

Now that you've completed all three steps, scan the QR Code request your FREE patch, courtesy of our friends at **Bloomingle's!**



For additional resources to help you to continue to grow and invest in Healthy Relationships:



For more information on Girl Scout Award and Badge Requirements:



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- Bloom Foundation**
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- SkillsIRL**



# Healthy Relationships PATCH PROGRAM

**For Girl Scout Daisies & Girl Scout Brownies**

**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 others through Girl Scout activities. Complete the **TWO** activities below:



- **Girl Scout Daisies: Earn Your Friendly and Helpful Petal**  
Make a Daisy friendship checklist. Think of five important friendship rules and discuss why each rule is important. Draw the checklist on a poster and share it with your troop.
- **Girl Scout Brownies: Earn Your Making Friends Badge**  
Good friends remind one another of what makes them special. Write a friend's name vertically down a piece of paper. Then, beginning with each letter of the friend's name, write something nice about them – something they do well, or one of the reasons you like being their friend.
- **Attend a Girl Scout Activity & Invite a Friend**  
Go to [www.girlscoutsoc.org/calendar](http://www.girlscoutsoc.org/calendar) or reach out to your local Service Unit to find and register for an upcoming event. Invite a friend who is not a Girl Scout to go with you to the activity or event. Make sure they register too! Share with them what you have learned about friendships and how Girl Scouts helps you to create healthy relationships.  
  
Does your friend want to know more about Girls Scouts? Share this link with them: [www.girlscoutsoc.org/join](http://www.girlscoutsoc.org/join)

# 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 Learn More About Healthy Relationships**  
Identify organizations that provide programs that help Girl Scouts to develop healthy relationships, and attend an event that focuses on developing healthy relationship. Visit [www.tinyurl.com/gsocwellness](http://www.tinyurl.com/gsocwellness) for Girl Scout Wellness Activities you can do with your troop or family!
- **Take Action to Be Kind**  
Go to [www.girlscoutsoc.org/councilsown](http://www.girlscoutsoc.org/councilsown) and complete one of the activities at to earn the GSOC Allies for All Patch.
- **Take Action to Make a Difference**  
Go to [www.tinyurl.com/gsnationalproject](http://www.tinyurl.com/gsnationalproject) and select a Girl Scout National Service Project to support your community. Find a Year of Service event at [www.girlscoutsoc.org/calendar](http://www.girlscoutsoc.org/calendar) OR team up with your school or other organization to promote healthy relationships, promote mental wellness, resilience, self-esteem, self-image, and/or standing up to bullying.