



Girls Speak Up

An activity pack to #ListenToGirls



International Day of the Girl 2022



Acknowledgements

**Written by Jenifer King, Signe Obel and Erin Wicking
With the support of María Pazo and Elsa Cardona
Illustrations and design by Alejandra Lonjedo**

**© WAGGGS 2022 World Association of Girl Guides and Girl Scouts
World Bureau 12c Lyndhurst Road London,
NW3 5PQ, UK
Telephone: +44 (0)20 7794 1181
Website: www.waggs.org
Registered Charity No. 1159255**

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**WORLD ASSOCIATION
OF GIRL GUIDES
AND GIRL SCOUTS**

Welcome to International Day of the Girl 2022!

Welcome to the **#GirlsSpeakUp** activity pack! We have designed this fun activity pack to help Girl Guides and Girl Scouts of all ages to have their say in our global youth consultation in celebration of International Day of the Girl 2022.

About International Day of the Girl

11 October was declared International Day of the Girl (IDG) by the United Nations in 2012. Ever since, Girl Guides and Girl Scouts around the world have been celebrating IDG every year. It is a key moment for us to come together to raise up girls' voices, and show how our Movement empowers girls and young women to shape the world they want to see all year long.

Why is our theme #GirlsSpeakUp?

We have made the commitment to become a girl-led Movement by 2032. To be truly girl-led means that, at all levels from local to global, we must create every opportunity we can to provide a brave space so that girls can speak up about their feelings, experiences and opinions.

This is why our 2022 International Day of the Girl activity pack is not only a series of engaging activities for girls to incorporate into their meetings, but it is also a global #ListenToGirls youth consultation!

For many adults in our Movement, the idea of facilitating a youth consultation may seem daunting. We hope that by following the steps laid out in this #GirlsSpeakUp activity pack, you will discover how simple (and rewarding) it is to consult your Girl Guides and Girl Scouts in a way that is Relevant, Exciting, Accessible and Learner-led (R.E.A.L).

The games and activities in this #GirlsSpeakUp activity pack will enable girls to share their feelings, experiences and opinions in relation to these questions:

What does Girl Guiding/Girl Scouting mean to you?

What do you wish to experience and learn about through Girl Guiding and Girl Scouting?

