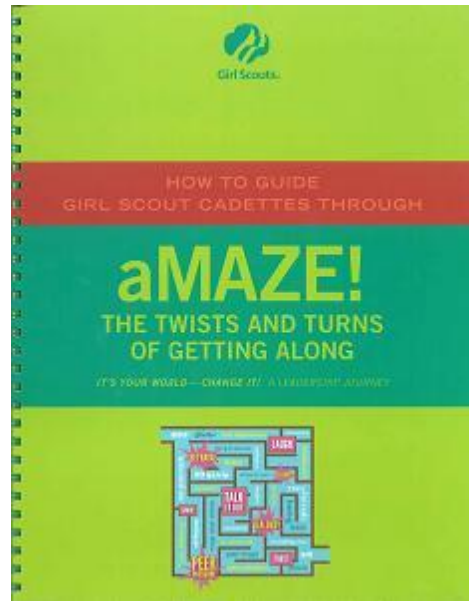
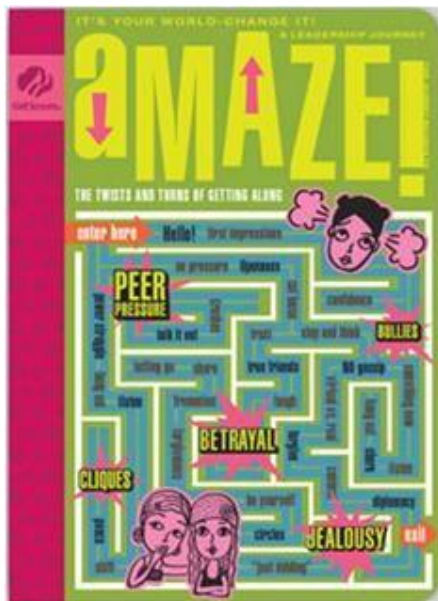


It's Your World – Change It! Leadership Journey



aMAZE! **Cadette Girl Scouts – Grades 6, 7, & 8**

You are about to guide Girl Scout Cadettes through an amazing maze of a journey, one in which each passageway presents opportunities to navigate personal relationships in the best and most productive ways. As girls twist and turn through aMAZE, they gain tips and strategies for creating healthy relationships and long-lasting friendships. Ultimately, girls emerge from this maze to amaze the world with Take Action Projects that mobilize ever wider circles of people in positive and peaceful interactions. The goal is to increase the peace – one interaction at a time. How many people does it take to create peace? Well, there are 2.6 million girls in Girl Scouts – and nearly 1 million adults. Peace really could begin with you and Cadettes.

What's in the Adult Guide?

Coaching Leadership from the Inside Out	This section emphasizes that leadership development starts with exploring who we are and what our values are, and then applying those to relationships with others and with our world.
Working with the Girls' Book	This section describes how the girls' book begins with mapping out relationship issues, then moves into information, ideas, and activities on a range of relationship topics.
Awards Along the Journey	This section describes the three awards that Cadettes can earn while journeying through the maze. The Interact Award is earned by mastering 3 of the Interact Challenges – The Diplomat Award is earned by demonstrating their skill in dealing with others – The Peacemaker Award is earned at the end of the journey by making a commitment to use their new skills throughout their lives.
Sample Sessions at a Glance	This section provides an overview of the session design – see next page for details.
Understanding Cadette-Age Girls	This section reviews the characteristics of girls at this age and ideas for what works best in your partnership with Cadette Girl Scouts.
What + How: Creating a Quality Experience	This section reviews the Learning Processes from the Girl Scout Leadership Model and how we can enhance the quality of girls' experiences by letting girls lead, incorporating hands-on activities with time for reflection, and establishing a cooperative learning environment.
Girl Scout Ceremonies and Traditions	This section reviews the importance of incorporating Girl Scout ceremony and traditions into your activities.
Health, Safety, and Well-Being	This section reviews the importance of providing a healthy and safe environment.
Understanding the Journey's Leadership Benefits	This section describes the specific leadership outcomes that have been associated with this Journey and some examples of how these outcomes might be expected to play out along the way.
Your Perspective on Leadership	This section offers an exercise to think about <u>our own</u> personal leadership philosophy since this will have a strong influence on our girls.
Stretching Out the Journey	This section presents ideas for extending the journey beyond eight sessions.

