

# CONGRATULATIONS!

## You have earned your **Girl Scout Cadette** Healthy Relationships Patch!

VOLUNTEER SIGNATURE

GIRL SIGNATURE

Now that you've completed all three steps you can bring this signed booklet to the Girl Scout Shop and purchase the GSOC Healthy Relationships Patch.

### Store Locations & Hours:

#### Girl Scouts of Orange County Shop

9500 Toledo Way, Irvine CA 92618  
949-461-8802

Monday-Thursday: 10am—6pm

Friday: 10am—3pm

Saturday: 11am—3pm

#### Yorba Linda Program Center Shop

4652 Casa Loma Ave, Yorba Linda, CA 92886  
949-461-8809

Tuesday: 8:30-12:30 and 1:30-5:30

Check [girlscoutsoc.org/shop](http://girlscoutsoc.org/shop) for closures.



# Healthy Relationships PATCH PROGRAM

For Girl Scout Cadettes

**Discover** what a healthy relationship means, **Connect** through Girl Scout activities, and **Take Action** to practice valuable life skills needed to **C.R.E.A.T.E.** healthy relationships!

**C**onnect  
**R**espect  
**E**mpathize  
**A**dvocate  
**T**ake Action  
**E**mpower





# DISCOVER

Discover what healthy relationships means and how healthy relationships are important through reflection, research, and discussion.

Complete these **THREE** activities:

- What healthy relationships mean to you**  
Create an art piece that shows what a healthy relationship means to you. You might write, draw, paint, or use pictures. Share your art with a trusted adult like your parent or Girl Scout Troop Leader.
- How adults describe healthy relationships**  
Chat with an adult about what a healthy relationship means to them. Tell them what you think and talk about if it's the same or different from their ideas.
- What friends think about healthy relationships**  
Chat with people your age about what a healthy relationship means. Make a list of qualities you think are important to have a healthy relationship. Share your list with a trusted adult.



# CONNECT

Connect with with others through Girl Scout activities.

Complete **TWO** of the activities below:

- Girl Scout Cadette Program**  
Earn either the Cadette **aMAZE** or **ME**dia Journey awards. Or earn the Cadette **Good Sportsmanship**, **Finding Common Ground**, **Eating for You**, **Science of Happiness**, or **Netiquette** badge. Or earn the **Girl Scout Silver Award**. Tell an adult how earning the award or badge helped you to create healthy relationships.
- Healthy Relationships Experts**  
Identify organizations that provide programs that help Girl Scouts to develop healthy relationships, and attend an event that focuses on developing healthy relationships. Go to [girlscoutsoc.org/calendar](http://girlscoutsoc.org/calendar) to find and register for upcoming events.
- Our Global Network**  
Visit [waggggs.org](http://waggggs.org) to explore the World Association of Girl Guides and Girl Scouts and earn the **World Thinking Day Award**, the **Global Action Award**, the **International Friendship** badge, the **Free Being Me** badge, the **Action on Body Confidence** badge, or even make a new friend through the **WAGGGS Penpal Forum**.



# TAKE ACTION

Now that you've had a chance to **DISCOVER** what a healthy relationship means and **CONNECT** with other Girl Scouts and through Girl Scout activities that help girls to develop healthy relationships, it's time to **TAKE ACTION** to **C.R.E.A.T.E.** healthy relationships! **Complete ONE** of the activities below:

- Take Action to make a new friend**  
Talk to them about why you think healthy relationships are important. If they are not already a Girl Scout, invite them to become a member by joining your Girl Scout troop or registering as a Girl Scout Independent.
- Take Action to be kind**  
Check out the Orange County Department of Education's One Billion Acts of Kindness initiative at [kindness1billion.org](http://kindness1billion.org) and participate individually or with your Girl Scout troop. (Optional: Contact the GSOC council shop for availability of **One Billion Acts of Kindness** patches.)
- Take Action to make a difference**  
Team up with your school or other organization to promote healthy relationships (and promote self-esteem and/or self-image) by tackling an issue such as bullying, drug abuse, or teen dating violence.