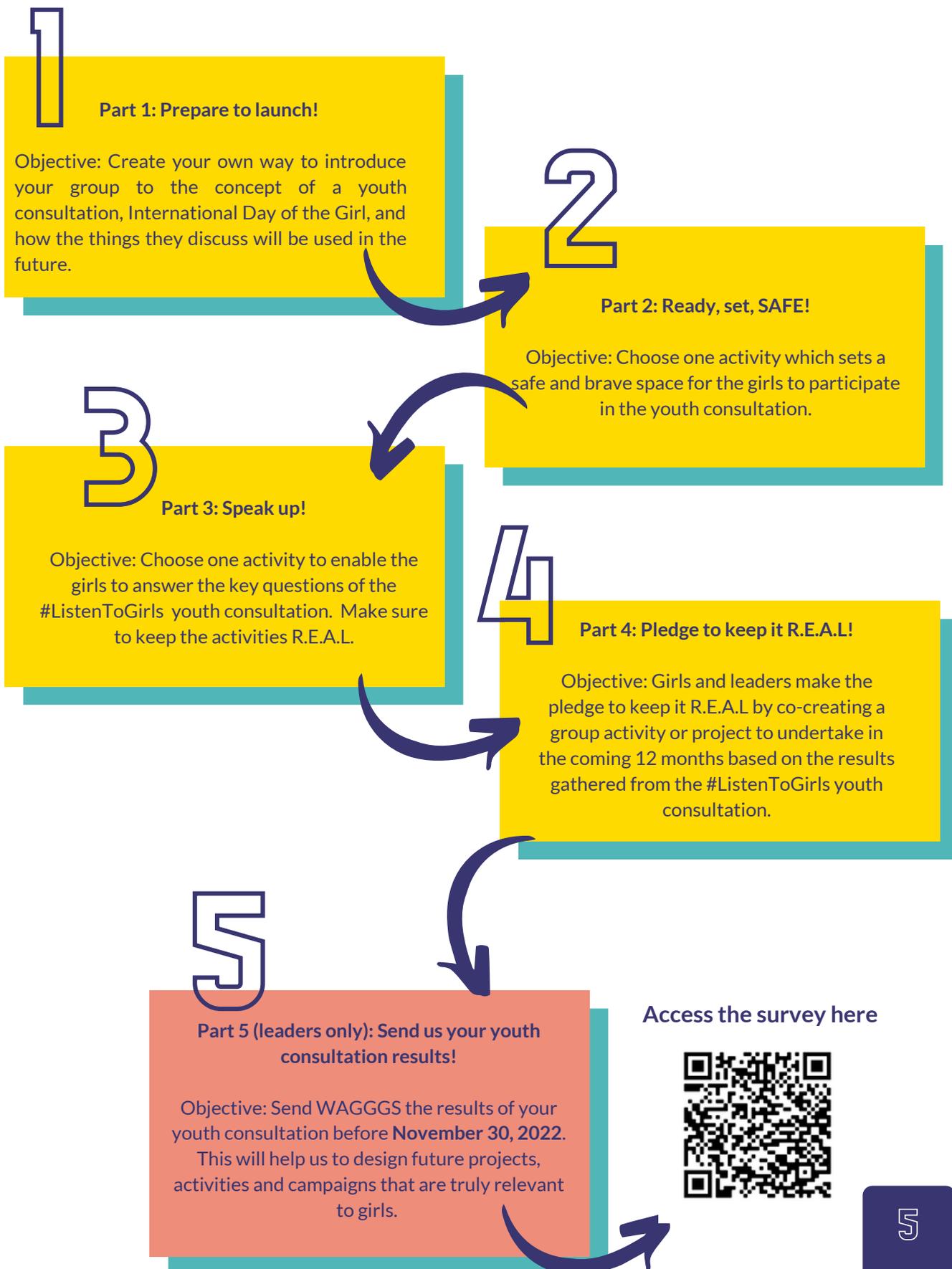
As part of the #ListenToGirls youth consultation, you will make a pledge to use the information you gather to implement activities which are more girl-led and aligned with girls' interests and needs. WAGGGS will use the information you provide from your youth consultation to develop initiatives which are R.E.A.L for the girls all across our Movement and advocate on the issues important to them.



How to complete the pack

The games and activities suggested in this pack can be adapted to suit girls of all ages and groups of all sizes. They emphasise girl choice and can be experienced in person or virtually depending on your local context. Your group may also create your own activities to do in order to meet the objectives of the first three parts of the #ListenToGirls youth consultation. Parts four and five must be completed as written.

Steps to complete the #ListenToGirls youth consultation and earn the #GirlsSpeakUp badge:



Each activity should take under 20 minutes to complete (depending on the group size), so you should be able to complete the whole youth consultation in one meeting. It is important to ensure that you allow time after each activity for reflections, discussions and sharing. Those are key to completing the activities, and essential to the learning journey. If a group completes all five parts, they have earned the #GirlsSpeakUp badge.

Let's get started!

Did you know that 8 in 10 girls and young women want to be involved in decision-making that directly affects their lives

(Source: U-report)

What is a youth consultation?

A youth consultation is a meaningful activity where young people are able to share their opinions in a comfortable, safe and structured environment. When you undertake a youth consultation you should do so knowing that you will act on the thoughts which have been shared by the youth who took part in it, with the purpose to use the results to inform decision making on activities and programmes that directly affect them.

Consulting with young people is not simply asking young people to approve a youth project or service. Young people have broad interests and concerns. Just like any other community member, young people will have opinions on all issues that affect their community – not just on 'youth issues'.

Consulting with young people – about a range of relevant issues – will help you:

- provide more suitable and relevant services and activities
- understand new and unique perspectives
- make better, more informed decisions
- strengthen community connections

Why is a youth consultation useful?

