

My Body, My Bravery Unapologetically Me

Leader & Caregiver Guide

Girls ages 12 - 18



Thank you for helping your Girl Scout build valuable life skills through the Body Positivity Skills Program! This guide is designed to support you as you walk through each skill with your troop or Girl Scout. After completing each activity, they earn a matching sticker to place on their water bottles as a fun reward for mastering each new concept.

Instructions:

Step 1: Choose a Lesson

Help your Girl Scout to choose the body positivity skill lesson that interests them most. Each one is designed to help them grow their own self-image and understanding!

Step 2: Learn Together

Review the lesson together and encourage them to talk about what they learned. Help them find opportunities to practice body positivity in different situations to practice being kind to themselves and understanding of others!

Step 3: Practice

Encourage your Girl Scout to practice this skill in everyday situations so they can build confidence and use it when they need to stay calm and kind.

Step 4: Celebrate

Once they complete the activity, help them find and peel off the matching sticker so they can add it to their water bottle as a reminder of how awesome they are at using their body positivity skills!

Tolerance Skill Lessons:



I Love How I Move

Guide your Girl Scout in appreciating what their body can do by encouraging them to focus on its abilities rather than its appearance. Help them choose a form of movement that feels right for them—this could be a walk, stretching, a workout, or playing a sport. Afterward, have them to take a moment to reflect by journaling about how their body felt during the activity and what it allowed them to do. Then ask them to write one statement expressing appreciation for something their body helped them accomplish. When they can name a function they're grateful for, they can place their sticker to celebrate!



My Body Helps Me Explore

Encourage your Girl Scout to step outside of their comfort zone and try something new, speak up in a conversation, or explore an idea they've never considered before. Before they take that step, invite them to notice how their body feels—maybe nervous, unsure, or excited. Afterward, take a moment together to reflect on how it feels once they've done it. Each time they challenge themselves and try something beyond what feels easy or familiar, they're practicing growth. They can place their sticker when they notice themselves recognizing their growth in action.



I Can Do Anything

What's something your Girl Scout has wanted to try but hasn't been sure they could do? Invite them to write or talk about what might be holding them back and how those worries make them feel. Encourage them to imagine what could happen and what they could learn if they tried anyway, even if it feels difficult. Next, help them choose one small step they could take to start working towards that goal. Ask gentle questions or offer support as they think it through. Remind them that every time they act with courage, they grow their confidence. They can place their sticker when they take that brave first step.



Strong Like A ____

Help your Girl Scout recognize the different kinds of strength they carry inside them. Encourage them to think about moments when they stayed calm during something difficult, kept going when something felt challenging, or used their creativity to solve a problem. Ask them to write down three strengths they have, then help them choose one moment in their life where they showed strength quietly to write about. It could be about supporting a friend, not giving up on a hard assignment, or any time they showed their strength. Have them to place their sticker when they recognize their own power.



Every Size Is the Right Size

Have your Girl Scout think about body standards and comparison culture by reflecting on the messages they see about beauty. Ask where these standards might come from and talk about how those messages can shape the way people see themselves and others. Discuss how comparison can affect confidence, self-worth, and the way people treat their bodies. Encourage them to write their own definition of beauty based on what truly matters to them, such as kindness, strength, creativity, or individuality. When they choose comparison-free thinking, have them to place their sticker.



Kind to My Body, Kind to Others

Reflect with your Girl Scout on how they speak to themselves and the expectations they place on their own mind and body. Invite them to write down a negative thought they've had about their body and help them rewrite it as a kinder, more supportive statement. Discuss the kinds of boundaries that help them feel respected and safe, and support them in identifying one boundary they can honor this week. Remind them that choosing self-respect, compassion, and healthy limits helps strengthen their relationship with themselves. They can place their sticker after they have practiced showing kindness toward themselves.



I Am Changing - and That's Okay

Take time to guide your Girl Scout in reflecting on the changes they've experienced over the past year as they have grown. Encourage them to think about how they may have changed physically, emotionally, or socially during this time. Invite them to share or write about one way this growth has helped them better understand themselves or handle new situations. When they acknowledge that change is a natural part of becoming who they are, have them place their sticker.



My Feelings Belong in My Body

Help your Girl Scout notice how stress shows up in their body and how they can care for their nervous system. Invite them to write about what stress feels like for them. Maybe their shoulders get tight, their stomach feels uneasy, or their thoughts start racing. Help them think about what helps their body calm down. Encourage them to practice a simple strategy like taking slow breaths, stretching or moving their body, or pausing for a moment before responding. When they notice themselves responding thoughtfully instead of reacting right away, they can place their sticker to celebrate taking care of their mind and body.



I Don't Compare - I Celebrate

Guide your Girl Scout to notice when they begin comparing themselves to others, especially while using social media. When they observe that moment, gently encourage them to pause and reflect by writing about what triggered the comparison and how it made them feel. Then ask them to think about what truth they can remind themselves of instead—such as their own strengths, their progress, or the fact that social media rarely shows the full picture. When they interrupt a moment of comparison and replace it with a healthier thought, invite them to place their sticker to celebrate choosing self-kindness.



My Body Deserves Respect

Have your Girl Scout reflect on consent, boundaries, and autonomy. Have them write about what respect means to them. Encourage them to describe a moment when they asked for or gave consent, or when they noticed someone respecting another person's boundaries. Help them think about a boundary they may want to strengthen and discuss how they can communicate it clearly. Remind them that each time they make their own choices and respect the choices of others, they help create a community built on trust and respect. When they enforce one of their boundaries, they can place their sticker!



Brave Enough to Be Me

With your Girl Scout, reflect on authenticity in their friendships, leadership, and identity. Have them write about a time when they felt pressure to fit in or change who they were to be accepted. Ask them what that experience was like and how it affected them. Encourage them to imagine what authenticity could have looked like in that moment. How might things have been different if they had felt comfortable being their true self? They can place their sticker when they practice being their true self, even if it feels hard. Remind them that each time they choose to be themselves, they help create safe spaces for others to do the same.



I Change. I Grow. I Shine

Take time to guide your Girl Scout in reflecting on their journey and the strength they've built along the way. Encourage them to think about moments in their life that helped them grow or change. Help them create a "growth timeline" that shows important experiences that shaped who they are today. Invite them to write about a challenge they faced and how it made them stronger or helped them see themselves differently. Remind them that each time they recognize their resilience and the ways they've reinvented themselves, they are celebrating their own unique kind of beauty. When they feel proud of that strength, have them place their sticker to mark the moment.

Explore valuable strategies for building body positivity and handling challenging situations with resilience by scanning the QR code.

