

Family Guide




girl scouts
san diego

[#BestPlace4Girls](#)

Girl Scout Mission

Girl Scouting builds girls of courage, confidence, and character, who 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.

** The word "God" can be interpreted in a number of ways, depending on your spiritual beliefs. When reciting the Girl Scout Promise, it is OK to replace the word "God" with whatever word your spiritual beliefs dictate.*

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.





go-getter



innovator



risk-taker



leader

Welcome to Girl Scouts San Diego!

Dear Girl Scout family,

Thank you for joining our mission to help every girl become a go-getter, innovator, risk-taker and leader.

At Girl Scouts, girls discover who they are, where their talents lie, and what they care about most. They connect with people in their communities and take action to change the world.

We are committed to being your partner to help your daughter develop a strong sense of self, display positive values and seek challenges, while also learning to build healthy relationships and become a problem-solver in our community.

Your role is key to our success. Working together—parents, families, troop leaders and Girl Scout staff—we will collaborate and deliver exceptional programs to help our girls become leaders of tomorrow who have courage, confidence and character that make the world a better place.

Together we lift girls up, give them the confidence to succeed and strengthen society for a better future.

We are grateful for your time, talent and dedication to Girl Scouts. We are glad you are here!

Sincerely,

A handwritten signature in green ink that reads "Carol M. Dedrich".

Carol M. Dedrich, MBA, CFRE
Chief Executive Officer

Be a Part of History



On March 12, 1912, founder Juliette “Daisy” Gordon Low brought together 18 young women for the first Girl Scout meeting. Her vision was to bring girls out in the open air and in to community service. Those first Girl Scouts hiked, camped, played, and learned skills. And they grew into leaders by discovering the world around them and taking action in their community.

Just five years later, in 1917, Coronado became home to the first troop west of the Rockies. Today, thousands of girls and volunteers are still having fun, making a community impact, and developing valuable skills along the way.



100 YEARS 

Did you know?

1 in every 2



adult women has at some point been a member of Girl Scouts.



Today, more than
2 million girls and adults

follow in the footsteps of those first Girl Scouts.



There are currently
59 million
Girl Scout alumnae.

Girl Scouts are prepared for a lifetime of leadership.



90%
of all female
U.S. astronauts



80%
of all female
tech leaders



76%
of all female
U.S. senators



100%
of female
U.S. secretaries
of state

...were Girl Scouts.

Girl Scouts is the Place for Her!

We know you have lots of choices. Research tells us we’re on to something: When girls have opportunities to lead, grow skills and have fun with their Girl Scout sisters in a safe environment, they bloom. And that’s what we want for all girls—like yours!



More Flexibility in Girl Scouts

Your girl can join a troop and meet regularly. Or she can join as an independent member and enjoy events, camp, and other activities when her schedule allows. Either way, there's lots to gain from Girl Scouts. Contact membership@sdgirlscouts.org or call 800-643-4798 to learn about joining.

What Your Girl Won't Want to Miss

Girl Scouting is all about doing. Here are some of the things your Girl Scout will do:



- **Make new friends.** Girl Scout sisterhood means having a circle of friends who bond over experiences. Plus, Girl Scouts practice inclusion, which means all are welcome. Connect with girls nearby—and around the world.

- **Earn badges** while practicing skills hands-on. Troops decide what they'll try: science, technology, art, nutrition, dance, ecology, even criminal justice—there's always something more to explore!

- **Plan meaningful service projects** for a chance to work together, help others, and become champion community problem-solvers.

- **Explore the great outdoors,** picnicking, hiking, exploring, and camping at a Girl Scout property or out in nature.

- **Have an adventure** on a field trip or an overnight getaway. Older girls may even save troop funds for faraway travel like Switzerland or England.

- **Find her entrepreneurial spirit** while learning financial literacy.



No matter what she and her troop choose to do, she'll seek challenges and have the support and guidance she needs to reach her goals!

