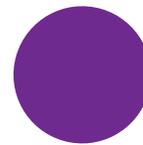


girl scouts
of ohio's heartland



Girl Scouts for All



CONTENTS

Girl Scouts for All

Contents

What Do You Call People with
Disabilities

Differing Abilities Handbook

ADHD

Asthma

Autism

Blind/Visually Impaired

Deaf/Hearing Impaired

Diabetes

Food Allergies

Learning Disabilities

Seizure Disorders

Wheelchairs

Girl Scouts for All Patch Program

Girl Scouts for All Patch Program

Patch Requirements

Required Discover Activities

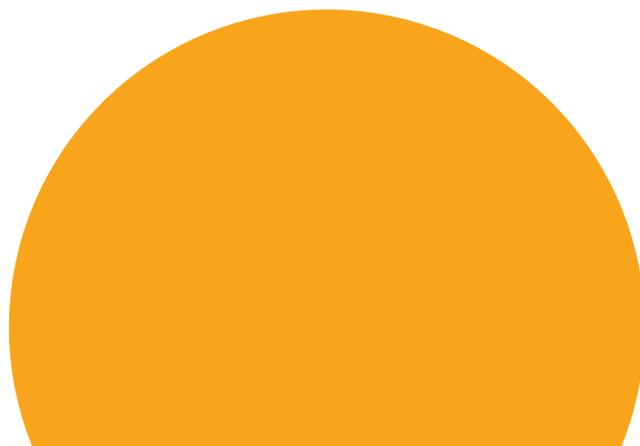
Discover Activities

Connect Activities

Take Action Activities

Reflection

Person-First Language



Girl Scouts for All

Every girl deserves the opportunity to be a Girl Scout.

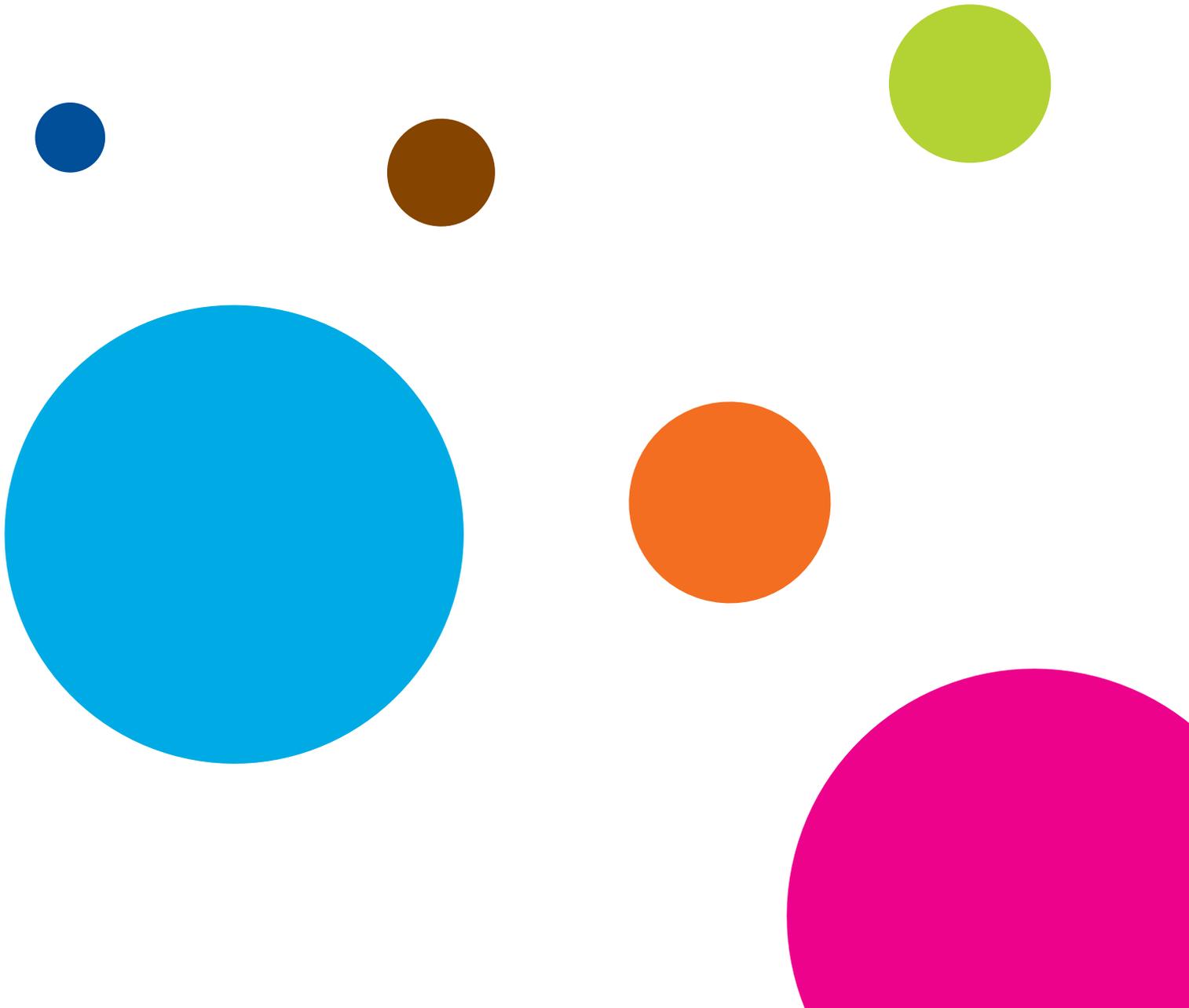
Girl Scouts For All (GSFA) provides support, resources, and advocacy for girls with differing abilities, their troop leaders, and families. No matter what challenges a girl may face, she is welcome to join the Girl Scout Sisterhood!

GSFA provides both specialized troops for girls with differing abilities and resources for leaders so they can properly welcome these girls into their troops as well as teach their Girl Scouts sisters about persons with disabilities.

Girl Scout Game Changers – we need you!

We have a lot of exciting goals and could use your help getting there! Do you have a girl who would like to make a video or written resource on helping or welcoming those with differing abilities into Girl Scouting? Do you have a troop that would like to do a community service project by making kits of badge work, arts and crafts projects, or other fun activities for our specialized troops? Join us!

Email program@gsoh.org for more information on the different ways you can contribute.



What do you call people with disabilities?

In most cases, you can use the same words for people with disabilities that you would use for anyone else: friends, neighbors, coworkers, dad, grandma, Joe's sister, my big brother, our cousin, Mrs. Schneider, George, husband, wife, colleague, employee, boss, reporter, driver, dancer, mechanic, lawyer, judge, student, educator, home owner, renter, man, woman, adult, child, partner, participant, member, voter, citizen, amigo, or any other word you would use for a person.

Examples of People-First Language

SAY THIS...

People with disabilities

People without disabilities

Person who has a congenital disability

Person who has (or has been diagnosed with)

Victim of...

Person who has Down's Syndrome

Person who has (or has been diagnosed with autism)

Person with quadriplegia, person with paraplegia,

Person diagnosed with a physical disability

Person of short stature, little person

Person who is unable to speak and/or uses a communication device

People who are blind or visually impaired

Person with a learning disability

Person diagnosed with a mental health condition

Person diagnosed with a cognitive disability or with an intellectual and developmental disability

Student who receives special education services

Person who uses a wheelchair or mobility chair

Accessible parking, bathrooms, etc.

NOT THIS...

The handicapped, the disabled

Normal, healthy, whole or typical people

Person with a birth defect

Person afflicted with, suffers from, a Victim of...

Down's person, mongoloid, mongol

The autistic

A quadriplegic, a paraplegic

A cripple

A dwarf

Dumb, mute

The blind

Learning disabled

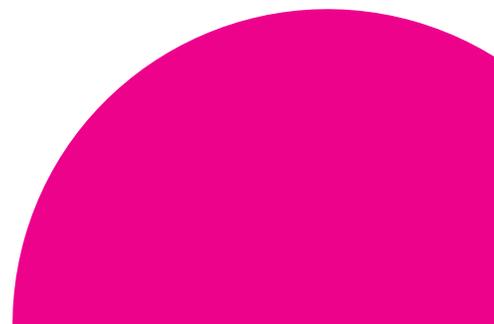
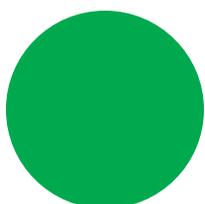
Crazy, insane, psycho, mentally ill emotionally disturbed, demented

Mentally retarded, retarded, slow, idiot, moron

Special ed student, special education student

Confined to a wheelchair; wheelchair-bound

Handicapped parking, bathrooms, etc.



Differing Abilities Handbook

The Girl Scout Experience is for all girls. Every girl has something fabulous to bring to the table!

Girl Scouts of Ohio's Heartland welcomes girls and adults whose learning or physical disabilities and differing abilities may limit their activities but not their hopes and achievements. The Girl Scout Leadership Experience is flexible enough to bring out the best in girls and adults of any ability.

What is a disability?

A disability is something that substantially limits one or more major life activities such as walking, talking, reading, writing, eating, dressing or bathing yourself, along with any of the everyday things people do for themselves and others. A disability may affect only a small part of your life or it may affect every part of your life.

Some disabilities are obvious: a person uses a wheelchair or walker, has a guide dog or white cane, or communicates using American Sign Language; or perhaps a person has an artificial limb or their speech is hard to understand. Other disabilities are "invisible"- you can't tell just by looking that a person has a seizure disorder, life-threatening food allergies, a learning disability, or asthma.

Juliette Low showed us the way

Juliette Gordon Low, the Founder of Girl Scouts of the USA, was deaf for most of her adult life. She sometimes used "ear trumpets," the forerunner of today's hearing aids, but she also tried to hide her deafness by being charming, talking a lot and moving quickly from one person to the next. Her deafness was a great inconvenience for her, but it didn't stop her from starting the Girl Scout Movement. Juliette Low's disability didn't stop her from following her dream - and a disability should not stop a girl from becoming a Girl Scout or an adult from becoming a leader.

Who can be a Girl Scout? Any girl!

Membership as a Girl Scout is granted to any girl who:

1. Has made the Girl Scout Promise and accepted the Girl Scout Law
2. Has paid annual membership dues
3. Meets applicable membership standards (in grades K-12)

Girls with developmental delays may be registered as closely as possible to their chronological age, and they wear the uniform of that age level. They may keep their girl membership until age 21, then move into the adult category. That's it! There are not requirements on how far you can walk or run, how well you can read, or how quickly you can think. Girls are placed whether they have differing abilities or not.



