

Program Outcomes

Fast Fundamentals



Overview

Girl Scouts' mission is to build girls of courage, confidence, and character, who make the world a better place. Since 1912, girls have explored new fields of knowledge, learned valuable skills, and developed strong core values through Girl Scouts. Today Girl Scouts is, as it always has been, the organization best positioned to help girls develop important leadership skills they need to become successful adults. At Girl Scouts, guided by supportive adults and peers, girls develop their leadership potential through age-appropriate activities that enable them to discover their values, skills, and the world around them; connect with others in a multicultural environment; and take action to make a difference in their world. These activities are designed to be girl led, cooperative, and hands-on—processes that create high-quality experiences conducive to learning.

When girls participate in Girl Scouts, they benefit in 5 important ways:

1

STRONG SENSE OF SELF

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



2

POSITIVE VALUES

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



3

CHALLENGE SEEKING

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



4

HEALTHY RELATIONSHIPS

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



5

COMMUNITY PROBLEM SOLVING

Girls desire to contribute to the world in purposeful and meaningful ways, learning how to identify problems in the community, and create "action plans" to solve them

Youth who develop these five outcomes:

Are happier, healthier, and less likely to engage in problem behaviors or be victimized.

Youth who develop competencies such as perseverance, positive self-esteem, and sociability have lower rates of obesity, depression, and aggression, and show greater life satisfaction and well-being than those who do not develop such attributes/skills.

Achieve more academically and feel more engaged in school.

Youth who participate in programs that promote the attributes and skills linked with our five outcomes show stronger academic performance and school engagement compared to those who do not. When students are more self-aware and confident about their learning capabilities, they try harder and persist in the face of challenges.

Become strong job applicants.

While employers want new hires to have technical knowledge related to a given job, those skills are not nearly as important as good teamwork, decision-making, and communication skills. Yet many employers around the world report that job candidates lack these attributes.

Become successful, well-adjusted adults.

Kindergarteners who learn how to share, cooperate with others, and be helpful are more likely to have a college degree and a job 20 years later than youth who lack these social skills.⁶ They are also less likely to have substance-abuse problems and run-ins with the law.

Pearl of Wisdom

Why do these outcomes matter?

When a girl develops these 5 skills, she'll become...

- ✓ A girl who stands up for herself and believes she can do anything
- ✓ A girl who is honest, reliable, and caring
- ✓ A girl who isn't afraid to go outside her comfort zone
- ✓ A girl who gets along with and works well with others
- ✓ A girl who is an active and engaged citizen



Activity 1: You're a Star - Promoting a Strong Sense of Self

Supplies:

