

CADETTE AMAZE! JOURNEY – MEETING 2

Journey Award Purpose: When you have earned this award, you will be able to advance peace in the world around you– one interaction at a time..

Activity Plan Length: 1.5 hours

Time	Activity	Materials Needed
15 minutes	Getting Started <ul style="list-style-type: none"> Begin the meeting by reciting the Girl Scout Promise + Law. 	<input type="checkbox"/> (Optional) Girl Scout Promise and Law poster
25 minutes	Stand Up to Bullying <ul style="list-style-type: none"> Learn about relational aggression and test your bullying IQ. 	<input type="checkbox"/> Bullying IQ Quiz <input type="checkbox"/> Pencils <input type="checkbox"/> Video clips
25 minutes	Friendship Bracelets <ul style="list-style-type: none"> Make friendship bracelets to share with others. 	<input type="checkbox"/> Embroidery floss <input type="checkbox"/> Bracelet instructions <input type="checkbox"/> Tape or safety pins <input type="checkbox"/> Scissors
15 minutes	Snack Chat & Peacemaker Reflection <ul style="list-style-type: none"> Enjoy a snack while reflecting on the day's activities. 	<input type="checkbox"/> Snack
10 minutes	Wrapping Up	<input type="checkbox"/> (Optional) Make New Friends lyrics poster

Getting Started

Time: 15 minutes

Materials Needed: Girl Scout Promise and Law poster (optional)

Welcome everyone to the meeting, recite the Girl Scout Promise and Law.

Activity #1: Stand Up to Bullying

Time: 25 minutes

Journey Connection: Session 4 – Bullies Straight Ahead

Materials Needed: Bullying IQ Quiz, pencils, video clips

Prep Needed:

- Print Bullying IQ Quiz handouts
- Find one or two video examples of relational aggression

- As a group or individually, take the Bullying IQ Quiz. Review each answer and discuss as you go.



- Answers:
 - 1) a or c
 - 2) a
 - 3) c – 85 percent of the time, when a girl is bullied, no one steps in to help her.
 - 4) b – 57 percent of the time, when peers intervene, bullying stops within 10 seconds.
 - 5) a – six out of 10 teens witness bullying every day.
- 2. Next, let's chat about a common form of bullying among girls – relational aggression.
*You don't always have to kick or punch someone to hurt her. Talking behind a friend's back, gossiping in the hallway, excluding others, and writing mean comments online can be forms of bullying too. These are examples of **relational aggression**, which is sometimes referred to as girl bullying. RA is a behavior that is intended to hurt someone by harming their relationships with others. Relational aggression makes it difficult to create and maintain friendships with others.*
- 3. Can you think of any examples of relational aggression? (examples could include eye rolling, ignoring, building alliances, teasing, put downs, spreading rumors, forming cliques, and cyberbullying).
- 4. Watch clips from popular tv shows or movies that show examples of relational aggression. Check out these examples or find your own. Choose clips that are right for your troop. Can you spot examples of relational aggression in each video?
 - Movie trailer – Carissa Stands Strong <https://www.youtube.com/watch?v=9XDwHT6LqIs>
 - Scene from Mean Girls https://www.youtube.com/watch?v=MGviz_bpRDE
 - A variety of bullying examples in movies can be found here <http://www.bullybust.org/upstander/video-resources>

Activity #2: Friendship Bracelets

Time: 25 minutes

Journey Connection: Session 5 – Let Peace Begin with You

Materials Needed: embroidery floss, bracelet instructions, scissors, tape or safety pins

Prep Needed:

- Print friendship bracelet instructions or find your own instructions online
1. Share this background information on friendship bracelets.
A friendship bracelet is given by one person to another as a symbol of friendship. The making of friendship bracelets originated in Central America. The weaving and knotting design is a form of macramé, which is a textile-making form using knotting rather than weaving or knitting. They were first seen in the US in the early 1970s. According to tradition, the recipient of the bracelet must wear it until the cords wear out and fall off naturally to honor the hard work and love his/her friend put into making it.
 2. Next, make your own friendship bracelets to share with friends.

Activity #3: Snack Chat & Peacemaker Reflection

Time: 15 minutes

Journey Connection: Session 4

Materials Needed: snack

1. While enjoying a healthy snack, reflect on today's activities by using the following discussion questions:
 - When movies show examples of relational aggression or other forms of bullying – is this exaggerated or realistic? How is it similar to bullying situations you witness in real life?
 - Is there a time you stepped in when you saw someone being bullied? What did you do?
 - What can you do about bullying behavior – in person and online – to increase peace and friendship?
 - Making friendship bracelets and sharing them with others might be a simple gesture of kindness, but the impact can be larger than just a bracelet. How can a simple thing like friendship bracelets help increase peace and friendship?



Wrapping Up

Time: 10 minutes

Materials Needed: Make New Friends lyrics (optional)

Close the meeting by singing Make New Friends and doing a friendship circle.

