



A YEAR IN THE LIFE OF JULIETTE
PATCH PROGRAM

OCTOBER: GIRL SCOUTS GO PINK



GIRL SCOUTS OF THE GREEN AND WHITE MOUNTAINS
Serving New Hampshire and Vermont

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Juliette Gordon Low, the founder of Girl Scouts of the USA, died in 1927 at the age of 66 from breast cancer. At the time of her death, the words "breast" and "cancer" were not spoken in "polite company." It wasn't until 1996 that it was disclosed to Girl Scouts around the world that Juliette Low had died from breast cancer.

As our organization is moving into our next 100 years, girls can be more involved in raising awareness about breast cancer. By raising awareness, girls can make a difference in the lives of women and their families to cope with the impact that breast cancer can have. Many Girl Scout girls and adults have had the experience of having a mother or another family member suffer with breast cancer. And, like so many other serious illnesses, breast cancer affects not only the patient, but the patient's family as well.

This Patch Program is designed to promote breast health and cancer prevention. Girls will learn about the importance of breast health by participating in games, crafts, research and other activities. All age levels are invited to participate in this program. Activities and the number of requirements are listed for each age level. Girls are encouraged to do this patch program multiple years. Just choose different activities each year they participate.

Make sure to talk with parents about the activities you are doing and have parents fill out a permission slip for any activities that may be considered "sensitive" (guest speakers, visits to doctors, internet searches, etc.). Invite parents to be involved and to help support the girls in their efforts to raise awareness of how we can help prevent breast cancer.

Daisy Girl Scouts

Daisies must complete requirement #1 and 1 other requirement.

1. Make a pink ribbon craft (search Pinterest, makingfriends.com and/or Google for ideas) and give to five women. Get them to pledge to get a mammogram annually.
2. Celebrate Juliette Low's birthday (October 31) by making pink refreshments (punch, pink cupcakes, pink cookies, etc) and inviting female family members to attend a celebration for Juliette. Have the girls share with them the information that they have learned about the importance of regular mammograms and doctor visits.
3. Create a pink pumpkin patch. Decorate pumpkins pink with paint, ribbon and stickers. Find a way to display them to make people aware of breast cancer and what they can do to make a difference.
4. Draw/write/create something about Juliette Low and breast cancer/health. Share with others.
5. Make a Chemo Care Kit - Girls can use a reusable shopping bag that they can decorate and fill with items to help ease the symptoms associated with chemotherapy. Bring to a local oncologist office or other facility that supports women in treating breast cancer. You can find ideas for items to include on Pinterest or use the follow ideas:
 - A funny book to make someone smile
 - A pretty scarf or hat
 - Plastic utensils to help with the metallic taste patients often get
 - Hard candy to help with mouth sores
 - A small pillow
 - Ginger tea to help with nausea
 - Lip balm for chapped lips
 - Notes of encouragement: Have the girls in your troop write notes of encouragement and tie them together with a pretty ribbon.

Brownie Girl Scouts

Brownies must complete requirement #1 and at least 2 other requirements.

1. Make a pink ribbon craft (search Pinterest, makingfriends.com and/or Google for ideas) and give to five women. Get them to pledge to get a mammogram annually.
2. Celebrate Juliette Low's birthday (Oct 31) by making pink refreshments (punch, pink cupcakes, pink cookies, etc) and inviting female family members to attend a celebration for Juliette. Have the girls share with them the information that they have learned about the importance of regular mammograms and doctor visits.
3. Create a pink pumpkin patch. Decorate pumpkins pink with paint, ribbon and stickers. Find a way to display them to make people aware of breast cancer and what they can do to make a difference.
4. Draw/write/create something about Juliette Low and breast cancer/health. Share with others.
5. Make a Chemo Care Kit- Girls can use a reusable shopping bag that they can decorate and fill with items to help ease the symptoms associated with chemotherapy. Bring to a local oncologist office or other facility that supports women in treating breast cancer. You can find ideas for items to include on Pinterest or use the follow ideas:
 - A funny book to make someone smile
 - A pretty scarf or hat
 - Plastic utensils to help with the metallic taste patients often get
 - Hard candy to help with mouth sores
 - A small pillow
 - Ginger tea to help with nausea
 - Lip balm for chapped lips
 - Notes of encouragement: Have the girls in your troop write notes of encouragement and tie them together with a pretty ribbon.
6. Connect with a local Making Strides Against Breast Cancer Walk (there are nine in New Hampshire and two in Vermont) to find out how you can get involved. Girls can help by promoting the event, helping with check in, staffing water stations and more. To connect with a local event, go to <http://makingstrides.acsevents.org>.
* Remember, Girl Scouts cannot raise money for another organization.

