

# Healthy Relationships

## -- STOP Violence



All Rights Reserved  
The Patch Connection, Inc.  
1-888-728-2426

**This patch program is designed to teach girls to learn how to develop healthy relationships and to create a plan for staying safe.**

### **Message to Troop Leaders and Parents/Guardians:**

Dear Girl Scout families,

Girl Scouts of Peninsula Waters is proud to offer the **Healthy Relationships** patch program to girls in Kindergarten through grade 12. The program will vary for every troop or individual, based on the activity points chosen and which speaker is invited to talk about Healthy Relationships. It is the responsibility of the Troop Leader or Event Director to secure your permission before your daughter(s) participate. Whether it is friendship or bullying discussed at the Daisy level, getting along in your family, choosing your friends, or date rape and domestic violence [for older girls], you want to support the troop leader in finding the appropriate means to inform and educate the girls.

Girls can learn important skills to help them keep safe. It is the goal of this patch program to help girls take age appropriate responsibility for their own safety. *Troop leaders must follow all guidelines concerning sensitive issues found in SafetyWise, and provide access to the badge requirements to parents/guardians.*

We appreciate the support and professional advice of The Women's Center / Harbor House of Marquette in developing this patch. We also acknowledge that the patch is based on a similar patch from Shawnee Girl Scout Council in West Virginia. It is our desire to contribute to the health and safety of all girls, with special thanks to the volunteers who make it their mission as well.

Girl Scouts of Peninsula Waters

### **Parent Guardian Permission Slip**

I have read the above information for *Healthy Relationships* patch program.

My daughter, \_\_\_\_\_ has my permission to participate in the Healthy Relationships patch program.

Parent/Guardian printed name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Healthy Relationships Patch Program: Evaluation and Patch Order

Troop # \_\_\_\_\_ Age Level: \_\_\_\_\_ Service Area: \_\_\_\_\_

Leader: \_\_\_\_\_  
Name Address (Street or Post Office Box)  
\_\_\_\_\_ City State Zip Code

Number of Patches Ordered: \_\_\_\_\_

Activities completed (circle all that apply):

**Girls Discover** 1 2 3 4 5 6  
**Girls Lead** 1 2 3 4 5 6 7  
**Girls Take Action** 1 2 3

The best activity was:  
Why?

The speaker our troop invited is (provide name and contact information).

\_\_\_\_\_  
Comments: \_\_\_\_\_  
\_\_\_\_\_

# HEALTHY RELATIONSHIPS – STOP VIOLENCE

*This patch program is designed to help girls learn how to develop healthy relationships and to create a plan for staying safe.*

To earn the patch complete the number of activities indicated for your age level, including the starred item and at least one from each section.

Daisies 4      Brownies 5      Juniors 6      Cadettes/Seniors 8

## Girls Discover

1. \* Invite a speaker to your group from a local Domestic Violence program to speak on healthy relationships. Have her/him discuss what a healthy relationship is and how to keep yourself safe. Ask the speaker to share what a person who feels unsafe can do to get help.
2. Learn where to go in your community for help if you or someone you know is a victim of violence or abuse.
3. Read a book or watch a movie on healthy relationships, violence or abuse. Write a short paragraph about the story and share it with the group.
4. Clip articles about healthy relationships, violence or abuse to share with your group.
5. Learn about Domestic Violence Laws or Child Abuse and Protection Laws in your state.
6. Identify a healthy relationship and a non-healthy relationship. Make a list of the differences.

## Girls Lead

1. Obtain or draw a map of your community and locate "safe places." Some examples are schools, stores, libraries, etc. Look for the "safe place" sign in a business in your area.
2. Play a game of charades to express different feelings; happiness, anger, fear, frustrations. Make two teams and try to guess the feelings being demonstrated.
3. Think of ways that you and your family can get along better, such as talking about a problem to find a solution instead of using violence. Make a list of these ideas.
4. In your troop, discuss how you could help a friend who tells you she has been bullied or abused.
5. Pretend something serious happened (a friend was abused; a store was robbed, etc.)  
What would you need to report? What facts would you need? Could you tell what happened? When it happened? Who was involved and what they looked like? Who could you tell? Develop a safety plan to use if you find yourself in a violent situation. List phone numbers of people you would contact to provide you with help.
6. Think of some problems that might occur when people are angry and write them down on slips of paper. In a group take turns pulling out the slips and think of positive ways to handle the problem.
7. Role-play using positive and negative statements. Discuss how both negative and positive statements make you feel. Demonstrate the effects of mean words by pushing tacks into a piece of cardboard. Pull the tacks out. Like tacks, mean words can leave a "wound" in a person's mind or heart, long after they've been spoken.

## Girls Take Action

1. Design a poster or display to teach your community about the importance of healthy relationships. Try to include an example of what you can do to keep yourself safe. Discuss where you might display the posters in your neighborhood. If possible, display the posters.
2. Do a service project that will benefit victims of violence or abuse. Conduct a clothing drive, blanket or food drive, etc.) Contact a local Domestic Violence Shelter, Health Department or other agency that can help you determine the best project to adopt as a troop.
3. Participate in a Domestic Violence Awareness Month (October) activity in your community.