More to Explore

- Field Trip Ideas:
 - Go on an overnight and watch a movie about friendship or bullying.
 - Check-out local theater groups such as SteppingStone Theater in St. Paul, MN or The Phipps Center for Performing Arts in Hudson, WI to see if any of their current productions cover topics of friendship, cliques, or bullying.
- Speaker Ideas:
 - Invite a school counselor or teen mentor to your meeting to share ways to stand up to bullying.





1) When we talk about girls bullying each other, it's usually punching and kicking that's the biggest problem.

- a. No way. Girls are different. They do things that hurt in other ways.
- b. Fighting is probably the most common problem. But girls pull hair more than they punch.
- c. Fights happen, but I think it's about half physical and half with words.
- d. Girls don't bully.

2) Bullying only happens at school.

- a. Are you kidding? It can happen anywhere. Between social media and cell phones, bullying can happen 24 hours a day.
- b. I'm not sure.
- c. Bullying isn't a problem, either in school or out of school.
- d. That's mostly true. What happens at school stays at school.

3) When girls are bullied, how often do other kids step in to help them? Guess what the research says...

- a. People step in to help often
- b. Sometimes
- c. Almost never
- d. Step in to help? No way. Kids just keep their heads down and pretend they don't see anything.

4) If you see someone else being bullied, there's nothing you can do about it.

- a. If people speak up, they might have to do it a few times before it works. But you also need to think about what people will say about you.
- b. That's not true. When someone speaks up, most bullies would stop pretty quickly.
- c. That's true. I wouldn't even consider it.
- d. I want to say something, but I'm afraid the bully will turn on me.

5) How many teens say they see bullying every day? Guess what the research says:

- a. Six out of 10 teens witness bullying daily
- b. One out of 10 teens witness bullying daily
- c. Three out of 10 teens witness bullying daily
- d. None. Bullying isn't a daily thing.

Quiz adapted from girlscouts.org

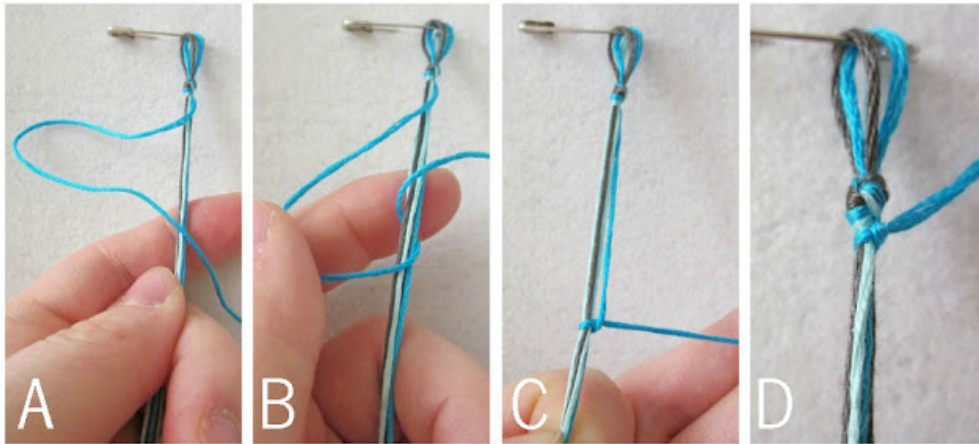


Friendship Bracelet Instructions

Lots of Knots Bracelet

Number of strings needed: 2+

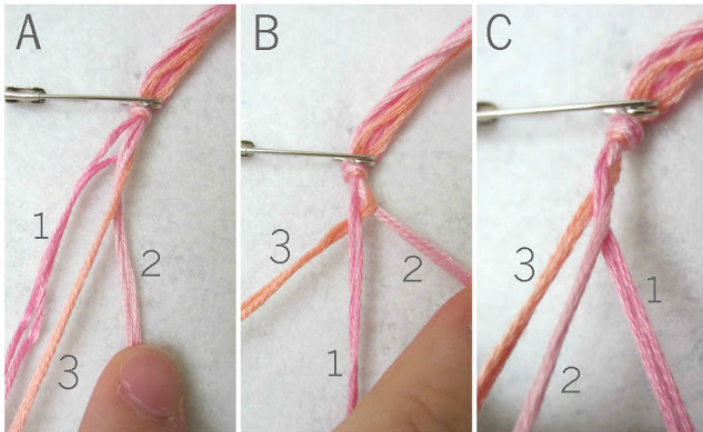
1. Take all strings and tie a knot at the end. Pin or tape to surface.
2. Gather all but one string in one hand. Keep one string off to the side.
A - Create a loop with your string off to the left side.
B - Pull your string end through the loop.
C - Pull your string tight.
D - Holding all of the other strings tight, pull the single string upward until your knot reaches the top.
3. Repeat, changing strings every few knots.



Simple Braided Bracelet

Number of strings needed: 3

1. Take three strings and tie a knot at the end. Pin or tape to surface.
2. Spread each of your strings apart. Braid the strings!
A - String 3 crosses over string 2.
B - String 1 crosses over string 3.
C - String 2 crosses over string 1.



Instructions adapted from the-red-kitchen.com

