



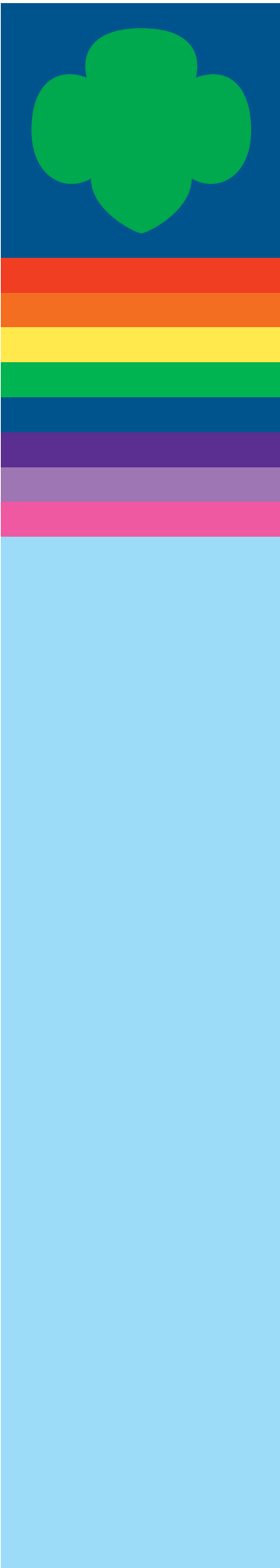
A.I.D.E. Patch Program



The Girl Scouts Western Pennsylvania A.I.D.E. patch program is designed to help Girl Scouts of all ages explore and understand the importance of Access, Inclusion, Diversity, and Equity in their troops, communities, and the world. This program encourages Girl Scouts to think critically, take action, and become leaders who make positive changes.



This program is generously supported
by the PPG Foundation.



How to earn the Girl Scouts Western Pennsylvania A.I.D.E. patch:

There are four segments to the Girl Scouts Western Pennsylvania A.I.D.E. patch program. Each segment is earned individually upon completion of three activities. The activities are broken down into four topics (Girl Scouts, Sports, Arts & Culture, STEM). Girl Scouts can pick any three activities within the segment.

Activity Tracker

Access:

Activity 1: _____

Activity 2: _____

Activity 3: _____

Inclusion:

Activity 1: _____

Activity 2: _____

Activity 3: _____

Diversity:

Activity 1: _____

Activity 2: _____

Activity 3: _____

Equity:

Activity 1: _____

Activity 2: _____

Activity 3: _____



Once completed, get your free patch segments by scanning this QR code and filling out the form.

ACCESS

Access means ensuring everyone can use the resources they need to learn, play, and have fun. Sometimes people cannot participate in activities because of money, transportation, or different abilities. When something is accessible, it means the barriers were removed so everyone can participate.

Complete at least three activities for your age level to earn the Access segment of the A.I.D.E. patch. The activities can be mixed from any of the topics (Girl Scouts, Sports, Arts & Culture, STEM).

Girl Scouts & Access

Daisy, Brownie, Junior

- **Learn about Troop 6000 or Girl Scouts Behind Bars:** Watch or read a story about Girl Scouts in shelters or jail/prison systems. Talk about why these programs matter.
- **Make a “Belonging Box”:** Create a “Belonging Box” for your troop meetings. Add fidgets, noise-reducing headphones, visual schedules, or calming cards to help Girl Scouts who need these resources.
- **Accessibility hunt:** Go on a scavenger hunt at your meeting place to find signs of accessibility. Look for ramps, wide doorways, multi-language books, quiet spaces, and more.
- **Interview a leader or teacher:** Ask an experienced Girl Scout leader or teacher how they adapt activities or support people with different needs.

Cadette, Senior, Ambassador

- **Learn about Troop 6000 or Girl Scouts Behind Bars:** Research the history, impact, and growth of these programs, then present your findings to your troop or service unit.
- **Access audit:** Evaluate your troop’s traditions, schedule, space, and costs. Create a list of recommendations to share with your troop leaders.
- **Redesign a Girl Scout activity:** Choose a common Girl Scout activity or badge step and redesign it to be more accessible for younger girls or Girl Scouts with disabilities.
- **Advocacy project:** Propose a solution to increase access within your service unit—examples could include shared equipment libraries, sensory kits, translation tools, or transportation ideas.



