girl scouts
heart of the hudson



Juliette

GUIDEBOOK

ABOUT THE
JULIETTE PROGRAM

The Juliette program is Girl Scouting custom-made for you! It's a great way to mix and match your unique interests with Girl Scout participation – special events, weekend workshops, leadership projects, or travel opportunities that improve your skills and meet your interests and needs.

Girl Scout Juliettes are busy, independent, self-confident girls and young women who want to be a part of something larger – Girl Scouts! Meeting in troops is one way to be a part of the Girl Scout experience, but when there aren't available troops in your area, your troop no longer meets, or you become too busy with extracurricular activities or sports, becoming a Juliette will allow you to continue your Girl Scout experience on an individual basis.

The Juliette program is available to all girls in Kindergarten through 12th grade. It is especially popular for girls ages 11-17 who love the Girl Scout program but are very busy with other activities.

As a Girl Scout Juliette, you can participate in everything that is open to your grade level. You can attend Council-sponsored programs such as events, series opportunities, year-round camp experiences, and travel opportunities. You can also take part in Council-sponsored money earning activities to help pay for Girl Scout events.

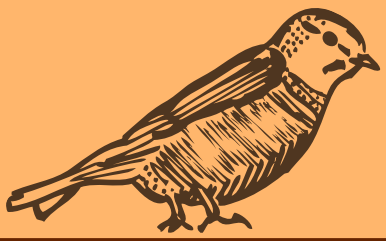
As a Juliette, you will work on Girl Scout programs with a parent or another adult mentor. You will decide what activities to participate in and which earned recognitions awards you wish to complete. Girl Scout Juliettes can earn the Journey awards and badges as well as the Girl Scout Bronze, Silver, and Gold Awards.

Girl Scout Juliettes are designated in our membership system as "Individually Registered Girls." This is how Juliette girls indicate that they will participate in Girl Scouts individually, and not as part of a troop. But girls can change this status at any time if they find a troop they want to join!

Becoming a Girl Scout Juliette can help you continue your own personal leadership adventure!







ABOUT Girl Scouts

We're Girl Scouts and we believe in the power of every girl. Founded in 1912, Girl Scouts of the USA is the preeminent leadership development organization for girls. Girl Scouts is 2.8 million strong – 2.8 million girls and adults who believe girls can change the world. It began over 100 years ago with one woman, Juliette Gordon "Daisy" Low, who believed in the power of every girl. Today, Girl Scouts continue her vision of building girls of courage, confidence, and character who make the world a better place by helping them discover their inner strengths, passions, and talents. And with programs and events across our Council and beyond, there's a chance for every girl to do something amazing.

3 Keys to Leadership
We are a girl-led, all girl organization focused on three core "keys" to leadership: Discover, Connect, Take Action. Through these three keys, you will:

- **Discover your special skills and talents, find the confidence to set challenging goals for yourself, and strive to live by your values. This includes being proud of where you came from as well as where you're going.**
- **Connect with others, which means you'll learn how to team up, solve conflicts, and have healthy relationships. These skills help you in school right now and will prepare you for any career you choose in the future.**
- **Take Action to make the world a better place, and learn a lot about your community and the world along the way.**

Our goal is to create a society in which every girl has the opportunity to achieve her leadership potential. Our distinguished alumnae are proof of leadership development program! Consider this...

- **80% of women business owners were Girl Scouts.**
- **69% of female U.S. Senators and 67% of U.S. Representatives were Girl Scouts.**
- **Virtually every female astronaut who has flown in outer space was a Girl Scout.**

Girl Scouts Mission

Girl Scouting builds girls of courage, confidence, and character, who make the world a better place.

The Girl Scout Promise

On my honor, I will try:
To serve God and my country, To help people at all times, And to live by the Girl Scout Law.

The Girl Scout Law

I will do my best to be
honest and fair,
friendly and helpful,
considerate and caring, courageous and strong, and responsible for what I say and do, and to
respect myself and others, respect authority,
use resources wisely,
make the world a better place, and
be a sister to every Girl Scout.



WHAT PROGRAM LEVEL IS FOR ME?

To ensure the best experience for each Girl Scout, programming is divided by grade level. The Juliette program is available to all girls in Kindergarten through 12th grade.

- **Girl Scout Daisy** .....Grades K-1
- **Girl Scout Brownie** .....Grades 2-3
- **Girl Scout Junior** .....Grades 4-5
- **Girl Scout Cadette**.....Grades 6-8
- **Girl Scout Senior**.....Grades 9-10
- **Girl Scout Ambassador**...Grades 11-12



Girl Scout Daisies sparkle with that first-time newness in everything they do. They go on trips, learn about nature and science, and explore the arts and their communities—and so much more. Daisies can also earn learning petals.

