

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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Healthy Relationships PATCH PROGRAM

For Girl Scout Seniors & Girl Scout Ambassadors

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 Seniors: Earn Your Social Innovator Badge**
A great way of gaining empathy is trying to experience someone else's point of view. Think of someone who is trying to address the same issue that you are. Journal what their routine would look like for a day.
- **Girl Scout Ambassadors: Earn Part of Your Bliss Journey Award**
Look through the list of common values in the Bliss Journey Book and circle three that have the most meaning to your life right now. Your values and standards usually point to what matters to you most. Knowing your values helps you zero in on your dreams.
- **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, drug abuse awareness, relational/dating violence awareness, rape, suicide, and/or standing up to bullying.