



the
stand beside her
www.standbesideher.org **movement**

created by Girl Scouts for Girls everywhere

Stand Beside Her Patch Program

Welcome to the Stand Beside Her Patch! The Stand Beside Her Patch is a way for Girl Scouts to gain a concrete understanding of the Stand Beside Her movement so that they become change agents in their communities to shift the way girls and women treat one another. Through the Stand Beside Her movement, we hope that all girls will be appreciated and respected for their talents, strengths, and unique qualities.

There is an activity for each Girl Scout grade level so that as girls mature, they are able to deepen their understanding of Stand Beside Her and broaden the impact they will have in creating a cultural change in their community.

Each level of the patch highlights a part of the Girl Scout Law. Additionally, each level has a series of activities and discussion questions to guide your journey toward living Stand Beside Her every da



Daisies: Be a Sister to Every Girl Scout

The Stand Beside Her patch activities for Daisies focus on making new friends and discovering what it means to “be a sister to every Girl Scout”. Additionally, through these activities, daisies will learn the importance of respecting the unique traits they and their friends have.

Opening Activity: Explain Stand Beside Her

Explain that the Stand Beside Her movement is a national movement formed to help girls support other girls. An example of what this looks like at your age is the following “another girl in your class gets the coloring book that you really wanted to use. You were not mad at her, you were instead happy for her because this means that she gets to use the coloring book she wants to. You even tell her that you’re happy she gets to use the coloring book even though you wanted to.”

- If you were in this situation would you have acted the same way?
- How do you think this shows the concept of Stand Beside Her?
- What are other ways you can show your Girl Scout sisters and your classmates that you stand beside them?

The Main Activity: Below there are two activities, pick 1!

Option A: Back-to-Back, Face-to-Face

Step 1: Each girl chooses a partner

Step 2: With their partner, girls should pick who will be peanut butter and who will be jelly (you can also use pairings like macaroni and cheese, ketchup and mustard, and spaghetti and meatballs)

Step 3: Instruct pairs stand back-to-back

Step 4: Facilitator explains that they are going to read a question and daisies will think about their answer while they are still back-to-back with their partner.

Step 5: Facilitator reads first question (attached there is a list of questions)

Step 6: Facilitator explains that when they say “face-to-face”, pairs will turn around and take turns answering the question. (To take turns the facilitator will tell daisies who will answer first prior to saying “face-to-face”. Ex. “When I say face-to-face, peanut butter will provide their answer first).

Step 7: Daisies each share their answer to the selected question.

Step 8: Facilitator says “Back-to-back!” signaling that daisies should turn around and again stand back-to-back with their partner.

Step 9: Repeat this process with as many questions as you want!

Sample Questions:

- Ask for a summary of what Stand Beside Her means
- What does it mean to “be a sister to every Girl Scout”?
- Being “a sister to every Girl Scout” can also mean being a good friend. What are some traits of a good friend?
- How can following what you learned about Stand Beside Her make you a good friend?
- What are some ways you can teach your friends outside of Girl Scouts about Stand Beside Her?
- What is the best birthday present you could receive?
- What would happen if you could fly?
- What would our lives be like if we lived under water? What would our houses look like? What would you do for fun?
- What would happen if it really did rain cats and dogs?
- How would life be different if we grew taller than the trees?
- If you could invent something, what would it be?

Option B: We’re a Pair!

Step 1: Purchase pairs of white socks and fabric markers of your choice.

Step 2: Hand a pair of socks to each girl to decorate.

Step 3: Every girl throws one of their socks into a pile in the middle of the room.

Step 4: Each girl grabs a sock from the pile that is not their own and looks for the Girl Scout holding a sock identical to the one they picked up.

Step 5: Once girls have found who the sock belongs to, they can get to know their new friend!

Closing: Bringing it all together (Pick questions from the list below that suit your troop.)

- Ask for a summary of what Stand Beside Her means
- How did the activity we did help you understand Stand Beside Her?
- What does it mean to “be a sister to every Girl Scout”?
- Being “a sister to every Girl Scout” can also mean being a good friend. What are some traits of a good friend?
- How can following what you learned about Stand Beside Her make you a good friend?
- What are some ways you can teach your friends outside of Girl Scouts about Stand Beside Her?



