



Self-Defense Junior Badge

The starred (*) requirement must be part of earning this badge along with 5 other requirements of your choice for a total of 6 requirements to complete this badge.

- *1. Attend a self-defense class or event run by trained professionals and learn several techniques to defend yourself.
2. Self-Defense is all about using your smarts – not your fists. It's about being aware of your surroundings and most importantly NOT being where you shouldn't be! Discuss with your parents, leaders and your troop members the importance of not sneaking out, of telling an adult where you are going and what time you are coming back, of never going out alone and never going into places where you shouldn't be such as deserted buildings, alleys, vacant lots. Discuss with your troop places not to go alone that are in your local area.
3. Stranger Danger! Discuss with your parents, leaders and troop what to do if a stranger comes up to you and tries to force you to go with them. What would you do if you were approached after school by a stranger in a car who asked for directions? What would you do if a stranger told you, "Your father sent me to pick you up," or, "Your mother was injured in an accident and I was sent to get you?"
4. Have every girl in the troop discuss her family's rules about what she is allowed to do when her parents are not home. How do you stay safe at home? What if a stranger comes to the door? How are you taught to answer the phone if you are alone? What do you do if you think someone is trying to get into your house?
5. Gather newspaper, magazine or Internet articles on crimes. Have the girls read the articles aloud and discuss ways the victims could have made better choices or defended themselves.
6. Staying Safe Online! Doing schoolwork and e-mailing your friends on the Internet is a great way to learn and use your time online. Discuss what rules your parents have made for you regarding your use of the Internet. What if you accidentally click on a website you know you should not be on? If you are in a chat room talking to your friends, and someone you don't know gets involved in your conversations. What do you do? You should never give out your home address or telephone number or post

a picture of yourself for strangers to see. Discuss what problems could occur if this were to happen.

7. Invite a police officer to your troop meeting to discuss personal safety issues. Make sure you ask questions about how safe you are in your community and how to be safe on the Internet.
8. Get your troop members together and role play different situations where your safety is at risk and demonstrate how you would get to safety.
9. No one likes a Bully. Discuss the meanings of assertive, aggressive and passive behavior in people. Have you seen someone who was being bullied? Describe the situation and what happened. What should the targeted person do about the bullying? Does your school have a policy to deal with bullying? What would you do if someone were being a bully to you?
10. Do one of the following to get out the word about personal safety for everyone:
 - Put on a personal safety workshop or play for Daisy or Brownie Girl Scouts.
 - Make posters that give safety tips. Ask to have them displayed at an elementary school, library, church or another place where kids go.
 - Organize a safety fair for your community, school or local Girl Scout troops.