

Girl Scout Outreach

Health and Wellness



Girl Scouting's mission is to build girls of courage, confidence and character, who make the world a better place. Since 1980 Girl Scouts' outreach program has empowered girls, giving them the ability and confidence to make positive decisions about their health, education and future.

Girl Scouts San Diego launched *Girl Scout Outreach* to provide girls in grades K–5 with programming through in-school, after-school and community group settings. Our goal is to serve over 3,900 girls per year throughout 40+ elementary school through San Diego County.

The comprehensive educational programs include material about STEM (science, technology, engineering and math), health and wellness, community service, career building, financial literacy, relationship and communication skills, arts and humanities, as well as life skills such as online safety and anti-bullying. Content standards for supplemental programs are established by the Department of Education, and designed to support existing curriculum in schools.

Leadership development is a major focus. The Girl Scout Leadership Experience (GSLE) identifies three “keys” to leadership:

- Discover: Girls understand themselves and their values and use their knowledge and skills to explore the world.
- Connect: Girls care about, inspire, and team with others locally and globally.
- Take Action: Girls act to make the world a better place.

Girl Scout experiences Girl-led, whenever possible, and encourage learning by doing (experiential learning) and cooperative learning. These three processes promote the fun and friendship integral to Girl Scouting.

Professionally trained bilingual staff, called program leaders, function as facilitators and positive adult role models who deliver the programs either in four- to 12-week sessions or year-round, in schools, community centers, juvenile detention facilities and shelters.



Health and Wellness programming

These programs engage girls in activities which will help develop positive attitudes toward fitness and nutrition, emotional and physical health. The girls learn about the relationship between mind and body as well as develop a better understanding of personal power. Also, the development of a positive body image, awareness of stress management including growth and development, relaxation activities, drug and alcohol issues, exercise, physical strengthening, sports, and games are also included in the curriculum.



Healthy Mind, Health Body curriculum under the following subjects:
(take home packets included for each participant)

- Nutrition/ Physical Health
- Emotional Health/ Self-Esteem
- Healthy Habits/ Hygiene
- Stress Management
- Time Management
- Relationships; Respect and Acceptance



- Physical Growth and Development – understanding of development.
- Nutrition – knowing what to eat and how to prepare snacks
- Fitness and Exercise—maintaining fitness and strength for living a disease-free life.
- Emotional/Mental Health –recognizing signs of illness; disease prevention, stress management, relaxation activities and personal health issues.
- Sports and Recreation activities using fitness, team and individual sports, competitive and non-competitive.
- Avoiding Harmful Substances and Situations-knowing what these substances are and how they can affect your body; how to avoid the use of such substances. Surfing the web safely - Internet safety tips.

The goal is for girls to develop positive, lifelong habits to maintain physical and mental health through these activities. The benefits are numerous:

- Develop self-potential; girls involved in sports and fitness activities have higher levels of self-esteem and more positive feelings about their bodies and appearance.
- Develop values; girls learn to be fair and honest, to respect the abilities and decisions of other, and to show respect for themselves and other through their words and actions.
- Relate to others; girls learn social skills through team sports and competition.
- Contribution to society; while playing sports, girls develop leadership that they can draw upon at home, in school, at work and society at large.

Healthy Girls Healthy Lives through Girl Scouts

- To provide a safe, nurturing, welcoming environment for girls to discover the benefits of a healthy mind and body with other Girl Scouts.
- To meet the need for Healthy life Styles – Physical Growth and Development, Nutrition, Fitness and Exercise, Mental and Emotional Health, Recreation and Sports, Self Defense.

For further information, please contact:

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