

# Free Being Me

in Partnership  
with Dove

## Girl Scout Levels:

d b j c s a

## Program purpose:

For girls to develop skills in teamwork, planning, research, decision making, and community action advocacy. Girls will leave this program having a higher sense of confidence and body positivity!

## To earn this patch:

Girl Scouts need to complete the minimum required activities for their level listed below. Fill out the submission jotform and we will mail you your FREE patch!

Girl Scout level	Required activities
Daisies & Brownies	1
Juniors & Cadettes	2
Seniors & Ambassadors	3



# I Am Unique

(Best to do with a group)

Draw lines on your paper to divide it into 6 parts and cut so you have five slips of paper.

Write or draw one answer for each question, with each answer on a different slip of paper. Trade your answers with a friend.

Lay out the papers & look at each answer you have. Decide who will go first, and that girl starts by calling out an answer from one of the slips. (Eg: What am I good at? Drawing!)

The challenge is for the other girls to look at all their answers to find something different and run to be the first to hand it to the leader who should stand at a distance away. The first girl that reaches the leader wins a point!

Do this for all of the sentences (if you have time you can run the game twice)

Once the game is over, congratulate the girl with the most points. Ask everyone to put out their papers onto the floor and discuss

## YOU WILL NEED

Paper for each participant

Scissors

Pens or pencils



## Questions

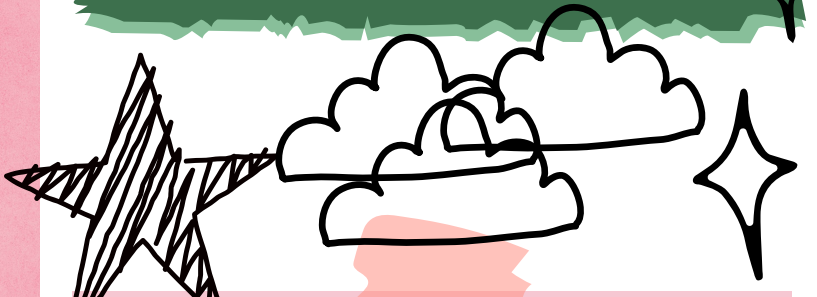
What am I good at?(eg. Drawing)

What do I like to eat? (eg. Bananas)

What do I enjoy doing outdoors? (eg. Running)

What do I look like? (eg. Long brown curly hair and green eyes)

What is my favourite game?(eg tag)



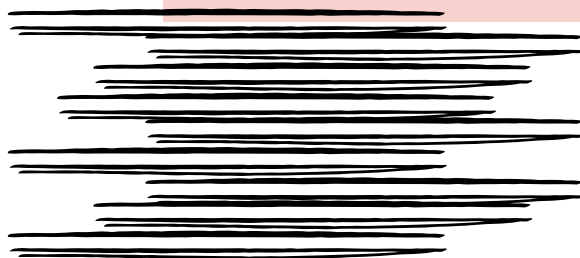
## Discuss

•Did anyone have the same answer as someone else?

•Were there lots of differences between everyone?

•Do you think it's good to have differences? For instance people all look different from each other, and have different skills and things they are interested in.

•What do you think the world would be like if everyone was exactly the same? (Boring? Not as many new ideas?)



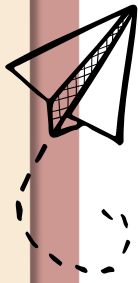


# Discovering the Image Myth

On the sheet of paper write "A perfect looking girl" and have girls yell out things to add to the list.

Dramatically read the list out loud & think about any inconsistencies (ex: some societies think the perfect looking girl is skinny while other say curvy; tall but with small feet, etc.)

Explain that the 'perfect-looking girl' is actually a myth! It's impossible to achieve, it's not real and it is very damaging. It's called the Image Myth (cross out title on paper and replace with this).



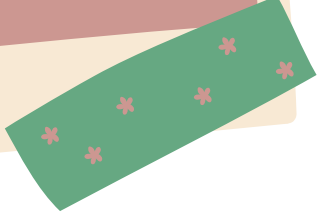
## YOU WILL NEED

Large sheet of paper

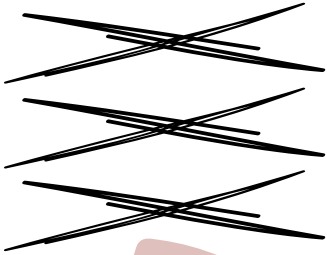
Thick marker

**Remember!**

If you do meet some of the ideals in the image myth, great!. You are an important part of the diversity & beauty in society! No one should feel pressured to look a certain way. You're perfect the way you are!

