the law encompasses. What are the penalties for violating this law? Are there ways you can use your voice to let your state and local leaders know how important anti-violence is to you?

Write a letter to an elected official to share your views on anti-violence. Create a blog about anti-violence.

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Evaluation Form

1. Total Number of Girls Participating? _____

2. Total Number of Adults Participating? _____

3. Total Number of items collected? _____

4. Was the layout of this document easy to read? Yes No

Suggestions _____

5. What was your troop/groups favorite activity? _____

6. Did your troop/group discover how they can make the world a safer, less violent place through small changes in their own behavior?

Yes No Please circle one

7. Did your troop/group learn how to connect with the community that they live in through this project? Yes No Circle one

8. Did your troop/group learn that taking action can make the world a better place through this project? Yes No Circle one

9. What would you like to see Girl Scouts of the Chesapeake Bay Council, Inc. do for future service projects? _____

Please mail this evaluation form by October 30, 2008 to GSCB Attention: Event Registrar 501 S. College Ave, Newark, DE 19713

Cecil county - arts council
Kent co MD - arts council

Art loop - Wilmington
Westminster pres church

Hospitals