

# CADETTE AMAZE! JOURNEY – MEETING 1

**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

Time	Activity	Materials Needed
15 minutes	Getting Started <ul style="list-style-type: none"> <li>Begin the meeting by reciting the Girl Scout Promise + Law</li> </ul>	<input type="checkbox"/> (Optional) Girl Scout Promise and Law poster
25 minutes	Click vs. Clique <ul style="list-style-type: none"> <li>Discuss the difference between “clicks” and “clicking” with others.</li> </ul>	<input type="checkbox"/> Click vs. Clique handout <input type="checkbox"/> Click or Clique role play scenarios
25 minutes	Act Like a Lady, Be a Man <ul style="list-style-type: none"> <li>Discuss gender stereotypes and how they influence choice.</li> </ul>	<input type="checkbox"/> Large paper or whiteboard <input type="checkbox"/> Markers
15 minutes	Snack Chat & Peacemaker Reflection <ul style="list-style-type: none"> <li>Enjoy a snack while reflecting on the day’s activities.</li> </ul>	<input type="checkbox"/> Snack
10 minutes	Wrapping Up	<input type="checkbox"/> (Optional) Make New Friends lyrics poster

## Getting Started

Time: 15 minutes

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

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

## Activity #1: Click vs. Clique

Time: 25 minutes

Journey Connection: Session 3 – Cliques and Conflicts

Materials Needed: Click vs. Clique handout, Click vs. Clique role play scenarios

Prep Needed:

- Print handouts
- Cut out role scenarios

- Pass out the “Clicks” or “Cliques” handout. Discuss the following information on social groups and clicks vs. cliques.

*It’s perfectly normal: tweens and teens group together and hang on tight! As human beings, we are social creatures who often connect with others who have similar personalities and interests. Friend groups made up*



of kids who “click” (with a “k”) are usually healthy. People in healthy friend groups are there for each other, go to each other’s special events, support each other through hard times, and let people be individuals.

Cliques (with a “q”) aren’t necessarily are made up of people who “click”. These groups do not come together by genuine interest in each other. Instead, they are organized by power and popularity. Cliques often exclude others and are very selective about who they interact with.

1. Get into groups of 3 or 4. Pass out one scenario to each group – each scenario will either be an example of “clicking” or “a clique”. You have 2-5 minutes to read through the scenario and put together a short role-play based on your scene.
2. Take turns presenting your role play scenario, while the rest of the troop decides if it is an example of “girls clicking” or “a clique”.

## Activity #2: Act Like a Lady, Be a Man

Time: 25 minutes

Journey Connection: Session 2 – Navigating Friendships

Materials Needed: Large paper or whiteboard, markers

1. Define “gender”, “sex”, and “stereotype”.
  - Gender: The behavior, cultural, or psychological traits typically associated with each sex. the state of being male or female (typically used with reference to social and cultural differences rather than biological ones).
  - Sex: The female or male division of a species, differentiated by the
  - reproductive anatomy/functions. (You are born with your sex, i.e., anatomy.)
  - Stereotype: A set of inaccurate, simplistic generalizations about a group that allows others to categorize them and treat them accordingly. An idea about an entire group of people that may be true for a few members of a group, but is assumed to be true for all.
2. What is a common stereotype about teenagers? (Example: all teens are lazy.) Although some teens are lazy, most are active individuals.
3. Next, take a look at common gender stereotypes. Write “Be A Man” on the top of the paper and list all of the things you think of when someone says “Be A Man”.
  - What are common male stereotypes?
  - How do they act, dress, sound?
  - How would they sit in a chair?
4. Next, write “Act like a Lady” on another sheet of paper and list all of the things you think of when someone says “act like a lady”.
  - What are common female stereotypes?
  - How do they act, dress, sound?
  - How would they sit in a chair?
5. Once you have the two lists, draw a box around each list. These boxes represent gender stereotypes. Continue your discussion with the following questions:
  - Do you fit into this box?
  - Do you try to make others fit into this box?
  - How do you feel when someone assumes you should act or look a certain way based on stereotypes?
  - Is it ok if someone does fit a gender stereotype?