But what will I DO with a girl who has differing abilities?

The same thing you "do" with a girl who doesn't: help her grow in character so she can make the world a better place. You'll model the Girl Scout Promise and Law, but you'll also help her choose the activities she wants to do at Girl Scouts, just like you do with the other girls. Show her how to stay safe and healthy, help her make friends, teach her how to live outdoors, and share "fun" Girl Scout traditions! She may be bullied at school or unable to participate in other groups so make your Girl Scout troop a safe haven and show the rest of your troop how to be inclusive.

A girl with a disability is interested in joining my troop.

Great! Welcome her with open arms. If you're feeling a little nervous, that's okay! Your dedication to girls and the Girl Scout Movement will help along the way, but we're here to reassure you that you are perfectly equipped to teach any girl what it means to be a Girl Scout.

It's a little scary... I'm not a teacher or therapist, and I don't know what to do or where to start.

Neither did her parents when their daughter was born or whenever her disability started. None of the girls arrive with an instruction manual and it takes time to get comfortable with new situations. We're not asking you to become an expert or nurse or therapist, just a Girl Scout troop leadership volunteer. Your responsibility for a girl with differing abilities is the same as it is for the other girls in your troop.

What if I can't handle the thought of working with someone who is different?

Try putting the girl first: her abilities are different, but she's also a girl who has feelings and wants to have friends, learn new things, go places and have fun. Will she sometimes need extra help or will you have to adapt activities for her? Possibly. But doesn't every girl need a little extra help or understanding from time to time? It is okay to be nervous or uncomfortable; that's normal when you try something new. As a leader, your girls will be trying new things; you can relate. Give yourself some time to get to know the girl and understand her abilities before you say, "No, I can't do it."

You mean I have to take a girl with a disability whether I want to or not?

Well, no. A troop leader should be comfortable with the participants in her troop. However, when you accept the position as a troop leadership volunteer you are expected to welcome all girls who meet the grade requirements, pay their national membership dues, and make the Girl Scout Promise and accept the Girl Scout Law. Knowing that, ask yourself, "What help do I need to feel comfortable welcoming a girl with a disability into the troop?"

Advise from "a Girl with a Disability"

1. Please don't worry about me. I'm a lot tougher than you think.
2. Most of my needs are just like those of other girls even though my physical or mental development is different.
3. Give me what you naturally give to all the other girls: your love, your praise, your acceptance, and your faith in me.
4. Help me to have a successful experience in your troop (or group or camp unit.) If you help us plan a variety of activities, I will always find at least one thing I can do well!
5. Encourage me to do things for myself, even if it takes me a long time.
6. If the troop has a regular meeting-time routine, I will know what to expect.
7. Like other kids, I remember instructions best if they are short and clear.
8. Give me opportunities to help others.

First, you are not alone. That is why these resources were created. Learn a little bit about this girl's abilities. Ask her parents – they are usually the best place to start. Say something like, "I want Girl Scouting to be a great experience for your daughter, but I've never met anyone like her before. It would be a big help if you could tell me about your daughter and her abilities." Most parents will not be offended if you ask, "Can she do this? Does she need help with that? How do you handle _____?" So first, ask the parent or guardian. Then ask the girl!

Usually girls can tell you when they need (or don't need!) help and what kind of help is needed. **YOU CAN DO IT!** And there are lots of resources to support you, starting with Girl Scouts for All.

Some leaders are understandably hesitant about taking a girl with a medical condition or difference into the troop; they worry about saying or doing the wrong thing, coping with adapting program activities, and about how other girls in the troop may feel. When you focus on ability – on what a girl can do rather than what she can't – you begin to ease some of the scary thoughts in your head. "It's true Meg can't do X, but she can do Y – so we should be able to take part in Z with no problems."

Girl Scouts of the USA's Safety Activity Checkpoints contain resources for working with Girl Scouts with special needs.

Sometimes it helps to have the new girl's parents/caregivers come to a meeting prior to their daughter joining a troop to explain their daughter's abilities and answer girls' questions. The leader may also feel more secure if a parent/caregiver comes with the new Girl Scout for her first meeting. These are all things to talk over with parents/caregivers of the girl with a disability.

WELCOMING GIRLS WITH ATTENTION DEFICIT/HYPERACTIVITY DISORDER (ADHD) INTO YOUR TROOP

Attention Deficit/Hyperactivity Disorder (ADHD) is a neurobehavioral disorder. ADHD is usually diagnosed in childhood, and the condition can continue into the adult years. Many individuals with ADHD are undiagnosed until adulthood. The Common Characteristics of ADHD are impulsivity, inattention, and/or over-activity. There are three subtypes that can be diagnosed depending on primary symptoms.

Suggestions and strategies for preparing for and including girls with ADHD in your troop

1. Provide clear expectations and structure in troop meetings (this can be done using a picture chart or written schedule, as well as utilizing a communal “troop rules” agreement that’s visible to all).
2. For large projects or activities with long time commitments, break down the tasks/times into smaller parts.
3. Give verbal reminders during the troop meetings or activities of the structure and schedule as needed to stay on-task.
4. An outline of each meeting or activity if it will involve a long time or attention commitment helps set expectations.
5. When possible, start each meeting/activity with a summary of the events to come and conclude each meeting/activity with a summary of what the key points were.
6. Vary the schedule or routine as applicable to keep attention, but make sure to discuss changes beforehand.
7. Try to keep meetings or activities open to many physical outlets or options (ex: eating snack during story time or working on a craft while learning about something in the community.)
8. Be sensitive to the attention span and physical positioning limits – do not expect the girls to hold the same position (ex: sitting in a circle) for too long while focusing on any one activity.
9. Fidgets (something to hold in her hand and fidget with) can be provided while needing to remain relatively still and listening for a longer period of time during an activity; the whole troop can each have their own so no one girl feels singled out.
10. Unless the girl and her parent/caregiver prefer confidentiality within the troop, have the girl share about her differing abilities and special needs with the troop safely and allow the other girls to ask questions in a sensitive and caring manner to better understanding and allow everyone to work together as a troop to help everyone’s needs be met.
11. Always consult with the parent/caregiver beforehand to ensure you’re providing for the girl’s needs to the best of your ability. They will know the best methods and strategies to help their child.



For more help and information please visit the American Academy of Child & Adolescent Psychiatry at aacap.org or read the Special Education Guide at specialeducationguide.com/disability-profiles.

Reprinted with permission from the American Academy of Child and Adolescent Psychiatry, © All Rights Reserved 2016

WELCOMING GIRLS WITH ASTHMA INTO YOUR TROOP



Asthma is a respiratory condition marked by spasms in the bronchial tubes of the lungs, causing difficulty in breathing. It usually results from an allergic reaction or other forms of hypersensitivity. It is one of the most common long-term diseases of children. According to the Center for Disease Control and Prevention, 9 percent of children in the United States have it and the number is increasing.

An “asthma attack” is a sudden worsening of symptoms caused by the tightening of muscles around the airways. During the asthma attack, the lining of the airways also becomes swollen or inflamed and more mucus than usual is produced which inhibits typical breathing patterns and oxygen intake. Asthma attacks can be frightening for asthmatic person and the people around them. The important thing is to remember to stay calm and keep others calm while taking steps to first, treat the symptoms of the attack, and secondly, eliminate the triggers that caused the attack if possible. Symptoms of an asthma attack or general lack of oxygen can include:

- Wheezing
- Coughing
- Tightness in the chest
- Inability to take deep breaths
- Breathlessness
- Blue tint to the lips or finger/toenails

Asthma can be triggered by many things such as allergens or environmental factors and activities. Everyone’s specific triggers and allergens are unique. Example of things that can trigger asthma attacks are:

- Strong scents such as perfume or industrial cleaners
- Smoke produced by things like fire or cigarettes
- Food allergens (many food allergies can result in asthmatic reactions),
- Mold presence
- Changes in air pressure (thunderstorms)
- Physical activity
- Presence of dust mites
- Environmental allergens like pollen
- Presence of animals (specifically animal hair, fur, and dandruff)

Asthma is regulated and treated in many ways. People with asthma may regulate their symptoms with allergy or asthma medications that are orally taken, regulatory inhaled medications, nebulizers (small machines that provide inhaled medication treatments), and/or with “rescue inhalers” which are hand-held inhalers used in the event of an asthma emergency. If they have a food or environmental allergy which results in a sudden and dangerous asthmatic reaction/attack, they may have an EpiPen to treat symptoms.

Suggestions and strategies for preparing for and including girls with asthma in your troop

1. Consult with the girl’s parent/caregiver beforehand about any medication or medical equipment that may be present with the girl or adult during meetings. Be clear in how and when to administer the medication or treatment and be sure it’s being stored in a safe location away from general accessibility of the girls (they may have an “Asthma Action Plan” to consult).
2. Consult with the girl’s parent/caregiver about potential asthmatic triggers and how to avoid them.
3. Unless the girl and her parent/caregiver prefer confidentiality within the troop, have the girl share about her differing abilities and special needs with the troop safely and allow the other girls to ask questions in a sensitive and caring manner to better understanding and allow everyone to work together as a troop to help everyone’s needs be met.
4. Always consult with the parent/caregiver beforehand to be sure you’re providing for the girl’s needs to the best of your ability—they will know the best methods and strategies to help their child.

For more help and information visit American Lung Association at lung.org/asthma and Center for Disease Control and Prevention at cdc.gov/asthma.

For more help and information regarding food allergies and asthma visit Asthma and Allergy Foundation of America at aafa.org and Food Allergy and Research and Education foodallergy.org.

WELCOMING GIRLS WITH AUTISM INTO YOUR TROOP

Autism spectrum disorders (ASD) are a group of developmental disorders that are characterized by difficulties in the areas of social skills, communication, and unusual or repetitive behaviors. The spectrum includes autism, Asperger's Syndrome (sometimes referred to as "high-functioning autism"), and pervasive developmental disorder. The core features are the individual's inability to understand the thoughts, feelings, and motivations of other people and to use this understanding to regulate their own behaviors. Due to the diversity and complexity of this disability, one may not see all the characteristics that are typical in an individual with an ASD in any length of time. Often behaviors that seem atypical, unusual, or even rude are in fact unintentional symptoms of ASD.