Cookies Power Girl Adventures

Girl Scout Cookies are an incredible opportunity for girls to do extraordinary things. By participating in the cookie program, girls learn important life skills like goal setting and money management. All dollars earned stay local and fuel new and unique experiences. Whether it's a trip she'll never forget, a service project that will change her community forever, or a lifetime of memories built at camp, the Girl Scout Cookie Program can make it happen.



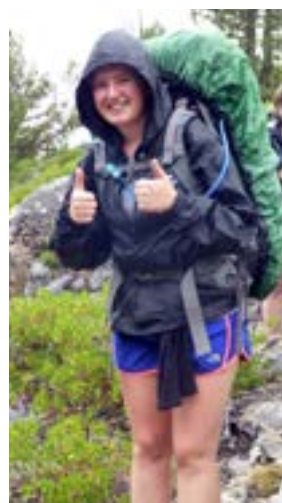
Troops can also earn money through the Fall Product Program. During this “friends and family” program at the beginning of each new Girl Scout membership year, girls market nuts and more to earn startup funds for their troop.

Girls Thrive Outside

Spending time outdoors and camping leads to a richer life. Girl Scouts San Diego offers outdoor experiences ranging from day trips to rustic overnights at four camping facilities. Your girl's troop may choose to camp for a weekend or during a school break. Or they might visit for an afternoon of archery, high ropes and challenge course, art and nature session or family picnic.

In the summer, our properties buzz with day and resident (sleep-away) campers. Summer camps open for individual registration at the start of cookie season. Keep an eye on your mailbox in January for the annual camp brochure; many popular sessions fill quickly.

Whichever outdoor paths she follows, your girl will gain new skills and make new friends when she ventures outside!





How Your Girl Benefits: Leadership, the Girl Scout Way

Girl Scouts is girl-led. That means that girls learn by doing, with a trained adult guiding them along the way. Girls develop into leaders by doing age-appropriate activities that enable them to **discover** their values, skills and the world around them; **connect** with others; and **take action** to make a difference in their world—these are the three keys to the Girl Scout Leadership experience.

FOCUS OF GIRL SCOUT ACTIVITIES

Discover
Connect
Take Action

GIRL SCOUT PROCESSES

Girl-Led
Learn by Doing
Cooperative
Learning

Strong sense of self



Girls have confidence in themselves and their abilities, and form positive identities.

Positive values



Girls act ethically, honestly, and responsibly, and show concern for others.

Challenge seeking



Girls take appropriate risks, try things even if they might fail, and learn from mistakes.

Healthy relationships



Girls develop and maintain healthy relationships by communicating their feelings directly and resolving conflicts constructively.

Community problem solving



Girls desire to contribute to the world in purposeful and meaningful ways, learn how to identify problems in the community, and create “action plans” to solve them.

LONG-TERM OUTCOME

Girls lead with
courage, confidence
and character
to make the world
a better place.

Joining is Easy

Sign up at sdgirlscouts.org. It just costs \$25 for a membership year, which runs Oct. 1-Sept. 30. Need help joining? Call 800-643-4798 or contact membership@sdgirlscouts.org.

For \$25, Girl Scouts Gives Her...

...an all-access pass to **TONS** of fun and amazing new experiences!



Financial Help is Available

Every girl should have the opportunity to be a Girl Scout. If you need help, our Opportunity Fund can cover costs of:

- ▶ Membership fees (girls and volunteers)
- ▶ Starter uniform pieces (vest, tunic or sash with starting insignia—council ID, WAGGGS pin, American flag and troop numbers)
- ▶ Books (*Girl's Guide to Girl Scouting* or Journey books)

Make requests in advance (reimbursements aren't available). Find out how and learn more at sdgirlscouts.org/financialaid.

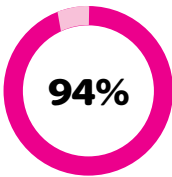


Girl Scout Volunteers—We Love You!

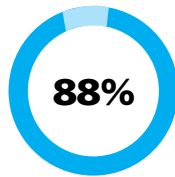
Every day, adult family members and friends, like you, make it possible for girls to try new things, take on challenges and build community. Volunteers help every G.I.R.L. to have the space and support she needs to transform ideas into action, turn questions into adventure, and grow confidence through practice. You can volunteer for a day, a week or all year. You can pick what interests you: troop finances, meeting snacks, a field trip, helping with product programs, first aid certification—or share your own special talent.

