



## DIRECTIONS



### DAISY SAFETY AWARD

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Learn how to stay safe on your Daisy adventures! When you do, you'll earn this important award.

Daisies earn this award by completing these three steps:

- 1 Understand what to do if you get lost. Know your phone number, address, and who it's safe to ask for help (police officer, teacher, person in charge).
- 2 Find out what you should do if you or a friend is choking.
- 3 Learn how to do "Stop, Drop, and Roll" if your clothing catches on fire.



### BROWNIE SAFETY AWARD

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It's important to stay safe in your daisy life and when you go on Brownie adventures!

Complete these five steps to earn the award:

- 1 Talk to a teacher, parent, or another adult about how to stay safe at school. Make a list of the three most important rules for playground safety or safety on the school bus.
- 2 Get a map of your neighborhood or town and mark where the police station, fire station, and other important points are located.
- 3 Find out how a smoke alarm works. Test the one at your home so you know what it sounds like and make sure it's working.
- 4 Choose an upcoming trip you plan to take – to a carnival, amusement park, the mall, or even just the grocery store – and make a safety plan with an adult. Find out what to do if a stranger approaches you in a public place.
- 5 Find out what natural disasters are most common in your area (earthquakes, blizzards, hurricanes, tornadoes, floods) and discuss with your family or another adult what to do when they happen.



### JUNIOR SAFETY AWARD

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Know how you and your friends can stay safe on your Junior adventures!

Juniors earn this award by completing these five steps:

- 1 Find out what the most common injuries are for kids your age. Make a list of how to prevent them. Then do a home safety audit to check for dangers around the house.
- 2 Conduct an emergency evacuation drill of your home or the place your Girl Scout group meets. In the case of fire, know where your main exit is located, and plan an alternative way to get out if the first exit is blocked.
- 3 Find out how to read weather signs so you know when to head indoors and get to safety.
- 4 Learn about bicycle safety. Research why biking helmets are important and how to check if a helmet fits you properly.
- 5 Go on a hazard-identification walk along a local hiking trail, bike trail, or horse trail.



## CADETTE SAFETY AWARD

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Discuss bullying with your Girl Scout group, friends, or family. Write and sign a personal responsibility statement that covers how you'll behave at school, at home, and online.

Cadettes earn this award by completing these five steps:

- 1 Learn how to make a room safe for a young child.
- 2 Find out about water safety and learn to perform a reaching assist from a dock or the side of a pool to help someone out of the water.
- 3 Teach a Daisy or Brownie what to do if she gets lost and why she shouldn't talk to strangers. (Can't meet in person? Make a video you can share with younger girls.)
- 4 With your family, make sure you have enough food, water, and medication supplies on hand to last at least three days in case of a natural disaster. (Remember to plan for pets!) It's important to have someone outside the area whom everyone in your family can contact in case you are separated. Learn who your family contact is or help your family choose a contact.
- 5 Discuss bullying with your Girl Scout group, friends, or family. Write and sign a personal-responsibility statement that covers how you'll behave at school, at home, and online.



## SENIOR SAFETY AWARD

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Seniors earn this award by completing these five steps:

- 1 Take a self-defense class or ask a police officer to talk to you or your group about self-defense tips. (Can't meet in person? Find some tips or watch a self-defense video online.)
- 2 Teach younger Girl Scouts about fire and kitchen safety, water safety, or safety on the trail. (Can't meet in person? Make a short video you can share with younger troops.)
- 3 Learn about the dangers of distracted driving, and make a poster or PSA about paying attention at the wheel.
- 4 Help two people to resolve a disagreement peacefully and respectfully.
- 5 Discuss the dangers of alcohol and drug use with your Girl Scout group, friends, or family. Write a personal-responsibility statement that covers how you'll behave.



## AMBASSADOR SAFETY AWARD

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Ambassadors earn this award by completing these five steps:

- 1 Pick a safety issue important to you, and organize a forum where other teens can discuss the issue. (Can't meet in person? Hold an online forum or pose questions on social media to start conversation.)
- 2 Talk to younger Girl Scouts about Internet safety and safe use of social media. (Can't meet in person? Make a video you can share with younger girls.)
- 3 List your duties as a counselor-in-training, volunteer-in-training, or in other leadership roles you hold. Carry the list with you, and use it to make sure you've covered all your bases when making a safety plan for trips and events.
- 4 Talk to a counselor, social worker, or someone who works at a local women's shelter to find out more about how to stay safe while dating. (Can't meet in person? Try email, phone, or search online for resources.)
- 5 Pick a sport or outdoor activity you enjoy. Find out how rules, training, and safety equipment are designed to protect players.