

Girl Scouts of NOARK Council,
the Cancer Support Home and the
Ozark Affiliate of the Susan G. Komen
Breast Cancer Foundation present



Introduction: The NOARK Girl Scout patch program, Pink Ribbon Patch, was designed as a collaborative effort between The Cancer Support Home and the Ozark Affiliate of the Susan G. Komen Breast Cancer Foundation®. The goal of this program is to increase breast health awareness in young women. It is also our hope that this Pink Ribbon Patch will allow you to learn about topics that affect young women, as well as inform you about career opportunities that may be of interest.

Activities for Brownie Girl Scouts

Brownie Girl Scouts must complete 5 out of 6 activities to complete this patch program.

1. **Careers:** There are many various careers that revolve around breast cancer. These include but are not limited to nursing, radiology, mammography, and social work or working for an agency that provides services in the community. Contact one of these professionals and have them visit your troop meeting.
2. **Healthy:** Learning about your changing bodies. Physical activity is an important part of overall healthy living. Keep a journal of your activities over the next 4 days. Are you a couch potato? Do you spend most of your time outside? Is there something you need to change to make your life healthier?
3. **Diet:** Read a book about healthy eating. Make a healthy snack to share with your troop.
4. Create a poster board or collage presentation that addresses the issues of breast cancer and share this with your troop.
5. Smoking at an early age has a direct effect of increasing the risk of breast cancer. Read the Girl Scouts Against Smoking Booklet for Daisy and Brownie Girl Scouts. Complete 1 activity from the booklet or Ad-savvy exercise.
6. Volunteer for the Race For The Cure, National Lee Denim Day or other Breast Cancer Awareness events in your local community. Contact the Komen web site (www.komen.org) for breast cancer activities within your community.

Activities for Junior Girl Scouts

Junior Girl Scouts must complete **6 out of 10** activities to complete this patch program.

1. **Careers:** There are many various careers that revolve around breast cancer. These include but are not limited to nursing, radiology, mammography, and social work or working for an agency that provides services in the community. Contact one of these professions and have them visit a troop meeting.
2. **Healthy:** Learning about your changing bodies. In the *Junior Girl Scout Badge Book*, look over the High on Life and A Healthier You badges. Complete 1 activity from one the badges..
3. **Diet and Exercise:** All women are at risk for breast cancer but you can do things to lower your risk. Exercise and eat a diet rich in fruits and vegetables. Research a book or topic on healthy eating. In your research, look for ways to lower your risk through exercise and diet and adopt at least one new health habit.
4. **Participate in a Health Fair.** Create a poster board presentation that addresses the issues of breast cancer and display this at a local health fair, a community agency, or at a troop meeting.
5. **Interview a Breast Cancer Survivor** and have them explain their journey through diagnosis, treatment and survivorship or invite a Breast Cancer Survivor to speak at a troop meeting.
6. **Smoking at an early age** has a direct effect of increasing the risk of breast cancer. Read the Girl Scouts Against Smoking Booklet for Junior Girl Scouts. Complete 2 activities from the booklet or Ad-savvy exercise.
7. **Volunteer for the Race For The Cure, National Lee Denim Day** or other Breast Cancer Awareness events in your local community. Contact the Komen web site (www.komen.org) for breast cancer activities within your community.

8. Research a topic such as Genetics and Breast Cancer, Alternative and Complementary Therapies, or Treatment Options. Present your finding to your troop. The Susan G. Komen Cancer Foundation offers numerous educational materials on these topics and many more. Contact the local affiliate office for these materials or go on the Komen Foundation website (www.komen.org) to learn more.

9. Interview an elected official and find out how he or she feels about women's health issues and what they think can be done to help financially support a program that addresses this issue.

10. Trace your families' medical history. Make a tree diagram to follow your ancestor's medical history. Interview family members and have them help you complete this exercise.

Activities for Members of STUDIO 2B

Members of STUDIO 2B must complete 7 out of 10 activities to complete this patch program.

1. Careers: There are many various careers that revolve around breast cancer. These include but are not limited to nursing, radiology, mammography, and social work or working for an agency that provides services in the community. Contact one of these professionals and spend 2 or more hours shadowing this professional. Report back your observations to your troop.
2. Participate in a Breast Self-Exam Workshop. It is important for younger women to perform monthly breast self-exams (BSE). Experts recommend that all women perform monthly breast self-exams by the age of 20. Clinical breast exams are recommended for all women by the age of 20, and thereafter every 3 years. Learn the facts, signs and risks of breast cancer. Learn the importance of conducting monthly Breast Self Exams. Set a good example for your family and friends.
3. Diet and Exercise: All women are at risk for breast cancer. But, you can do things to lower your risk. Exercise and eat a diet rich in fruits and vegetables. Research a book or topic on healthy eating.
4. Participate in a Health Fair. Create a poster board presentation that addresses the issues of breast cancer and display this at a local health fair or at a community agency.
5. Interview a Breast Cancer Survivor and have them explain their journey through diagnosis, treatment and survivorship or invite a Breast Cancer Survivor to speak at a troop meeting.
6. Smoking at an early age has a direct effect of increasing the risk of breast cancer. For one week, record all the tobacco advertising you notice. These can be advertisements in magazines, point of purchase displays in convenience stores, t-shirts, caps, Internet ads, movies, ect. In addition, write a short one-page essay on the effects this advertising has on young girls your age.

7. Volunteer for the Race For The Cure, National Lee Denim Day or other Breast Cancer Awareness events in your local community. Contact the Komen web site for breast cancer activities within your community.

8. Research a Topic such as Genetics and Breast Cancer, Alternative & Complementary Therapies or Treatment Options. Present your finding to your troop. The Susan G. Komen Breast Cancer Foundation offers numerous educational materials on these topics and many more. Contact the local affiliate office for these materials or go on the Komen Foundation website (komen.org) to learn more.

9. Interview an elected official and find out how he or she feels about women's health issue and what they think can be done to help financially support a program that addresses this issue.

10. Trace your families' medical history. Make a tree diagram to follow your ancestor's medical history. Interview family members and have them help you complete this exercise.

Program Links:

Issues For Girl Scouts:

Girls are Great!
 In the ZONE: Living Drug Free

Brownie Try-Its:

Eat Right
 Stay Healthy
 GirlSports
 Healthy Habits
 Make it, Eat it
 My Body
 Sports and Games

Junior Badges:

Looking Your Best
 Food Power
 Fun and Fit
 A Healthier You
 High On Life
 Highway to Health
 Let's Get Cooking
 Sports Sampler
 Walking to Fitness

Studio 2B:

On Track
 Uniquely Me!
 Inside and Out
 Uniquely Me! The Real Deal
 Looking in, Reaching Out

Related Interest Projects:

Women's Health
 From Fitness to Fashion
 Generations Hand in Hand
 Understanding Yourself and Others
 Women Through Time