The truth is, Girl Scouts just wouldn't be Girl Scouts without volunteers. While your troop leader has signed on as your girl's primary source of guidance, we hope all families will give a little time to support their troop. This helps ensure the best Girl Scout experience for all. If your girl is already in a troop, ask your troop leader to show you the 4Her flyer. It shows lots of ways you can help—you'll be surprised at the many options!

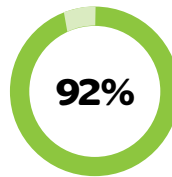
Change Her Life (and yours)—Volunteer Today!



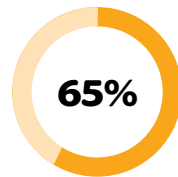
of Girl Scout volunteers say they've made new friends while volunteering with us.



of Girl Scout volunteers say volunteering with us helps them stay active.



of Girl Scout volunteers say Girl Scouts helps them learn new skills and share them with others.



of volunteers say being a part of Girl Scouts has helped them professionally.

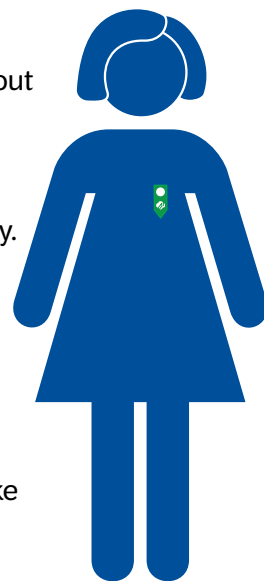
If you're interested in starting a troop of your own, contact membership@sdgirlscouts.org or enroll as a volunteer at sdgirlscouts.org.

For different kinds of volunteer opportunities, contact volunteer@sdgirlscouts.org or call 619-610-0728.



What to Expect From Your Girl's Troop Leader

- 🌸 **Create a safe, supportive environment** where girls engage in age-appropriate troop meetings, activities and events.
- 🌸 **Be a positive role model** whose actions are guided by the Girl Scout Promise and Law.
- 🌸 **Be trained**, completing the required Girl Scout San Diego's Core Leadership Training.
- 🌸 **Guide the troop** while allowing girls to lead in an age-appropriate way.
- 🌸 **Communicate clearly** and often with all troop families about outings, events and troop finances.
- 🌸 **Maintain troop records.** Your leaders will collect and keep a Girl Health History and optional Annual Permission Form annually. They'll ask for specific permission before your daughter can participate in certain activities.
- 🌸 **Welcome and ask for help** from troop families—many hands make light work!
- 🌸 **Ensure proper adult supervision** for the troop, with at least two unrelated adult volunteers present at all times.
- 🌸 **Arrange safe travel** for girl outings by ensuring that drivers are registered Girl Scout members who have a background check, current license, registration and auto insurance.
- 🌸 **Be prepared for emergencies** by having a first-aid-trained adult and first-aid kit on hand at all times.
- 🌸 **Understand and follow safety guidelines** in Volunteer Essentials, the Girl Scout volunteer reference booklet.
- 🌸 **Connect with their service unit, a neighborhood leader's group**, to learn about opportunities for the troop.
- 🌸 **Have fun.** That means doing what makes girls smile and smiling, too.






Your Family's Part

All families play a role in troop success. Show your girl and her troop volunteers how you value what Girl Scouts does for her:

- 🌸 **Attend family meetings**, family events, and ceremonies.
- 🌸 **See that she has the necessities**, like uniforms, dues, permission slips, etc. (financial aid is available).
- 🌸 **Help her arrive on time** to meetings and events, and pick her up on time, too.
- 🌸 **Lend a helping hand** when you can—troops run best with family support.
- 🌸 **Complete paperwork** like forms and permission slips on time.










