

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



This patch program was created with input from GSOC program providers. We would like to thank the following for supporting the development of the GSOC Healthy Relationships Patch Program:

- Bloom Foundation**
- Drum Connections**
- Laura's House**
- OC Health Care Agency**
- ONE Love Foundation**
- SkillsIRL**



Healthy Relationships PATCH PROGRAM

For Girl Scout Juniors & 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!

Connect
Respect
Empathize
Advocate
Take Action
Empower



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 Juniors: Earn Your Social Butterfly Badge**
It's easy to have a conversation with your best friend, but what about people you don't know very well? Make a list of 10 great questions to start a conversation with a group of new people or one new person.
- **Girl Scout Cadettes: Earn Your Finding Common Ground Badge**
Sometimes we make our differences so big we can't see past them. Find a friend who loves something that's not your favorite, and vice versa. Share at least two things you do like about each other's favorites.
- **Attend a Girl Scout Activity & Invite a Friend**
Go to 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

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 for Girl Scout Wellness Activities you can do with your troop or family!
- **Take Action to Be Kind**
Go to 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 and select a Girl Scout National Service Project to support your community. You can find a Year of Service event at 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. For Cadettes, include areas such as drug abuse awareness and relational/dating violence awareness.