Suggestions and strategies for preparing for and including girls with ASD in your troop

1. Provide clear expectations and structure at troop meetings. This can be done using a picture chart or written schedule, as well as using a communal "troop rules" agreement that is visible to all with clear directives.
2. If the individual is disruptive to the troop, arrange to meet separately (including parent/caregivers) to let them know what behavior is disrupting the troop, to help them understand why their behavior is disruptive, and to come up with a clearly defined plan of action going forward to avoid that disruptive behavior in the future.
3. Don't use absolute words such as "always" or "never" unless that is exactly what you mean.
4. Supplement oral instructions with written or visual instructions as needed for activities.
5. Set limits on participation if needed. (Ex: Only one helper per activity and it rotates through alphabetically by first name, only allowed to tell one story/ask one question per activity per individual, etc.)
6. Limit use of metaphors as they are often misunderstood.
7. Discuss clear rules, boundaries, or safety concerns (such as emergency procedures) before each activity. Refer to the "troop rules" or "troop agreements" as applicable for a visual reference.
8. Be aware that individuals with ASD may be distracted by the actions of others or they may be disruptive to others unintentionally and will need to be redirected with gentle reminders.
9. Many individuals with ASD are visual learners, so pictures or visual substitutes/reminders may be helpful to them.
10. State expectations for the troop, meetings, and activities clearly and briefly.
11. Fidgets (something to hold in her hands and fidget with) can be provided while needing to remain relatively still and listening for a longer period of time during an activity; the whole troop can each have their own so no one girl feels singled out.
12. Unless the girl and her parent/caregiver prefer confidentiality within the troop, have the girl share about her differing abilities and special needs with the troop safely and allow the other girls to ask questions in a sensitive and caring manner to better understand and allow everyone to work together as a troop to help everyone's needs be met.
13. Always consult with the parent/caregiver beforehand to be sure you're providing for the girl's needs to the



For more help and information please visit Autism Speaks at autismspeaks.org and the Special Education Guide at specialeducationguide.com/disability-profiles.

WELCOMING BLIND OR VISUALLY IMPAIRED GIRLS INTO YOUR TROOP

There are two main categories of visual impairments: low vision and blind. Low vision individuals are print users, but require special equipment and materials. The definition of legal blindness covers a broad spectrum on visual impairments. There is no “typical” vision impaired child due to many factors and influences on their specific experience. The major challenge facing visually impaired children in the troop meeting environment is the overwhelming mass of visual material to which they are constantly exposed to.

Suggestions and strategies for preparing for and including blind and visually impaired girls in your troop

1. Verbally address the group upon entering and leaving the meeting location.
2. Call the girl by name if you're addressing her specifically.
3. Use descriptive words in relation to the girl's body orientation such as “straight, forward, left, etc.” instead of vague terminology such as over there, here, this, etc.
4. Describe in detail pertinent visual occurrences of activities.
5. Give verbal notice of location changes.
6. Offer to read written information out loud when appropriate.
7. Identify yourself by name – don't assume someone who is visually impaired or blind will recognize you by voice.
8. Offer to guide the girl if you're travelling or moving to unfamiliar locations during the meeting. Offer your arm and be sure to warn them if they need to step up or down, if the door is on the left or right, and of any possible hazards.
9. Coach your troop to not pet or touch a guide dog if present, Guide dogs are working animals and it can be hazardous for the visually impaired or blind girl if the dog is distracted.
10. Show the girl where things are placed before each activity and allow them to pick up and feel objects when appropriate.
11. Don't move objects or locations without first telling the troop verbally.
12. Do not leave doors ajar; close or open them fully.
13. Ask if the girl needs help rather than assuming – respect her independence.
14. Unless the girl and her parent/caregiver prefer confidentiality within the troop, have the girl share about her differing abilities and special needs with the troop safely and allow the other girls to ask questions in a sensitive and caring manner to better understand and allow everyone to work together as a troop to help everyone's needs be met.
15. Always consult with the parent/caregiver beforehand to be sure you're providing for the girl's needs to the best of your ability – they will know the best methods and strategies to help their child.



For more help and information please visit All Blind Children of Texas at abctx.org and Special Education Guide at specialeducationguide.com/disability-profiles.

WELCOMING DEAF OR HEARING-IMPAIRED GIRLS INTO YOUR TROOP



The official definition of deafness is the inability to comprehend verbal language due to an inability to hear. A hearing impairment can affect the ability to hear intensity, pitch, or both. Typically hearing loss above 90 decibels is considered deafness. Hearing loss varies in severity per case and it's important to remember to treat each girl uniquely while meeting her needs.

Remember that if a person is hearing impaired or deaf, they learn and communicate differently. Sometimes a girl who is hard of hearing or deaf may also have speech difficulties or may not verbally communicate at all. You may need to work with an American Sign Language interpreter during your meetings. Do not assume a deaf person can “read lips” or even communicate via written instructions. Written language is a second language for those who learn American Sign Language as their first and main means of communication and can be difficult to interpret or understand.

Suggestions and strategies for preparing for and including girls with deafness or hearing impairment in your troop

1. Talk to her and her parent/caregiver – she may have one ear that is better than the other. In that case, position whoever is talking so that they are heard with that ear.
2. If she has an interpreter, talk to the girl, not the interpreter, and verse yourself in appropriate Sign Language etiquette.
3. Be aware of how other noises can affect her – this is a good time to teach the other girls what “quiet” really means.
4. Supplement with visual instructions as needed for activities.
5. Have all the girls work with a buddy and double check that everyone understands the directions clearly.
6. Discuss clear safety rules. For example, if you are in a museum, she may not hear the fire alarm, so you may develop an emergency gesture (she may already have one).
7. Some girls wear special hearing aids that interact with a headset – the person who is talking should wear the headset.
8. If she has difficulty speaking, be patient. Find out ahead of time how she would prefer to communicate (interpreter, written, visual, etc.)
9. Have fun and learn! If she uses Sign Language, there is no reason why your other girls (and adults) can't learn some, too!
10. Unless the girl and her parent/caregiver prefer confidentiality within the troop, have the girl share about her differing abilities and special needs with the troop safely and allow the other girls to ask questions in a sensitive and caring manner to better understand and allow everyone to work together as a troop to help everyone's needs be met.
11. Always consult with the parent/caregiver beforehand to be sure you're providing for the girl's needs to the best of your ability – they will know the best methods and strategies to help their child.

For more information on Deaf Culture and Etiquette visit Deaf Websites at deafwebsites.com. For more general information visit the National Association for the Deaf at nad.org, the Hearing Loss Association of America at hearingloss.org, or check out the Special Education Guide at specialeducationguide.com/disability-profiles/deafness.

WELCOMING GIRLS WITH DIABETES INTO YOUR TROOP

Diabetes is a metabolic disease in which the body's inability to produce any or enough insulin causes elevated levels of glucose (sugar) in the blood. There are two kinds of diabetes: Type 1 and Type 2. Some children develop Type 1 Diabetes at an early age. Type 2 Diabetes is usually developed later in life, but it is increasing in children. In Type 1 Diabetes the body's immune system destroys the cells in the pancreas that produce insulin. Without insulin, the body cannot properly process sugar from a diet.

Diabetes can cause instances of lowered blood sugar levels or elevated blood sugar levels even when properly maintained with diet, exercise, and medication. This can be dangerous and should be regulated. Symptoms of a blood sugar imbalance can include thirst, frequent urination, moodiness, tiredness, nausea, and vomiting.

Girls are more likely than boys to have diabetes. Due to the increase in diabetes in the United States, the odds are that most of your girls know someone with diabetes.

The girl may have medication to regulate these symptoms in the form of an orally taken pill, an insulin pump, or through insulin injections. They may also have a blood sugar monitor which helps them to monitor the levels of blood sugar present in their body (is it too elevated, too low, or just right?) They also may have special dietary restrictions or needs. Glucose tablets and protein bars are common supplements that can be held on hand in the event of a sudden blood sugar dip or elevation.

Suggestions and strategies for preparing and including girls with diabetes in your troop

1. Consult with the girl's parent/caregiver beforehand about any medication or medical equipment that may be present with the girl or adult during meetings. Be clear in how and when to administer the medication or treatment and be sure it's being stored in a safe location away from general accessibility of the girls.
2. Ask the parent/caregiver to provide you with ideas and instructions about what food to serve and when to serve it (frequency). Following their special dietary needs is very important to avoid instances of lowered or elevated blood sugar levels.
3. Unless the girl and her parent/caregiver prefer confidentiality within the troop, have the girl share about her differing abilities and special needs with the troop safely and allow the other girls to ask questions in a sensitive and caring manner to better understand and allow everyone to work together as a troop to help everyone's needs be met.
4. Always consult with the parent/caregiver beforehand to be sure you're providing for the girl's needs to the best of your ability – they will know the best methods and strategies to help their child.



For more help and information please visit
American Diabetes Association: diabetes.org

WELCOMING GIRLS WITH FOOD ALLERGIES INTO YOUR TROOP

A food allergy is an unusual response to a food caused by the body's immune system. Allergic reactions to food can sometimes cause serious illness and even death. Tree nuts and peanuts are the leading causes of dangerous allergic reactions called anaphylaxis. This is an acute allergic reaction to an antigen (bee sting, eating an allergen such as a peanut product, etc.) to which the body has become hypersensitive. However, there are many foods which people can be allergic to and every person is different in what their allergies are and how sensitive they are to certain products. For example, one person may be allergic to strawberries and eating them causes a rash on their face that will go away without medical attention after a short period of time. Another person allergic to strawberries may break out in itchy hives all over their body and require medical attention to resolve this reaction. Every person is unique in what they are allergic to and their reactions to their allergens. This includes environmental allergies as well as food allergies.

When someone with a food allergy eats a product they are allergic to, their immune system launches an attack by releasing histamine and other powerful substances which cause symptoms that become an "allergic reaction."

Symptoms of an allergic reaction can be...

- Rashes or hives
- Cramps
- Nausea and vomiting
- Diarrhea
- Lightheadedness
- Increased heart rate
- Difficulty breathing or asthmatic inflammation
- Excess mucus production
- Sneezing, coughing, or congestion in the nasal or airway passages
- Swelling of the lips, tongue, or throat
- Watery eyes

People with food allergies may manage their allergies in different ways. There is medication they may take orally or via injection. They may simply avoid foods that cause an allergic reaction. If they have an anaphylaxis allergic reaction to something, they may carry an EpiPen with them. If their food allergies cause asthmatic reactions, they may also have asthma medication, a rescue inhaler, or regulatory inhaler as well.