-  **Communicate with troop leaders.** Share your joys and questions. If an issue comes up, speak directly with the leader in private—don't involve the girls.
-  **Support your girl if her troop participates in product programs,** but don't market the products yourself. It's a girl thing!
-  **Set an example** for your girl by following the Girl Scout Promise and Law, too.
-  **Donate to SHARE** (Share Her Annual Real Expense), if you can, to help keep Girl Scouts affordable for all girls in our area. We spend \$467/girl each year to make all the good stuff happen.
-  **Appreciate troop leaders and volunteers.** Remember, most volunteers don't have lots of time, just lots of heart!
-  **Follow these guidelines if you volunteer to drive girls in the troop:**

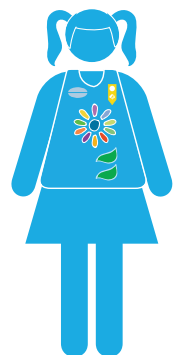
- Be a registered Girl Scout member with a current background check.
- Have a current driver's license and auto insurance.
- Be over age 21 with broad driving experience, mature judgment and a safe driving record.
- Have a seatbelt available for all passengers.
- Keep your vehicle safe and in good operating condition.
- Have girls under age 12 ride in the back seat.
- Ensure that girls under age 8 or under 4'9" ride in a car seat or booster and in the back seat.
- Carry the *Girl Health History Form* for the girls riding in your car.
- Have a commercial driver's license and medical certificate when operating vehicles designed for more than 10 passengers.

Let your girl know that Girl Scouts is a special sisterhood and that her participation is important. Your support, collaboration and cooperation have a tremendous impact on the troop's success.

Your Girl Scout's Job

What are the top priorities for girls in a troop? To learn by experiencing new things and have fun! Without a doubt, these priorities are best met when troops are strong and running smoothly. Here's what a girl should do to make that happen:

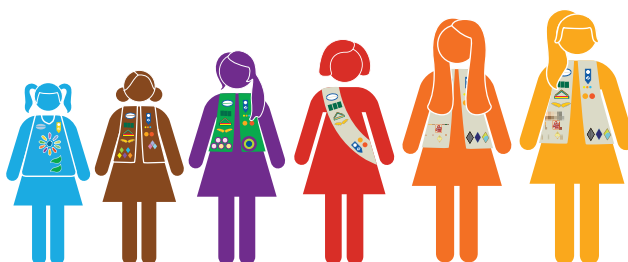
-  Live by the Girl Scout Promise and Law
-  Treat every Girl Scout as a sister and be a team player
-  Be considerate and show respect to others—girls, leaders, and parents
-  Listen to troop members
-  Complete any missed activities
-  Pass along important Girl Scout information to her family
-  Laugh, explore, learn, grow and repeat!



Questions You May Have

Who can join? Girls age 5-17:

Girl Scout level	Grade in school
Daisy	TK-1
Brownie	2-3
Junior	4-5
Cadette	6-8
Senior	9-10
Ambassador	11-12



What does the membership fee cover? The \$25 fee helps cover the costs of activity insurance for your girl, new technologies and resources to help troop leaders, and access to National Girl Scout programs and tools.

What can you tell me about safety? Girl safety is a top priority. Troop leaders and adult volunteers with regular girl contact have their backgrounds checked. Troop leaders are also trained to consider all girls when guiding their troop to select activities. In addition, a safety checkpoint system ensures that activities are planned with safety in mind. Some activities require permission from families. Families provide a girl health history each year, so that troop leaders are aware of special circumstances or medical concerns. A first-aid-trained adult is on hand at all meetings and outings.

Will I need to buy a Girl Scout uniform and a book? Your troop will decide on the uniform. Often, troops pick a tunic, sash, or vest to wear, a few starter patches and a membership pin. They may also choose a Girl's Guide to Girl Scouting that they'll use to build skills, or a Journey book that helps them discover, connect and take action. You can purchase these at any of the three Girl Scout shop locations listed below or at sdgirlscouts.org/shop. Talk to your troop leader if you need financial assistance, and see sdgirlscouts.org/opportunity-fund.