## Activity #3: Snack Chat & Peacemaker Reflection

Time: 15 minutes

Journey Connection: Sessions 2 & 3

Materials Needed: snack

1. While enjoying a healthy snack, reflect on today's activities by using the following discussion questions:
  - Are there any cliques at your school?
  - What about groups of friends – does everyone stick with their own “group” or does everyone interact with one another?
  - What are the stereotypical middle or high school groups that you can think of? (ex: jocks, preppy, popular, nerd, theatre kids, punk, etc.) What words first come to mind when you think of each group?
  - Why do we stereotype groups of kids? Is everyone really the same, even if they have common interests? For example, are all nerds smart and all jocks dumb?
  - How do stereotypes come about? Where do they come from?

## Wrapping Up

Time: 10 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:
  - Go on an overnight and watch a movie that features cliques or stereotypes.
- Speaker Ideas:
  - Invite a Senior or Ambassador Girl Scout to your meeting to discuss friendships in high school.



## Click vs. Clique

Most kids and teens find a group with whom they “click” in a healthy way. Others get swept up in a “clique” that come together by power and popularity. Let’s look at some of the common differences between “clicks” and “cliques”.

Click	Clique
People who are drawn together by a mutual interest or value system.	People who are drawn together by the need to be special and popular.
Members are encouraged to have other friends too and to introduce new members into the group.	Members may only be friends with each other and are discouraged from bringing new members into the group – unless the new person adds to the groups "coolness" factor.
Individual members are supported in their individual interests by the group. Group members celebrate each other’s individual successes.	Members are discouraged from being involved in anything that takes time and attention away from the group.
Members are valued for their individuality.	Members must conform to the group’s idea of how to act and what to wear.
Natural leaders may emerge but the leaders don’t need to be in charge to feel good about themselves. They are happy to have others take on leadership as well.	The leader(s) hold on tight to their leadership role and exclude anyone from the group who might threaten that position.
If people are sometimes crabby or mean, it’s just because they are having a bad day.	If people are mean, it’s meant to reinforce the idea that the group is exclusive and superior.



## Click or Clique Role Play Scenarios

1. Anna, Kristen, and Camille have all joined the soccer team. They enjoy sitting together at lunch and talking about an upcoming game or how tired they were after the previous night's practice. The three girls have become good friends and hang out together all the time. Their other friends often come to cheer them on at their soccer games.
2. Emilia is the most popular girl at her school. She has a select group of friends that does whatever she says. Emilia says that their group can only wear clothes from specific stores. If anyone wears something else, they may not hang out with her at school.
3. Jennifer, Mia, Lily, and Charlotte are always hanging out together. You never see one without the others. Mia recently joined the school choir and started talking to Olivia, another girl in her choir class. Jennifer saw Mia talking to Olivia in the hallway and quickly grabbed Mia by the arm and pulled her away from the conversation. Jennifer snapped at Mia by saying "If you keep talking to her, you will have to think twice about sitting with us at lunch".
4. Sophia, Morgan, Violet, and Sasha all have various interests in art and music. Sophia and Morgan are in band, Violet likes to sing, and Sasha is really good at drawing. The girls are all participating in the fall musical in various roles – from the orchestra, to the leading role, to painting the backdrops and organizing props. After their rehearsal on Friday, the girls are getting together for a sleepover. Another girl in the musical mentioned she was going straight home afterwards and didn't have any plans. The girls happily asked her if she wanted to join them on their overnight.
5. Ruby, Mary, and Eva have been best friends since 1st grade. Now they have started middle school and everyone is joining new clubs and sports. Ruby signed up for basketball, Mary joined the yearbook club, and Eva is on student council. All three girls enjoy sharing their new interests with one-another. They have even made some new friends along the way.