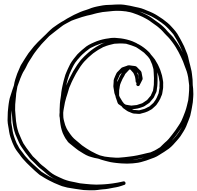


**Discuss**  
Is it possible to achieve everything on this list at once?



**Discuss**  
Do you think this list has always been the same throughout the history of our society?

**Discuss**  
Do you think the list would be the same if we asked someone your age from another country?



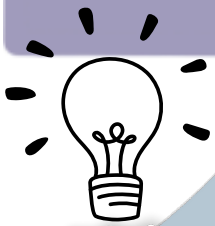
**Discuss**  
Do you think it's a good idea to try and achieve the Image Myth? Why or why not?



# Root of the Problem

Have everyone decide on a power pose to represent the "power person" (ex: stand up tall with your hands on your hips).

Read the different situations and the people involved. Guess who the 'power person' is (the person who can make a decision that changes the situation) and when you hear them, strike your power pose!



## Situation 1

There is bullying going on at a school which must be stopped. Who is the power person?

- The children
- The school principal
- The parents

## Situation 2

A magazine begins to write fewer stories about how to change the way you look and more about kinds of interesting people. Who can make this happen?

- The magazine editor
- The readers
- The people who advertise in the magazine

## Situation 3

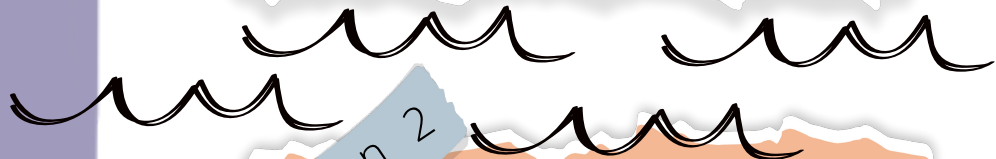
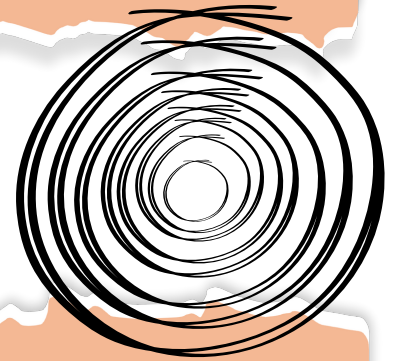
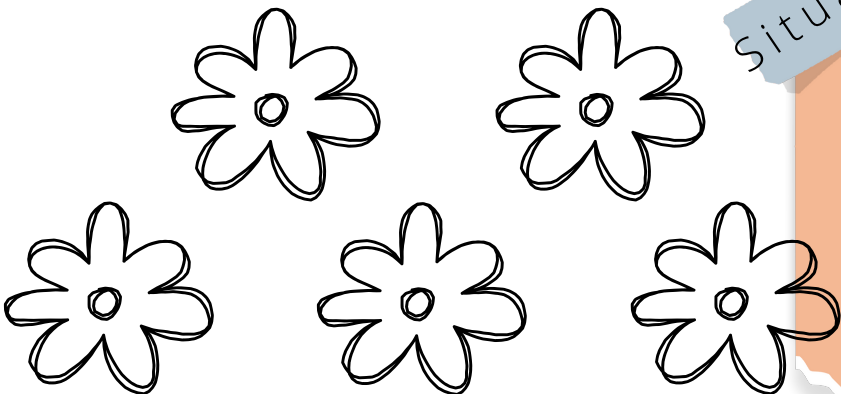
An advertising company decides to only advertise things in a way that make people feel good about themselves and the way they look. Who can decide this?

- The people who see the advertisements
- The people who make the advertisements
- The boss of the company

## Situation 4

A fashion brand decides to make clothes for people of all different body sizes and shapes. Who can make this change happen?

- The fashion designer in charge
- The people who make the clothes
- The people who buy the clothes



# Build Me Up

*(Best to do with a group)*

Have everyone write their name in the center of their paper - make it colorful and fun!

Have everyone pass their paper to the person to their right.

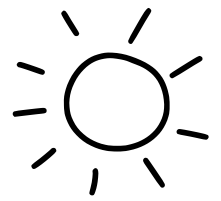
Write down something you like about the person's whose paper you have. (see examples below!) Leaders can participate as well!

Continue doing this until you get your own paper back.

Fill up any empty space with the things you love about yourself!

Optional: decorate your paper with stickers. Have your leader/an adult laminate it & give it back to you.

Keep it where you can see it everyday and remember how loved you are!



## What you'll need

One piece of paper for each participant

Markers or different colored pens

Stickers (optional)

