

## **Cadette MEdia Journey**

### **Monitor Award Activity Plan**

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**Purpose:** When girls have earned this award, they will have taken stock of media in their world and the influence it has.

**Planning Guides Link:** Leadership **Lesson Plan Length:** 1.5 hours

**Involve Family and Friends:** Participation from family and friends can enrich your troop's Girl Scout experience, both for the girls and for you. Use the suggestions below to make it easier for you to connect with additional support.

Before the meeting:

Send a note to families to find those with interest in or expertise with the topic. Ask them to lead or support an activity or two, or even lead the whole meeting.

Offer this activity plan as a starting place and point out that they may choose alternative activities using the *Customize It!* section as a guide. For example: If an activity plan directs girls to sit outside and observe animal habitats, you may choose to go to the zoo and learn about animal habitats there instead.

At home:

Encourage families to ask questions about their girls' badge activities. Some examples that work for any badge include: What did you learn? What surprised you? What does it make you think of trying next?

Throughout the year:

Suggest to families ways that girls can share or display their Girl Scout accomplishments.

Possibilities include a bulletin board, a scrapbook, a special memories box or family sharing time.

**Girls Take the Lead:** Include girl leadership through long-term planning, short-term meeting prep and specific activities at meetings.

## Long Term Planning

If you use "Plan Your Cadette Year", share this with the girls at the start of the year. Have them ask friends and family to help out with specific meetings or activities. Let the girls brainstorm ways to make the plans their own, such as thinking of related field trip activities. If a girl has experience with a field trip, ask her to be assistant tour guide.

If you are adapting the "Plan Your Cadette Year", get the girls' input on which badges to choose. Offer just a few choices in each category or timeframe to make decisions easier. Every girl should have at least one badge or journey she's excited about.

## Short Term Planning

Ask a family to help lead a badge. Make sure they have access to activity plans and any resources you might have. Keep additional requested materials to a minimum.

Choose two helpers to stay after a meeting for 15 minutes. Give them each an activity to introduce and either instruct or help guide at the next meeting.

Before a meeting, ask everyone to vote on some aspect of the activity: draw posters or perform skits, open with a song or game, etc.

Use a rotating list of helper tasks, called a 'kaper chart', to share responsibilities. Examples include acting as emcee of the meeting, leading an opening game, bringing a snack next meeting or taking attendance.

## At the Meeting

During the opening, have 1-2 girls share their answers to a get-to-know-you question.

Have girls fulfill their kaper chart responsibilities.

Try to find something in each activity that you can let girls decide or manage.

**Customize It:** If your group wants to expand work on this award, or simply try different activities, go for it! There are many ways to complete this award, including: completing the activities as listed in the *It's Your Story - Tell It! MEdia* journey; completing this lesson plan; attending a council-sponsored event; or customizing activities. Pick the one(s) that work best for your group. Girls will know they have earned the Monitor Award if:

- They understand the role of media in their world.
- They understand how the media can influence them.
- Girls can continue their *MEdia* journey by earning the remaining awards: Influence and Cultivate.

## Tips & Tools

Check out ways to stay safe using Safety Wise at [GirlScoutsRV.org](http://GirlScoutsRV.org).

Ensure that your activities are accessible to everyone. Ask in advance if any special accommodations need to be made. If you have questions regarding specific adaptations, please contact Gateway Council at 877-764-5237.

**Resources**

This lesson plan has been adapted from *It's Your Story - Tell It! MEdia*, which can be used for additional information and activities.

**Getting Started**

Time Allotment: 25 minutes

Materials Needed:

Optional: Girl Scout Promise and Law printed out on poster board Steps:

Welcome everyone to the meeting.

Recite the Girl Scout Promise and Law. Use repeat-after-me or say it as a group, if girls know it by heart.

