



Life Skills • Senior Badge Blueprint



Women's Health Badge

Purpose: Nothing is more important than good health. Women have unique health issues at every stage of life. After earning this badge, a Girl Scout will know and understand how to lead a healthy life.

Step 1: Investigate the tests that help women stay healthy

Screenings are medical tests that can spot problems before they turn into something serious. Reach out to a health professional and invite them to speak to your group, or you can go to an office and learn about the tests and procedures that are important for women's health. To help you, have questions prepared.

Step 2: Find out how fads and beauty practices impact health

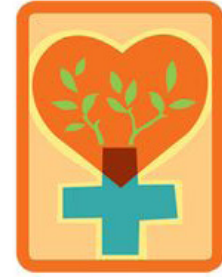
Explore fads and beauty from countries around the world. Other cultures have different views on beauty and health issues. How are things like weight, tattoos, piercings and health screenings viewed and handled in other areas? Gather images of women from around the world, use international magazines, the Internet or books, and create a beauty collage to compare the different outward expressions of beauty from around the world and even through the years. Based on what you found, how does where we live impact beauty? What do you find beautiful? When thinking about the women in your life, what makes them beautiful?

Step 3: Focus on techniques to help you stay emotionally healthy

For the next two weeks, record your moods at least three times a day. After each day, go over your notes and ask yourself: What did you think triggered each strong emotion? Did you get enough sleep? Did you exercise? Where were you in your menstrual cycle? Did you have a big test at school or other stresses? After you answer the questions, see if there is a specific pattern to your moods. Afterward, find three recommendations from a reliable health source on ways to lift your mood. This is also a great time to earn the Truth Seeker Badge to help you determine the reliability of the information.

Remember, the Volunteer Toolkit Online has more activities to explore and is a great resource for planning meetings.

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Step 4: Take a closer look at women's health issues

Choose a health issue that resonates with you and take the time to explore its impact on girls and women. In what part of the world is this health issue most commonly found? Is it preventable? What health support do women in various areas have access to? What can be done to help?

Step 5: Get the word out on a women's health topics

Using what you have learned, select an area and take the opportunity to inform others within your community about this topic. Use your creativity to create a public service announcement or presentation. Once you are done, see if you can present or share it within your community. You can also use your social media accounts to share your hard work. Local libraries, community centers, medical buildings and places of worship are also great locations to share your work.

Congratulations! You have now earned the Women's Health Badge!

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