Junior Girl Scouts

Juniors must complete requirement #1 and at least three other requirements.

1. Make a pink ribbon craft (search Pinterest, makingfriends.com and/or Google for ideas) and give to 5 women. Get them to pledge to get a mammogram annually.
2. Celebrate Juliette Low's birthday (Oct 31) by making pink refreshments (punch, pink cupcakes, pink cookies, etc) and inviting female family members to attend a celebration for Juliette. Have the girls share with them the information that they have learned about the importance of regular mammograms and doctor visits.
3. Draw/write/create something about Juliette Low and breast cancer/health. Share with younger Girl Scouts. Encourage them to participate in this patch program.
4. Make a Chemo Care Kit - Girls can use a reusable shopping bag that they can decorate and fill with items to help ease the symptoms associated with chemotherapy. Bring to a local oncologist office or other facility that supports women in treating breast cancer. You can find ideas for items to include on Pinterest or use the follow ideas:
 - A funny book to make someone smile
 - A pretty scarf or hat
 - Plastic utensils to help with the metallic taste patients often get
 - Hard candy to help with mouth sores
 - A small pillow
 - Ginger tea to help with nausea
 - Lip balm for chapped lips
 - Notes of encouragement: Have the girls in your troop write notes of encouragement and tie them together with a pretty ribbon.
5. Connect with a local Making Strides Against Breast Cancer Walk (there are nine in New Hampshire and two in Vermont) to find out how you can get involved. Girls can help by promoting the event, helping with check in, staffing water stations and more. To connect with a local event, go to <http://makingstrides.acsevents.org>.
* Remember, Girl Scouts cannot raise money for another organization.
6. Learn about and name the three ways to reduce your risk of breast cancer.
7. Visit a local hospital or women's care center to learn about how mammograms are done. Does the facility use digital or film technology? How is the technology changing how effective mammograms are?
8. Take the Breast Cancer Quiz online - <http://www.cancer.org/healthy/toolsandcalculators/quizzes/breast-cancer-quiz/index> Talk with others in your group about what you learned from the quiz. * Remember to always follow Girl Scout Online Safety Checkpoints.

Cadette, Senior and Ambassador Girl Scouts

Girls must complete requirements #1, #2 and #3. Cadette Girl Scouts must do one more requirement, and Senior and Ambassador Girl Scouts must do at least two other requirements.

1. Make a pink ribbon craft (search Pinterest, makingfriends.com and/or Google for ideas) and give to 5 women. Get them to pledge to get a mammogram annually.
2. Connect with a local Making Strides Against Breast Cancer Walk (there are nine in New Hampshire and two in Vermont) to find out how you can get involved. Girls can help by promoting the event, helping with check in, staffing water stations and more. To connect with a local event, go to <http://makingstrides.acsevents.org>
*Remember Girl Scouts cannot raise money for another organization. If there are no Making Strides events near your community, connect with your local American Cancer Society to see how you can support another event in your community.
3. Choose one activity from a Daisy, Brownie or Junior requirement in this patch program. Plan an event where you can do that activity with a younger troop. Encourage younger girls to continue to do activities from this patch program to earn their patch.
4. Make a Chemo Care Kit - Girls can use a reusable shopping bag that they can decorate and fill with items to help ease the symptoms associated with chemotherapy. Bring to a local oncologist office or other facility that supports women in treating breast cancer. You can find ideas for items to include on Pinterest or use the follow ideas:
 - A funny book to make someone smile
 - A pretty scarf or hat
 - Plastic utensils to help with the metallic taste patients often get
 - Hard candy to help with mouth sores
 - A small pillow
 - Ginger tea to help with nausea
 - Lip balm for chapped lips
 - Notes of encouragement: Have the girls in your troop write notes of encouragement and tie them together with a pretty ribbon.
5. Learn about and name the three ways to reduce your risk of Breast Cancer. Pick at least one way you can reduce your risk and follow the recommendations for at least a week. Share your experience with others in your group.
6. Visit a local hospital or women's care center to learn about how mammograms are done. Does the facility use digital or film technology? How is the technology changing how effective mammograms are?
7. Take the Breast Cancer Quiz online - <http://www.cancer.org/healthy/toolsandcalculators/quizzes/breast-cancer-quiz/index> Talk with others in your group about what you learned from the quiz. * Remember to always follow Girl Scout Online Safety Checkpoints.
8. Learn and name the "5 P's" associated with breast self-exams. Bring in a nurse, doctor, or other health professional who can demonstrate to girls how to perform a self-examination. * Make sure to get parents' permission for this activity.
9. Make a list of resources in your community related to breast cancer/breast health (ex. nonprofit organizations, mammography facilities, support groups).