Brownies: Considerate and Caring

The Stand Beside Her Patch activities for Brownies focus on building Girl Scouts who are both considerate and caring. These activities will lead Brownies to understand these terms, live them, and be able to teach others how to be considerate and caring.

Opening Activity: Setting the Stage

- Explain to your girls that being considerate means being thoughtful and making sure your actions don't hurt others. Being caring means being kind to others.
- Ask: What are things we do as a troop to show that we are considerate and caring?
- Explain that today your troop is going to earn their Stand Beside Her patch. Explain that Stand Beside Her is a national movement that is working to help all girls and women understand the importance of supporting and caring for one another. Explain that being considerate is also important to the movement and that they will focus on these two words as they work toward their patch.
- Provide the following example of being considerate and caring:

At recess, one of your classmates trips and falls. It seems like they are hurt, but no one is helping them. So you walk over to your classmate to help them get up and go to the nurse.

- Ask: How did this act show being considerate and caring? What are other things you can do to show others you are considerate and caring?

The Main Activity: Below there are 2 activities, pick 1!

Option A: Caring Cards

Step 1: Purchase various supplies needed to make cards such as colored paper, markers, pencils, and stickers

Step 2: At the start of the activity, as a group, brainstorm a number of things that Girl Scouts can write in their cards that show they are considerate and caring.

Step 3: Time to write cards! Instruct each Brownie to create 5-10 cards.

Step 4: Exchanging cards. In this step, Girl Scouts will each give one of their cards to one of their troop members.

Step 5: Explain to your Girl Scouts that they will hold on to the rest of their cards and bring them to school or another activity and give them to a friend when they feel that person is in need of some kind words.

Option B: Spreading the Message

Step 1: Contact your local library and ask if your troop could go there one afternoon and pass out sticky notes with words of encouragement on them

Step 2: Purchase sticky notes of varying colors and markers

Step 3: Explain to your troop that they will be going to the library to post and pass out sticky notes with considerate and caring words on them to individuals in their community

Step 4: Brainstorm considerate and kind words and phrases for Brownies to write on their notes

Step 5: Each Girl Scout creates 10-15 sticky notes all complete with kind words and decorations of their choice

Step 6: Choose an afternoon to go to your local library and pass out your special notes to the people there and leave some of them in areas that have been approved by the library so that community members who go to the library in the future are able to enjoy your kind words

Closing: Bringing it all together (Pick questions from the list below that suit your troop)

- What did you learn about being considerate and caring from the activity we did?
- How does being considerate and caring relate to the Stand Beside Her movement?
- What are other ways you can show your peers that you are considerate and caring?
- Can you think of a way that we can continue to incorporate being considerate and caring into our troop meetings?
- How can you teach your peers at school to be considerate and caring of one another?



Juniors: Courageous and Strong

Stand Beside Her Patch activities for Juniors focus on becoming courageous and strong. These words may mean something different to each Girl Scout, which is why this patch is designed to provide each girl the space to make this patch her own.

Opening Activity: Setting the Stage

Begin this activity by asking your Juniors if they know what the Stand Beside Her movement is. If they do not, explain that the Stand Beside Her movement is a movement started in Memphis, TN working to create a world in which all girls and women are respectful and supportive of one another. Additionally, explain that part of Stand Beside Her is building girls and women who are both courageous and strong.

Ask the following:

- What does it mean to you to be courageous?
- What does strength mean to you?
- How do you think courage and strength relate to the Stand Beside Her movement?
- What have you already learned about courage and strength as a Girl Scout?
- What does Stand Beside Her mean to you?

The Main Activity: Below there are 2 activities, pick 1!

Option A: Our Strengths Collage

Step 1: Purchase index cards and supplies to decorate their index cards such as markers, crayons, stickers. Additionally, you will need a whiteboard and glue sticks.

Step 2: Explain to your troop that they are each going to receive an index card that they will write their strength on. Explain that they can also decorate their card however they want.

Step 3: Once all Juniors have completed their strength card, come together in a circle and have girls share what their strength is and why.

Step 3: After all Girl Scouts have shared their strength, allow them to create an “Our Strengths Collage” by each gluing their index card to the poster board. Allow Girl Scouts to decorate the extra space on their collage however they choose.