The Journey Sample Sessions

The Sample Sessions in the adult guide provide a sample schedule for an eight-session journey although you will probably find that each sample session offers more than you and the girls will cover in that time. That’s perfectly fine because how you decide to work with the sample sessions will be influenced by the girls’ input and basic logistics, such as how much time the girls want to spend on the journey overall and whether they want to add on trips or other activities.

The session details in the Adult Guide provide everything you need to understand the journey objectives and to work with your girls to reap the full benefits. Here is a quick review of the goals of each session.

Sample Session	Goal of the Session
1 – First Impressions in the Maze	Girls explore relationship obstacles and the impact first impressions have on relationships.
2 – Navigating Friendships	Girls understand how stereotypes impact relationships and identify the personal qualities they seek in, and bring to, healthy friendships.
3 – Cliques and Conflicts	Girls identify various types of peer pressure, practice strategies for managing peer pressure, explore the damaging clique behaviors, and practice important conflict resolution tools.
4 – Caution: Bullies Straight Ahead	Girls identify and address bullying behavior and gain greater understanding of their roles as witnesses. They also develop strategies for building safe online relationships.
5 – Let Peace Begin with You	Girls explore the Girl Scout definition of leadership and apply it to their lives, learn how leaders use relationship skills to improve the world, and create and plan a Take Action project to increase the peace in their world.
6 – Improving Relationships in the World	Girls continue to connect with each other, practicing relationship skills individually and as team members, as they begin to carry out their Take Action project.
7 – Toward Peace: Take Action!	Girls wrap up their Take Action project and look ahead to their closing celebration and award ceremony.
8 – Pass It Forward	Girls reflect on their journey and their personal goals, and commit to expanding peace in their world by using the skills and strategies acquired through aMAZE.

What's in the Girl's Book?

Life is a maze. Navigate its twists and turns and you'll find true friendships, meaningful relationships, and lots of confidence to boot. So go ahead, enter the maze. The goal is peace – for you, your world, and the planet too.

☐ **Life is Full of Amazing Equations**

Explains how aMAZE is girls' chance to sort out everything they already know about managing the twists and turns of friendships, and encourages them to gather new tips and strategies for interacting with all the people in their life, and those beyond it.

☐ **First Impressions and Stereotypes**

Helps girls learn that most relationships start with first impressions, but first impressions are rarely on target.

☐ **Navigating Friendships**

Reviews how sometimes it seems like we're just supposed to know how to be a good friend, without ever really thinking about what that means, and encourages girls to think about what they are really great at when it comes to making and keeping friends.

☐ **Friendship Obstacles**

Reviews the classic friendship obstacles...Do this. Don't do that. Fit in. Stand out. Be different. Not so different. Be strong. Not so strong. Get good grades. Why are you carrying all your books around? You've got a flair for style. You're wearing that?!

☐ **Cliques and Conflicts**

Discusses how truly belonging to a supportive social network is one of life's greatest joys. But, that conflict-free relationships don't just happen.

☐ **Caution: Bullies Straight Ahead**

Encourages dealing with bullies like dealing with any roadblock – work your way around them.

☐ **Surfing Through Cyber-Relationships**

Reviews the issues associated with cyber-relationships, and highlights the fact that just because they are not face-to-face doesn't mean they don't require real skill to navigate.

☐ **Let Peace Begin with You**

Invites Cadettes to imagine the impact to their world if everyone were striving to do better with some of this relationship stuff.

☐ **Pass it Forward**

Encourages girls to celebrate, reflect, and commit to expanding peace using skills and strategies they've acquired through aMAZE.