Sports & Access

Daisy, Brownie, Junior

- **Everyone can play:** Read or watch videos about adaptive sports. Then try a simple adapted activity such as seated volleyball, balloon tennis, or goalball-style games.
- **Cost of sports:** Choose three to five different sports. List the equipment required and discuss how cost, location, or time constraints might make some sports harder for certain children to join.
- **Adapted relay challenge:** Set up a simple relay course with cones, balls, or beanbags. Assign different adaptations for each section. Examples include rolling instead of throwing, hopping or crawling instead of running, or sitting while passing the ball.
- **Playground access:** Visit a local park, playground, or gym. Look for things that make it easy or hard for everyone to play—ramps, smooth paths, wide entrances, or accessible equipment. Discuss what changes could be made to make the area more accessible for all.

Cadette, Senior, Ambassador

- **Barriers to sports participation:** Compare different sports by cost, required equipment, travel, gender stereotypes, and physical accessibility.
- **Reality vs. expectation:** Research how many high school athletes go on to play professionally in a sport of your choice. Reflect on media expectations vs. real-life outcomes.
- **Athlete advocate:** Choose an athlete who spoke publicly about mental health. Analyze how the public and media responded and what that says about the pressure athletes face.
- **Community survey:** Ask youth in your community what keeps them from playing sports (cost, fear, pressure, time, etc.). Summarize your findings and share them with others.





Arts, Culture, & Access

Daisy, Brownie, Junior

- **Explore a cultural festival:** Attend a cultural festival, fair, performance, or community event and share with others what you experienced and learned.
- **Arts for all:** Try an adapted art method such as texture art, audio-based storytelling, or using large-grip tools.
- **Access in the arts:** Watch a video featuring an artist, dancer, or musician with a disability. Discuss how they adapt their work.
- **Accessibility walk-through:** Visit a museum, library, or arts venue and discuss what features make the space accessible or inaccessible.

STEM & Access

Daisy, Brownie, Junior

- **STEM for all:** Explore simple assistive technologies like grabbers, large button switches, color overlays, adapted keyboards, or talking calculators.
- **STEM role models:** Learn about Stephen Hawking and how technology supported his communication and scientific work.
- **Make assistive tech:** Build a simple assistive tool—such as a pencil grip, communication board, or textured coding path.
- **STEM inequities:** Compare access to the internet, devices, and STEM clubs in different schools or communities.

Cadette, Senior, Ambassador

- **Media creators & accessible platforms:** Explore how technology (like YouTube, TikTok, or self-publishing tools) gives more people a voice in the arts.
- **Community arts audit:** Evaluate a local theatre, museum, gallery, or library for accessibility in signage, seating, navigation, cost, and sensory needs.
- **Cultural barriers to mental wellness:** Research how cultural beliefs influence access to mental health care, including stigma, cost, and language.
- **Advocacy in the arts:** Create an accessibility guide for a local arts event or create your own accessible art, video, or performance designed for broad audiences.

Cadette, Senior, Ambassador

- **Disabilities & STEM careers:** Research adaptive technologies used by scientists, engineers, or coders with disabilities. These technologies could include readers, powerchairs, or alternative keyboards.
- **Investigate STEM gaps:** Explore how gender, race, geography, disability, and income affect who participates in STEM.
- **Global STEM access:** Study STEM education inequities around the world—consider internet access, school funding, safety, and cultural expectations.
- **STEM advocacy:** Create a resource list, awareness video, or proposal to improve local STEM access.

INCLUSION

Inclusion means making everyone feel welcome and that they belong. It's more than letting people be present—it's about listening, respecting, and valuing everyone. Inclusive spaces let everyone join activities, share ideas, and feel part of the group.

Complete at least three activities for your age level to earn the Inclusion segment of the A.I.D.E. patch. The activities can be mixed from any of the topics (Girl Scouts, Sports, Arts & Culture, STEM).

