



GIRL SCOUTS OF NORTHERN CALIFORNIA

SELF DEFENSE

A GS NORCAL COUNCIL'S OWN BADGE PROGRAM

JUNIORS

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 Badge 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 6 of the following activities.

All members of Girl Scouts of the USA are eligible to earn the Self Defense Badge.

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

ORDER INFORMATION

To order the Self Defense Badge 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 BADGE FOR JUNIOR GIRL SCOUTS

Complete at least 6 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. Role play saying the same thing in a gentle manner or a hostile manner. What is the best way to let someone know that you are not happy, without putting them on the defensive?

- ❖ Please close the door. I'm trying to study.
- ❖ Don't copy from my paper. Do your own work.
- ❖ When are you going to bring my skates back?

2. BODY LANGUAGE

The way that you stand or sit can let other people know if you are happy, sad, angry, tired, etc. Role play using no words. Have one person stand in front, 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 having a friend nearby. List situations where you should not go alone. Make a poster, video, skit or presentation to educate younger girls about these situations. Share them with your school or a Brownie troop .

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?

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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 to yell or run away.

7. STAYING SAFE

In the Junior Girl Scout Handbook on pages 90-95, there are safety activities listed. Do at least two of these.

8. SELF DEFENSE CAREERS

There are people whose job it is to keep us safe, like police and firefighters. There are also people who teach self defense or martial arts. Talk to someone in a field related to self defense about their career and why they chose this field.

9. MAKE YOUR COMMUNITY SAFER

Select a self defense topic you think people should be more aware of. Create a poster, presentation, skit or video to remind your friends and neighbors to be safe. You could present your topic to a Brownie Girl Scout Troop.

10. SELF DEFENSE ONLINE

When you can't see someone, it is easier for them to pretend to be someone they are not. On the back of this sheet is the Girl Scouts of the USA "Online Safety Pledge." Discuss this with your parents, Girl Scout leader and/or your Girl Scout troop

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