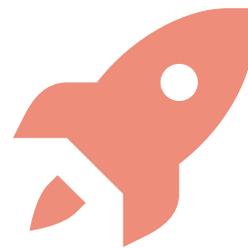
For over a century, Girl Guiding and Girl Scouting has taught us how valuable it is to listen to the voices of girls and young women. We have experienced first-hand the incredible outcomes that happen when girls and young women are consulted and involved in the design, delivery and evaluation of initiatives. In previous activities such as the Listen to Girls resource, the U-report consultations and most recently our consultation on STEM (Science, Technology, Engineering and Mathematics), we have asked girls about different topics and taken their input to improve our activities and programmes. We know that by playing a key role in the evolution of a project, girls feel a sense of ownership and achievement. Excitingly, youth consultations are becoming increasingly popular outside of the Movement as well and we want to ensure that all Girl Guides and Girl Scouts feel empowered to take part in youth and community consultations both inside and outside of Girl Guiding/Girl Scouting.



Part 1: Prepare to launch!

Our first step to help #GirlsSpeakUp is to set the scene by introducing the idea of a youth consultation in an age appropriate way to the girls taking part. This will help everyone get the best outcomes. Here are our suggestions to help you prepare to launch the #ListenToGirls youth consultation with your group:

Introduction: Time: 5 min.



Age 5-8 years

- Today we are doing a special activity that other Girl Guides and Girl Scouts across the world are doing as well! In this activity, you will tell us what you think about Girl Guiding and Girl Scouting, so we can make it everything you want it to be.
- We are going to talk about what Girl Guiding / Girl Scouting means to you and what skills, topics and issues you would like to explore at Girl Guides/Girl Scouts that you think would be helpful for you as you grow older .
- What you tell us today will be used by us leaders to help plan the activities for the coming year.
- It will also be used by WAGGGS (the World Association of Girl Guides and Girl Scouts) to write exciting new activities and projects for Girl Guides and Girl Scouts around the world.

Age 8-13 years

- Today we are going to take part in a special global youth consultation. Other Girl Guides and Girl Scouts around the world are also taking part.
- A youth consultation is an activity where young people share their thoughts and opinions and what they share is used to inform future activities.
- Today we are going to talk about what Girl Guiding/Girl Scouting means to you and what skills, topics and issues you would like to explore at Girl Guides/Girl Scouts that you think would be helpful for you as you grow older .
- What you tell us today will be used to plan the activities for the coming year.
- The feedback will also be passed on to WAGGGS (the World Association of Girl Guides and Girl Scouts) so it can inform the initiatives that WAGGGS develops for the future to ensure that we are a truly girl-led Movement.



Age 13-18 years

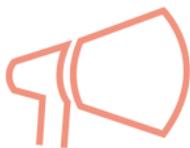
- Today we will take part in a youth consultation. We are going to talk about what Girl Guiding/Girl Scouting means to you and what skills, topics and issues you would like to explore at Girl Guides/Girl Scouts that you think would be handy for you as you grow older .
- What you tell us today will be used to help plan the activities for the coming year.
- At the end of the session we will make a pledge to make our group a safe space and the leaders will pledge to collaborate with the group to run at least one activity in the coming year which has come out of the ideas generated through this youth consultation .
- The feedback will also be passed on to WAGGGS (the World Association of Girl Guides and Girl Scouts) so it can inform the initiatives that WAGGGS develops for the future to ensure that we are a truly girl-led Movement.

Part 2: Ready, set, SAFE!

Choose one activity from these options in order to set a brave and safe space for your youth consultation.

Action story

Time	Materials	Suggested age groups
15 min	None	5-13



We are going to take part in an action story about a girl who wants to change the world! In the story we will hear lots of different emotions, then we will think about our own emotions.

