



SHINE ON!

a #standbesideher project for girls

When you look in the mirror, what do you see? The media tells girls and women that their value lies in their youth and beauty and not in their capacity as leaders. These negative messages lead to a drastic drop in girls' confidence and prevents them from building healthy relationships with themselves and each other. Our girls deserve better!

The Shine On! Project is a creation of Girl Scouts Heart of the South and the Stand Beside Her Movement. The colorful flyers and graphics include positive messages for girls and women to remind them that the most amazing thing a girl can wear is her confidence. We encourage troops and groups to decorate girls' bathrooms with the posters to make girls' personal space at school more uplifting and enjoyable. Many of the designs are also available as SVG files for use with vinyl cutting machines for troops and groups wanting to take the effort to a larger level!*

How to get started:

1. Inform girls about the project and why it is important to support other girls. If you are a troop leader, the activity for the meeting could be to have the girls color some of the black and white posters and write in their own positive messages and/or fill out the "Kindness Cards" with compliments and words of encouragement to hand out to their friends. Have your girls talk about what it means to Stand Beside Her.
2. Decide where you want to display the posters. Your school, place of worship, or local community center would all be great places to start.
3. Contact the place where you want to display the posters. Tell them about Stand Beside Her and the Shine On! project. Once you get permission to hang the posters, decide on a time to put up the posters. Also, decide how long they will stay up or how the posters will be maintained.
4. Gather your girls and hang up the posters! Get creative and have fun!

Why it works:

From an early age, girls are inundated with negative messages about what a girl could and should be. A recent study revealed children as young as seven believe they are valued more for their appearance than for their achievements or character. We must remind girls that their value lies not in their looks, but in their character. We should surround them with praise that encourages positivity. When we are positive, our brains become more engaged, creative, motivated, energetic, resilient, and productive.

How to keep going

After you hang up the posters, suggest that girls to wear a Stand Beside Her or Shine On! t-shirt and hand out kindness cards to classmates. Encourage girls to talk about the importance of being kind and supporting each other. Revisit the project every few months and update the posters as needed.

**Additional manipulation of the SVG files in your chosen cutter's software (attaching, welding, etc.) may be required in order for the designs to cut as desired.*



OUR MISSION

The National Stand Beside Her Movement encourages girls and women to connect and support each other; to value ourselves and have the confidence to celebrate our own unique gifts and applaud the successes of others. We commit to change our current culture of negative comparison and competition and learn to celebrate and lift up each woman and girl so that together, we can change the world.