Council locations

Balboa Campus

1231 Upas St.
San Diego, CA 92103
619-610-0760

Escondido

Program Center

3050 Las Palmas
Escondido, CA 92025
Located inside Kit Carson Park
760-739-0860 ext. 524

North Coastal Service Center

5315 Avenida Encinas, Ste. 100
Carlsbad, CA 92008
760-444-9011 ext. 596/598

How do I know where to place troop numbers and other patches on a sash or vest? Your troop leader can show you how. You can also ask for an Insignia Guide at the Girl Scout shop or find it at sdgirlscouts.org/shop.



What's the difference between emblems, patches and badges? Your daughter's troop will start with a few basic emblems, like an American Flag, troop numbers and council ID. "Fun" patches are added to the back of the vest or sash as mementos of troop events, like celebrating a Girl Scout holiday. Badges look similar to patches, but are only added to the front of a girl's uniform after she earns them by learning something new.

Do all troops participate in the cookie program? Troops are not required to participate in product programs. Most do, because the proceeds help troops pay for the activities that girls want to do. Plus, girls learn to set goals, interact with others, and manage money through product programs.

What if I don't want my girl to participate in product programs? Your girl can participate in Girl Scout product programs or not. It's up to you and your girl. Families who opt out may want to help in other ways so that participating in troop activities is fair for everyone.

Can my girl be a Girl Scout without being in a troop? Yes! Your girl can sign up as an independent member and enjoy camps and other Girl Scout events. As an independent member, she'll enjoy Girl Scouts in a way that fits her schedule.

Can dads volunteer? Yes! All adult volunteers are welcome to participate in Girl Scouts. Those who supervise girls have a background check.

How do volunteers learn about Girl Scouting? We offer online and in-person training. Plus, new troop leaders can team up with other Girl Scout volunteers in their area to find mentors, ask questions, and share experiences.

Who can I contact with other questions? For questions about joining or finding a troop, contact membership@sdgirlscouts.org. Other questions can be directed to customercare@sdgirlscouts.org or 800-643-4798.

Contact Us:

Girl Scouts San Diego

1231 Upas St.

San Diego, CA 92103-5199

Phone: 619-298-8391 | 800-643-4798

Fax: 619-298-2031

info@sdgirlscouts.org

sdgirlscouts.org

Follow us on social media:

Facebook: facebook.com/sdgirlscouts

Twitter: twitter.com/sdgirlscouts

Pinterest: pinterest.com/sdgirlscouts

Instagram: instagram.com/sdgirlscouts





The Girl Scout Gold Award

The highest achievement in Girl Scouting, the Girl Scout Gold Award is a top-tier credential for girls as they enter their post-high school lives. Once achieved, it shows colleges, employers, and the community that Gold Award Girl Scouts are out there changing the world.

Benefits:



Stand out on college applications.

University research indicates that adding the Girl Scout Gold Award to a college application plays a role in the admissions decision process.



Enlist at a higher rank.

Gold Award Girl Scouts who enlist in the armed services enter one rank higher than other recruits.



“I designed and implemented an infection control measure to decrease hospital infection and reduce death. My findings were published in the Journal of Family Practice.”

—Ariel
Gold Award Girl Scout

“I brought together volunteers to crochet sleeping pallets out of recycled plastic grocery bags. This provided hope for the homeless and kept plastic bags out of landfills.”

—Annika
Gold Award Girl Scout

“I helped refugee students and their impoverished families from South Asian nations assimilate to American culture by creating a tutoring and empowerment club.”

—Vrinda
Gold Award Girl Scout



Check Out the Volunteer Toolkit It's for Families Too!

- 🌸 View the troop calendar and meeting plans
- 🌸 Update membership information
- 🌸 See a record of your girl's achievements
- 🌸 Find resources for Girl Scout families

To access the Volunteer Toolkit, visit sdgirlscouts.org and select the My GS/VTK tab. Enter your household email and password.*

* Check with your troop leaders to see if they're using the Volunteer Toolkit first.



Our Troop

Troop number: _____

Troop leaders: _____

Leaders' contact info: _____

Troop's primary communication method: _____

Troop's primary meeting place and time: _____