How to play:

1. As a group, help the the girls to decide on a simple funny action to perform to match each of these emotions from the story: **Love Cheerful Frustrated Excited Proud Brave**
2. Every time an emotion is read out in the story, perform the action.
3. Choose someone to read out the story and make sure they know to slow down as they read the emotion words to give the group time to do the action. If you think you will have time, the girls might choose to read the story a few times and read faster each time so that it becomes harder/funnier to do the actions!
4. After reading the story, ask the girls if they have felt any of those 6 emotions in the past week and have a brief discussion about them.

STORY SCRIPT

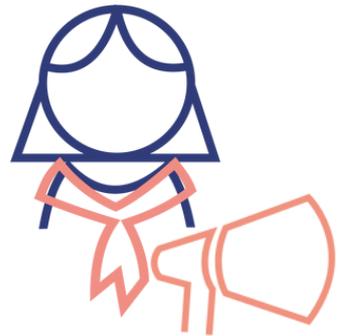
Once upon a time there was a Girl Guide/Girl Scout. Her friends and family always told her how much they love her because she was always so cheerful and made them smile. Today she was extra excited because she was going to a special Girl Guide/Girl Scout event where there would be a guest, speaking to the girls about her important job.

When the time came for her to get ready to go to the event, she realised that, although she was excited she was also a bit nervous because there would be lots of girls at the event that she had never met before. Her parents reminded her that if she was her usual cheerful self, the new girls she met were sure to want to be her friends. So she put on her Girl Guide/Girl Scout uniform and decided to be brave!

The event was amazing and she quickly realised she had nothing to be nervous about. The leaders ran all kinds of activities which helped her to learn about the lives of girls living in other parts of the world and she was proud to know that she had Girl Guide and Girl Scout sisters in so many countries.

Soon, it was time for the guest speaker to do her talk. The guest was so brave standing up in front of all those people! In her talk, the guest explained that her job was to help girls and women who didn't get to enjoy the same rights as men and boys in their community. She said that often her job made her frustrated because all people should have the same rights, but she knew that if she was cheerful and brave she could speak up for other people's rights and make a difference.

After the event, the Girl Guide/Girl Scout felt all kinds of emotions. She was frustrated that there were girls who didn't enjoy the same rights as she did, but she was also excited that she could speak up and help to make a difference. At their next Girl Guide/Girl Scout meeting, the girls who attended the event decided to be brave and give their own talk. They explained the issue to the rest of their group and reminded them that although they were probably frustrated about the issue too, as Girl Guides/Girl Scouts they had the power to speak up and change the world!



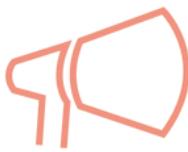
Debrief

Have you felt any of those emotions in the past week?
How are you feeling now? We all experience different emotions at different times - it is just part of being human!
How you feel is always valid.
What makes you feel safe and brave? We want to make sure that today we have created a space where you all feel safe and brave to speak up and answer the important questions we are asking you.



> Three scenes

Time	Materials	Suggested age groups
15 min	Pens and papers to record answers and discussion points	13-18



Today we are asking you to share your feelings, experiences and opinions. In order for everyone to contribute we have to ensure that everyone feels safe and valued in the process.

How to play:

1. Ask a small group of volunteers (3-5 people) to improvise a scene, without any planning. The setting of the scene is that they are together at a party. The story is up to them! Stop the scene when it comes to an end, or when it has been five minutes.
2. Ask for another group of volunteers to reenact the same scene, but the characters are uncomfortable and scared.
3. Ask for a third group of volunteers to play the same scene again, but this time the characters are feeling safe, confident and brave.

Debrief



- What were the differences between the three scenes?
- In the third scene, the characters were feeling safe, confident and brave. How could you see it and what made them feel this way?
- What makes you feel safe and brave? We want to make sure that today we have created a space where you all feel safe and brave to speak up and answer the important questions we are asking you.



Part 3: Speak Up!

This part of the activity pack is the core of the consultation: we are asking girls to share their answers to the following questions:

1. What does Girl Guiding/Girl Scouting mean to you?
2. What do you wish to experience and learn about through Girl Guiding and Girl Scouting?



Choose one activity to complete for each question from the options below.

Optional: If you have time and want to get girls in the mood for brainstorming, you can play this easy warm-up game before doing the activities below.

