



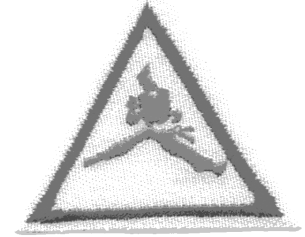
GIRL SCOUTS OF NORTHERN CALIFORNIA

SELF DEFENSE

A GS NORCAL COUNCIL'S OWN TRY-IT PROGRAM

BROWNIES

TO EDUCATE GIRLS ABOUT SELF DEFENSE!



PURPOSE

Self Defense is more than just the act of defending oneself. It involves discipline, staying safe and self-confidence. The Self Defense Try-It is designed to give girls a sample of all the exciting elements involved with this art form. Enjoy and have fun learning a new skill.

REQUIREMENTS

Complete 4 of the following activities.

All members of Girl Scouts of the USA are eligible to earn the Self Defense Try-It.

The Self Defense Try-It is an official award and should be worn on the front of the vest or sash.

ORDER INFORMATION

To order the Self Defense Try-It, please visit www.girlscoutsnorcal.org and purchase the items online. Please note that shipping and handling will be added to all online orders.

Members of Girl Scouts of Northern California will not be charged for shipping and handling if they use the GS NorCal Council's Own Order Form and have badges shipped to the closest GS NorCal store in their area for members to pick up.

ORDER PATCHES ONLINE AT WWW.GIRLSCOUTSNORCAL.ORG
FOR FURTHER INFORMATION ON PATCH PROGRAMS CONTACT PATCHES@GIRLSCOUTSNORCAL.ORG

SELF DEFENSE TRY-IT FOR BROWNIE GIRL SCOUTS

Complete at least 4 of the following activities.

1. TONE OF VOICE

Learn and discuss how tone of voice can play a role in stopping a hostile or violent encounter from happening. Take turns saying the same thing (see suggestions below) in a gentle manner or an unfriendly manner. What is the best way to let someone know that you are not happy, without making them angry?

- ❖ It's my turn to play with that toy.
- ❖ I don't like it when you (*insert something you don't like*).
- ❖ We always do what you want. Let's play the game I like for a change.

2. APPEARANCE

The way that you stand or sit can let other people know if you are happy, sad, angry, tired, etc. Using no words, have one person stand in front to act out an emotion, and let the rest guess which emotion she is showing. What is the best way to act when you don't want people to bother you.

3. SELF-CONFIDENCE

Self confidence can increase your sense of security and personal safety. Doing things that are difficult for you is a great way to build self confidence. What can you do to increase your self-confidence? Pick one action from this list, or something you have been scared to try and do it:

- * Speak up in class
- * Stand up for something you believe in
- * Learn a new sport
- * Stick up for a friend or yourself

4. BUDDIES ARE BEST

One of your best defenses is to have a friend nearby. Think of situations where you should not go alone. Draw a picture of or act out for your troop at least two of these situations.

5. BULLIES

Some people are NOT respectful of others. We should not let bullies tell us what to do. What are the best ways to keep from being bothered by a bully? Have you ever forced someone to do something they did not want to do? What would be a better way of handling these situations.

6. SELF-DEFENSE SKILLS

Martial Arts are sports that teach self defense skills. Learn at least three Martial Arts moves that can be used to defend yourself. Also discuss when running away or yelling is better than fighting.

7. STAYING SAFE

In the Brownie Girl Scout Handbook on pages 62-64, there are many Dos and Don'ts listed to help you stay safe. Pick the ones you think are most important and make a poster, or create a skit to tell your friends how to be safe?

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