



My Voice Matters

In this patch program, Girl Scouts will explore why their voice matters. It's not easy, but think about the people before us, and borrow their courage. Think about the people in front of us and feel compassion for them. The past changed the present, but only we can change the future.

Your voice is a vital part of who you are. It's the tool you use to express your truth, to connect with others, to heal, and to live authentically. Don't let fear or doubt silence you. Your voice has the power to make a difference—not just in your own life, but in the lives of those you touch! Use your voice. And be the change.

To earn this patch, all Girl Scouts must complete these three activities, plus the additional activities under their age level.



Activity 1

Create a *My Voice Matters* journal.

- Get a notebook and write, draw, or paste photos of all your experiences, both positive and negative, from your life. These are unique experiences you have faced; only share what you are comfortable sharing!
- Jot down the key points about what you've learned so far and record your thoughts, feelings, and behavior as you go through this journal. You may just notice your self-expression, as well as your self-esteem, flourishing as you develop your journal!

Activity 2

Create a self-portrait.

- Start by looking in the mirror and drawing a picture of yourself. Think about what you look like. What is your hair color? What texture is your hair? What is your eye color? What is your skin color?
- Now, think about things we can't see that make you, YOU! Draw or write some of your favorite things to do, places to go, and people to be with around your portrait. Who you are is more than just what you look like!
- Hang your self-portrait somewhere you can see it to remind you of all the wonderful parts of who you are.

Activity 3

Have a conversation.

- Have a conversation with your troop, family, or friends about a time when you voiced your thoughts and opinions to a group. Reflect on what you noticed after talking to the crowd.
- Possible discussion points:
 - » Tell a story of your favorite memory that involves others.
 - » Describe the feelings you get from being honest with others about issues.
 - » Why is voicing your opinion important to you and to your community?

Girl Scout Daisies and Brownies, pick one additional activity to earn your patch.

Activity 1

Make new friends.

- Invite a new friend to play with you and notice how you both shine! **YOU ARE IMPORTANT AND VALUED, AND THERE IS NO ONE ELSE JUST LIKE YOU IN THE WORLD!**

Activity 2

Volunteer for two hours.

- Be kind to your community by offering your help at a homeless shelter, animal shelter, or retirement home. They'll be so happy to see you! Even though you are just one person, you can make a **BIG DIFFERENCE** in your community!

Activity 3

Shout out.

- Help spread your voice by creating a poster or flyer about an issue you care about and posting it in your home or school.

Girl Scout Juniors and Cadettes, pick two additional activities to earn your patch.

Activity 1

Shout out.

- Raise awareness about an issue you care about. Create a poster or flyer, facilitate a group discussion, or create and sign a pledge or petition.

Activity 2

Eco-power.

- Be kind to the environment with friends and family. Use your assets to clean up parks, or get involved in a community beach, river, or lake clean-up.

Nature provides essential services like clean air, water purification, pollination, and climate regulation, which are vital for human well-being and survival. Interacting with nature has been linked to improved mental and physical health and reducing stress, anxiety, and depression; it restores a healthy perspective on ourselves.

Activity
3

Be a sister to every Girl Scout.

- Be a sister to every Girl Scout by helping a younger Girl Scout troop at an activity or event that helps them find their voice. Organize and work with the troop leader, and watch them shine!

Activity
4

Volunteer for four hours.

- Be kind to your community by offering your help at a homeless shelter, animal shelter, or retirement home. They'll be so happy to see you! Even though you are just one person, you can make a BIG DIFFERENCE in your community!

Girl Scout Seniors and Ambassadors, complete three additional activities to earn your patch.

Activity
1

Shout out.

- Raise awareness about an issue you care about. Create a poster or flyer, facilitate a group discussion, or create and sign a pledge or petition.

Activity
2

Volunteer for eight hours.

- Be kind to your community by offering your help at a homeless shelter, animal shelter, or retirement home. They'll be so happy to see you! Even though you are just one person, you can make a BIG DIFFERENCE in your community!.

Activity
3

Helping hands.

Do a good deed! Help a parent, teacher, or leader by cooking dinner, restocking a local food pantry, beautifying your school's playground, or lobbying for change at a city council meeting. The opportunities to help others are endless, and making the world a better place is all in a day's work for a Girl Scout.

The Girl Scout slogan is "Do a good turn daily." In the early days of Girl Scouting, girls tied a knot in their neckerchiefs. They could not untie the knot until a good deed was accomplished. Today, the slogan is a reminder of the many ways girls can contribute to the lives of others.

Activity
4

Be a sister to every Girl Scout.

- Be a sister to every Girl Scout by helping a younger Girl Scout troop at an activity or event that helps them find their voice. Organize and work with the troop leader, and watch them shine!

Activity
5

Create a plan.

- Write out a business plan or an improvement plan for a business that helps the community. Get creative and have fun with it!

All done?

CONGRATULATIONS! You've completed all the necessary steps to earn the My Voice Counts patch.

After completing the activities from each step, visit or call a Girl Scouts Western Pennsylvania retail shop at 800-248-3355 to purchase your patch.* A patch may be worn on the back of a vest, sash, or tunic.

*Patch shown may be substituted with similar patch, based on availability.