Welcome to your family’s go-to, easy-to-use guide for getting the most out of this year in Girl Scouts! Here’s what you’ll find inside.

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What Girl Scouts Is All About

Girl Scouts helps your girl be her best, bravest, boldest self each and every day. The benefits go way beyond the badges and awards she’ll earn as recognition of the new skills she’s learning. Whether she’s finishing a school project, making a new friend, or speaking up for what’s right, a Girl Scout faces the world with confidence and optimism.

Her Hopes and Dreams

Right at this moment, there are Girl Scouts learning about our universe, climbing mountains, painting murals, coding robots, feeding the hungry, and even suggesting new laws to make the world a better place. If she can dream it, Girl Scouts can take her there.

Her Growth

There’s no need to be perfect in Girl Scouts. This is a community where your girl is seen and unconditionally accepted for exactly who she is today and all that she can be tomorrow. When she feels confident enough to try new things and work through problems, she’ll achieve great things.

Her Success

With her group or “troop” of Girl Scout sisters by her side, your girl will aim higher, try harder, and bounce back faster in those moments when she doesn’t quite hit her target. Get ready to see her shine like never before.

Girls make the Girl Scout sign when saying the Promise. Try it by holding up your right hand like this.
We Promise

Girl Scouts’ ideals are clearly stated in our Promise and Law, which members of all levels recite. The Girl Scout Family Promise is a commitment your family can make to support your girl and her Girl Scout community as they grow as leaders and make the world a better place.

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.

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.

Girl Scout Family Promise

On my honor, I will try:
To support my Girl Scout
And her troop,
To help girls lead at all times,
And to always keep it fun!

*Members may substitute for the word God in accordance with their own spiritual beliefs.
Get Excited, Girl Scout!

Think for a second—what are you curious about? Whatever it is, there’s a good chance you can learn about it in Girl Scouts.

Head to girlscouts.org/badgeexplorer to check out all the cool badges and awards you can earn this year.

“Girl Scouts opened up so many amazing opportunities for me and my family, and I’m proud to see this legacy live on in families like yours. There’s so much to look forward to in the year ahead, including 24 new badge experiences in STEM, life skills, and entrepreneurship that offer new challenges, adventures, and great opportunities to learn, grow, and serve your community—all while having tons of fun!”

—Sylvia Acevedo, CEO, Girl Scouts of the USA

Today’s Girl Scouts give hope for a brighter future. They are determined to make our communities a better place to live. I am proud that for over 100 years Girl Scouting has produced and attracted so many examples of courage, confidence, and character in our girls and the adults who lead them.

—Eileen M. Higgins
CEO,
Girl Scouts of the Jersey Shore

Fixing Up Your Uniform

Your insignia—flag patch, council name patches, and troop numbers—go on the front of your tunic, sash, or vest, starting at the top. As you earn badges and Journey awards, put them on the front (or have your family help you!), starting at the bottom, to show all the skills you’ve learned. On a vest, insignia and badges go on the right-hand side, Journey awards on the left. On a sash, put badges below Journey awards. Fun patches from experiences and trips always go on the back. Need more help? Check out girlscouts.org/placement.

Head to GSFun.org/Shop for all your uniform essentials and accessories.
Dream Big! Use this space to write or draw the things you want to do this year in Girl Scouts.

Go for the Girl Scout Gold Award

Who is a Gold Award Girl Scout? She’s driven, passionate, and optimistic. She’s the leader of tomorrow today. She’s an amazing candidate for colleges, scholarships, and exciting careers. Essentially? She’s you—either today or in a few years! Learn what girls of all levels can achieve at girlscouts.org/highest-awards.

Seniors and Ambassadors can earn the Girl Scout Gold Award by tackling community problems while driving lasting change in their neighborhoods and beyond. Reach out to your local Girl Scout council to get started on your path to the Gold Award.

Cadettes can get ready for Gold Award success by earning the Girl Scout Silver Award. You’ll research an issue you care about, make a plan, then take action to improve your community.

Juniors can prep for the Gold Award by first earning the Girl Scout Bronze Award. You’ll team up with other girls to learn about an issue and work together to make a difference in your town.

Daisies and Brownies can practice the skills they’ll need to become Gold Award Girl Scouts by learning about the world and the importance of taking action to make it better.
Your Talents Can Help Her Shine

You don’t have to be an official troop leader to make a big difference in your girl’s success. Just as her unique personality and strengths shine in Girl Scouts—yours can, too!

If you can handle spreadsheets in your sleep…
Organize cookie booths and track orders during cookie season for two to three hours per week. You’ll be supporting the Girl Scout Cookie Program, which raises funds for troop activities and teaches important leadership skills.