Girl Scouts & Inclusion

Daisy, Brownie, Junior

- **Explore the Girl Scout Law:** Read or watch a video about the Girl Scout Law. Discuss how each part encourages inclusion and belonging.
- **Create an “I Am Unique” book:** Use a small notebook to describe what makes you unique! Include favorite things, least favorite things, and what you're good at. Share your book with family or friends. Girl Scouts can do this individually or create a Troop Book to showcase each troop member.
- **Inclusive meeting:** Brainstorm a troop meeting plan that includes flexible seating, quiet activities, break options, and budget-friendly choices. Include ways to make sure everyone can participate fully.
- **Inclusion pledge:** Write a personal pledge for your troop about how you will help make everyone feel welcome and included.

Cadette, Senior, Ambassador

- **National inclusion:** Research how Girl Scouts promotes inclusion nationally. Present your findings to your troop or service unit.
- **Inclusion workshop:** Lead a workshop teaching younger Girl Scouts about inclusion and belonging.
- **Story swap:** Share personal stories about times you or someone you know felt included or excluded. Discuss how small actions can make a difference.
- **Troop inclusion audit:** Evaluate your troop's meetings, traditions, activities, and space for inclusiveness for current and prospective members. Create recommendations for improvement.





Sports & Inclusion

Daisy, Brownie, Junior

- **Partner with Para-Sports or Special Olympics:** Attend a local event, watch videos, or try an adaptive sports activity.
- **Inclusive sports poster:** Create a poster showing different ways to adapt sports so everyone can play. Include images or drawings of adaptations.
- **Sports story share:** Share stories of athletes who overcame challenges or barriers to play sports. Discuss how they influenced inclusion in athletics.
- **Adaptive sports design:** Invent or redesign a sport to make it more inclusive, considering equipment, rules, or physical adaptations.

Arts, Culture, & Inclusion

Daisy, Brownie, Junior

- **Cultural story time:** Share stories, folk tales, or songs from different cultures. Discuss similarities and differences, and how everyone can participate respectfully.
- **American Sign Language exploration:** Learn the Girl Scout Promise and Law in American Sign Language (ASL).
- **Cultural diets & food customs:** Find a simple meal from another culture. Discuss how different dietary needs and cultural customs can be included in daily life.
- **Multi-sensory exploration:** Explore the arts using more than one sense—listening to music, **feeling textures**, or **smelling scents**.

Cadette, Senior, Ambassador

- **Community sports inclusion:** Partner with a local adaptive sports league to help promote events or volunteer at programs for athletes with disabilities.
- **Adaptive sports design:** Invent or redesign a sport to make it more inclusive, considering equipment, rules, or physical adaptations.
- **“All Abilities” Olympics:** Plan a mini Olympics where every activity is adapted so everyone can participate.
- **Peer coaching:** Take turns teaching a skill or game to a peer. Tailor the activity to different abilities.

Cadette, Senior, Ambassador

- **Cultural inclusion:** Research food customs, traditions, or arts from another culture. Present a creative project highlighting inclusive ways to participate.
- **American Sign Language workshop:** Learn simple phrases and words in American Sign Language and then teach them to younger Girl Scouts.
- **Inclusive art gallery:** Create artwork using multiple methods and display it in a gallery. Make the gallery accessible and inclusive for attendees.
- **Host a multi-sensory exploration night:** Invite younger Girl Scouts to experience the arts using multiple senses.

STEM & Inclusion

Daisy, Brownie, Junior

- **STEM story time:** Read a STEM-themed story about a scientist or engineer with a disability or from an underrepresented group. Create a drawing, model, or mini experiment inspired by the story.
- **Adapt a STEM activity:** Take a hands-on STEM activity (LEGO building, bridge challenge, or a simple experiment) and adapt it to be inclusive to those with:
 - » A hearing impairment
 - » A vision impairment
 - » Limited mobility
- **Community STEM exploration:** Visit a local science museum, library, or outdoor STEM space. Identify ways the space is inclusive and suggest improvements.

Cadette, Senior, Ambassador

- **STEM career exploration:** Research STEM professionals who are women, minorities, or have a disability. Present how they overcame barriers and contributed to their field.
- **Multisensory STEM activity:** Create an activity that teaches a STEM concept using multiple senses—sight, sound, touch.
- **Community STEM audit:** Explore your school, library, or community STEM spaces. Compile a list of barriers and propose strategies to make STEM activities inclusive for all participants.