Step 4: Discuss the idea that their collage is a visual representation of their strengths coming together and that by utilizing all their strengths, they are extremely powerful. Ask them if they are able to relate that idea to the Stand Beside Her movement.

Option B: Overcoming with Courage

Step 1: Review the definition of courage. Ask your Juniors if they can recall a time that they acted in a courageous way.

Step 2: As a group, brainstorm activities they could do together that would allow them to support one another and act in a courageous way.

Step 3: Once you have brainstormed, take a vote to decide which activity you will plan to do as a group.

Step 4: Create a plan to do the activity!

Closing: Bringing it all together (Pick questions from the list below that suit your troop)

- What is the connection between Stand Beside Her, strength, and courage?
- How can you encourage your Girl Scout sisters to celebrate each other’s strengths?
- How can you be supportive of your peers to act in a courageous way?
- What can you do in your everyday life to teach others about Stand Beside Her?
- Why is Stand Beside Her important to you?



Cadettes: Respect Myself and Others

For Cadettes, the theme of the Stand Beside Her Patch is respect. Respect for oneself and others is paramount to the Stand Beside Her movement and the discussion questions and activities below will lead you and your Girl Scouts to understand that.

Opening Activity: Setting the Stage:

Introduce Stand Beside Her to your Cadettes. Ask if any girls are familiar with the movement and if they are, give them an opportunity to explain the movement to the rest of the group. If they are not familiar with the Stand Beside Her movement, read the following to them:

Starting in childhood girls are inundated with negative messages and behaviors that prevent them from building healthy relationships and ideals about their potential. Girls keep these unhealthy ideals and relationships as they mature into women.

The competition and comparison formed on the playground and in the classroom carries over to the boardroom and in the home, preventing women from reaching their fullest potential. Let's create a world where all women and girls are appreciated for their talent, strengths and uniqueness.

Read the mission of the Stand Beside Her movement:

Stand Beside Her is a rallying cry inspiring girls and women to stand up for each other and commit to shutting down unhealthy comparison that tears down and divides.

By celebrating one another's talents and successes, we all rise – one courageous, confident girl and woman at a time.

Ask Cadettes what resonates with them from this mission. Additionally, ask your Girl Scouts how respect for yourself and others is a part of the Stand Beside Her Movement.

The Main Activity: Below there are 2 activities, pick 1!

Option A: SBH Short Film

Step 1: Explain that today we will be making a short film to express why respecting oneself and others is important to you and what Stand Beside Her means to you.

Step 2: Provide time for Cadettes to write why respecting oneself is important, why respecting others is important and what Stand Beside Her means to them.

Additionally, Girl Scouts can select to share a time when no one stood beside them and how it felt or a time where they stood beside someone and how they felt doing it.

Step 3: Once girls are happy with what they have written, it is time to film! To do this, have Cadettes pick a partner and give them time to take turns filming one another.

Step 4: Ask for a volunteer to edit the videos together.

Step 5: Once the video is created, watch it altogether and have an open discussion about what everyone learned during the activity. Ask if it was hard to share any stories, discuss ways your troop can encourage Standing Beside Her in their school or community. Lastly ask if they think that this video can encourage and inspire other girls to join the Stand Beside Her movement and if so, then why.

Option B: Sister Circle

Step 1: Bring the girls together in safe and comfortable environment.

Step 2: Explain to the girls that this is a safe space and whatever is said in this room will stay in this room. Begin the discussion by setting norms, ground rules, for the discussion. Express that these are important especially for a discussion on this topic.

Step 3: Have the discussion. There is a list of questions provided below; however, you may want to add more questions in order to cater the discussion to your Cadettes.

- What does respect mean to you?
- Why is it important to show respect to yourself?
- How can you show respect to yourself?
- Can you effectively show respect to others if you do not fully respect yourself?
- How can you show respect to those around you?
- How do you think it makes others feel when you show them respect?
- How do you think others feel when you disrespect them?
- Have you ever been disrespected? How did it make you feel?
- How is showing respect a form of showing support?