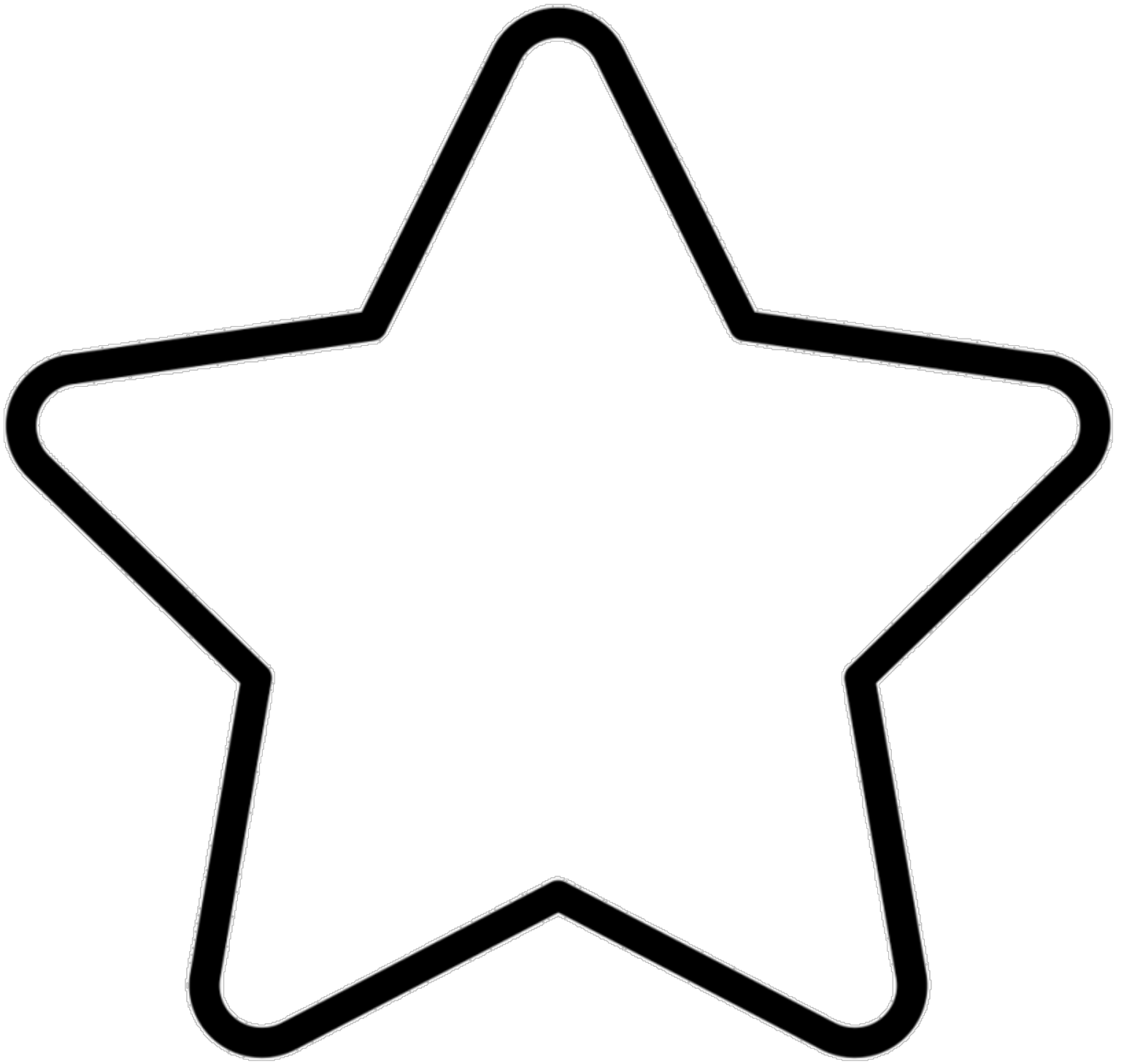
- Star Template
- Masking or Painter's Tape
- Markers

Instructions:

- Print out star template
- Have everyone tape star on their back.
- Walk around the room and write one thing on each girl's back that makes them special, unique or a star!
- At the end have everyone remove their stars and review what everyone wrote about them.

Debrief:

- What surprised you?
- Do you view yourself this way?
- Is there something else that you would add about yourself?



Activity 2: Winner/Loser - Positive Values

Instructions:

- Divide girls into groups of two.
- After this, one of the girls shares a negative life experience with their partner.
- Now, the partner retells the same story while highlighting the positive aspects of the experience.
- Partners should switch roles after talking about each issue.

Activity 3: Moonball - Challenge Seeking

Instructions:

- Scatter your group around an open playing area.
- Use a "well inflated" beach ball as the object of play.
- The group's objective is to hit the ball aloft as many times as possible before the ball strikes the ground.

Rules:

1. A player cannot hit the ball twice in succession
2. Count one point for each hit.

That was it! Go for as many points as possible before the ball hits the ground. Then, try to beat the established best score. Continue to play as long as the motivation holds out.



Activity 4: Healthy Relationships

See:

Conflict Resolution
Fast Fundamentals



Activity 5: Community Problem Solving

See:

Community Service vs. Take Action
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S'more Info

GSWO 2021 Program Impact Report	Five Ways Girl Scouts Builds Girl Leaders	Success Factor! The Girl Scout Impact Study
 <p>gswo.org/research > Click "View our Program Impact Report"</p>	 <p>girlscouts.org/publications > Five Ways Girl Scouts Builds Girl Leaders</p>	 <p>girlscouts.org/publications > Success Factor! The Girl Scout Impact Study</p>

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