If you’d be lost without your planner…
Organize and manage the troop snack or carpool calendar in as little as 15 minutes each week. Keeping track of who’s doing what will make meetings and trips go smoothly for everyone.

If you’re always on social…
Manage troop communications in as few as 30 minutes each week. That might mean sending texts about meeting dates, running the troop’s social media, or being in charge of a phone tree.

If you’ve got an artistic eye…
Take photos or videos at troop meetings and other Girl Scout events in as few as 45 minutes each week. Be sure everyone’s signed council photo releases before sharing images!

If you’re curious about our world (who isn’t?!)
Lead part of a meeting, or guide Girl Scouts as they earn a badge. You can introduce girls to a topic you already know a bit about or try something totally new and learn alongside the troop.

Make It Happen
Tell her troop leader exactly how you’d like to help. Offering “whatever you need” is nice, but troop leaders are often too busy to think up or assign roles to family members. Being specific about how you can contribute will be 100% appreciated!

Want to give her the ultimate Girl Scout experience? Invest in her future and make every moment a shared memory by becoming an adult member at girlscouts.org/join.
The Most Valuable Lessons

Even when the world can seem upside down, Girl Scouts stays rooted in what’s right. In fact, the simple, positive values your family holds dear are spelled out in the Girl Scout Law. Read on to learn what some of these laws mean to us and how you can reinforce them at home.

Be Honest
Your girl may hide the truth to avoid getting in trouble or because she doesn't want to disappoint you. Let her know that while there may be consequences for less-than-awesome behavior, being honest shows integrity—something everyone can respect.

Be Fair
Instead of complaining and getting mad when something’s unfair, encourage your girl to find ways to improve those situations and make them better for everyone. Positive change starts with her!

Be Friendly and Helpful
Knowing when and how to ask for help is a strength, not a weakness. Remind your girl that we all have different abilities and strengths, and that when we come together to help one another, there’s no limit to what we can accomplish.

Be Considerate and Caring
Learning how to listen is just as important as learning how to speak up. Help her practice asking questions and checking that she understands what others are saying during conversations. Truly hearing what people have to say will expand her horizons.

Be Courageous and Strong
Did you know nearly half of girls say they aren’t allowed to fail? Stop that thinking in its tracks by celebrating times when she’s brave enough to try something new or work at something she’s not great at. She’ll start to build the courage and resilience it takes to be a success.

Be Responsible for What She Says and Does
Resist the urge to bail her out when she’s forgotten her homework at home or overpromised something to a friend. Learning lessons about responsibility when she’s young will help her with everything from earning respect at work to keeping meaningful friendships when she’s older.

Her life can be complicated—raising her doesn’t have to be. Check out Raising Awesome Girls at girlscouts.org/raising-girls for the latest tips and insight into her world.
Your Year in Girl Scouts

Check out important dates, then fill in with troop meetings.

**Monthly Theme: Celebrating Girls**

**October**
- Fall Product Program Underway
- Cybersecurity Awareness Month
- **10/11:** International Day of the Girl
- **10/16-17:** Spooktacular
- **10/31:** Juliette Gordon Low’s Birthday

**Monthly Theme: Girl Scouts Around The World**

**February**
- Black History Month
- **2/12:** Chinese New Year
- **2/19-21**: National Girl Scout Cookie Weekend
- **2/22:** World Thinking Day
- **2/25:** Introduce a Girl to Engineering Day
- **2/26:** Girl Scout Cookie Booth Sales Begin

**Monthly Theme: Giving Service**

**November**
- **11/3:** Election Day
- **11/5-6:** School’s Out Programs
- **11/11:** Veterans Day
- **11/14:** Council Dungaree Day
- **11/19:** Women’s Entrepreneurship Day
- **11/27:** Camp Black Friday Sale

**Monthly Theme: Women In History**

**March**
- Women’s History Month
- **3/7–13:** Girl Scout Week
- **3/7–13:** Girl Scouts Celebrate Faith
- **3/8:** International Women’s Day
- **3/12:** Girl Scouts’ Birthday
- **3/12:** Women of Distinction/Community Partners Gala

**Monthly Theme: Let’s Go To Camp**

**June**
- **6/12:** National Get Outdoors Day
- **6/14:** Flag Day
- **6/19:** Juneteenth
- **6/21:** First Day of Camp at Amity Acres and Sacajawea

**Monthly Theme: Summer Challenge**

**July**
- GSJS Summer Challenge
- **7/4:** Independence Day
- **7/15:** World Youth Skills Day

Juliette Gordon Low opened doors for millions of girls when she founded Girl Scouts. Think together as a family about who you could invite to join you on your Girl Scout adventures.

