

## GIRLtopia

Girl Scout Seniors know the world is not ideal. This journey is their chance to imagine a perfect world—for girls. They're invited to create their vision as an art project—in any medium they choose. Then they'll take action to make their vision a reality. Leaders, after all, are visionaries!

**Step 1:** Make yourself familiar with the girl's books. Read a few of the articles, check out some of the statistics, and ask yourself the important questions. Figure out what most interests you: Is it women in politics? Is it the state of women around the world? Is it women in the media? Is it women's education? Choose one or more topics and start delving in – read the applicable sections, talk to your friends and family about their opinions and view points, do some research on your own.

**Step 2:** Create it. Now that you've educated yourself a little more about the way it currently is for women, think about what your ideal world would look like and include – then create it. Find a way to represent your ideas – do you love traditional art? Paint a mural or build a diorama. Do you love to write? Write a poem or story. Do you love media? Write a script or film a video. Do you love to perform? Act out a short play or write a song. Whatever you choose, focus on one, or multiple, ways society can improve.

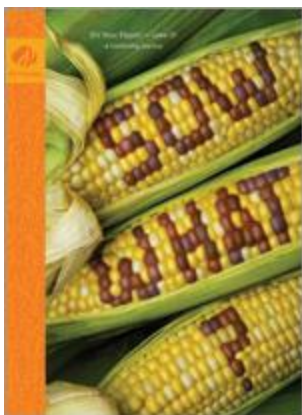
**Step 3:** Let's talk about leadership. Go to pages 30-50 of the girls book and start evaluating what it means to be a leader. What traits and skills are important to have? Which do you already have? Who do you see as a strong leader? Why is it important to have women leaders and role models? How is leadership play a role in the careers you want to pursue?

**Step 4:** Guide it. Choose a topic that really gets you thinking and then inspire others to be visionaries. Guide others in a mini-discussion or group activity. (They can be older, younger, or your peers). You can focus on teambuilding, ethics, leadership, or any of the other topics you've thought about throughout the Journey. Flip to pg. 53 of the girl's book for more direction.

**Step 5:** Change it. This is the Take Action project for the Journey. Select a women's issue (page 9 of the girl's book may give you some ideas) you can act on locally. Analyze the issue and, being realistic with the resources you have, plan out a way to make an impact. There is a Take Action planning chart on pages 80-81 of the girl's book to help you keep on track.

**Step 6:** Reflect. Go to page 102-105 of the girl's book and answer the questions. Was your project successful? What could you have done better? What did you gain overall from the Journey?

**Step 6.** Celebrate. You have now completed the Journey!



Seniors investigate the food network (no not cable TV—the real one that gets each piece of food to the table). As they ponder the dirt on land use around the world (corn's a big issue!), girls get down to the science and roots of complex and global food issues. Girls will also talk about career choices and learn about networking.

Girls plan and conduct a local "food forage" to scope out their "food print" choices, and talk to scientists, local growers, and business owners—and even global hunger experts. Using what they learn, girls consider their "leader prints" as they decide who and what they can cultivate en route to a Take Action Project that positively impacts their food network.

Step 1: Make yourself familiar with the girl's book. Read a few of the articles, and learn about some of the big issues. If possible, discuss the issues with other to see how their reactions and viewpoints may differ from your own. Figure out what local foods are available in your community, and reflect / research how that might be different in other parts of the state, country, and world.

Step 2: Do some Food Math and map out your pantry or local grocery store. An explanation of this is on pg. 18 and 19. Or, if you prefer, figure out the food print of your favorite meal (pg. 15-17).

Step 3: Do your research: Select some topics that interest you from the book and read up on the history of food in this country, pesticides and innovative solutions, city farms, biodiversity, and/ or how culture affects food. Talk to an expert (gardeners, nutritionist, teacher, etc) to get their input on the issues and challenges.

Step 4: The Harvest Award. This is your Take Action Project for the Journey. Identify a food or land issue you would like to address, create a plan, and execute it. Pages 86-92 in the girl's book, and pages 8 and 9 in the adult's book will give you some guidance.

Step 5: Time to eat. Try out one of the recipes provided in the book with your troop, family, or friends. Try being a locavore for a meal, a day, or a week.

Step 6: Celebrate. You have now completed this Journey!

\*Steps do not necessarily have to be completed in this order



When it comes to sisterhood, what girls start can spiral outward and change the world. Through *Mission: Sisterhood!* girls see the stories of sisterhood all around them and grow as leaders by widening their networks and broadening their world.

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 articles, take some of the quizzes, and learn about some of the big issues. Discuss the issues and answers with other to see how their reactions and viewpoints may differ from your own. Think and talk about the different types of relationships and friendships that exist (page 12), evaluate your friendships (page 17), examine your friends influence on you (page 31), and get into the demographics of friendship (page 50-53).

Step 2: Pick a Sisterhood issue. Each chapter of the book focuses on a topic (Images of Beauty, Inner Beauty, Mentorship, and Demographics.). Select one that is important to you and learn as much about it as you can (use the book, do some outside research, talk to friends, family, and trusted adults, watch some TV that reflects those issues, etc.)

Step 3: Sisterhood Award. Now that you have an issue you care about, focus your efforts so you can make a change. Pages 68-78 in the girl's book will give you a guideline and other helpful information.

Step 4: Reflect. Was your project successful? What could you have done better? What did you gain overall from the Journey? See pages 79 and 80 in the girl's book.

Step 5: Celebrate. You have now completed this Journey!