1. Stand in a circle.
2. The first player looks at another player and mimes throwing a ball at them. At the same time, they say a word. It can be any word!
3. The second player “receives” the mimed ball and repeats the word that was said. They then “throw” the ball at a third player and say a new word.
4. Play as fast as possible!

Question 1: What does Girl Guiding/Girl Scouting mean to you?



Pass It On

Time	Materials	Suggested age groups
15 min	A ball of wool or string Pen and paper to record the answers.	5-13



Close your eyes and take a few seconds to think about how Girl Guiding/Girl Scouting makes you feel and what it means to you.

How to play:

1. Start with the question “How does Girl Guiding/Girl Scouting make you feel?”

2. One person starts off with the ball of wool, they say their name and their one word answer, then they hold on to the end of the wool before throwing the ball of wool to someone else across the circle who will then say their name and give their answer.

3. Each player holds on to part of the wool before they pass the rest of the ball of wool onto the next player. By the end of the game, the wool has become a web which links all of the members of your group together.

4. Record all the answers as they are given! Your answers will be included in the #ListenToGirl feedback submitted to WAGGGS.

5. Play a second round, with the question “What does Girl Guiding/Girl Scouting mean to you?” You can give longer answers for this one!

6. If you think you will have extra time in your meeting you can choose to play a third round where girls answer the question “What have you learned in Girl Guiding/Girl Scouting?”



Debrief



Thank you for sharing your feelings about Girl Guides/Girl Scouts!
Did you have the same or different feelings?
Our Girl Guide/Girl Scout group is a safe space for everyone, a place where we should all be able to share our feelings and opinions.



Going on up!

Time	Materials	Suggested age groups
20 min	Paper, pencils/pens	13-18



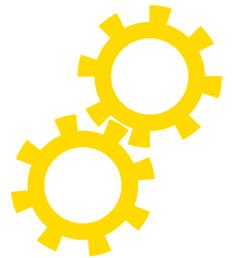
Example of introduction:

Now we are going to think about what Girl Guiding/Girl Scouting means to us. You will need to reflect on how Girl Guiding/Girl Scouting makes you feel and what you have learned in the Movement.

How to play:

1. In small groups, take a few minutes to think about the three following questions:

- How does Girl Guiding/Girl Scouting make you feel?
- What does it mean to you?
- What have you learned in Girl Guiding/Girl Scouting?



2. As a group, decide on a creative way you want to convey your answers. You could create a song, a commercial, a poem, a rap, a video, a comedy sketch, etc.

3. Take 10 minutes to create your creative answer, then present it to the group. Finish by explaining your answer in a couple of sentences.

4. Leaders will need to record the answers - they will be included in the #ListenToGirl feedback submitted to WAGGGS.

Debrief



Thank you for sharing your feelings about Girl Guides/Girl Scouts in creative ways!

What was your favourite part of the activity?

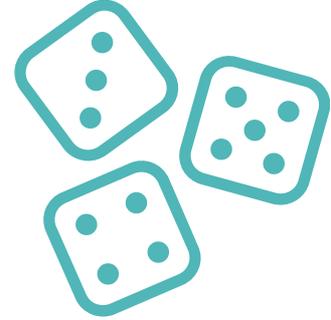
We will make sure that our activities can keep being meaningful to you in the future.

Question 2: What do you wish to experience and learn about through Girl Guiding and Girl Scouting?



Roll up to speak up!

Time	Materials	Suggested age groups
15 min	Dice or an item with the numbers 1-6 written on them Whiteboard or poster to write on	5-15



We are going to play a game to help us brainstorm. At the end of our game we will have a big list of skills we want to learn through Girl Guiding/Girl Scouting as well as a list of topics or issues we want to learn more about and take action to improve!