Is your girl nervous about booth sales? Help her come up with questions customers might ask—like which cookie she loves best—then practice answering so she feels prepared.

Girl Scouts and Girl Guides in 150 countries celebrate World Thinking Day by coming up with ways to improve the lives of girls near and far.

Girl Scouts was founded on March 12, 1912, and because there’s no party like a Girl Scout party, we like to celebrate all week long! Check with your council for family activities and events.

Head to GSFun.org/programs to stay up-to-date on exciting family and troop opportunities all year long.
Girl Scouts
and council events you can attend as a family or with her troop.

**Monthly Theme: Spirit of the Season**

**December**
Bronze Award Ceremony
12/1: Giving Tuesday
12/4: National Cookie Day
12/6–13: Computer Science Education Week
12/8: National Brownie Day
12/12: Breakfast with Santa

**Monthly Theme: Girl Scouts Take Action**

**January**
1/8: Girl Scout Cookie Program Begins
1/9: Amity Acres Camper Reunion
1/16: Sacajawea Camper Reunion
1/18: Martin Luther King Jr. Day

**Monthly Theme: Plant For The Future**

**April**
National Volunteer Month
4/17: Council Dungaree Day
4/21: Council Adult Awards Reception
4/22: Girl Scout Leader’s Day
4/22: Earth Day

**Monthly Theme: Get Up And Get Moving**

**May**
Asian American and Pacific Islander Month
5/1: Membership Renewal Opens
5/5: Cinco De Mayo
5/12: Graduating Ambassador Ceremony
5/31: Memorial Day

**Monthly Theme: S'More Fun**

**August**
8/1: National Girlfriends’ Day
8/10: National S’mores Day
8/18: Women’s Suffrage Day
8/26: Women’s Equality Day

**Monthly Theme: Celebrating Generations**

**September**
Phenomenal Women Under 40
9/11–12: Girl Scouts Love State Parks
9/12: Grandparents Day
9/15-10/15: Hispanic Heritage Month

Troop leaders volunteer their time, talent, and energy to Girl Scouts just because they care. Help your girl decide on a special way to thank her troop leaders.

Bridging is when a girl moves up from one level of Girl Scouts to the next. It’s a celebration of her achievements and a way to look forward to all that awaits her.

Girl Scouts have been making s’mores for almost 100 years! Make some of these tasty treats at home, and see if you can improve on the classic graham cracker, marshmallow, and chocolate recipe.

What other days are important to your family? Make this calendar your own by adding dates that you celebrate together every year!
Believe it or not, spending time outside can help your daughter do better in school, improve everyone’s mood, and give you a better night’s sleep. Your Girl Scout will likely have outdoor adventures with her troop (ask your council about camp availability and options!), but studies show the more time she spends out in the open, the better.

And there’s no need to go all out to get the benefits of being outside. Biking or walking in your neighborhood, moving dinner to a picnic table, shooting hoops in the driveway, climbing a tree, or even just birdwatching from your front porch or steps are simple ways to shake things up and work some fresh air into your time together.

With so many demands on your time, every minute you get to spend focused on your girl is truly precious. Borrow these simple ideas to take family time to the next level and give everyone a taste of the science, technology, engineering, and math (STEM) projects; outdoor fun; business know-how; and life skills that your girl is getting through Girl Scouts.
Family Time

Make It Her Business

All Girl Scouts can learn how to set goals and manage money like entrepreneurs through the Girl Scout Cookie Program. Here’s how you and your family can make those lessons stick.

Before She Starts Selling Cookies
Talk together about the kinds of goals you make for yourself and as a family. How do you stay focused as you work toward them? What are some challenges you’ve faced, and how does it feel to succeed?

When Cookie Season Starts
Girl Scout Cookies can be sold in person and online. Ask her troop leader when the paper order forms will be ready, how to help your girl customize her cookie website, when her troop will hold a cookie booth sale, and when the deadline is for all orders. Go over these dates with your girl, and help her keep track of them on a shared family calendar.

After Cookie Season Closes
Ask her what she liked about being a cookie boss and if she wishes she’d done anything differently. What is she proud of? Keep her thoughts in a notebook she can learn from next time.

Learn all you can do to support her cookie business and help her earn the Cookie Family Entrepreneur pin at girlscouts.org/entrepreneurfamily.

Talk It Over
Being able to speak up and express her views clearly is a life skill that will help her shine at school, in her friendships and relationships, and in her future career. Your girl will get plenty of practice testing this and other life skills with her Girl Scout troop, but it’s mainly at home with her family that she’s learning to communicate.