Suggestions and strategies for preparing for and including girls with food allergies in your troop

1. Consult with the girl's parent/caregiver beforehand about any medication or medical equipment that may be present with the girl or adult during meetings. Be clear in how and when to administer the medication or treatment and be sure it's being stored in a safe location away from general accessibility of the girls. (They may have an "Asthma Action Plan" or Allergy Action Plan" to consult.)
2. If a girl has a rescue inhaler or EpiPen, make sure that it is kept safely away from the other girls, but also is easily accessible by the responsible adult in the event of an asthma attack or anaphylaxis allergic reaction. The rescue inhaler and/or EpiPen should be with the responsible adult and present with the asthmatic and/or allergic girl at all times.
3. Ask the parent/caregiver to provide you with ideas and instructions about what food to serve and how to prepare it – some allergies are more sensitive than others and may require extremely cautious food handling or even separate meal/snack times.
4. If there is a severe, anaphylaxis allergy present, ask the parent/caregiver if it is okay to share with all of the other parents and girls in the troop so that they may avoid bringing the allergen into contact with the girl (ex: peanuts).
5. Remind the other girls in the troop to not share food with their food-allergic friend.
6. Everyone should wash their hands before and after eating to help prevent traces of an allergen from being passed.
7. If there is any symptom of an allergic reaction, address the situation:
 - a. Consult/ask for help and directions from the parent/caregiver.
 - b. Administer medication if appropriate and permission has been given.
 - c. Remove the allergen from the situation
 - d. Call for EMS if necessary.
8. Unless the girl and her parent/caregiver prefer confidentiality within the troop, have the girl share about her differing abilities and special needs with the troop safely and allow the other girls to ask questions in a sensitive and caring manner to better understand and allow everyone to work together as a troop to help everyone's needs be met.
9. Always consult with the parent/caregiver beforehand to be sure you're providing for the girl's needs to the best of your ability – they will know the best methods and strategies to help their child.



Food preparation suggestions for common allergies

There are many ways to prepare safe snacks for those with food allergies. When preparing foods, properly sanitize the preparation area to be sure it is free of allergens. Did you know many allergens such as wheat or lactose can be replaced when cooking? Do you research to see what quantities you need before you start preparing food.

For milk-free (lactose-free) baking substitute: water, fruit juices, rice milk, or soy milk

For egg-free baking, substitute: baking powder, liquid, vinegar

For wheat-free baking/thickening, substitute: cornstarch, rice flour, potato starch, quick cooking tapioca, arrowroot starch, sweet rice flour

Use sunflower seed butter in place of peanut butter or almond butter.

Use soy, almond, coconut, or lactose-free milks.

Gluten-free substitutes are commonly available in most stores and restaurants now.

WELCOMING GIRLS WITH LEARNING DISABILITIES INTO YOUR TROOP



Learning disabilities are neurologically-based processing problems. These processing problems can interfere with learning basic skills such as reading, writing, and/or math. They can also interfere with higher level skills such as organization, time planning, abstract reasoning, long- or short-term memory and attention. It is important to recognize that learning disabilities can affect a girl's life beyond academics and can impact her relationships in all area of life including troop involvement.

“Learning Disabilities” is an overarching term used to describe many other more specific learning disabilities such as dyslexia, ADHD, and language processing disorders.

Suggestions and strategies for preparing for and including girls with learning disabilities in your troop

1. Try not to make her the center of attention because of her disability. If she needs special accommodations, support, or company then generalize it for the rest of the troop or allow her to designate what she's comfortable with around other girls.
2. If she is very active, then start meetings with a physical activity – even Ambassador Girl Scouts love to swing on swing sets at the park!
3. If she has difficulty reading, plan ahead and provide opportunities before the meeting to meet with her and go over any written lines, directions, or guides for the meeting in advance. Guide books and Journeys are not solely reading based and can be adapted to fit her needs.
4. Redirection, Troop Agreements (Code of Conduct), and short activity periods with active transition times will help with high energy and low attention levels.
5. Make a point of important times to listen. If she has problems listening, then give a verbal cue such as, “I need everyone to listen for the next two minutes.”
6. Don't let the other girls leave her out of things – every girl has something to bring to the table. Talk to the girls about how everyone has certain gifts. You can point out that as a Girl Scout troop leadership volunteer, you are better at some things than others. Maybe you aren't artsy, but you can pitch a tent in a rainstorm. Celebrate everyone's achievements and if you see a clique forming, rotate who is in which group.
7. Fidgets (something to hold in her hand and fidget with) can be provided while needing to remain relatively still and listening for a longer period of time during and activity: the who troop can each have their own so no one feels singled out.
8. Unless the girl and her parent/caregiver prefer confidentiality within the troop, have the girl share about her differing abilities and special needs with the troop safely and allow the other girls to ask questions in a sensitive and caring manner to better understand and allow everyone to work together as a troop to help everyone's needs be met.
9. Always consult with the parent/caregiver beforehand to be sure you're providing for the girl's needs to the best of your ability – they will know the best methods and strategies to help their child.

For more help and information please visit the Center for Parent Information and Resources: parentcenterhub.org/repository/accommodations.

WELCOMING GIRLS WITH SEIZURE DISORDERS INTO YOUR TROOP



Seizures happen when your brain cells, which communicate through electrical signals, send out the wrong signals. Anything that interrupts the normal connections between nerve cells in the brain can cause a seizure. When a person has two or more recurrent unprovoked seizures, then they are considered to have epilepsy for which there may be no detectable cause. There are different types of seizures and seizure disorders which may be treated with medicine and other alternative treatments.

A convulsive seizure is where someone shakes or jerks during the seizure. While this can be frightening to see, this type of seizure is not usually a medical emergency.

Suggestions and strategies for preparing for and including girls with seizure disorders in your troop

1. Consult with the girl's parent/caregiver beforehand about any medication or medical equipment that may be present with the girl or adult during meetings. Be clear in how to administer the medication or treatment and be sure it's being stored in a safe location away from general accessibility of the girls. (They may have a "Seizure Action Plan" to consult.)
2. Ask the girl's parent/caregiver to provide you with instructions about what to do if the girl has a seizure and any possible side effects of her medication.
3. Unless the girl and her parent/caregiver prefer confidentiality within the troop, have the girl share about her differing abilities and special needs with the troop safely and allow the other girls to ask questions in a sensitive and caring manner to better understand and allow everyone to work together as a troop to help everyone's needs be met.
4. Always consult with the parent/caregiver beforehand to be sure you're providing for the girl's needs to the best of your ability – they will know the best methods and strategies to help their child.

For more help and information please visit Epilepsy Society at epilepsysociety.org.

Some symptoms or warning signs of seizures

- Staring
- Jerking movements of the arms or legs
- Stiffening of the body
- Loss of consciousness
- Breathing problems or breathing stops
- Loss of bowel or bladder control
- Falling suddenly for no apparent reason, especially when associated with loss of consciousness
- Not responding to noise or words for brief periods
- Appearing confused or in a haze
- Nodding the head rhythmically, when associated with loss of awareness or even loss of consciousness
- Periods of rapid eye blinking and staring
- Stay with them. If they don't collapse but seem blank or confused, gently guide them away from any danger. Speak quietly and calmly.
- Cushion their head with something soft if they have collapsed to the ground.
- Don't hold them down.
- Don't put anything in their mouth.
- Check the time again. If a convulsive (shaking) seizure doesn't stop after 5 minutes, call for emergency medical services.
- After the seizure has stopped, put them into the recovery position (visit epilepsysociety.org for more information) and check that their breathing is returning to normal. Gently check their mouth to see that nothing is blocking the airway. If their breathing sounds difficult after the seizure has stopped, call for emergency medical services (EMS).
- Stay with them until they are fully recovered.
- If they are injured or they have another seizure without recovering fully from the first seizure, call for emergency medical services (EMS).

Suggestions for what to do if someone has a convulsive seizure:
STAY CALM!

- Look around – is the person in a dangerous place? If not, don't move them. Move objects like furniture away from them.
- Note the time the seizure starts.

WELCOMING GIRLS WITH WHEELCHAIRS INTO YOUR TROOP

There are many disabilities and medical conditions which may cause required use of a wheelchair, whether short-term or long-term to aid in recovery and/or general mobility. People who use wheelchairs may or may not be able to walk independently without assistance. Their wheelchair may be used manually or electronically run.

Suggestions and strategies for preparing for and including girls with wheelchairs in your troop

1. Ask before offering help with transportation (pushing the wheelchair).
2. Adapt activities as needed for those with special mobility needs.
3. Include them in all activities as much as possible so they don't feel singled out.
4. Keep their line-of-vision and reachability in mind – they have a shorter stature in the wheelchair and may not be able to see as well as those standing or be able to reach for something out of a convenient location.
5. Before traveling to a new location, be sure to check for wheelchair accessible entryways and exits as well as restrooms.
6. Unless the girl and her parent/caregiver prefer confidentiality within the troop, have the girl share about her differing abilities and special needs with the troop safely and allow the other girls to ask questions in a sensitive and caring manner to better understand and allow everyone to work together as a troop to help everyone's needs be met.
7. Always consult with the parent/caregiver beforehand to be sure you're providing for the girl's needs to the best of your ability – they will know the best methods and strategies to help their child.



For more resources on wheelchair etiquette and safety please visit Para Quad at paraquad.org.au/top-tips-for-wheelchair-etiquette or Wheelchair Net at wheelchairnet.org.

Girl Scouts for All Patch Program

Now that you've learned more about people with disabilities, consider teaching other Girl Scouts about diversity and inclusion through the Girl Scouts for All Appreciation Series Patch Program. This program helps educate girls and volunteers about how to include girls with differing abilities in all aspects of Girl Scouts. This program heightens awareness and teaches Girl Scouts how to include people of all abilities.

How does the Girl Scouts For All Patch Program work?

Girls can earn the core, heart-shaped patch, the GSOH Appreciation patch, by completing activities in the Girl Scouts For All Appreciation Series Patch Program. Then they can complete their GSOH Appreciation patch with Rockers (ribbons) for specific program activities tied to each area of learning.