Girl Scout Brownies work together as they earn badges and explore their communities. Friendship, fun, and age-appropriate activities begin at the Girl Scout Brownie meeting and move out to the community and the wider world. While earning badges, Brownies build skills, learn hobbies, and have fun!

Girl Scout Juniors are big-idea thinkers. They're explorers at camp and product designers when they earn their Innovation and Storytelling badges, or even their Bronze Award. Every day, they wake up ready to play a new role.

Girl Scout Cadettes chart their own courses and let their curiosity and imagination lead the way. They learn about the power of being a good friend, gain confidence by mentoring younger girls, and can earn their Silver Award.

Girl Scout Seniors are ready to take the world by storm, and Girl Scouts gives them countless ways to do it. Their experiences shape their world, while giving them a safe space to be themselves and explore their interests. Seniors can earn the prestigious Gold Award.

Girl Scout Ambassadors know that small acts produce big change. While they get ready for life beyond high school, Girl Scouts helps them take flight. They can also earn their Gold Award and drive lasting impact in their communities.

GIRL SCOUT LEADERSHIP EXPERIENCE *(GSLE)*

The National Leadership Journeys and The Girl's Guide to Girl Scouting are two combined components that make up the Girl Scout Leadership Experience and the National Program Portfolio. Combined with the Cookie Program, travel experiences, and Girl Scout awards, the Girl Scout Leadership Experience is designed to help girls everywhere develop as leaders and build confidence by learning new skills. It also ensures that Girl Scouts at every level are sharing a powerful, national experience—girls together changing the world!

There are National Leadership Journeys for every grade level:

- **It's Your World – Change it!**
- **It's Your Planet – Love It!**
- **It's Your Story Tell It!**
- **Outdoor**
- **Think Like an Engineer**
- **Think Like a Programmer**
- **Think Like a Citizen Scientist (Daisy, Brownie and Junior levels)**

You can explore any of the age-appropriate Journeys in any order that you choose.

You can work with an adult to determine the format for your Journey. You can decide how long you'd like the Journey to last, what you'd like the Journey to be about, what type of field trips to take, and which experts to add. In this way, each Journey can be as personal, intriguing, and educational as you would like.

Journeys are ways for you to:

- **Develop leadership**
- **Explore your interests**
- **Try new things**
- **Meet people**
- **Make your world a better place**

In addition to the Journeys, which help to develop leadership, there are also badges, which help build skills. These badges, along with essential Girl Scout information, are outlined in each age appropriate Girl's Guide to Girl Scouting. This guide is a colorful, easy to use binder that is also specially designed for girls at each age level. It holds a handbook, information on bridging and our highest awards, Girl Scout history, tradition, and much more! It also helps girls tie their badges and Journeys together to create an amazing experience!

Badge descriptions and requirements can be found in the Girl's Guide to Girl Scouting publications and badge booklets that may be purchased in the GSHH shops. The Journey and badge programs can also be accessed by your parent or caregiver via the Volunteer Toolkit, an online tool they can access when they register you as a Girl Scout member. Any badges that are not available in print will be available as PDF files upon request.

Use the Award and Badge Explorer on the GSUSA website to see all of the badges and Journeys for each age level.

MEMBERSHIP *dues*

Girl Scouts of the USA (GSUSA), our national organization, requires a nonrefundable annual fee to register as a girl or adult member. This payment goes directly to GSUSA headquarters in New York to provide program development and Council support services. Registered members are covered by GSUSA's accident insurance when participating in Girl Scout activities. Parents, guardians, and other adults are also invited to become members of the Girl Scout movement.



COUNCIL FINANCIAL SUPPORT/ Financiero del Consejo

Council Financial Support is available to girls to supplement the cost of membership dues, uniforms, books and program. Girl Scout Juliettes can also apply for financial assistance which helps offset fees for Council-sponsored events including travel and summer camp opportunities. Visit our website for more information about available financial assistance for your Girl Scout experience: https://girlscoutshh.wufoo.com/forms/qw2m3rc1lfacne/

product *programs*

GIRL SCOUTS HEART OF THE HUDSON offers two annual product sale programs; our NUTS + MAGS Fall Product Program and our Cookie Program. Girl Scout Juliettes can participate in both programs to earn money for their activities. Proceeds earned through the product programs can offset either all, or a large part of the cost of Girl Scout activities (and relieve parents of this obligation, too)!

Funds earned during these programs are held by the GSHH Council for each individual girl. You may contact the GSHH Council when you are ready to take a trip, attend an event, or are working on your Girl Scout Bronze, Silver, or Gold awards.

Product programs support activities, and they help to support the overall operation of each local Girl Scout Council. Properties, equipment, adult training, program activities, insurance, and administrative support to volunteers are all important parts of the Girl Scout program and are funded in part by the product programs.