How to play:

1. Sit in one circle or in small groups (depending on the size and age of the group).
2. On a whiteboard or poster, write five categories:
 1. Teamwork skills : Skills for working in small groups
 2. Interpersonal skills: skills for connecting with other people
 3. Practical skills: Skills you need to try yourself in order to learn (i.e learn by doing yourself)
 4. Personal skills: Skills which help you be strong in mind, body and soul (i.e develop self awareness, self care skills)
 5. Topics: Local or global issues which impact our community and/or communities around the world that we want to learn more about and take action to improve.
3. Explain the categories in age appropriate language for the group.
4. One at a time, players will take turns to roll the dice (or select a numbered item).
If you get a 1 or 2 = suggest a skill they would like to learn and decide what skill category the leader should record it under
If you get a 3 or 4 = suggest a topic or issue they would like to explore further

If you get a 5 or 6 = perform a silly action chosen by the group
i.e the group might decide that the action is standing up to do a quick silly dance, running around the whole circle then sitting down, etc.
5. Continue playing the game until your time runs out or until you have multiple answers under each of the brainstorming headings.
6. During the activity, the leader will need to record the answers that were shared in the brainstorm. They will be included in your #ListenToGirl feedback submitted to WAGGGS.



Debrief



Were you surprised by some of the skills mentioned today?
It is really important to us that you get a chance to develop skills and learn about topics at Girl Guides/Girl Scouts that you might not get to explore at school or at home. It is also important to us that YOU get to have a say in what you would like to learn.
In our final activity of today we are going to make a pledge to work together to bring some of your ideas from our brainstorming to life over the coming year.



Think outside of the box!

Time	Materials	Suggested age groups
20 min	Small pieces of paper, pens/pencils, 3 boxes (one with a star drawn on it, one with a question mark drawn on it and one with a heart drawn on it), blue tack/sticky tape	13-18



We are going to do an activity to help us brainstorm. At the end of our activity we will have a list of skills we want to learn through Girl Guiding/Girl Scouting as well as a list of topics or issues we want to learn more about and take action to improve!

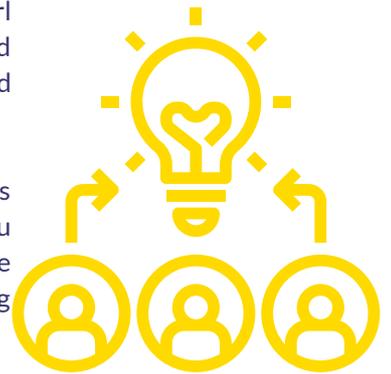
Instructions:

1. On a whiteboard/poster, write four skill categories:
1 = Teamwork skills : Skills for working in small groups
2 = Interpersonal skills: Skills for connecting with other people
3 = Practical skills: Skills you need to try yourself in order to learn (i.e learn by doing yourself)
4 = Personal skills: Skills which help you be strong in mind, body and soul (i.e develop self awareness, self care skills)
2. Take a piece of paper and write down the name of an object on it (Any object: a flying kite, an orange, a torch, etc.). Put it in the box with the star on it.
3. Your next challenge is to think of some skills you would like to learn at Girl Guides/Girl Scouts in the future. Take four pieces of paper and label each one with a different number from 1 through to 4. Try to write down one skill you would like to learn under each of these four skill categories and place your pieces of paper into the box with the heart once you have finished writing them.

4. Think of at least one topic or issue that you want to learn more about at Girl Guides/Girl Scouts so that you have the information you need to take action and improve the issue. Write down each topic/issue on a separate piece of paper and place your pieces of paper into the box with the question mark.

5. Take one piece of paper from each box, and in pairs, try to come up with ideas that would link the three pieces of paper in a innovative way (ie. how could you be innovative and use the object to learn the skills and explore the topic). If time allows, you can play a few rounds, putting back your pieces of paper and taking new ones.

6. Once you're done playing, be sure to put the pieces of paper back in the box! The leader will record all the ideas in the boxes with the heart and the question mark and they will be included in your #ListenToGirl feedback submitted to WAGGGS.



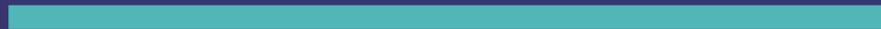
Debrief



Are there some ideas that you could and would like to try out?