Suggested ribbon colors



Blind/Visually Impaired



Food Allergies



Asthma



Deaf/Hearing Impaired



Autism



Diabetes

There are six ribbons a Girl Scout can earn as they learn about disabilities that girls, friends, and family might experience in their lifetimes.

As girls complete the activities for each of the six topics, they tie a ribbon with the corresponding color to a slit on the side of the GSOH Appreciation patch. Girl Scouts will learn about diversity and inclusion as they work their way around the heart.

Patch Requirements



No Experience Need

You don't need to have prior knowledge or experience of differing abilities to teach about awareness and inclusion. All activities include easy-to-follow plans complete with material lists and discussion questions. If you do have questions or concerns, we encourage you to call council and speak with a staff representative. This is an opportunity for you to learn along with your girls.

Why Appreciation

Appreciation means focusing on what somebody can do, not what they can't. Inclusion is the idea that we appreciate each other, that we see each other's gifts, and that we value being together; it's the right to belong. The program starts with earning the GSOH Appreciation patch. As a girl earns each ability ribbon, she celebrates by attaching the ribbon to the GSOH Appreciation patch.

Internet Usage

Some of these activities reference helpful websites. If girls will be using the internet while earning this patch, they should have a signed Internet Safety Pledge on file with the troop leadership volunteer(s). You can print the pledge by visiting girlscouts.org and searching "internet safety pledge". *We cannot certify or endorse the content of any website.*

About This Program

The Appreciation Series is adapted from Girl Scouts of San Diego's Ability Awareness and Inclusion patch. We'd like to extend our heartfelt thanks to GSSD for sharing their patch program and allowing us to adapt it, as well as answering our many questions along the way.



Appreciation Quiz

Divide your meeting space in half and designate one side as “true” and one side as “false” with the middle area as “unsure”. Read each question aloud to the group and ask the girls to move to the area of the room (true, false, unsure) that corresponds to what they think the answer is. Once they’ve chosen, ask the girls in each area why they chose that answer; once you have reasons from all sides, read the correct answer and the reason behind it. Discuss as needed.

Daisy/Brownie/Junior Level Ability Awareness Quiz

1. You can “catch” a disability from someone else.
2. People in wheelchairs cannot play sports.
3. People who talk slow or have a learning disability are not smart.
4. People who are visually impaired can read.
5. People with differing abilities don’t have the same feelings as people without disabilities.
6. People with differing abilities cannot live by themselves.
7. Everyone who uses a wheelchair is unable to walk.
8. A person with a disability can get a job.

- Answers**
1. **False:** a disability is not something that you can catch.
 2. **False:** Almost every sport you can think of has been adapted so that people in wheelchairs can play, from wheelchair basketball, to sled hockey, to rugby.
 3. **False:** Just because somebody has problems vocalizing their thoughts or processing certain kinds of information does not mean that they are not smart.
 4. **True:** People who are visually impaired may be able to read with a special kind of alphabet: braille.
 5. **False:** Everyone has feelings.
 6. **False:** There are many people with differing abilities who live independently. There are also many people that live by themselves but may have someone help them with more difficult tasks.
 7. **False:** Many people are in wheelchairs because their legs are too weak to carry them long distances. They may walk for short distances for exercise, while some people who use wheelchairs are unable to walk.
 8. **True:** A person with a disability can work just as hard as anyone else.

Appreciation Quiz

Divide your meeting space in half and designate one side as “true” and one side as “false” with the middle area as “unsure”. Read each question aloud to the group and ask the girls to move to the area of the room (true, false, unsure) that corresponds to what they think the answer is. Once they’ve chosen, ask the girls in each area why they chose that answer; once you have reasons from all sides, read the correct answer and the reason behind it. Discuss as needed.

Cadette/Senior/Ambassador Ability Awareness Quiz

1. Only people who can't walk use wheelchairs.
2. You have a friend who has a speech impairment and sometimes you're not sure what they said. To make it easier, you should pretend that you understand.
3. When you meet someone who is visually impaired, you should introduce yourself to that person.
4. When communicating with people who are hearing impaired, it is necessary to speak through an interpreter.
5. It's safe to assume that people with differing abilities usually need help.
6. It's okay to gossip about people who are hearing impaired because they can't hear you anyway.
7. People who use wheelchairs can't go any place fun.
8. People with cerebral palsy usually have a cognitive disability, too.
9. People with differing abilities want to be treated just like everyone else.
10. When you meet someone with a guide or companion dog, you should make friends with the dog first so that the dog is comfortable with you being nearby.
11. Among other professions, people with differing disabilities prefer to hang out with others who have differing abilities.
12. Among other professions, people with differing abilities work as stockbrokers, lawyers, doctors and teachers.
13. Most public places such as movie theaters, restaurants and ballparks are easy for people who use wheelchairs to enjoy.
14. It's okay to ask people with disabilities about their disabilities.
15. People with differing abilities can participate in competitive sports.
16. People with differing abilities can't live on their own when they grow up.
17. Disabilities are illnesses to be treated by medical professionals in the hope of a cure.
18. People can become disabled at any point in their lives.
19. Many people with differing abilities feel their real disability involves problems with the environment rather than problems with their bodies.

Appreciation Quiz

Cadette/Senior/Ambassador Ability Awareness Quiz Answers

1. **False:** While it is true that many people who use wheelchairs can't walk, many can. People who can walk on their own or with the aid of braces or a walker may tire easily and choose to use a wheelchair because it gives them more independence.
2. **False:** Never pretend you understand what someone is saying if you don't. Instead, ask your friend to repeat what they said.
3. **True:** Introductions are always appropriate when meeting new people. When you have a friend or acquaintance with vision loss, it is appropriate to simply state your name whenever you see or greet them. "Hi Michelle, its Jane Anderson."
4. **False:** Because some people who are hearing impaired use sign language, others read lips, and others use a combination of both, you need to find out how you can best communicate with them. If they have an interpreter, it's perfectly fine to use this person, but look at and speak directly to the person who is hearing impaired, not the interpreter. The interpreter will stand beside you and interpret as necessary.
5. **False:** Most people prefer to be independent. When offering help to someone with a disability, always ask first, wait for their response and then ask them about the best way to provide the help they need. Don't feel bad if your help is turned down.
6. **False:** People who are hearing impaired are just as likely to know they are being talked about as other people would be. Even if they do not hear exactly what's being said, they will notice. Why be rude?
7. **False:** People who use wheelchairs may face some architectural barriers when going out into the community, but this doesn't mean they can't go anywhere fun. Instead, it's a reason to check out the places you plan to go ahead of time to see if there are potential problems. Decisions can then be made to work around barriers or to choose another location. Knowing what to expect ahead of time will make planned activities more enjoyable for everyone.
8. **False:** Cerebral palsy is a disability affecting movement. Although cerebral palsy affects the motor control center of the brain, it does not affect one's natural intelligence.
9. **True:** People with differing abilities have said that this, more than anything, is what they want — to be included and treated just like everyone else.
10. **False:** You should always meet the person before their dog. Guide and companion dogs are working and should not be disturbed. As you are getting to know the person, you can ask about the dog and ask to be introduced.
11. **True:** People with differing abilities are involved in a full range of professions.
12. **False:** Friendship is usually based on common interest and activities, not on whether or not a person has a disability.
13. **False:** Although the Americans with Disabilities Act calls for public places to be accessible to people that use wheelchairs, the fact is that there are still many places that are difficult for people who use wheelchairs to navigate. When you make plans with someone with a disability, possible architectural barriers should be considered.
14. **True:** What's important is how you ask. Don't ask, "What's wrong with you?" Instead, learning more about a person should be a part of getting to know each other. Even then, some people may be willing to answer questions, while others may choose not to. Be sensitive and respect their wishes.
15. **True:** Competitive sports are as important to people with disabilities as they are to those without. Having a physical disability does not necessarily preclude involvement in individual or team sports. People with disabilities ski, play tennis and racquetball, race in marathons, and participate in dozens of other sports. Keep in mind that just like everyone else, some people with disabilities love sports while others just aren't interested.
16. **False:** With adapted housing, personal assistants, accessible transportation, and available employment, most people with disabilities can and do choose to live independently.
17. **False:** Disabilities are not the same as illnesses. People with disabilities are not sick, and most are seeking acceptance and inclusion rather than a "cure".
18. **True:** People can be born with a disability or the disability may come after birth, the result of illness, age or an accident. Statistics show that during their lifetime, 50 percent of people will experience a disability.
19. **True:** Architectural barriers limit participation, productivity and independence. For instance, if a person who uses a wheelchair is offered a job that they cannot accept because it is located on the second floor of the building without an elevator, the real problem and obstacle is that there is no elevator.

Understanding Person-First Language

The words we use to describe ourselves and others say a great deal about who we are and what we believe. Therefore, we must be aware that even if it's not intentional, our words can be offensive, condescending or hurtful to others. An adult should discuss the handout with the girls. Have them think about people they know who may wear glasses or have food allergies, to people who may use a wheelchair or live with Down syndrome. Discuss how those people would feel if only their disability was talked about instead of their personalities and talents.

Girls should take turns reading the list of phrases on the right side of the box and have the group decide how to correct them using Person-First Language — there may be more than one answer as long as the person always comes first!

Discussions for all levels: How aware are you of the way you talk to/about other people? How would you feel if people you didn't know focused on the things you aren't good at instead of the things you are good at?

Discover Activities

All levels must complete an activity.

1. *Read a book on inclusion*

Materials: Any age-appropriate, inclusion-themed book
Read your chosen book or short stories together as a troop and then discuss.

Discussion: What assistive technologies or equipment, if any, did people use in the book? What are some stereotypes we all may have toward people with differing abilities? What was the disability in the book, how was it talked about, and how did other people react to the person?

2. *Learn some American Sign Language*

Suggested Materials: ASL flash cards, We Sign Fun Time DVD, You Can Learn Sign Language Book, or consider asking an ASL interpreter or instructor to come to your meeting

American Sign Language (ASL) is one of the primary forms of communication for people in the U.S. who are deaf, live with a hearing impairment, or are non-verbal. The above resources and www.lifefprint.com can be adapted for every age level to learn the basics of ASL. Have each girl learn how to sign her name, in addition to a few short phrases or songs (if using the DVD).

3. *Walt Disney*

Have girls talk about their favorite Disney show, movie, or ride at Disneyland. Explain that all these exist because of Walt Disney, who lived with dyslexia, a learning disability where an individual has trouble processing written language. As a child, Walt Disney was called slow. As a young adult, he was fired from a newspaper job for not being creative enough!

