

# The Juliette's Ultimate Guide

CHOOSE YOUR OWN

# to Adventure

girlscouts  
of southern arizona





# Juliettes

**...are busy and independent girls and young women who are looking for a tailored-to-them Girl Scout experience, just as they are beautifully unique!**

While you may be exposed to these subjects at school, in other youth programs, or even on your own, at Girl Scouts you will experience them in a unique way that puts you on a path to a lifetime of leadership, adventure, and success. And because our program is girl-led, girls decide what they'll do! Whether you are still looking for a troop, are wanting to incorporate Girl Scouts into your already busy schedule, or are simply wanting to make the Girl Scout experience individualized for you, Girl Scouts of Southern Arizona is here to support you through the incredible Juliette experience!



## **DO ANYTHING A GIRL SCOUT IN A TROOP CAN DO**

As a Juliette Girl Scout, you have the same opportunities as Girl Scouts in troops.

Our Juliettes experience freedom and leadership - through the Girl Scout Leadership experience - with deciding where and how their Girl Scout journey will take them!

## **COMPLETE GIRL SCOUT JOURNEYS & EARN BADGES**

Learn to be a leader, as you venture through Girl Scout Journeys specific to your level, all while completing skill-building activities and earning badges along the way.

## **ATTEND GIRL SCOUT CAMP, EVENTS & PROGRAMS**

Meet lifelong friends through council and community-sponsored events! Cozy up in a bungalow at our Camp Whispering Pines, build a robot from household items, learn how to administer first aid, and so much more! What are you most excited for?

## **MAKE THE WORLD A BETTER PLACE**

Through community service and Take Action projects, Juliettes can live out the Girl Scout Law as they get out in the community and help others, or go a step further and research how to implement sustainable change.

## SELL COOKIES

Participate in our ultimate leadership experience - THE COOKIE PROGRAM! As cookie entrepreneurs, girls learn the following cookie skills: goal setting, decision making, money management, people skills, and business ethics. Furthermore, girls will fund their dreams and earn Cookie Dough - a unique currency based on boxes of cookies sold - which covers the cost of camp, yearly memberships, store credit, and more.

## GET OUT AND TRAVEL

Exercise your leadership skills and gain a cross-cultural understanding through regional, national, and international travel - DESTINATIONS! Cookies can also help with funding these trips. This is available to Juliettes at the Cadette, Senior, and Ambassador levels.

## EARN HIGHEST AWARDS

Juliettes who are Cadettes, Seniors, or Ambassadors can work towards earning their highest awards through leading a take-action project to improve their local community in a sustainable way.

## AND SO MUCH MORE!

**Caregivers act as mentors for younger girls interested in the Juliette programs, whereas older girls have a lot more independence with their Juliette adventure!**

*Well, what are we waiting for?*

**Let's get going!**





# The adventure begins...

\_\_\_\_\_ dreamed of making the world a better place. But how could this be done? It all seemed like so much that even \_\_\_\_\_ did not know where to begin!

\_\_\_\_\_ had heard of Girl Scouts, and how this girl-first leadership experience continues to build-up courage, confidence, and character. Surely this could help in this dream!

It was then that \_\_\_\_\_ decided to set out on this Girl Scout adventure.



# What                      set out to do...

You have your story! Now you decide what happens next. Use the checklist below to write down what you want to accomplish on your Girl Scout Journey...

This image shows a blank sheet of white paper with horizontal black lines. On the left side, there is a vertical column of ten green-outlined squares, each aligned with one of the horizontal lines. The rest of the page is empty except for the lines and some minor scanning artifacts.

Don't feel  
that you  
have to use  
all of the  
check boxes!


**This will be the  
core of your  
adventure!**

What common themes popped out from your list?



# Lost?

Let's get you on  
the right track!



You are  
here!

**SUPPORT** pg. 6-7

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# Meet Your Juliette Support Team

While the Juliette Girl Scout experience is one of independence and choice, you are not expected to go it alone!

Girl Scouts of Southern Arizona is on standby to assist you with any questions, concerns, or needs you might have!



Juliette Program Advisor  
abuller@girlscoutsssoaz.org | she/her

Girl Scout staff by day, content creator by night - always a momma to Tori and her house plants. You can find her photographing, embroidering, or rewatching true crime docs, anime and Steven Universe.



Leadership and Life Skills Specialist  
mmyers@girlscoutsssoaz.org | she/her

Leadership, life skill programs, highest awards, and all things older girls! Maggie can always with a coffee in hand.



STEM Specialist  
ssmith@girlscoutsssoaz.org | she/her

Whether she's working on a DIY project or getting lost down an internet rabbit hole, she's always ready to explore new things. She's a camp counselor, pet mom, gamer, and full-time STEMInist!



Outdoor Expert  
cmartin@girlscoutsssoaz.org | she/her

Caity's life goal is to become a mountain goat. When not at work, you can find Caity hiking, mountain biking or snuggling in a tent with her dog Lilly.