DIVERSITY

Diversity encompasses the many ways people differ. This can include culture, language, abilities, age, interests, or life experiences. Diversity strengthens groups because different ideas and experiences help everyone learn and solve problems more effectively.

Complete at least three activities for your age level to earn the Diversity segment of the A.I.D.E. patch. The activities can be mixed from any of the topics (Girl Scouts, Sports, Arts & Culture, STEM).

Girl Scouts & Diversity

Daisy, Brownie, Junior

- **Global Girl Scouts exploration:** Watch a video about the World Association of Girl Guides and Girl Scouts (WAGGGS) world centers and discuss how Girl Scouts around the world are similar or different from your troop.
- **International activity:** Learn about a Girl Scout badge or activity from another country. Try a small version of the activity in your troop.
- **Diversity story time:** Read a story about a Girl Scout or Girl Guide from another culture. Discuss what makes their experience unique.
- **World Thinking Day:** Learn about World Thinking Day and host or attend a World Thinking Day event.

Cadette, Senior, Ambassador

- **Global troop research:** Explore the World Association of Girl Guides and Girl Scouts (WAGGGS) website and select three countries to discover more about. Compare Girl Scout programs, badges, or service projects and present your findings.
- **Host an international celebration:** Plan a World Thinking Day celebration in your troop or service unit. Include activities, games, or crafts from different countries.
- **Global connection:** With your troop leader or caregivers' guidance, connect to a troop from another country through pen pal letters, virtual meetings, or a cultural exchange.





Sports & Diversity

Daisy, Brownie, Junior

- **Trailblazing women:** Learn about trailblazing women in sports and the barriers they broke. Share their stories through drawing, storytelling, or skits.
- **Play global games:** Try games or sports from around the world. Discuss how sports vary culturally.
- **Diversity role models:** Learn about a local athlete from a different culture or background and create a “celebration poster” highlighting their achievements.

Arts, Culture, & Diversity

Daisy, Brownie, Junior

- **Cultural music exploration:** Listen to songs from different cultures. Create a playlist and discuss instruments, rhythm, or singing styles that are unique to each culture.
- **Cultural dance party:** Learn a simple dance from another culture and perform it together. Discuss how movement is used to express culture.
- **International art activity:** Try a craft or art style from another culture, such as origami, henna designs, or weaving.
- **Story swap:** Share a folktale, legend, or children’s story from another culture. Discuss similarities and differences with your own stories.

Cadette, Senior, Ambassador

- **Athlete advocacy:** Study women or minority athletes. Examine the barriers they faced and how they challenged stereotypes. Present the findings to your troop or others.
- **Global sports comparison:** Research a sport played in another country. Compare rules, equipment, and participation opportunities.
- **Culturally diverse tournament:** Plan a mini sports tournament for younger Girl Scouts where each game is inspired by a different country’s traditional sports or physical activities.

Cadette, Senior, Ambassador

- **Cultural film exploration:** Watch a short film or full-length movie in a language unfamiliar to you. Discuss themes, cultural differences, and storytelling techniques.
- **Cross-cultural music research:** Investigate composers, musicians, or singers from different cultures. Present a brief performance, playlist, or digital presentation that highlights their work.
- **Cultural connection:** Identify common themes or traditions across cultures (family, community, holidays). Create a virtual or interactive presentation to share with others.
- **Arts advocacy:** Create a project or guide that promotes diverse art forms in your community, school, or troop meetings.

STEM & Diversity

Daisy, Brownie, Junior

- **STEM role models:** Learn about underrepresented people in STEM. Create a poster or a brief presentation on their achievements.
- **STEM invention:** Imagine you had an invention but were overlooked because of your gender, race, or ability. Write or draw a story about how you would make your work recognized.
- **STEM cultural exploration:** Explore how different countries or cultures approach STEM education or problem-solving. Share what you learn!