Discussion: How did Disney refuse others putting limitations on him? Which other famous people do you know who live with a disability (think about musicians, presidents, actors and people on TV)? How does the media represent and/talk about them? How do they represent and talk about themselves?

4. *The Girl Scout Law: Its True Meaning*

Materials: printed copies of the Girl Scout Law for everyone to reference

Recite the Girl Scout Law together. Talk about what inclusion means and go over each section of the Law and discuss how it applies to inclusion. Focus on the last line of the Law and talk about what it really means to be a sister to every Girl Scout.

5. *Juliette Gordon Low*

Materials: books about Juliette Gordon Low, and/or internet access Girl Scout's founder Juliette Gordon Low lived with a disability from the time she was 25. Juliette knew that she was no less capable because of her disability and worked to ensure that every girl, regardless of her abilities, was included in this movement, which is how it remains today.

Research as a group what her disability was and how it happened, using the internet or books as resources. Act out the situations that led to Juliette's disability and imagine what her responses would have been to the community, her doctors, etc. Why is it important that Girl Scouts in the 21st Century still welcomes every girl, everywhere?

As a troop, locate further information on the first Girl Scout troop just for girls living with physical disabilities (Hint: it formed in New York). What were the obstacles that Girl Scouts living with differing abilities faced in the early 20th Century that they don't face today? What are some obstacles that Girl Scouts with differing abilities still face? How can we change that?

Connect Activities

Girl Scout Brownies and Juniors must complete one activity.

Girl Scout Cadettes, Seniors, and Ambassadors must complete two activities

1. *Similarities and Differences*

Depending on the size and age of your troop, randomly divide all girls and adults into groups of 3-6 people. Have each group work together to determine three-plus things they all have in common that aren't immediately obvious (hair color, grade, names, etc. don't count). If the girls have been friends for a long time, challenge them to come up with new things that they don't already know about each other or make the groups bigger. After each group finds similarities, have them share with the other groups. Then one person from each group must rotate clockwise into a new group and the same task must be completed again with an entire new set of three-plus similarities in each group. Try as many times as you want, but for the final task, everyone in the small groups must come up with one or more unique characteristics about themselves that is not a shared similarity with anyone else in the small group.

Discussion: Was it easier to find similarities or differences? How does this relate to inclusion and not judging people right away? Why do we sometimes forget that we're all people first? How are people more similar to each other than different?

2. *Famous Musicians with Disabilities*

Materials: CD/multimedia player and Beethoven's Ninth Symphony or any songs by Ray Charles or Stevie Wonder. Books or visuals on each person would also help.

Play a portion of Beethoven's Ninth Symphony or a song by Ray Charles or Stevie Wonder. Tell the girls that Beethoven wrote this symphony when he was deaf and Wonder and Charles play(ed) the piano without being able to see the keys.

Discussion: How does this music make you feel? Can you imagine writing this music if you couldn't hear what it would sound like or playing the music without being able to see your instrument? How do you think these musicians adapted to their circumstances to continue writing and playing music that's now famous?

3. *Work Out a Workout*

Materials: any book of children's games is helpful but not necessary

Have girls choose an activity or game they play at recess or in physical education class and think of ways they could adapt these games with girls who may live with vision impairment, use a wheelchair, etc. They can ask an adult who's familiar with disabilities or just use their brains! It takes a little creativity and usually little to no extra equipment to adapt many games.

Discussion: how did you think of way to make adaptations to your favorite games? Why is it important to have several ways to play games? How can these ideas help your entire school and group of friends?

4. *Food Allergy Awareness*

Materials: Internet

Suggested books: Allie the Allergic Elephant, Eating Gluten Free with Emily

Foods: soy milk, nut-free spreads, gluten-free snacks, etc.

Do you know someone with food allergies? Odds are that if you don't already, you probably will someday! Check out www.foodallergy.org to learn about symptoms and treatment; you can also access FAQs, recipes and resources.

Read a children's book discussing food allergies. Discuss other food allergies the girls may know about. Set up a sampling of different nut-free spreads, gluten-free spreads, soy milk, etc. Taste everything and talk about the importance of respecting other people's diets and how you can accommodate them, especially if they are living with a life-threatening food allergy. Research which Girl Scout cookies are safe for people with food allergies — you may be surprised!

5. *Act It Out*

Pair up girls to act out one of the following scenarios:

- A. It is your first day in school with new braces on your teeth.
- B. Your best friend tells you that you have big ears.
- C. You are playing softball in gym class and you get struck out.
- D. The only clean pair of jeans you have to wear to school are too short.

Discussion: How did you feel while acting out these Scenarios? Why?

6. *Service Animals*

Materials: Internet access, books about service animals, someone who trains or uses service animals (try Canine Companions for Independence)

Do some research and discuss as a troop how service animals are trained, what they can do, and how the public should interact with them. If possible, arrange for someone who trains or uses a service dog to come speak to your troop about these topics. Ask the speaker about volunteer opportunities or even how to train a service animal yourself!

Take Action Activities

Girl Scout Brownies and Juniors must complete one activity.

Girl Scout Cadettes, Seniors, and Ambassadors must complete two activities.

1. *Make a Schedule*

Materials: Internet access, printer, coloring supplies, construction paper, tape

Picture cards are sometimes used as a tool for children living with various learning and socio-emotional disabilities. The cards help provide structure by letting the child know which activities to expect during the day, reinforcing language skills and new vocabulary, teaching the concept of sequencing, and much more. To learn more about picture card use, visit do2learn.com/picturecards and then click on the “picture cards” button on the top of the page and then “print cards” to create your own pictures. Have the girls use them to make up a schedule for the day or create their own simple picture card drawings.

Discussion: Why are picture cards important for some children to use? Have you ever seen them before? How could they help you?

2. *Start a Collection*

Contact a local organization or center serving people with disabilities to see if there are any supplies they need donated. Then work with your troop, family, or school to start a collection for any donated items and drop them off to the organization afterward.

Remember: Girl Scouts cannot raise money for other organizations, but there are plenty of other ways you can help! Please consult Safety-Wise with any questions on working with other organizations.

3. *Volunteer*

Arrange for your troop to volunteer with an organization that works with adults and/or children with disabilities.

4. *Help Your Fellow Girl Scouts*

Make a video or write directions on how to welcome a girl with differing abilities into a troop.

OR

Make a video or write an informational guide to educate girls on different disabilities and how to help those with differing abilities feel included.

OR

Re-write an existing Journey as a “Kinesthetic Journey” (action-based) for girls to do if they have differing abilities.

5. *Get into Technology*

Materials: Guest speaker

Interview an Assistive Technology Specialist (a person who designs, constructs, and or modifies assistive devices for people with disabilities), volunteer at a local assistive technology exchange program, or see if you can help get one started in your community.

Reflection

Talk with a parent/caregiver or adult family member or friend (any adult who didn't work with you on earning this patch) about what you have learned. What was your favorite activity? What knowledge will you bring with you throughout your life? If you could express one thing to others about inclusion, what would it be? Choose a way to express your reflections such as a paragraph, a poem, music, or a drawing/painting/collage, and share it with your troop.

Blind/Visually Impaired Rocker

GIRL SCOUTS FOR ALL APPRECIATION SERIES PATCH PROGRAM

Purpose: To increase knowledge and understanding of people who experience blindness or visual impairment

Girl Scout Daisies and Brownies must complete **two** activities.

Girl Scout Juniors must complete **three** activities.

Girl Scout Cadettes must complete **four** activities.

Girl Scout Seniors and Ambassadors must complete **five** activities.

1. Talk to an optometrist or other expert about the different types of vision impairment and their causes. Learn about possibilities for correcting this visual impairment and ways to prevent it.
2. Explore assistive technologies used in the workplace and at home for people who are visually impaired. Your local library or the internet may have resources available for you to research this topic, including the Braille Institute at <http://www.brailleinstitute.org>.
3. Take a field trip to a local library and explore the different ways people with vision impairment can use these facilities. Possibilities might include braille books and signs, or books on CD.
4. Discuss different adaptations your troop could make to include a girl with vision impairment. How would you arrange your space or conduct meetings and activities to ensure she would be included? How would you travel together? How would you support her? What would you do if people made fun of her?
5. Invite a person who is visually impaired to speak at a troop meeting about her lifestyle and any assistive technology she uses.
6. Learn about the braille alphabet and write a note to a friend or a sister Girl Scout in braille. You can look up a tutorial on YouTube or borrow a book from the library.
7. Learn about different types of mobility for people with vision impairments. Explore cane mobility and the use of dog guides. Talk with someone who is familiar with the use of a dog guide program.
8. Explore the different resources available to people who are visually impaired at a public service center. Explore public resources such as kneeling buses and braille on elevators and telephones. Find other such resources in your community.
9. Read and discuss as a group a book about a person who is/was visually impaired in order to learn about their lifestyle. Examples might include: *Knots on a Counting Rope* by Bill Martin and John Archambault (grades K-4); *Follow my Leader* by James Garfield (grades 1-6); *Seeing Lessons: The Story of Abigail Carter* by Spring Hermann (grades 4-7); *Mirror, Mirror on the Wall: The Diary of Bess Brennan* by Barry Denenberg (grades 4-9), in addition to any books on Helen Keller or Louis Braille.
10. Create and complete a service project that will assist people with visual impairments in your community.

Asthma Rocker

GIRL SCOUTS FOR ALL APPRECIATION SERIES PATCH PROGRAM

Purpose: To increase knowledge and understanding of people who live with asthma

Girl Scout Daisies, Brownies, and Juniors must complete **one** activity.

Girl Scout Cadettes, Seniors and Ambassadors must complete **two** activities.

Materials Needed: Picture of the respiratory system, play telephone, crayons

Daisies, Brownies, and Juniors

1. *Explore Breathing*

Find a picture of the respiratory system in a book or on the internet that includes the important parts to the body involved in helping us breathe. Air comes into the nose, down into the throat, and moves down the breathing tubes to your lungs. Girls can trace the way air moves through the respiratory system. Ask the girls what they would do if someone they knew had trouble breathing. Practice an action plan: have the person sit down and stay calm; tell a grown-up. If no grown-up is available, call 911. Practice dialing 911 on a play telephone and go over what the girls should say when they call.