<b>Girl Scout Promise</b>	<b>Girl Scout Law</b>
<p><i>On my honor, I will try:</i> To serve God and my country, To help people at all times, And to live by the Girl Scout Law.</p>	<p><i>I will do my best to be honest and fair, friendly and helpful, considerate and caring, courageous and strong, and responsible for what I say and do,</i> <i>and to</i> respect myself and others, respect authority, use resources wisely, make the world a better place, and be a sister to every Girl Scout.</p>

Play this media-related game to help girls get to know each other better.

Gather the girls in a circle and say: The world of media zaps millions of messages through the world each day with just little blurbs and bites. Let's each take a slip of paper and a pencil and write a one-to three-word "sound bite" about ourselves that says something about our likes or dislikes.

(Examples: "plays piano," "makes homemade cookies," "windsurfs," "has three dogs.")

Have the girls put their slips into a bag, bowl, or other container and form a circle. Then ask each girl to pick a slip and read it aloud. The girls try to guess which Cadette it describes.

When everyone has had a turn, say: As our journey continues, we will learn so much more about the power of a few words, the power of messages - and the power we all have to change those messages!

### **Activity #1: A Media Walkabout**

Journey Connection: Session 1—Journey Kickoff: A Media Walkabout Time Allotment: 15 minutes

#### Materials Needed:

Large paper or whiteboard Writing utensils

#### Steps:

Let the girls know that they are about to begin an exciting journey all about media. They will "monitor" media and explore how they and others use it in their communities; they will team up on a Media Remake Project to make media that better represents their reality, and then share it to influence others in a positive way; and they will commit to making a positive change in how they use media in their own lives - a change they can cultivate so that it inspires others too!

Ask girls what they think of when they hear the word "media." The girls will likely respond with answers such as "the news," "television cameras," "movies," "reporters," and the like. Let them know that the word "media" refers to all the tools used to communicate with many people at one time. It often refers to news media - newspapers, new sites, TV, and radio—but it is all around us, too. It is in the brands we wear and use, in advertising we see, in the books we read, and in the music we love. Ask the Cadettes to kick off this journey by investigating just how much media is right around them. Ask them to survey themselves (things they wear or eat or carry with company brands and logos), their meeting place (fliers, posters, signs, furniture, equipment, supplies, media tools like TV or internet), and, if possible, their community or neighborhood (electronic signs, building names, posters for events, advertisements on store windows, billboards, or buses).

Once Cadettes tally all the messages and types of media they've found, get a discussion going with questions like these:

- What surprised you most about all the media you found?
- What do these examples of media tell you about your environment?
- What places and times in your daily life are "saturated" with media?
- What types of media get your attention the most?
- What would you change about the amount and kind of media in your life? What would you want to add? Remove?
- When or where are you truly free of media?

## **Activity #2: What's Fame? What's in a Name?**

Journey Connection: Session 3 -What's Fame? What's in a Name?

Time Allotment: 15 minutes Prep Needed:

Cut 50 slips of paper

Materials Needed:

50 slips of paper Writing utensils Bag, hat or bowl for slips Watch or phone with a timer

Steps:

This game of "celebrities" gets the girls thinking about the impact of celebrity culture in their lives.

To play, have the girls quickly write names of famous girls and women in the media on the slips of paper. After they toss all the slips into a "pot", share the following directions.

Divide into two teams. On each turn, one team keeps time for 60 seconds, while the other team picks a clue-giver.

The clue-giver picks a slip, reads it silently, and gives quick clues to her team until the team guesses the famous name correctly. The clue-giver then quickly picks a new slip and begins again. The team earns 1 point per name guessed correctly until the 60 seconds are up.

Let both teams know that the clue-giver may not mention any part of the person's name, use initials, "sound - alike" or rhyming words when giving clues.

Alternate clue-givers, so each team member gets a turn.

The winner is the team who guessed the most names correctly.

If you'd like, play a few more rounds, changing the types of "celebrities." Variations include: famous women, real or fictional; women in the community, known to everyone.

After the game, start a discussion about the kinds of phrases that triggered "instant recognition."

Then ask:

- Why were some people so recognizable?
- What makes a person into an icon or symbol everyone recognizes?
- How do you think the icon differs from the real person? Whose reality is being presented in the media you see about this person?
- How can you make sure that the version of you that everyone recognizes is the one that you really are and really want to be?