Girl Scout Juliettes have two options for participating in our product sale programs. You can participate selling alone or if you have a connection with a local troop, you can request to participate as a troop member throughout the product sale.

Before participating in our product sales program, all Girl Scouts must submit the current year's signed Permission Form to the Service Unit Cookie or NUTS + MAGS Chair or troop leader, if she has one. For additional details please contact our Member Care team at 855-232-GSHH (4744).

5 Skills for Girls

The Girl Scout Product Programs teach girls about goal setting, decision making, money management, people skills and business ethics.



SHOP

The Council Shops offer the latest casual wear, uniform components, accessories, memorabilia, and books for girls and adults. The Journey books and badges can be found in our shops, too. Visit one of our four shops to find the right gift, or give a gift certificate to another Girl Scout. Shop online anytime at www.girlscoutshh.org/shop.

UNIFORMS & INSIGNIA

The Girl Scout uniform is optional; a girl doesn't need to have a uniform to be a member of Girl Scouts. Uniforms are available for purchase at our Council Shops or at www.girlscoutshop.com. You can find information explaining the uniform and where to place insignia in The Girl's Guide to Girl Scouting. While there are many parts to the uniform, you can just wear the sash, vest, or tunic over regular clothing.

Product Program Guidelines:

We welcome and encourage Juliettes to participate in the Council's annual NUTS + MAGS Fall Product Sale and Spring Cookie Sale programs. The Juliette must be a registered Girl Scout for the current membership year. Her parent or caregiver should register as a Girl Scout member also, and her finances must be managed by an adult member of the local Service Unit Team or by GSHH council staff.

- The Girl Scout Juliette's parent/ guardian will need to notify the Service Unit Cookie Chair for participation in the Cookie Sale Program as an independent Girl Scout. The Service Unit Cookie Chair will provide training, materials and program information to the Juliette and her parents. She will also connect the parents with an adult in the Service Unit who will manage the Juliette's sales.

  How it works:
  - At the end of each sale the Juliette will give her order card and online orders to the Service Unit adult managing the sale.
  - The girl's order will be processed and the Service Unit adult will pick up and distribute her order to the girl/parents. The girl will pay the designated Service Unit adult the full value of the product.
- Girls will earn recognitions and patches that will be picked up from the Service Unit adult.
- If the Juliette wishes to have a booth sale for the cookie program, she receives permission from the Service Unit adult managing the sale who then places the order and picks up the cookies up from the Cookie Cupboard. An adult must be present at the booth sale to manage the product and money. The Juliette pays the full product value of the product.
- The proceeds stay in an account designated for the Juliette at the GSHH Council. The Juliette requests funds from the GSHH Council when needed. These proceeds can be used for GSHH sponsored programs, events, or trips, GSUSA destinations, items from the Girl Scout Shops, GSHH camp fees, Take Action projects, and Service Unit events.
- The funds should be used during the program year but with permission, the Juliette can save for a long-term goal such as a GSUSA international destination trip.





COUNCIL SPONSORED
programs & activities

Today, Girl Scouts offer a wide range of programming — everything from STEM (Science, Technology, Engineering and Math) to life skills activities to exploring the outdoors. Girl Scouts is committed to pursuing its mission through its programming, offering an astounding array of innovative, fun, and memorable activities.

Council-sponsored activities are designed to enhance the Girl Scout experience and are developed for specific grade levels. We offer so many ways for you to explore your current interests, and help you discover more! Visit our online Connections Program Guide for details about all the cool programs and events available to you this year.

OPPORTUNITIES FOR GIRL SCOUTS:

Life Skills

Science + Technology

Sports + Health + Fitness

Camp

Culture + the Arts

Outdoors + Road Trips

Leadership Opportunities

Awards and Recognitions



Girl Scouting's Highest AWARDS

History of the Highest Awards - The Golden Eagle of Merit, the highest award in Girl Scouting from 1916 to 1919, marked the beginning of a long tradition of using prestigious awards to recognize girls who make a difference in their communities and in their own lives. In 1980, Girl Scouts introduced the Girl Scout Gold Award, its highest honor earned by Girl Scout Seniors and Ambassadors, along with the Girl Scout Silver Award earned by Girl Scout Cadettes, and the Girl Scout Bronze Award earned by Girl Scout Juniors. Today these three awards are the highest of the Girl Scout experience.

The Bronze Award recognizes that a Girl Scout Junior has gained the leadership and planning skills required to follow through with a project that makes a positive difference in her community. Girls earn the Bronze Award by completing a Junior Journey, and then creating a Take Action project based on their observations of a local issue. As the girls pursue their project, they put the
Girl Scout Promise and Law into action. They also develop an understanding of sustainability and gain an understanding of the wider world by discussing how others may experience the same problem that their project helped resolve. After a Girl Scout completes a Junior Journey, the suggested minimum time commitment is 20 hours for each girl to build their team, explore their community, choose and plan their project, put their plan in motion, and spread the word to educate and inspire others.