- How is showing support to one another an aspect of the Stand Beside Her movement?
- Has there ever been a time when you needed someone to support you and no one did? How did that impact you?
- How can you teach your peers to be more respectful and supportive of each other?
- What does Stand Beside Her mean to you?
- What is your advice to someone who wants to boost their self-esteem?
- What is one way that women and girls can support each other in their lives, their workplace, at school or in their community?
- What does “Women’s Empowerment” mean to you? Is this about gender equality, or is it more than that?



Seniors and Ambassadors: Making the World a Better Place

Throughout each level of the Stand Beside Her patch, there is discussion relating to how Girl Scouts can spread the message of Stand Beside Her to their peers in order to create cultural change. For Seniors and Ambassadors, that is the main focus.

Seniors and Ambassadors will focus on celebrating those around them that embody Stand Beside Her and sharing their stories with others.

Opening Activity: Setting the Stage:

Introduce Stand Beside Her to your Seniors/Ambassadors. Ask if any girls are familiar with the movement and if they are, give them an opportunity to explain the movement to the rest of the group. If they are not familiar with the Stand Beside Her movement, read the following to them:

Starting in childhood girls are inundated with negative messages and behaviors that prevent them from building healthy relationships and ideals about their potential. Girls keep these unhealthy ideals and relationships as they mature into women.

The competition and comparison formed on the playground and in the classroom carries over to the boardroom and in the home, preventing women from reaching their fullest potential. Let's create a world where all women and girls are appreciated for their talent, strengths and uniqueness.

Read the mission of the Stand Beside Her movement:

Stand Beside Her is a rallying cry inspiring girls and women to stand up for each other and commit to shutting down unhealthy comparison that tears down and divides.

By celebrating one another's talents and successes, we all rise – one courageous, confident girl and woman at a time.

Now that you have heard the mission of Stand Beside Her, what does it mean to you? Are you able to think of a time when you experienced something mentioned in the statement? Why is the Stand Beside Her movement important? How can you play a role in creating a cultural shift that will lead to all women and girls being respected and supported?

The Main Activity: Below there are 2 activities, pick 1!

Activity 1: Celebrate your SBH Role Model

Step 1: Instruct your Seniors/Ambassadors that they will be planning a small celebration for their Stand Beside Her role models. Express that this celebration can be done individually and be something simple like asking your role model to have lunch with you one afternoon. Explain that this role model can be anyone in their life who they feel embodies the mission of Stand Beside Her in the way they support and respect girls and women.

Step 2: Seniors/Ambassadors decide who their Stand Beside Her role model is.

Step 3: Once you have chosen their Stand Beside Her role model, instruct them to spend some time writing a letter to that person in which they explain what the Stand Beside Her movement is and express how that person embodies the Stand Beside Her movement. In this letter, Girl Scouts can also invite them to their celebration.

Step 4: Have the celebration! At this celebration, Girl Scouts may choose to ask their mentors any questions, such as why they choose to stand beside girls and women, what standing beside her means to them, a time in their lives when they needed someone to stand beside them or ways to inspire others to support girls and women.

Activity 2: Share your Stand Beside Her Story

This activity provides Seniors and Ambassadors space to reflect on the mission of the Stand Beside Her movement and think about how it impacts their lives. For this activity, Seniors and Ambassadors will need a quiet space, a computer, or paper and a pen so that they can spend time writing using one or more of the following prompts: “What does Stand Beside Her” mean to you?”, “Why do girls and women need to Stand Beside one another?”, “What happens when girls and women are not supportive and respectful of each other?”, “Has there been a time in your life when you needed someone to Stand Beside you, but no one was there? How did that feel?”, “Write about a time when you stood beside a peer. How do you think that impacted your peer? How did it impact you?”, “What do you think is the most significant barrier to female leadership?”, “What does ‘Women’s Empowerment’ mean to you? Is this about gender equality, or is it more than that?” and finally “How can you be a source of empowerment for the girls and women in your community?”.

When Girl Scouts have written their piece, they may share it with adults who are close to them, they may want to share it with their peers, or they may want to keep it to themselves. All are okay. What is important to express is the power of reflection. Maybe this experience will lead to a discussion with others or it will lead a Girl Scout to inspire others to reflect on the same topic. Either way their words will create change.