# Make New Friends

Connect with other Juliette Girl Scouts!  
Email [abuller@girlscoutsssoaz.org](mailto:abuller@girlscoutsssoaz.org) to be added to these groups.



Calling all Daisies, Brownies, and Juniors Juliettes! This group is just for you... join us on BAND where you will have the chance to make new friends with other Juliette girls your age! Get ready for some fun!



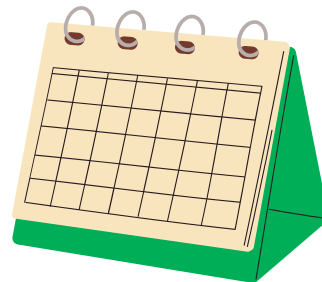
Attention Cadettes, Seniors, and Ambassadors Juliettes! Find deep connections and lasting friendships over on our Discord server! Join us for movie and game nights, real talk, and fun with other Juliette girls! You MUST be 13 years and up.

## Need some help?

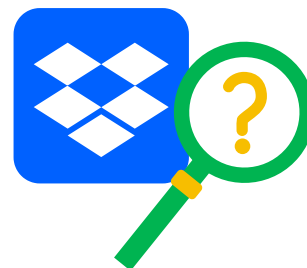
Our Juliette Program Advisor has got your back!

Whether you just need someone to chat with, or have some Juliette-related questions, office hours are available for you!

**Please email Alex at [abuller@girlscoutsssoaz.org](mailto:abuller@girlscoutsssoaz.org) to schedule your appointment.**



From training and how-to videos, to virtual adaptations and activities, you will find just what you're looking for with our Resources Library - available on DropBox!





# Life Skills & Older Girls

Find more at



Whether it's by staying healthy, developing strong relationships with family and peers, advocating on behalf of others, protecting our environment, or exploring careers that can truly change the world for the better, girls gain the skills and the inspiration to accept challenges, overcome obstacles, and take the lead.

## Life Skills Journeys

As a Girl Scout, you identify a problem you want to do something about, come up with a creative solution that will make a difference, and create a plan to make that solution a reality. Then you'll put your plan into action, talk about what you have learned, and celebrate your achievements. That's a Girl Scout Journey, and here are just a few of the areas you'll explore:

Civic Engagement: With a focus on preparing girls to be active and informed members of their communities, Girl Scouts offers Citizen badges for all grade levels, along with the Silver Torch and Gold Torch awards for Cadettes, Seniors, and Ambassadors. In addition, this year's new Civics badges will teach girls about their local, state, and federal government.

Community Service: Whether it's through planting a garden, painting a mural, or launching a letter-writing campaign, the It's Your World—Change It! Journey inspires Girl Scouts at every grade level to take on unique leadership and advocacy challenges and discover what it means to be a leader who makes a difference in the world.

Healthy Relationships: At every stage, from Daisy to Ambassador, Girl Scouts form stronger connections with family, friends, and their communities. Younger Girl Scouts (grades K–5) make new friends as they strive to be considerate, caring, and kind. In middle school, girls learn how to cope with bullying and relational aggression. And as a Senior or Ambassador, girls will hone their people skills with their peers and their community, as they make the world a better place.

Financial Literacy: Grounded in real-life situations, Financial Literacy badges give girls a deeper understanding of financial issues, providing them with insight, skills, and practical knowledge in areas such as budgeting, philanthropy, making smart buying decisions, financial planning, and more.

## Older Girls

Our Cadette, Senior, and Ambassador Girl Scouts have the opportunity to step into further leadership roles through the Girl Scout Highest Awards, our Girl Volunteer Corps, and so many other programs and events.



**For more information, please connect with Maggie, our Life Skills and Older Girl Specialist, at [mmyers@girlscoutsssoaz.org](mailto:mmyers@girlscoutsssoaz.org).**





# STEM

(Science, Technology,  
Engineering, Math)

Find more at



Imagine taking on some of the biggest challenges and problems our planet faces—and helping solve them. Or having a career that is engaging and well-paid. Imaging teaming up with others to invent the future. That future can be a reality, thanks to STEM (science, technology, engineering, math).

Research shows that girls are keenly interested in STEM and excel at it. Yet, for a variety of reasons, girls often don't pursue STEM—starting as early as elementary school. But we can change that! See that STEM can help you make the world a better place. Girl Scouts who participate in girl-focused STEM programs:

- Become better problem-solvers, critical thinkers, and inspirational leaders
- Get better grades, earn scholarships, and follow more lucrative career paths
- See STEM as the foundation for a meaningful and successful future

Perhaps you would like to build a robot, create a popular app, invent a medical device, develop a video game, design a car, protect the world's wildlife, send a spacecraft to a far galaxy, cure a disease, keep the ocean clean, study the stars... the possibilities really are truly endless! STEM can take you where you want to go.

## STEM Journeys and Badges

Automotive Engineering: Girls learn about designing, engineering, and manufacturing vehicles, as well as the future of mobility. They design their own vehicles, test prototypes, learn about design thinking, create their own assembly line manufacturing process, and more.