10. Interview a breast cancer survivor (include at least five questions) and share your results with other girls.
11. Invite a breast cancer survivor to speak to your troop/group.
12. Identify five notable women who have survived or died of breast cancer. Discuss why early detection and prevention is important and what the treatment options are for breast cancer.

Online Resources:

- **American Cancer Society**- <https://www.cancer.org/cancer/breast-cancer.html> - Information on education, resources and information.
- **BreastCancer.org** - <http://www.breastcancer.org/> - Breast cancer blogs, videos from cancer patients and current research.
- **Centers for Disease Control** - <http://www.cdc.gov/cancer/breast/> - The US Government site with statistics and resource information about breast cancer in the US.
- **Making Strides Walk**- www.makingstrideswalk.org - Information on Making Strides Walks around the country. Most Making Strides events happen in October.
- **Pinterest**- www.pinterest.com - Pinterest has many boards devoted to breast cancer awareness, activities and support.
- **Susan G. Komen** - <http://www5.komen.org> - Resources and information on events that raise awareness and support for breast cancer treatment.

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*Troop Age Level(s): **Daisy**__**Brownie**__**Junior**__**Cadette**__**Senior**__**Ambassador**__

*Please write the number of girls per level

Troop Leader: _____

Street: _____ City: _____ State: _____ Zip Code: _____

Day Phone #: _____ Night Phone: _____ Cell: _____

1. By doing the patch activities, what did your girls discover about Breast Cancer Awareness?
2. How did the girls connect to their community through program activities?
3. What did your girls gain from connecting with local organizations/resources?
4. Which Activities did your troop enjoy the most?
5. In what way(s) did the girls give service in relation to this patch?
6. Did you change or adapt any activities? In what way?
7. How did the Journey suggestions help you connect this to your age level journey?
8. Would you suggest any changes?
9. Comments:

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Please return your Girl Scouts Go Pink patch order form AND evaluation forms together!

Troop Age Level(s): Daisy _____ Brownie _____ Junior _____
 Cadette _____ Senior _____ Ambassador _____

Troop Leader: _____

Street: _____ City: _____ State: _____ Zip Code: _____

Day Phone #: _____ Night Phone: _____ Cell: _____

_____ # of patches @ **\$2.00 each:** \$ _____

*Shipping/handling: \$ _____

Total enclosed: \$ _____

VISA and MasterCard are also accepted.

Please charge my (circle one): **VISA** or **MasterCard**

Card #: _____ Expiration Date: _____ / _____ CVC _____

Signature: _____

(A signature is required on all Credit Card orders)

*For shipping and handling rates, please go to <https://www.girlscoutsgwm.org/en/our-council/shop.html>.

If you have any questions, please contact Customer Care at 1-888-474-9686. You may also email Customer Care at customercare@girlscoutsgwm.org.

Please mail this order form **AND** your evaluation to:

**The Mountain Top Shop
Girl Scouts of the Green and White Mountains
1 Commerce Drive
Bedford, NH 03110**