CADETTE AMAZE! JOURNEY – MEETING 3

**Journey Award Purpose:** When you have earned this award, you will be able to advance peace in the world around you – one interaction at a time.

**Activity Plan Length:** 1.5+ hours

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Materials Needed</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 minutes</td>
<td>Getting Started</td>
<td>□ (Optional) Girl Scout Promise and Law poster</td>
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<tr>
<td></td>
<td>• Begin the meeting by reciting the Girl Scout Promise + Law</td>
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<tr>
<td>15 minutes</td>
<td>CliqueS, Stereotypes, and Bullying...Oh My!</td>
<td>□ Paper</td>
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<td></td>
<td>• Narrow down a topic for your Take Action project.</td>
<td>□ Pencils</td>
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<td></td>
<td></td>
<td>□ Snack</td>
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<tr>
<td>10 minutes</td>
<td>What is a PSA?</td>
<td>□ How to Make a PSA Video</td>
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<td></td>
<td>• Learn the steps to make a successful PSA.</td>
<td>□ Examples of PSAs</td>
</tr>
<tr>
<td>55 minutes</td>
<td>Make a PSA!</td>
<td>□ Varies depending on format</td>
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<td></td>
<td>• Make your own public service announcement.</td>
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<tr>
<td>Varies</td>
<td>Spread the Word!</td>
<td>□ Varies depending on format</td>
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<td></td>
<td>• Share your PSA with others.</td>
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<tr>
<td>5 minutes</td>
<td>Wrapping Up</td>
<td>□ (Optional) Make New Friends lyrics poster</td>
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**Getting Started**

Time: 5 minutes

Materials Needed: Girl Scout Promise and Law poster (optional)

Welcome everyone to the meeting, recite the Girl Scout Promise and Law.

**Activity #1: CliqueS, Stereotypes, and Bullying...Oh My!**

Time: 15 minutes

**Journey Connection:** Sessions 5 & 6

Materials Needed: paper, pencils, healthy snack

1. While enjoying snack, review what you discussed at your last two meetings. In your own words, define cliques, stereotypes, relational aggression, and bullying. Write down responses as they are shared.
2. Next, you will want to narrow down your topic to just one of those issues (or a similar issue). This will become the focus of your Take Action project.
3. Write down any thoughts, examples, or definitions of the topic/issue you chose.
Activity #2: What is a PSA?

Journey Connection: Session 7
Materials Needed: How to Make a PSA video (YouTube) and PSA examples (optional)
Prep Needed:
- Find the How to Make a PSA video https://www.youtube.com/watch?v=eywBa0xfQFw
- Look up PSA examples to share

1. Now that you have narrowed down your topic, it is time to start thinking about the project type – a Public Service Announcement (PSA). As a group – share what you know about PSAs.
   - What is a PSA?
   - Can you think of any common PSAs?
2. Watch this quick video titled “How to Make a PSA”. While this video was made by GSUSA a few years ago – the tips they give for making a PSA are still great! Just ignore the link referenced at the end of the video.
   https://www.youtube.com/watch?v=eywBa0xfQFw
3. Share famous PSA videos or poster campaigns. Here are a few examples to check out:
   - You Can’t Even Text and Walk https://www.youtube.com/watch?v=O5lf1BZKPoo
   - Give A Hoot! Don’t Pollute https://www.youtube.com/watch?v=xYp0jEZ3HJg
   - Smokey Bear https://en.wikipedia.org/wiki/Smokey_Bear
   - We Can Do It! https://en.wikipedia.org/wiki/Rosie_the_Riveter

Activity #3: Make a PSA!

Journey Connection: Session 7
Materials Needed: varies; possible materials include poster board, markers, phone/camera for photo or video, props, etc.

1. It’s time to make your PSA. You can write, draw, and/or act out your PSA. It can be a poster, video, photograph, jingle...the method is up to you.
2. Remember to keep the PSA short and concise. For example, if you are filming a video, keep it to 30-60 seconds.

Activity #4: Spread the Word!

Journey Connection: Session 8
Materials Needed: your completed PSA

1. Now that you have a finished product, it is time to Take Action by getting the word out about your message. Share your PSA in a format of your choosing. If you made a video, ask permission to post it online or share with your friends and family. If you made a poster, contact your local school or community center to see if you can post copies.
Wrapping Up

Time: 5 minutes

Materials Needed: Make New Friends lyrics (optional)

Close the meeting by singing Make New Friends and doing a friendship circle.

More to Explore

- **Field Trip Ideas:**
  - Visit your local public access station to learn about filming PSAs

- **Speaker Ideas:**
  - Invite someone who works in marketing or communications to talk about developing a powerful slogan.

NOTE TO LEADERS

Take Action projects are an important part of the Journey process and can seem intimidating. This activity plan is a suggestion (with instructions) of a project that your troop can do.

If your troop is inspired to plan and complete a different Take Action project, go for it! The most important part of a Take Action project is that girls are involved in doing something to make a difference in their community.

Other ideas for Take Action projects for Amaze!

- **Buddy Bench:** Build and implement a buddy bench program at your local park or elementary school. Contact local schools to see how they encourage friendly interactions on the playground and how they work to prevent bullying.

- **Anti-Bullying Campaign:** Start an anti-bullying campaign at your school. Talk to school administrators, teachers, and counselors to see what positive messages you can share at school. Perhaps you can hold an all-school assembly or organize a day where students wear the same color to unite against bullying.