2. *Bubble Breathing*

Materials needed: bubbles, straws, paper

Ask girls to practice deep breathing by blowing bubbles or blowing paper off the end of a straw. This is easy for most girls. When someone has asthma, though, it can be hard to breathe and blow bubbles or paper off a straw. Have the girls pinch the straw and try to draw air through it. Explaining that this is how it feel when you have an asthma episode.

Cadettes, Seniors, and Ambassadors

1. *Be a Detective*

Materials needed: bingo markers, rubber bands

Asthma and allergy triggers in our environment can make your breathing difficult. Be a detective and look for things in your school or home or even where your troop meets that could affect how you breathe (examples: dust, furry pets, cigarette smoke, pollen, hair spray, perfume, craft supplies, pollution, mold, garbage, cleaning supplies, certain foods, chalk dust, and strong smells such as nail polish).

Talk about changes that happen in the breathing tubes when someone is having an asthma episode. To demonstrate how the breathing tubes become tight the leader can have girls wrap a rubber band around their fingers several times.

Girls can use this as an example in discussing how it feels when breathing is difficult.

2. *Healthy Choices*

Troop leadership volunteer will discuss the following:

All girls benefit from healthy choices. Cigarette smoking is an unhealthy choice. What would you do if a friend offered you a cigarette? Discuss and roleplay ways that you could handle the situation. The leader will explain that if you have asthma, cigarette smoking can make it worse.

Exercise is a healthy choice and keeps your body fit. It is important for girls with asthma to exercise, too. Stretching is an example of a warm-up exercise. Girls should warm up before exercise and cool down after exercise. Help the girls do stretching exercises: toe touches, arm circles, neck stretches, etc.

Belly breathing can help you stay calm and relaxed and is easy for most girls. When a girl has an asthma episode, it can be hard to breathe. Belly breathing can help them to relax. There are three steps:

1. First, breathe in through your nose and then blow the air slowly out of your mouth.
2. Next, place your hands on your belly. When you breathe in, your belly should get big like a balloon. When you breathe out, it should get small.
3. Then, put the two steps together. Air goes in through your nose as your belly gets bigger, bigger, bigger. Now, the air goes out through your mouth and your belly gets smaller and smaller.

3. *Be Creative*

Do two of the following activities.

- Volunteer at the local Asthma Coalition or American Lung Association. You could help out at health fairs, an asthma walk, or another community event.
- Design a game for a younger troop that shows healthy choices. See www.puzzlemaker.com for ideas.
- Create a poster of ways to help people with asthma.
- Find out if any elementary schools in your area offer the American Lung Association's open Airways for Schools®, which teaches kids about asthma. (Contact the school nurse to ask how you can help.)
- Write an article in your school newspaper or Girl Scout newsletter about making a difference.
- Make a kit for babysitting. Include a card for important phone numbers, puzzles, coloring books, health-related books and books about asthma.
- Make a children's book about asthma based on what has been learned.

4. *Advocacy*

Girls will discuss the effects smoking has on their lives and how they deal with family and friends who smoke.

Support your local Asthma Coalition or American Lung Association by participating in one of their yearly events. This can include health fairs, an asthma walk, or help in an elementary school using the American Lung Association's Open Airways for Schools® program.

Autism Rocker

GIRL SCOUTS FOR ALL APPRECIATION SERIES PATCH PROGRAM

Purpose: To increase knowledge and understanding of people who live with Autism Spectrum Disorder

Girl Scout Daisies and Brownies must complete **two** activities.

Girl Scout Juniors must complete **three** activities.

Girl Scout Cadettes must complete **four** activities.

Girl Scout Seniors and Ambassadors must complete **five** activities.

1. *Create Sensory Bins*

A Girl Scout sensory bin is a portable bin or container that you can use to store small sensory items that can be used at unit meetings or field trips for calming and self-regulation. Think of it as a First Aid Kit for sensory challenges.

Here are some of the items you should consider putting in a bin:

- Noise reducing headphones: These are to help with loud or high-pitched noises. They don't block hearing completely but reduce it. This should be the first thing that goes into the bin since this is one of most common sensory issues that occurs when on outings and at camp.
- Ear plugs: These are more cost effective and less noticeable than headphones, but they do have some drawbacks – they can only be used one time and some may not like the feel, causing a different sensory issue.
- Sunglasses or eye protection: Another very common sensory issue is light. Girl Scouts experiencing this issue may already have a pair of sunglasses or something to reduce the light. Some individuals wear tinted lenses of Irlen® lenses to help them with visual processing. Have a few inexpensive pair of sunglasses or hats on hand.
- Surgical mask: The best solution for olfactory (smell) issues is to move away from the smell. That isn't always possible, but bad or strong smells can bring on headaches, nausea, and lead to sensory meltdowns. When pinching one's nose and covering one's mouth isn't practical, a small surgical mask can help.
- Fidget or stress ball: Girl Scouts that have sensory or attention issues find these very helpful because if they have something in their hands, it helps them stay focused.
- Swivel disc: This can be a bit more of an expense but can be well worth it for Girl Scouts that are doing a great deal of work seated. Swivel discs are used to strengthen the body's core while promoting balance and flexibility. They are commonly used for persons experiencing attention and dexterity challenges.
- Visual timer clock: Time Timer clocks are used in many elementary school classrooms so children may already be familiar with them. Use this with a picture schedule or meeting agenda to help out those on the autism spectrum and all your Girl Scouts!
- Paper, pens, pencils, and crayons: Drawing and coloring can be very calming. Keep spare paper on hand for producing visual social scenarios, too.
- Books and magazines: Get old magazines, coloring books, or books and keep them in the bin for when Girl Scouts need to take a sensory break. They can go to a place that is designated as a sensory area and read.

2. *Create a Visual Support*

A visual support refers to the use of a picture or other visual item to help communicate with a child who has difficulty understanding or using language. Example of visual supports include photographs, drawings, objects, written words, or lists. This could be useful for explaining a new activity, safety rules, and complicated processes.

A free four-page Visual Supports and Autism Spectrum Tool Kit can be downloaded by visiting autismspeaks.org and searching "visual support".

3. *Understand Sensory Issues 1*

Turn on several sounds (music or other noises) very loud. Simultaneously have someone turn the lights on and off constantly. Try to accomplish a school assignment.

4. *Understand Sensory Issues 2*

Try to tie your shoelaces while wearing very heavy winter gloves.

5. *Understand Sensory Issues 3*

Think about how you would feel if when you walked out the door if you were worried about all these things at once: the stairs falling in, something falling from an airplane, your neighbor yelling at you, tripping over the dog, the bus being late, and whether the person who you always sit next to on the bus will be sick. Discuss how this would make you feel and why.

Food Allergy Rocker

GIRL SCOUTS FOR ALL APPRECIATION SERIES PATCH PROGRAM

Purpose: To increase knowledge and understanding of people who experience food allergies

Girl Scout Daisies and Brownies do any **three of the first nine requirements**.

Girl Scout Juniors do **five of the first nine requirements**.

Girl Scout Cadettes do any **seven of the first 15 requirements**.

Girl Scout Seniors and Ambassadors do **eight of the 20 requirements**.

1. Read through this booklet bit.ly/PALpatchcurric to become familiar with food allergies. People who have food allergies have to avoid any trace of the food to which they are allergic. Imagine you are allergic to eggs and you know that even the smallest bite of a food that contains egg will make you really sick. Read the label of everything you eat for an entire day. How did you feel after doing it? What types of situations did you have to look out for? How would you feel if you had to avoid egg all the time?
2. What extra steps would you have to take in planning your next camping trip if one of the girls in your troop was allergic to milk? With a group, plan menus to ensure that she would be able to eat everything. List some milk-free alternatives to traditional camping foods such as s'mores.
3. What is the difference between a general family doctor and an allergist? What do allergists do? Make an advertisement for a children's allergist.
4. Some schools have programs in place to help provide a safe environment for children with food allergies. For example, some schools assign peanut-free tables in the cafeteria; others don't allow food to be used in art and math projects. Pretend you are a school principal. What plans would you put in place to help students with food allergies avoid a problem food? How would these plans affect all the other students in the school? Create a poster listing your plan and how it will help children with food allergies. Share it with your troop and then take a survey: how would everyone feel about following your plan? How would they feel about it if they were the student with food allergies?
5. Many birthday parties involve food. Pretend that you are planning a party and you want to invite all of your friends, including one who is allergic to eggs, and another who is allergic to peanuts and tree nuts. What foods, activities, and party favors will you plan to use so that all the guest can enjoy everything?
6. If a friend is having a food-allergic reaction, actions as simple as recognizing symptoms and seeking medical treatment immediately can make a BIG difference. Make a poster listing all of the common symptoms of an allergic reaction and outlining what you should do if a friend is having an allergic reaction. Share your poster with your troop.
7. Sometimes kids with food allergies will get teased or harassed by other students. How would you feel if you were being teased just because you couldn't eat some of the same foods as everyone else? With a group, discuss ways you could help someone who is getting teased because of their food allergy.
8. Plan a "food allergy party" to share what you've learned with another Girl Scout troop. Give a presentation to educate others about food allergies. Be sure to list the symptoms of an allergic reaction and emphasize the seriousness of food allergies. Prepare and serve treats that are free of some of the most common food allergens such as milk, eggs, wheat, peanuts, tree nuts, or soy. Make ingredient labels for all foods and post them next to each item. Ask people if they can taste the difference between a food that has an allergen in it and one that doesn't.
9. Sometimes recipes contain surprise ingredients. For example, did you know that peanut butter is sometimes used to thicken chili or that walnuts are sometimes added to blue cheese dressing? Read some cookbooks or recipe pages of a magazine. Did you find any ingredient surprises? Find and share an example of where milk, eggs, peanuts, or tree nuts have been used in a recipe that you would not expect.
10. Put on a play. Script a situation where a friend who has food allergies is having a reaction. Act out some things that others could do to help this person. Share your play with other troops or your community. If possible, record your play and share it with others.

Food Allergy Rocker (con.)

GIRL SCOUTS FOR ALL APPRECIATION SERIES PATCH PROGRAM

Purpose: To increase knowledge and understanding of people who experience food allergies

Girl Scout Daisies and Brownies do any **three of the first nine requirements**.

Girl Scout Juniors do **five of the first nine requirements**.

Girl Scout Cadettes do any **seven of the first 15 requirements**.

Girl Scout Seniors and Ambassadors do **eight of the 20 requirements**.