### **Activity #3: Who Says?**

Journey Connection: links to multiple activities in Session

2 Time Allotment: 15 Minutes Materials Needed:

Paper

Writing utensils

#### **Steps:**

Advertising and its messages are often at the root of concerns people have about media in their community and the wider world. As girls dig deeper into media and media messages, they will find that many messages - especially ones found in advertisements - contain myths and stereotypes. A myth we often see in media is the beauty myth - that there is only one (narrow) definition of beauty. We might think we all agree on our ideas of beauty, but really we all have our own tastes and preferences that are much more reliable and helpful to us than a universal standard of beauty. See how the girls' definitions of beauty differ from one another's with this activity.

Have each girl take a piece of paper and write the word "BEAUTY" vertically down the left side of the paper.

For each letter of the word "BEAUTY" have girls think of things that start with that letter that they think are beautiful.

Ask girls to share their Beauty Poems, if they are comfortable doing so.

#### Activity #4: Snack Chat

Journey Connection: Questions link to multiple *MEdia* activities

Time Allotment: 15 minutes

Steps:

While enjoying a healthy snack of your choice, here are some things to discuss with the girls:  
What would you change about the amount and kind of media in your life?

How might the media better represent reality?

How does either a limited or a more open idea of beauty make you feel? Do people seem more beautiful after you've seen what they do or how they act, or once you get to know them better?

Think about the people you admire. Are they beautiful in your eyes in a way that's different from media's definition of beauty? How?

#### Wrapping Up

Time Allotment: 15 minutes

Materials Needed:

Optional: Make New Friends printed on poster board Steps:

Instruct girls to get into a Friendship Circle. Have girls stand in a circle and cross their right arm over their left, holding hands with the person on each side of them.

Sing "Make New Friends."

Make New Friends		
Verse One	Verse Two	Verse Three
Make new friends, but keep the old. One is silver, the other is gold.	A circle is round, it has no end. That's how long, I will be your friend.	You have one hand, I have the other. Put them together, We have each other.

After the song, ask everyone to be quiet.

Assign one girl to start the friendship squeeze by gently squeezing her neighbor's hand with her right hand. Then, that girl squeezes with her right hand. One by one, each girl passes the squeeze until it travels around the circle. When the squeeze returns to the girl who started, she says "Goodbye Sister Girl Scouts" and the girls unwrap and face outward instead of inward.

Optional: Have girls make a wish after their hand has been squeezed and before they pass the squeeze along. Girls can also put their right foot out into the circle when they receive the friendship

squeeze, so that everyone can see it travel along the circle.

### **More to Explore:**

#### Field Trip Ideas

Visit a graphic designer to learn how graphics, text and illustration are combined to catch a reader's eye.

#### Speaker Ideas

Invite a marketing and/or communication employee to your meeting to speak on media stereotypes.

### **Suggestions**

Do you have any suggestions to improve this activity plan? Do you have ideas for other possible badge-earning activities? Please email [info@girlscouts-gateway.org](mailto:info@girlscouts-gateway.org).

**Family Follow Up Email:** Use the email below as a template to let families know what you did at the meeting today. Feel free to add additional information, including:

- When and where you will be meeting next
- What activities you will do at the next meeting
- Family help or assistance that is needed
- Supplies or materials that girls will need to bring to the next meeting
- Reminders about important dates and upcoming activities

Hello Girl Scout Families:

We had a wonderful time today talking about the media and the influence it has on us.

We had fun:

- Doing a media walkabout to explore the media around us.
- Playing a celebrity guessing game to look at the impact of celebrity culture in our lives.
- Writing a poem about the things we think are beautiful.

Continue the fun at home:

Watch a movie with positive images of women.

Encourage your Girl Scout to flip through a new magazine - try one about science, business or sports.

Look through the *MEdia* journey with your Girl Scout Cadette for more activities to try. Thank you for bringing your Cadette to Girl Scouts!