



On my honor, I will ... not do this alone.

Girls who have family support and participation in their Girl Scout adventures are more likely to stay, and troops excel when parents are part of the fun. Ask your troop families to volunteer four hours of their time this year...4Her!

Make families feel welcome

Studies show that many potential troop helpers think they're not needed or don't know how to pitch in. As a result, within the same troop, leaders sometimes wonder why no one helps out! End the confusion by making clear, warm requests for help. This guide will provide resources and tips to get started

Family volunteers can...

- Provide special talents and skills that enrich the troop experience.
- Take significant pressure off the primary troop leaders.
- Provide logistical support—like driving help—so the troop can enjoy more adventure.
- Become engaged in a meaningful way with the troop, leading to greater understanding of Girl Scout leadership goals.
- Directly witness their girl's growth in Girl Scouts.
- Demonstrate to their girl how volunteerism helps make the troop community successful, and sets the stage for her own future volunteerism.
- Show their girl that what matters to her, matters to the family.
- Create a volunteer troop labor pool that is more organized, reliable and engaged.
- Model a team of resourceful collaboration with others to achieve a common goal. What a great thing for girls to see!

Share the mission

You know Girl Scouts is more than crafts and camping. But, parents or guardians may not realize it's a leadership experience, especially if they're new to Girl Scouts. At a parent meeting, tell them about our mission and the long-term benefits of Girl Scouting. See the graphic in the *Family Guide*. Tell them how we achieve those outcomes by incorporating: girl-led, learning by doing, and cooperative learning practices.

Provide “CPR” for a healthy troop!

Don't wait till your troop—or your own energy—is on life support! Use this acronym to remember critical points:

- C**ommunicate needs and expectations
- P**rovide options for participation
- R**ecognize troop volunteers—and their girls

Communicate needs and expectations

Provide the 4Her Commitment flyer or a sign-up sheet at a parent/guardian meeting. Hold the meeting early in the year, so you can get all tasks covered. Don't be afraid to say that you can't do it all yourself. Help volunteers know the specifics of tasks they're considering.

Once they've decided, give clear instructions and deadlines, so there's no misunderstanding. Let them know it's OK to ask for additional information. Ask for confirmation and provide friendly reminders if needed. This takes a little investment of time at first, but you'll develop a routine that improves each year.

Provide options for participation

Use the menu of possible positions on the 4Her Commitment flyer, or create your own sign-up sheet. Give enough detail so each volunteer can find their best fit. Need another type of help? That's OK—write up a quick description!

Be flexible to engage even the busiest families. Grandparents, older siblings, or any qualified adult can pitch in.

Check the Family Info Sheet, and see who has talents, hobbies or occupations that might fit the girls' needs. Engage that person in a way that helps them shine!

Recognize troop volunteers—and their girls

Here are a few ways to recognize the completed promise of four or more hours of family service to the troop. You can use one or more methods. Perform recognitions at any troop meeting, or at a Court of Awards ceremony.

- 4Her appreciation certificate, perhaps presented by the girl to the volunteer. Download and print at sdgirlscouts.org/forms.
- 4Her patch, presented to the girl. Available at your nearest GSSD shop.
- A thank-you note, signed by all the girls in the troop, or a special note from you.
- Other tokens of appreciation—you can find many clever ideas on Girl Scout San Diego's Pinterest board.

Public recognition generates pride in the girl and her family, and can motivate others to jump in.





4Her Commitment

There are only so many hours in a day, and girls and their families have to balance many interests, commitments and responsibilities. That's why Girl Scouting today is more flexible than ever!

Girl Scout troops rely on volunteer support for girls to receive the best experience possible. Your troop leaders have committed to providing primary guidance and support, but all families are asked to give what they can.

We're asking for your promise of 4 hours per family per year—4Her.



What can a 4-hour promise really do?



- The 4Her promise is an open door to participation for parents and family members.
- It can build a solid support base, and strengthen a girl's chances of longevity with the troop.
- You'll witness the positive effect your participation has on the troop and your Girl Scout.
- Your troop can accomplish so much more with just a little help.
- Communication between you and other troop families significantly increases.
- You build future volunteers as children witness parent volunteerism first-hand.



Customize your role

On the back of this flyer is a list of ways you can support the troop this year. Please indicate how you plan to help, and return the top portion of this flyer to your troop leader. Fill out the tear-off section below and keep it for your reference. All family members are welcome to participate!

A special patch is available for girls whose families complete four hours of troop help. Ask your troop leader for details.

Note: All adults who help the troop regularly, have regular contact with girls, transport girls, or handle troop funds must complete the GSSD volunteer application and background check process. Begin at sdgirlscouts.org/join.



4Her Commitment

Please complete this section and keep it with you as a reminder of your commitment to support the troop this year!

I promise to contribute to the success of Girl Scout Troop _____ this year by volunteering at least 4 hours of my time.

Name: _____ Girl's name: _____

How I'll help: _____



Yes! I can help!

Place a checkmark in the boxes next to the things that you can do to help make this a great Girl Scout Leadership Experience for all the girls in the troop. Please return this section to the troop leader.

Name: _____ Girl's name: _____

Phone: _____ Email: _____

| Yes, I can do this! | Position name | Quick description |
|--------------------------|---|--|
| <input type="checkbox"/> | ● ○ ● Troop treasurer | • Helps with budgeting, collections, deposits, and payments. • Keeps accurate troop records and submits financial reports in a timely manner. • Signer on the troop checking account. |
| <input type="checkbox"/> | ● ○ ● Troop fall manager (TFM) | • Manages and coordinates troop participation in the fall product program. • Attends service unit product program training. • Trains girls and parents/guardians at a troop meeting. • Reviews and distributes product orders |
| <input type="checkbox"/> | ● ○ ● Troop cookie manager (TCM) | • Manages and coordinates troop participation in the Girl Scout Cookie Program. • Attends service unit cookie program training. • Trains girls and parents/guardians at a troop meeting. • Confirms orders with parents/guardians and enters all data into cookie program database (eBudde) |
| <input type="checkbox"/> | ○ ● Cookie program booth chaperone | • Sets up booth table and chaperone shifts of girls during direct sales. • Collects money from booth sale and returns to troop cookie manager. |
| <input type="checkbox"/> | ● Service project coordinator | • Helps troop leaders and girls plan and complete community service projects. |
| <input type="checkbox"/> | ● ○ ● Outdoor experience coordinator, a.k.a. "camping parent" | • Helps plan camp outing(s) or other outdoor experiences with girl and adult input. |
| <input type="checkbox"/> | ○ ● Driver | • Transports group of girls to field trip locations. • Must have valid driver's license and vehicle insurance. |
| <input type="checkbox"/> | ● Shopper or prepper | • Shops for troop supplies, including badges, or preps needed materials. |
| <input type="checkbox"/> | ● ● Ceremony/recognition coordinator | • Works with leaders to plan troop ceremonies, such as investiture at start of year, bridging at end of year, and awards at end and/or middle of year. |
| <input type="checkbox"/> | ○ ● Game leader | • Researches and teaches girls group games to play. |
| <input type="checkbox"/> | ○ ● Song expert | • Shares a musical gift with girls by researching and teaching them Girl Scout songs or others appropriate for their troop activities. |
| <input type="checkbox"/> | ● Child care | • Watches leaders' other children while the troop leaders focus on the girls. |
| <input type="checkbox"/> | Other | |

● Training available

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● as needed, occasional, time varies

● seasonal, 2 months, 3-5 hours a week routine,

● 15-30 minutes a month

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