



# Be **BOLD.** Be **BRAVE.** RAISE YOUR HAND

## TROOP LEADER FACILITATOR GUIDE

### ASK

**Do you raise your hand in class?**  
**How does it feel to raise your hand?**

- Take the Girl Scout pledge
- Encourage 3 friends for Raise Your Hand



### REFLECTION NOTES

1.

#### Teach her to embrace failure.

Girls would rather stay silent than risk a wrong answer. Teaching girls that failure is a part of life helps them begin to approach challenges without fear.

2.

#### Encourage teamwork.

When girls work cooperatively with their peers, they start to identify their unique strengths and skills. Girls value each others' ideas, and gives introverted girls opportunities to step up and take the lead.

3.

#### Get her outdoors.

Research shows that girls who regularly spend time outdoors are better problem solvers and more eager to take on challenges. Time spent in the outdoors gives girls unique opportunities to try new things, take risks and get outside their comfort zone.

4.

#### Inspire self-acceptance.

As girls get older, they start to face more and more internal and external pressures. In fact, between elementary and high school, girls' self-esteem drops 3.5 times more than boys'. A healthy sense of confidence starts with a healthy self-image.

5.

#### Connect her with mentors.

Programs like Girl Scouts connect girls with a supportive network of inspiring role models to help girls reach their full potential.