
Mission: Sisterhood

Simi Valley Day Camp - Summer 2020

It's your story tell it Leadership journey from GSUSA



Sisterhood is found in those special moments of real connection you experience with girlfriends, mother, sisters, aunts and your GS sisters.

Sisterhood isn't just hanging out with good female friends, it's not just confiding in someone you trust.

Sisterhood is so much deeper than that.

It's an authentic connection you feel when you relate to one another on a level you all recognize in your gut as being different and apart from even those connections you share with others dear to you.

These moments, and the connections they carry are significant and heartfelt.

Chapter 1: Me & Friendship

Ask Yourself...

What kind of friend are you?

What qualities do I offer as a friend?

Do I open myself up to new friendships?

Do I allow my friends to speak their mind?

What qualities do I look for in my friends? What does this say about me?



Chapter 2: Be My Own Best Friend

Being healthy in mind and body means being a great friend to yourself. It is really the best way to start your circle of sisterhood. With your best self forward you enjoy stronger friendships and make new friendships with ease.

Be you....

Be authentic and honor the things you believe in. Be clear where you stand. Your opinion, values, likes and dislikes may change over time and that's fine. What's important is to stay true to yourself. But, sometimes we adopt our friends' values and follow their interests rather than staying true to our own.

Activity 1: Science of Sisterhood

	Totally Me!	Maybe more my friends
Clothes		
Music		
Food		
Friends		
Activities		

Chapter 3: Buddy up for Sisterhood

A lot of friendship is trial and error. It's like testing the ocean temperature with your toes. If it's not too cold, you're willing to walk in a bit deeper. Being a good friend means being a good listener. Pay attention! Have good eye contact, lean forward, turn your cell phone off. Active listening will strengthen your relationship because it creates trust. When you need to discuss a sensitive subject, talk to her in person or by phone-not social media or texts. They can be misinterpreted.

Show a friend how much you care by doing one of the following activities.



Activity 2-A: Friendship Puzzles

- ❖ From an old Jigsaw puzzle, find 2 pieces you really like that fit together.
- ❖ On the back of each piece, write one word that describes an inner quality you value most in the friend you want to give this puzzle piece to.
- ❖ Coat both pieces on each side with clear nail polish or clear acrylic spray.
- ❖ Let dry for 24 hrs.
- ❖ Punch a hole at the top of each piece & slide onto a keychain or necklace.
- ❖ Give the other to your friend as a reminder of your connection to her and what you value most about her.

OR

Activity 2-B: Friendship Potpourri

The yellow rose is known as a friendship rose because yellow is associated with the positive feelings of warmth, joy & friendship. For this project, you can use a yellow rose or any color or a combination of colors to show the diversity of colors.

- ❖ Start with 4 cups of rose petals and spread them on newspaper & let them dry 2-3 days
- ❖ Place the petals in a jar with a lid & add several drops of rose oil. Seal & store in a cool dry place for about 2 weeks-gently tossing the mixture every other day.
- ❖ For spice, you can add nutmeg, cloves, bay leaves etc.
- ❖ After 2 weeks, pour into a bowl & present it to a friend!

Chapter 4: Friendship Without Borders



People have a tendency to be drawn to people who are like them-in social status, values, ways of thinking, & even looks. It's easy to form a relationship with someone like you. Expanding your borders & opening yourself up to people who are different adds richness to your life- new ideas, interests, challenges & new opportunities.

Diversity comes in many forms.

Age: People older than you can help you understand life and values from a historical perspective. People younger than you can help you understand life from their perspective and you can offer them advice.

Gender: Gender can get in the way when guys & girls want to be friends but fear their relationship may be rumored to be romantic. Always send clear signals. Keep it fun but businesslike.

Money Matters: Be sensitive when making friends with someone from an economic background different from your own. Plan together- will you pack a lunch or eat out? Go to the movies or go to the park?

Special Interests: You probably have many same interests with the friends you have now but you may have other interests too. They may prefer going to the mall when you prefer hikes. This gives you a chance to expand your friends' world -you may find new friends in the process!

Looks: You are so much more than what your physical appearance might say on a particular day. Make sure you look at the whole person, her manner towards you and others, her interests. These are far more important than looks.

Labels: It's easy to stereotype- jocks, geeks, brainiacs. Instead of saying "She's a jock" say "She likes lacrosse. Instead of a label, you're saying what she enjoys.

Religion: Many girls befriend those with differing spiritual beliefs. If your beliefs are vastly different you may find it difficult. Do some research, the more you know about what connects you the more confident & comfortable you & your friends will feel.

Language: Hearing & speech differences can create challenges & miscommunication. Speak slower, rephrase, ask more questions, use body language & expressions. Admit when you don't understand instead of pretending that you do. You become closer by teaching each other words in your respective languages.



Activity 3: Friendship Movies

Make a list of movies where unexpected friendships blossom. One movie is “How to Make an American Quilt (1995-Winona Ryder). It’s a movie about a young woman who joins her grandmother’s quilting group & unexpectedly forms genuine friendships with these much older women. Get together with a group of friends (online) and host a “Friendship Screening”

Chapter 5: Circle the World for Friendship

When you first started this journey, did you take into account a variety of diverse perspectives or did you rely on perspectives from your immediate circle? Harness your sisterhood power and expand your network’s reach even further.

For your project, you can create your own or use one of the suggestions below.

1. **Letter writing campaign.** GS have always been there in times of need to help out their communities. Write letters to people in nursing homes, senior residences, and assisted living facilities, including the staff. Use the link below for tips. Take a picture of you letters & post on social media #GirlScoutsGiveBack (be sure to tag us @girlscouts). <https://www.girlscouts.org/en/girl-scouts-at-home/troop-leaders/national-service-projects.html>

2. **Friendship Book.** Leave a favorite book about friendship in a place that teen girls frequent with a note that says “If you are a teen girl: Read me and pass me on” You can create a web page where girls who read the book can log in and review the book and tell a story of friendship. Also, they can share where they found the book and where they will leave it for the next person.

3. **Circle Journal.** This is a journal between two or more people that gets passed back and forth, with each person contributing her own entries. It’s a fun way to get to know other people & issues important to them. Identify a global sisterhood issue and create a Circle Journal to support it. Share your concern globally. You can learn what issues girls in other regions care about. By reaching out globally, you are being a sister to girls you don’t even know.

Sisterhood has the power to change the world!