The Silver Award symbolizes a Girl Scout Cadette's accomplishments in Girl Scouting and community activities as she matures and works to better her life and the lives of others. To earn this award, a Girl Scout needs to complete a Cadette Journey and create a Take Action project that improves their neighborhood or local community. After girls complete the Cadette Journey, the suggested minimum time for earning their Girl Scout Silver Award is 50 hours. Girls earn the award by focusing on an issue they care about; building a team; exploring their community; picking, planning, and putting their Take Action project into action; demonstrating an understanding of sustainability and the wider world; and sharing what they have learned with others.

The Gold Award, the highest award in Girl Scouts, focuses on Senior and Ambassador's interests and personal journey through leadership skills and service. The Gold Award requirements were updated in the fall of 2010. Fulfilling the requirements for the Girl Scout Gold Award starts with completing two Senior or Ambassador Journeys, or having earned the Silver Award and completing one Senior or Ambassador Journey. Each Journey you complete gives you the skills you need to plan and implement your Take Action project. After you have fulfilled the Journeys requirement, 80 hours is the suggested minimum to take the steps necessary to achieve your goal.

This prestigious award is definitely a plus when applying to colleges and financial scholarships. A Girl Scout who has earned her Gold Award automatically rises one rank in any of the U.S. military branches.

Girl Scouts Heart of the Hudson holds informational webinars for these awards. You may visit our website for more information and to view current webinars.



Get Out & Camp

Girl Scouts Heart of the Hudson offers various types of organized camping opportunities: day camp, summer resident camp, and troop camp. We operate two beautiful camp properties which offer a wide variety of programs:

- **ROCK HILL CAMP**
  Rock Hill Camp's 190 wooded acres outside of Mahopac provide the perfect setting for a variety of outdoor activities, including boating and swimming, hiking, archery, and cabin and tent camping.

- **CAMP ADDISONE BOYCE**
  Camp Addisone Boyce in Tomkins Cove is the perfect place to get back to nature, with a large lake for pond studies, boating, swimming, and more. A low ropes course, four platform tent units, and Dining Hall and Arts & Crafts Shelter add to the possibilities.

Learn more about our outdoor programs in our annual Program Guide and our Summer Camp Guide. They can be found on our website at girlscoutshh.org



PARENT INFORMATION

- Experience a sense of belonging by being a member of the world's largest organization for girls.
- Have fun with a purpose.
- Prepare for her future through career explorations, community service, and skill building.
- Develop leadership skills and self-awareness while building confidence and self-esteem.
- Participate in educationally sound and challenging projects.
- Voice what's important to her.
- Gain an understanding and appreciation of many people and cultures.
- Strengthen her understanding of herself and the world around her through the Girl Scout Promise and Law.

YOUR ROLE

Join your Juliette and share in the fun of the Girl Scout Leadership Experience! Your involvement will help shape your Girl Scout Juliette's experience. She'll see your commitment to her growth and before you know it, you'll be growing, too.

As a parent/guardian or adult volunteer, you:

- Sign the girl membership form and pay the annual national membership dues. This membership fee provides insurance coverage when she is involved in Girl Scout activities. When you create an account with Girl Scouts Heart of the Hudson to register your Juliette, you will see the term "Individually Registered Girl" in the online member account. This is the technical name for Juliette Girl Scouts.
- Sign parent/guardian permission slips for events, and make sure any necessary forms (health history, etc.) are turned in.
- See that your daughter arrives and is picked up on time for Girl Scout activities.
- Provide funds for special events and activities or request funds from the Council.
- Support your daughter's commitment to the Girl Scout Juliette program.
- Help your daughter participate in Girl Scout Product Programs by following safety guidelines and helping her check over her orders.





DISCOVER + CONNECT + TAKE ACTION = *Leadership*



MY *JULIETTE* JOURNAL

This journal belongs to: _____

My Girl Scout contact name and

_____

number: _____

Ideas and Interests I want to explore as a Juliette:

1 _____

2 _____

3 _____

What I hope to discover as a Juliette:

1 _____

2 _____

3 _____

Ways I want to connect with my community:

1 _____

2 _____

3 _____

How I hope to make the world a better place:

1 _____

2 _____

3 _____



My Juliette Story





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heart of the hudson

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membercare@girlscoutshh.org

COUNCIL SERVICE CENTERS AND SHOPS

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Administrative Office and Retail Location
971 North Ave, New Rochelle, NY 10801

Administrative Office and Program Center
Westchester County
119 East Highland Avenue
Eastchester, NY 10709

Administrative Office and Retail Location
Dutchess County
1488 Route 9, Suite 3
Wappingers Falls, NY 12950

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