It is really important to the Leaders that you get a chance to develop skills and learn about topics/issues at Girl Guides/Girl Scouts that you might not get to explore at school or at home. It is also important to us that YOU get to have a say in what skills you would like to learn and issues you would like to take action to improve.

In our final activity of today we are going to make a pledge to bring some of your ideas from our brainstorm to life over the coming year.



Part 4:

Pledge to keep it R.E.A.L!

Make the pledge

After conducting the consultation, the leaders will pledge to use the insights they have gathered through their #ListenToGirls youth consultation to inform their activity planning and make the group more girl-led. The girls will pledge to make their group a safe and brave space to share their feelings, experiences and opinions.

Time	Materials	Suggested age groups
10 min	Printouts of the 2 pledge sheets Camera/phone	All

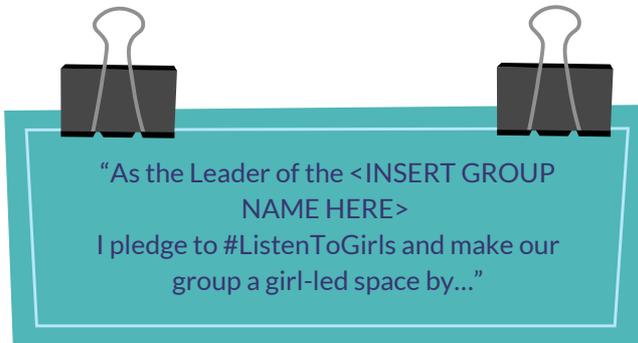
R.E.A.L

As leaders we are going to make a pledge to you today that when we plan our Girl Guide/Girl Scout activities we will #ListenToGirls so we can make sure that our activities are always Relevant, Exciting, Accessible and Learner-led (R.E.A.L).

Can you all pledge today to help make our group a safe and brave space so that everyone feels comfortable sharing their suggestions and opinions?

Together, if we pledge to do these things, we can make our group a fun and meaningful girl-led space!

LEADER PLEDGE SIGN TO READ:



GIRL PLEDGE SIGN TO READ:



Pledge instructions:

Add your group's name to the leader pledge sheet

Think of what you want to pledge to do to make your group more girl-led

Make your pledge out loud (both girls and leaders!)

Anyone who makes the pledge can choose to appear in a photograph with their pledge sheet.

The group members may (where appropriate) choose to share their pledge photo on social media with the hashtags:

IDG2022

GirlsSpeakUp

ListenToGirls

Stay safe online:

Make sure you have permission from your Girl Guides/Girl Scouts and their guardians before posting images on social media.

Talk to your Girl Guides/Girl Scouts about how to stay safe online before encouraging them to post on social media. It is okay to keep your account private and post just for your family and friends, or send your pictures to your local organisation to post.

For more information about staying safe online, visit [our website](#) and our [Surf Smart programme](#).



Debrief



Now we have made this pledge together, it is our challenge to work together to help bring some of the ideas we had during our brainstorming activities to life over the next year. How does that make you feel?

We will make sure to set aside time in future meetings so that we can all work together to plan at least one activity based on a skill or topic suggested during our consultation today.

Step 5: Send your answers to WAGGGS

We have designed this activity pack to help local groups run youth consultations and become more girl-led. But we also want to see your group's answers! This will help us design future projects, activities and campaigns that are truly relevant to girls' lives.

Share all the answers you have recorded at this link before **November 30, 2022**:

<https://campfire.waggs.org/book-page/join-listen-girls-global-youth-consultation>



Well done! You've completed the International Day of the Girl 2022 activity pack!

Get your **#GirlsSpeakUp** badge on the [WAGGGS shop](#).



Take it further

If you're interested in learning more about youth consultations, read our [interactive guide on running REAL youth consultations!](#)





“As the Leader of the

.....
I pledge to #ListenToGirls and make
our group a girl-led space by



“I pledge to make our group a
safe and brave space and to
help make Girl Guiding/Girl
Scouting girl-led by