Cadette, Senior, Ambassador

- **Barrier-breaking inventors:** Research inventors or scientists from underrepresented groups. Present their contributions and discuss the challenges they overcame.
- **Culturally-inspired STEM challenge:** Create a STEM project inspired by cultural practice, tradition, or need.
- **STEM advocacy:** Design a plan, presentation, or awareness campaign to increase diversity and representation in STEM in your school, library, or community.



EQUITY

Equity means giving people the help they need to succeed. Everyone might not start in the same place, so some people might need extra support to reach the same goal. Equity is about fairness, not just treating everyone the same.

Complete at least three activities for your age level to earn the Equity segment of the A.I.D.E. patch. The activities can be mixed from any of the topics (Girl Scouts, Sports, Arts & Culture, STEM).

Girl Scouts & Equity

Daisy, Brownie, Junior

- **History of Girl Scouts:** Learn why Girl Scouts was founded and how it worked to give girls opportunities that weren't available elsewhere.
- **Troop equity discussion:** Talk about what equity means in your troop. Identify ways your troop ensures everyone has the same opportunity to participate and contribute.
- **Equity pledge:** Write a personal pledge about how you will support fairness and equity in your troop and community.

Cadette, Senior, Ambassador

- **Girl Scouts equity timeline:** Research milestones in Girl Scout history that advanced equity within the movement. Present a timeline to your troop or community.
- **Golden Eaglet remake:** Watch the original Golden Eaglet film and redesign the Golden Eaglet to highlight equity issues today. Include examples of leadership, inclusion, and opportunity for all girls.
- **Equity advocacy plan:** Identify one inequity in your troop, school, or community and create a small project to improve it.





Sports & Equity

Daisy, Brownie, Junior

- **Equal pay:** Learn about women athletes who fought for equal pay and opportunities in sports. Share their stories in a poster or skit.
- **Equal play exploration:** Compare boys' and girls' sports opportunities at your school or local sports clubs. Discuss differences in access, equipment, and fields.
- **Sports story sharing:** Watch a short video or read a story about an athlete facing an equity barrier. Discuss how they overcame challenges and how fairness is important.

Cadette, Senior, Ambassador

- **Title IX research:** Investigate how Title IX has influenced girls' sports in schools. Create a presentation or infographic to educate others.
- **Community sports equity audit:** Examine access to sports fields, funding, and equipment in your community. Make recommendations to promote equity and fairness.
- **Equity action plan:** Develop a plan to address inequities in your school or local sports programs. Present it to administrators, community leaders, or your troop.

Arts, Culture, & Equity

Daisy, Brownie, Junior

- **Cultural expression:** Read or watch a story about a female artist, musician, or writer overcoming gender or cultural barriers. Discuss how creativity can be restricted by social norms.
- **Creative equity:** Create art, music, or a story celebrating equity and fairness. Share with the troop.
- **Equity in art:** Explore how artists express identity, culture, or gender. Discuss what happens when someone is excluded from expressing themselves.

Cadette, Senior, Ambassador

- **Female artists & barriers:** Study women who had to hide their gender or break social norms to create art, write books, or perform music.
- **Equity in media:** Analyze movies, songs, or books for representation of gender, race, or culture. Create a list of ways that media could be more equitable.
- **Creative equity:** Develop a performance, gallery, or video that highlights equity and gives a voice to those who are underrepresented.

STEM & Equity

Daisy, Brownie, Junior

- **Inventor exploration:** Learn about inventors from diverse backgrounds whose work was overlooked or unrecognized. Create a storyboard or comic strip illustrating the inventor's challenge and achievement.
- **STEM role models:** Highlight underrepresented STEM professionals. Create a poster illustrating their contributions to their field.
- **STEM mentor:** Interview a STEM professional from an underrepresented group and ask about barriers they faced and what changes they think would make STEM more equitable.

Cadette, Senior, Ambassador

- **STEM awareness:** Create a presentation, video, or proposal to promote equity in local STEM programs or schools. Share it with peers, leaders, or community members.
- **Equitable STEM activity:** Design a STEM activity or program that ensures everyone has the same opportunity to learn and participate.
- **STEM around the world:** Explore inventions or scientific discoveries from different countries and cultures. Discuss how access to STEM resources varies globally and brainstorm ways to make STEM fair for all.





girl scouts 
western pennsylvania