

Girl Scout Safety Award

Complete the steps for your Girl Scout level to earn the Girl Scout Safety Award.



Daisies

1. Understand what to do if you get lost. Know your phone number, address, and who to ask for help. You can ask a police officer, firefighter, or teacher for help.
 2. Find out what you should do if you or someone you know is choking.
 3. Learn how to “Stop, Drop, and Roll” if your clothes catch fire.
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Brownies

1. Talk to a teacher, parent, or another adult about how to stay safe at school. Make a list of the three most important rules for playground or school bus safety.
 2. Get a map of your neighborhood or town and mark where the police station, fire station, and other important locations are.
 3. Find out how a smoke alarm works. Test the one at your home so you know what it sounds like and make sure it’s working.
 4. Choose an upcoming trip you plan to take (ex. grocery store, mall, amusement park) and make a safety plan with an adult. Find out what to do if a stranger approaches you in a public place.
 5. Find out what natural disasters are most common in your area (like earthquakes, blizzards, hurricanes, tornados, floods) and discuss with your family what to do when they happen.
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Juniors

1. Find out the most common injuries for kids your age. Make a list of how to prevent them and do a safety audit to check for dangers around the house.
2. Conduct an emergency evacuation drill of your home or place your troop meets. In case of fire, know where your main exit is located and plan for an alternate way to get out if the first exit is blocked.
3. Find out how to read weather signs so you know when to head indoors and get to safety.
4. Learn about bicycle safety. Research why helmets are important and learn how to check if a helmet fits you properly.
5. Go on a hazard-identification walk along a local hiking, biking, or horse trail.



Cadettes

1. Learn how to make a room safe for a young child.
 2. Find out about water safety and learn to perform a reaching assist from a dock or the side of a pool to help someone out.
 3. Teach a Daisy or Brownie what to do if they get lost and why they shouldn't talk to strangers.
 4. With your family, make sure you have enough food, water, and medical supplies on hand to last at least three days in case of a natural disaster (remember to plan for pets). Have someone outside the area whom everyone in your family can contact in case you are separated. Learn who your family contact is or choose who that contact will be.
 5. Discuss bullying with your troop, friends, or family. Write and sign a personal responsibility statement that covers how you will behave at school, at home, and online.
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Seniors

1. Take a self-defense class or ask a police officer to talk to you or your troop about self-defense tips.
 2. Teach younger Girl Scouts about fire, kitchen, water, and trail safety.
 3. Learn about the dangers of distracted driving. Make a poster or PSA about paying attention behind the wheel.
 4. Help two people resolve a disagreement respectfully and peacefully.
 5. Discuss dangers of alcohol and drug use with your troop, friends, or family. Write a personal responsibility statement that covers how you will behave.
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Ambassadors

1. Pick a safety issue that is important to you. Organize a forum where other teens can discuss the issue. If you cannot hold an in-person meeting, hold an online forum or pose the question on social media.
2. Talk to younger Girl Scouts about internet safety and how to safely use social media. You can also make a video to share with younger Girl Scouts.
3. List your duties as a counselor-in-training, volunteer-in-training, or in another leadership role you hold. Carry the list with you and use it to make sure you've covered all your bases when making a safety plan for trips and events.
4. Talk to a counselor, social worker, or someone who works at a women's shelter to find out more about how to stay safe while dating. If you can't meet in person, you can email, call, or search for resources online.
5. Pick a sport or outdoor activity you enjoy and find out rules, training, and safety equipment that is designed to protect player.