

Cadettes look for the ME in media and learn how they can shape media—for themselves, their community and the world.

Stories are told everywhere and in all kinds of formats – in movies by big Hollywood studios, online by bloggers, and through social networks, through the clothes chosen by stylists for a fashion spread in a magazine, through the photos chosen by a newspaper editor. *MEdia* helps girls think about who is responsible for telling all the stories they see around them and how can use their story to help "re-make" the forms of media they see around them.

Step 1: Make yourself familiar with the girl's book. Read a few of the stories or articles that catch your attention. Take some of the quizzes to evaluate your own relationship to the MEdia. Reflect on what you've read and what you've learned about yourself. If possible, talk about this with others; see how their responses and reactions might be different from your own. Take a look at some careers that exist in this field – would you be interested in any of them?

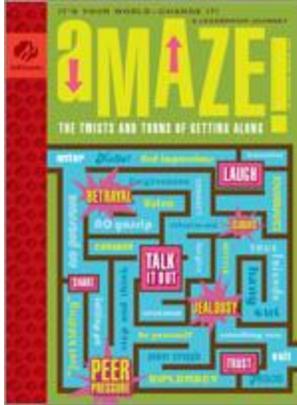
Step 2: The Monitor Award: For this award, flip through the book and select three activities that have the Monitor Award symbol on them. These activities are designed to show you the role media has on your life, and the lives of those around you. You can choose from activities that revolve around stereotypes, media saturation, music, and many more. (Options can be found on pages 11, 19, 27, 29, 34, 35, 46, and 60)

Step 3: The Influence Award part 1: This is your Take Action project for this Journey. Go to page 74-75 for Media Remake ideas and suggestions, or come up with your own. Carry out the media remake project of your choice.

Step 4: The Influence Award part 2: Share what you've learned and created. Find an audience and share your Media remake with them. Explain why you selected the project and what you learned from it. Open a discussion on the influence of the media, and why your more positive spin is important. Share any interesting facts and stories you've learned throughout this Journey so that others can also become more aware.

Step 5: Cultivate Award: How will what you've learned continue to affect your life? Go to page 95 in the girl's book and make a Media-based pledge showing your personal commitment to cultivate a new perspective on media.

Step 6: Celebrate. You have now completed the Journey requirements.



aMAZE: The Twists and Turns of Getting Along

Life is a maze of relationships and this journey has Girl Scout Cadettes maneuvering through all its twists and turns to find true friendships, plenty of confidence, and maybe even peace. The adult guide offers tips for talking about relationship issues with girls, and pointers for understanding Cadettes' development and creating a safe, welcoming space.

This Journey is best done with a group of people. If you are completing this Journey as a Juliette, or without your troop, you will want to have another group of people to include in your discussions and activities.

Step 1: Make yourself familiar with the girl's book. Read a few of the stories or articles that catch your attention. Take some of the quizzes to evaluate your relationships with others. Reflect on what you've read and what you've learned about yourself. If possible, talk about this with others; see how their responses and reactions might be different from your own. Some questions you should ask yourself include: Why do you think being a good team player is important? Is bullying a big problem at your school? What do I value in a friendship? Etc.

Step 2: Select the topics that are really important to you and dive in. Complete the quizzes and activities, and have the important conversations with people you trust:

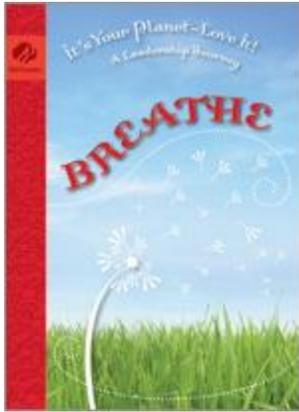
- Pages 16-24 focus on first impressions and stereotypes
- Pages 26-38 are on navigating friendships (conflict resolution, important traits, etc)
- Pages 40-51 deal with peer pressure
- Pages 54-70 are on cliques and resolving conflict
- Pages 74-92 talk about bullying
- Pages 96 – 109 deal with cyber relationships (meeting people online, communicating online, cyber bullying, etc)

Step 3: The Interact Award: Select three activities from pages 12-15 and carry them out. All of these activities will have you interacting with others in a positive way and taking a look at how taking small steps can make a big difference in your life or the lives of others.

Step 4: the Diplomat Award: This is your Take Action project for this Journey. Take something you learned about healthy relationships from steps 1-3 and pass it on to others. You can follow pages 113-140 in the girl's book as a guide, or to get some ideas.

Step 5: The Peace Maker Award. At the end of each section listed in Step 2 there is a Peace Maker Activity. If you haven't already filled out these reflections, take the time to do so now.

Step 6: Celebrate. You have now completed the Journey requirements.



Cadettes engage all five senses as they clear the air—their own and Earth's. Girls learn to assess air quality inside and out, getting an aerial view of everything from cigarette smoking to noise in the air to deforestation. Along the way, they try some scientific experiments (that could even double as magic tricks to share with Brownies). As they enjoy creating some "breathing room" in their lives, Cadettes may also find a new flair, think about "Hair," and perhaps even try making an éclair. After becoming more Aware, the girls go on to Alert others to act for air, and then Affirm their impact on Earth, as they add these three uplifting leadership awards to their collection of Girl Scout honors.

Step 1: Make yourself familiar with the girl's book. Read a few of the stories or articles that catch your attention. Reflect on what you've read and what you've learned about yourself. If possible, talk about this with others; see how their responses and reactions might be different from your own.

Step 2: Start an Air Log. You'll need to keep this throughout the Journey. Record what you see, hear, feel, and smell in the air. Try and do this at various times of day and/or in various locations. There is a sample log on pg.14-15 of the girl's book.

Step 3: Complete the Aware Award: To do so you will need to complete the steps highlighted on page. 10 of the adult's guide. In doing so, you will check out various air issues (noise pollution, the effect of trees, smoking, etc.). Select a few that are the most important to you and focus your time and energy here. Be sure to spend some time outside with a trusted adult and some friends to appreciate the air around us.

Step 4: Alert Award: This is your Take Action project for this Journey. Select one of the air issues you learned about in Step 3 and learn as much as you can about it. (talk to experts, do some outside research, etc.) Decide whom you would like to educate and/or inspire and get to work spreading your message, and getting others to act.

Step 5: Evaluate the success of the Alert Award. What proof of progress is there? Share the impact with your team, and think about how you can spread the message or the action even further. (See pg. 106 in the girl's book).

Step 6: Go to page 107 in the girl's book and affirm your commitment to continue to make a difference.

Step 7: Celebrate. You have now completed the Journey requirements.