11. Since mild food allergic reactions can even be caused by kissing a person who recently ate the offending food, it's important for teens to explain their food allergies to their dates. Pretend that you are allergic to peanuts and roleplay how you would explain your food allergies to a new date. How would your discussion differ if they were someone you had just met or if they were a long-time friend of yours? During the course of your date, when would you discuss your allergy? Would you talk about it even if your plans did not include eating?
12. Invite a local allergist to speak to your troop. (Call 800-822-ASMA for the name of an allergist in your area.) Ask the speaker to talk about the major concerns of people with food allergies, the diagnostic process, and what advice is given to patients who have just been diagnosed with a food allergy. What other types of careers deal with food allergies? How do people get into the food allergy field? What education is necessary to become an allergist? What are the pros and cons of working in this field?
13. Develop and administer a survey to members of your school for your service unit to gauge the level of food allergy awareness in your area. Analyze and share your results by creating charts or posters. Include food allergy facts and ways to help someone with food allergies. With permission, post them in your community in places like grocery stores or libraries.
14. Many people who have food allergies, especially those with multiple food allergies, visit a dietitian to ensure that their diet is nutritionally balanced. Interview a registered dietitian to find out how a diet is analyzed. What substitutions does he or she suggest to people allergic to the most common food allergens?
15. The internet can be a great resource for people with food allergies since many national chains and fast food restaurants post menus and ingredient statements on their websites. Pretend that you have a peanut allergy and visit the website of your favorite fast food restaurant to see what foods you would still be able to eat. Were you surprised at any foods that contained peanuts?
16. Examine how people with food allergies are portrayed in movies, books, television shows, and other media. Determine how this portrayal affects the public perception of living with food allergies. Find at least three examples of characters with food allergies. How well do you think they were depicted? How would you revise those characters to make them more realistic?
17. Many food labels list "artificial flavors" or "natural flavors" on the ingredient statement, yet these flavors can contain food proteins to which individuals are allergic. Pretend that you are allergic to soy. Find an ingredient label that lists natural or artificial flavors, and, with permission, call the food manufacturer to ask if soy protein is present in any of those flavorings. How was your experience calling the manufacturer? Would you have felt differently if the answer to your question meant the difference between having a serious reaction or continuing with your day?
18. Cooking without certain foods can sometimes be tricky. Think about how baking might be for people with an allergy to wheat. Select a recipe and adapt it to be wheat-free. You may need to try several different combinations of non-wheat flour before you find one that works. How did it taste?
19. Watch how someone prepares food at home. See if you can identify ingredients that may cause a problem for someone with a food allergy and pinpoint where cross-contact occurs. Note some things you could do to help make the kitchen safer for people with food allergies.
20. Some allergists concentrate on research in food allergies as opposed to primarily treating patients. Read about the latest food allergy research at www.foodallergy.org. Which kind of allergist career interests you more?

Deaf/Hearing-Impaired Rocker

GIRL SCOUTS FOR ALL APPRECIATION SERIES PATCH PROGRAM

Purpose: To increase knowledge and understanding of people who experience deafness or hearing impairment

Girl Scout Daisies and Brownies must complete **two** activities.

Girl Scout Juniors must complete **three** activities.

Girl Scout Cadettes must complete **four** activities.

Girl Scout Seniors and Ambassadors must complete **five** activities.

1. Talk to an audiologist or other expert about the different types of hearing impairment and their causes. Learn about possibilities for correcting hearing impairment and ways to prevent it.
2. Explore assistive technologies used in the workplace and at home for people who are hearing impaired. Your local library or the internet may have resources available for you to research this topic, including the Deaf Websites page: deafwebsites.com
3. Take a field trip to a local museum and explore the different ways people with hearing impairment can use these facilities. Possibilities might include written signs, sign language interpreters, or videos with captions.
4. Discuss different adaptations your troop could make to include a girl with hearing impairment. How would you arrange your space or conduct meetings and activities to ensure she would be included? How would you travel together? How would you support her? What would you do if people made fun of her?
5. Invite a person who is deaf to speak at a troop meeting about their lifestyle and assistive technology they use.
6. Learn some American Sign Language. Make a video or in-person presentation for a friend or a sister Girl Scout in ASL. Check out books from the library or conduct research online at signlanguage101.com and lifeprint.com.
7. Learn about different types of social interaction options for those with hearing loss. Explore Sign Language Interpreting agencies and how they work. Discover how a deaf person may use a mobile device – what programs do they have on it to help? How does a deaf person communicate in a common social place like a grocery store if those around them do not know Sign Language?
8. Explore the different resources available to people who are deaf at a public service center. Explore public resources such as written signage, video guide with captions, and interpreter opportunities. Find other such resources in your community.
9. Read and discuss as a group a book about a person who is/was deaf in order to learn about their lifestyle.
10. Create and complete a service project that will assist deaf people in your community.

Diabetes Rocker

GIRL SCOUTS FOR ALL APPRECIATION SERIES PATCH PROGRAM

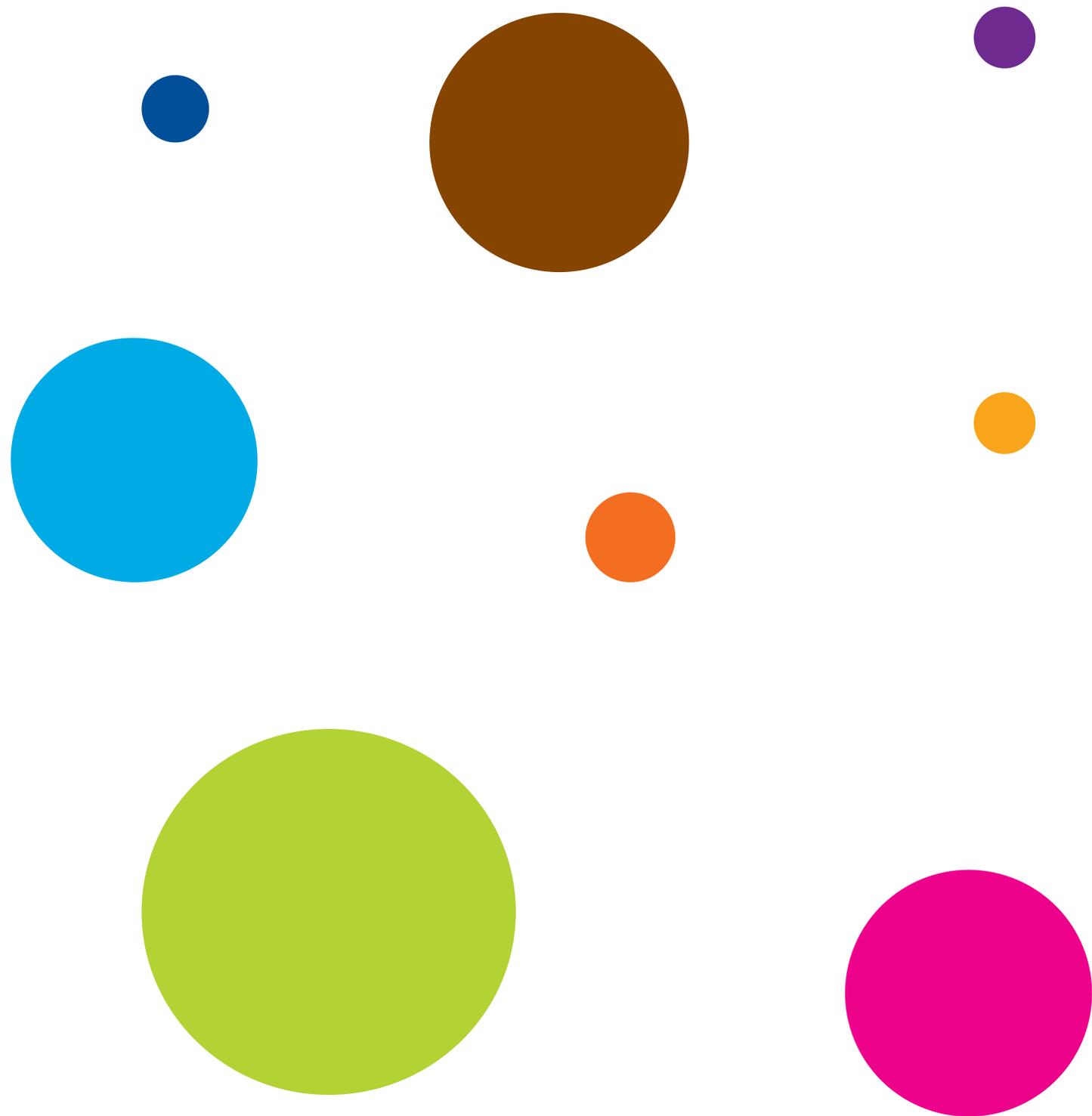
Purpose: To increase knowledge and understanding of people who live with diabetes

Girl Scout Daisies, Brownies, and Juniors must complete **one** activity.

Girl Scout Cadettes, Seniors, and Ambassadors must complete **two** activities.

1. Talk to an endocrinologist or other expert about the different types of diabetes and their causes. Learn about possibilities for preventing and treating the different kinds of diabetes.
2. Explore assistive technologies such as insulin pumps and continuous glucose monitors as well as other treatment and maintenance options and devices for those with diabetes.
3. Develop a healthy meal plan for a day that a person with diabetes could follow. What are correct portion sizes? Why is it important to not just cut sugar out of a diet? How many snacks did you build into the day aside from main meals and why?
4. Discuss different adaptations your troop could make to include a girl with diabetes. How would you develop an inclusive snack/meal plan? How would you travel together? How would you support her? What would you do if people made fun of her?
5. Invite a person who has diabetes to speak at a troop meeting about their lifestyle and any assistive technology they use.
6. Read and discuss as a group a book about diabetes in order to learn about their lifestyle. Examples can be found here for different age groups: childrensdiabetesfoundation.org/books/
7. Explore healthy foot care for people with diabetes. Why is it important for people with diabetes to take good care of their feet? Do a spa pedicure and pamper your feet!

For additional resources and information, visit diabetes.org or niddk.nih.gov



This document is not intended to replace or supersede any doctor's instructions nor should it in any way be taken as medical advice or directions. This resource is a suggestion for GSOH volunteers to use while welcoming girls to their troops with special needs and is for informational and educational purposes only. Please follow a parent/caregiver's instructions in the medical care of their child and make sure you always have the appropriate medical and troop permission forms completed and available for Emergency Medical Services (EMS) personnel.