Engineering: Think Like an Engineer.: Girls discover how to think like an engineer by participating in hands-on design challenges and completing a Take Action project.

Computer Science: Think Like a Programmer.: Girls learn how programmers solve problems by participating in interactive computational-thinking activities and complete a Take Action project.

Outdoor STEM: Think Like a Citizen Scientist: Girls participate in interactive activities to learn how scientists solve problems using the scientific method. Girls practice observation, collect data, and complete a citizen science project. Then they create their Take Action project.

**For more information, please connect with Sequoia, our STEM Specialist, at [ssmith@girlscoutsssoaz.org](mailto:ssmith@girlscoutsssoaz.org).**





# Outdoors

Find more at



From the backyard to the backcountry, Girl Scouts has a long and storied history of getting every girl outdoors. In fact, many Girl Scouts tell us “camping trips” are one of the best things about their Girl Scout experience! It’s true: connecting with the great outdoors in a girl-led setting is a big benefit of belonging to Girl Scouts.

Studies show that girls today are not spending nearly enough time outdoors. Technology and structured activities leave less time for girls to get outside and enjoy nature. But as a Girl Scout, she’ll have plenty of opportunities to create her own outdoor adventures and develop a lifelong appreciation for nature and the out-of-doors—whether with her troop, at camp, or with friends and family. And that’s great news—because when Girl Scouts get outside, they:

- Discover that they can better solve problems and overcome challenges
- Develop leadership skills, build social bonds, and are happier overall
- Become team players and care more about protecting our environment
- When girls spend quality time outdoors and increase their exposure to nature, they thrive physically, emotionally, and intellectually.

## Outdoor Badges

In partnership with The North Face, Girl Scouts released 12 new Outdoor High-Adventure badges for all grade levels in summer 2019. These exciting new badges push girls’ boundaries in the outdoors with programming ranging from trail running to rock climbing, to snow sports and hiking. Girl Scouts love high adventure!

Eco Explorer: Seniors become real-life eco-explorers as they get hands-on experience with environmental issues and make a positive change in their natural surroundings. They explore biodiversity, investigate issues related to global ecosystems, research environmental topics, identify problem areas, and look into where environmental stewardship is needed most.

Buddy Camper: Daisies discover what adventure camping is all about! They play in nature, eat outside, and sleep under the stars as they learn about going camping—at a campsite or in a backyard—with family or friends.



**For more information, please connect with Caity, our Outdoor Specialist, at [cmartin@girlscoutsssoaz.org](mailto:cmartin@girlscoutsssoaz.org).**



# Entrepreneurship with Cookies

Find more at



Through Girl Scouts, girls learn to think like entrepreneurs as they participate in activities that spark curiosity, confidence, and innovation.

Research shows that girls are actively interested in becoming entrepreneurs, developing financially stable futures, and using their skills to make a big impact on the world.

But there are stumbling blocks on a girl's path to entrepreneurship, including fear of failure, concerns about bringing her big idea to life, and the perception that men are more likely to be entrepreneurs than women. While entrepreneurship may not be right for every girl, every girl will benefit, and maybe even discover a future career path, by learning to think like an entrepreneur. By providing a foundation to learn important business skills, Girl Scouts is the perfect place to support young girls in exploring entrepreneurship as they progress through Girl Scouts.

The Girl Scout Cookie Program, the foundation of entrepreneurial experience in Girl Scouts, is an important (and exciting!) part of the overall Girl Scout experience—tons of learning for her and beyond—delicious cookies for our awesome cookie customers! It's a win-win.

Whether girls go door to door, set up booths at libraries and shopping centers, or sell cookies online with Digital Cookie®, they're also preparing for a bright future as a female business leader or entrepreneur. The Girl Scout Cookie Program lets girls show the world their business savvy as key members of the world's largest girl-led entrepreneurial program.

Every year Girl Scouts all over the country use their cookie earnings to do amazing things in their communities and beyond. From helping animal shelters and feeding the homeless to raising awareness about bullying, making public areas more accessible to people with disabilities, and tons more, Girl Scouts can and will do anything they put their hearts and minds to.

As cookie entrepreneurs, girls gain essential skills and work as a team to accomplish common goals and solve problems, while building the confidence they need to shine as girls, as young women, and as future leaders. And did we mention fun? They have lots of that along the way, too.

And now with Digital Cookie, girls can do and learn even more—and have more fun than ever before—all while giving cookie customers more ways to support them and their goals.

Remember: smart cookies don't just improve their own lives—they have the vision to change the world.



**For more information or questions, please connect with Rosi, our Product Program Manager, at [rsouthee@girlscoutsoaz.org](mailto:rsouthee@girlscoutsoaz.org).**



**Calendar**



**Upcoming  
Events**

# **There's something for EVERY Juliette!**

Be sure to check out our calendar and upcoming events - we are always adding more and more programs, just for you!





girl scouts   
of southern arizona