The easiest way to make sure she knows her opinions matter? Ask about her thoughts and feelings, and take time to listen to and understand her views—especially when you don’t see eye-to-eye. By avoiding the “because I said so” argument and explaining your own feelings and reasons, you’ll be teaching her healthy ways to work through disagreements and getting to know each other a little better in the meantime, too. Win-win.
My Girl Scout Memories

There’s nothing else quite like Girl Scouting, and you’ll want to remember every minute of it! When you take a cool trip, learn something new, earn a badge or award, or do one of the activities from this booklet with your family, mark it down here so you’ll never forget this incredible year.

I did…

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I loved…

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I learned...

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My Girl Scout Support Crew
When someone helps you on your Girl Scout adventures this year, add their name here with a note about what they did. You might want to include any guest speakers who spoke to your troop; the shop owner who let you set up a cookie booth outside her store; and, of course, your troop leaders! At the end of the year, check the list and send thank-you notes to all your amazing supporters.

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Want a special place to keep track of even more Girl Scout moments? Check out the official Girl Scout Memory Books at girlscouts.org/memory.
Set Her Up for Success

You want a brighter, better tomorrow for your girl—and that’s exactly what we want, too. When you stick with Girl Scouts and allow us to work hand-in-hand with your family, you’re investing in her future and preparing her to thrive.

Although all members benefit from being a Girl Scout, studies show girls who participate in the program for three or more years are significantly more likely to:

- Achieve higher education levels and income
- Feel satisfied with their lives
- Practice leadership
- Be civically engaged
- Have healthy relationships
- Have a positive sense of self

What more could you want for your girl? Invite her friends to join the adventure this year—it’s never too late!—then in the spring, secure her spot for the 2021–22 Girl Scout year. Head to girlscouts.org/join for more info on girl and adult memberships.

Keep the Fun Going with Girl Scouts at Home

Troop meetings are awesome, but why let the good times stop there? We’ve handpicked the most engaging and inspiring Girl Scout activities for you and your girl to try out at home—and brought them to life like never before. Head to girlscouts.org/athome to check out our free video tutorials for standalone projects, or work on earning a badge from virtually anywhere.
Discover More

Beyond uniform essentials, there’s a whole world of Girl Scouting to explore at your local council store. Consider our staff your support team when it comes to finding the right badge booklet, making her smile with a sweet gift, or staying updated on community and family events. Find us at the address on the back cover, or check out girlscoutshop.com.

Just for Juliettes!

A Juliette, or individually registered Girl Scout, has the same Girl Scout experience as other girls, just without being in a troop. If you’re a Juliette family, connect with your council for guidance, for support, and to stay up-to-date on exciting events the whole family can attend.

We’re Here for You!

Family helps family, and you’re part of ours! Whether you have questions about your girl’s troop experiences or are going through a rough time on a more personal level, Girl Scouts is here to support you and your girl through the years. Never hesitate to reach out.

Girl Scouts of the USA
National Headquarters
420 Fifth Avenue
New York, NY 10018

girlscouts.org/contact
instagram.com/girlscouts
facebook.com/GirlScoutsUSA
twitter.com/girlscouts
800-478-7248

For all the latest Girl Scout family resources, check out girlscouts.org/family
About Us!
Girl Scouts of the Jersey Shore serves approximately 10,000 girls ages 5-18 in Monmouth and Ocean counties, providing a time-tested leadership experience that inspires and motivates girls to take action for themselves and their communities. For information on how to join, volunteer, partner or donate, call or visit us online.

Girl Scouts of the Jersey Shore
Monmouth Service Center
242 Adelphia Road
Farmingdale, New Jersey 07727
Ocean Service Center
1405 Old Freehold Road
Toms River, New Jersey 08753
info@GSFun.org
GSFun.org
facebook.com/GirlScoutsJS
instagram.com/GirlScoutsJS
twitter.com/GirlScoutsJS
800.785.2090

All About My Troop

Fill in the details of your girl's troop and keep this handy all year long!

Troop number: ____________________________

Troop co-leader phone/email: ____________________________

Troop co-leader phone/email: ____________________________

Troop co-leader phone/email: ____________________________

Meeting place: ____________________________, every ______ week/s.

We meet at __________ on __________, every ______ week/s.

The girls in the troop are:

__________________________________________________________________________

__________________________________________________________________________

Important cookie dates:

__________________________________________________________________________

__________________________________________________________________________

Our family is helping out by:

__________________________________________________________________________

__________________________________________________________________________

Other important information:

__________________________________________________________________________