This patch program was developed with help from Alicia Canavera, BSW, Child Advocate, from the Women's Center / Harbor House serving Marquette and Alger Counties, and is based on a similar patch from Shawnee Girl Scout Council in West Virginia.

**Ms. Canavera is available as a resource in Marquette and Alger Counties. Contact her at 906.226.6611**

**The following resources are recommended for use with or in relation to this patch program.**

## PROGRAMS

**"No Way!" A Book About Staying Safe for Girls Ages 4-6;** Using age-appropriate activities, language and approaches, Staying Safe covers topics such as saying "no" to potentially dangerous adults, good touches and bad touches. Girls who complete the activities may receive a participatory patch. \*\*

**"Don't Go There!" A Book About Staying Safe for Girls Ages 6-8;** This exciting resource is designed to help girls learn ways to better ensure their personal safety. Girls who complete the activities earn a participatory patch. \*\*

**"I Don't Think So!" A book About Staying Safe for Girls Ages 8-11;** it covers topics such as saying "no" to potentially dangerous adults, good and bad touches and sexual harassment. Girls can earn a participatory patch. \*\*

**Adult Guide to Staying Safe;** Includes information on state mandatory reporting laws and recognizing signs of physical abuse. \*\*

## EARNED AWARDS

**STUDIO 2B Focus: Take Charge;** The world is a crazy place sometimes and girls need to learn skills to protect themselves. This is what *Take Charge* is all about – learning how to keep themselves and their friends safe. Earned recognition; Take Charge Charm. \*\* (Sensitive issues, parental approval required for use.)

**Conflict Resolution, Girls 11-17 Interest Project Patch;** Learn effective ways to help resolve conflict –personal, social, or even global. Resource: Interest Projects for Girls 11-17. Earned recognition; the Conflict Resolution patch. \*\*

**Do You Get the Message, Girls 11-17 Interest Project Patch;** Learn how to account for what you say and what you don't say. Resource: Interest Projects for Girls 11-17. Earned recognition; Do You Get the Message patch. \*\*

**Understanding Yourself and Others, Girls 11-17 Interest Project Patch;** Understand yourself better, help younger girls deal with peer pressure. Resource: Interest Projects for Girls 11-17. Earned recognition; Understanding Yourself and Others patch. \*\*

**Your Best Defense, Girls 11-17 Interest Project Patch;** Self defense involves using brains as well as brawn. Learn to diffuse conflict before it starts. Resource: Interest Projects for Girls 11-17. Earned recognition; Your Best Defense patch. \*\*

**Healthy Relationships, Junior Girl Scout Badge;** Learning to get along with people is a skill valued throughout your life. This badge will get you on the right path. Resource: Junior Girl Scout Badge Book. Earned recognition; Healthy Relationships badge. \*\*

**The Choice Is Yours, Junior Girl Scout Badge;** With this badge you will learn how to make choices that work for you. Resource: Junior Girl Scout Badge Book. Earned recognition; The Choice Is Yours badge. \*\*

**Caring and Sharing, Brownie Girl Scout Try-It;** Show how you care about yourself and others with these activities. Resource: Brownie Girl Scout Try-Its Book. Earned recognition; The Caring and Sharing Try-It. \*\*

**Manners, Brownie Girl Scout Try-It;** Meeting new people or with your family, good manners are important. Resource: Brownie Girl Scout Try-Its Book. Earned recognition; The Manners Try-It. \*\*

**People Are Talking, Brownie Girl Scout Try-It;** Communication is more than words! Learn to get your message across. Resource: Brownie Girl Scout Try-Its Book. Earned recognition; The People Are Talking Try-It. \*\*

**Working It Out, Brownie Girl Scout Try-It;** Learn how to handle conflict in a positive way. Resource: Brownie Girl Scout Try-Its Book. Earned recognition; The Working It Out Try-It. \*\*

\*\*Available at the Girl Scout Shop in Marquette, MI 49855 Phone: (906) 225-8020 or 1-800-562-9787

## BOOKS

### Educational Activity Books

*Sometimes ... it is Sad to be at Home.*

What is a kid to do about Domestic Violence?

By Nancy J. Diehl. J.D.

*David's Bad Day*

By Elizabeth Stahl, MSW, CSW

*About Words That Hurt*

By Channing L. Bete Co., Inc.

*Abuse ... It's Not Your Fault*

By Cindy Kane

### Story Books

*A Safe Place*

By Maxine Trottier

*Mommy and Daddy Are Fighting*

By Susan Paris

### WEB SITES (for adults)

National Coalition Against Violence

[www.ncadv.org](http://www.ncadv.org)

Michigan Coalition Against

Domestic and Sexual Violence

[www.mcadsv.org](http://www.mcadsv.org)

Dating Violence

[www.loveisnotabuse.org](http://www.loveisnotabuse.org)

Women's Center/Harbor House

[www.wcmqt.org](http://www.wcmqt.org)

\*Additional children's videos and activity books are available through the Women's Center/Harbor House in Marquette.

\*More resources for parents and other concerned persons are available the Women's Center/Harbor House in Marquette.

\*Peter White Public Library in Marquette has a selection of books for children and adults about abuse.

\*Women's Center/Harbor House staff are available to present information at area meetings and can refer contacts in other areas of the U.P. Contact the Women's Center at 906.226.6611.