

This International Day of the Girl, join with other Girl Guides and Girl Scouts as we boost our resilience so we can all feel

#PreparedToChangeTheWorld



International Day of the Girl 2023



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

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What is International Day of the Girl?

International Day of the Girl (IDG) is an annual celebration held on October 11 to promote girls' empowerment and highlight the challenges girls face worldwide.

It is a special day to showcase how girls do not have to wait until they are grown up to make change in the world – they can do great things now!

Each year Girl Guides and Girl Scouts celebrate IDG and use it as an opportunity to learn how to be advocates and make the world a better place by speaking out on the issues they care about and taking action in their communities.



Why is IDG important to the World Association of Girl Guides and Girl Scouts (WAGGGS)?

WAGGGS is the largest voluntary Movement dedicated to girls and young women in the world – so IDG has a special significance for our organization!

Every day through Girl Guiding and Girl Scouting, girls and young women are learning to believe in their power to help themselves and others. The resilience, built through Girl Guiding and Girl Scouting, helps girls to thrive in a changing world, not as future leaders and advocates but as leaders and advocates of today.

What is the WAGGGS theme for IDG 2023?

This year, WAGGGS is using IDG celebrations to help girls develop the resilience needed to face the pressures and challenges of growing up in a changing world. With resilience, we can develop the confidence to be brave, to innovate, and can truly feel prepared to lead change in our communities. This IDG we're creating a brave space where girls can feel #PreparedToChangeTheWorld!

From the earliest days of Guiding and Scouting, Lord Baden Powell challenged us all to "Be Prepared", because he knew that when we build our physical, emotional and community strength, we can overcome obstacles and build a better world together!

How does my group earn the IDG 2023 badge?

There are three steps to earn the IDG 2023 #PreparedToChangeTheWorld badge:

1

Step one:

Run two fun and quick challenges from this pack, which will help you learn about three types of resilience: emotional (head), physical (hands) and community (home). By doing these two challenges, you will explore a wide variety of activities which your group could do together to boost your own resilience.

2

Step two:

As a group, share your thoughts about different activities you could try at Girl Guides/Girl Scouts to boost either your emotional, physical or community resilience and then choose at least one resilience boosting activity to do together in your group over the coming year.

3

Step three:

Speak out and share your resilience activity plans with others! You might choose to share your plans with other local Girl Guides/Girl Scouts; with other people in your community (like your families and friends); or even with the rest of WAGGGS through our IDG 2023 Resilience Message Board (on the last page of this pack) or social media.

Let's challenge ourselves this IDG to boost our resilience so we can all feel
#PreparedToChangeTheWorld

Tip: You can order your IDG 2023 challenge badge from the WAGGGS Shop now. Get in early so your group doesn't miss out!



What is resilience?

Resilience is our ability to cope with adversity, bounce back and grow through difficult or challenging life experiences. Being resilient requires a skill set that you can work on and grow over time. Resilience takes time, strength, and help from people around you.

This year, we chose to focus our IDG activities on resilience because you need it to be an advocate! Learning about world issues and speaking up for what you believe in can be hard. Influencing decision-makers is an ambitious task, and change doesn't happen in a day so it can be frustrating. But resilience can help you feel prepared for the challenging, interesting and rewarding journey of being an advocate.

There are different types of resilience we will explore for IDG 2023:



PHYSICAL RESILIENCE is our body's capacity to meet physical challenges, to recover from illness and injuries, and to maintain strength.

Physical (Hands)

- Outdoor adventure activities
- Outdoor skills
- Fitness activities
- Overcoming physical limitations

EMOTIONAL RESILIENCE is our capacity to navigate and manage our emotions in difficult, stressful or unexpected situations.

Emotional (Head)

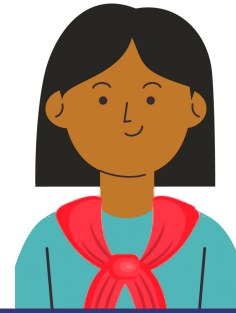
- Self-esteem and body confidence (embrace your uniqueness)
- Self-care (positive self-talk; pampering; meditation; breathing; yoga; art therapy; etc.)
- Overcoming gender barriers (challenging gender stereotypes; female role models; inspiring other girls; etc.)
- Challenging stigma (age /disability /mental health /culture/ gender; etc.)

COMMUNITY RESILIENCE is our capacity to navigate personal or collective challenges together, by supporting each other and building connections through difficult times.

Community (Home)

- Community support networks
- Disaster preparedness/relief (including environmental protection)
- Advocacy
- Community safety (including online communities)

Today we are exploring something called resilience. When we are resilient, we are well prepared for whatever challenges are thrown at us and we are strong enough to bounce back from any setbacks.



Warm up challenge for groups of all ages

First, decide as a group if you will use a real ball or an imaginary ball for this game.

All the players must stand in a circle. Each player will have a turn to bounce and throw the "ball" and say something they do to be prepared. For example: a player might say "I pack my bag for school", "I know first aid", or "I write my appointments in my calendar".

The first player will say what they do to be prepared and then will bounce the ball once in front of them and then throw the ball to the next player who will do the same. The game finishes when all players have shared with the group one thing they do to be prepared.

When we are resilient, we can embrace challenges, which is very important for us so we can speak up and advocate for ourselves and for the issues that we care about. Our resilience helps us to stay strong and do our best to help build a better world for ourselves and for our community.

In our next game, we will be exploring different activities which can help us build three types of resilience: emotional (head), physical (hands) and community (home).



Younger years challenge: Corners

This is a running action game. The game works best in an area where four corners/locations and a centre point can be easily marked. Each location is assigned a resilience-based theme.



First, the players will decide on two actions they can perform – one when the game leader says "I am strong" and another when the game leader says "Be prepared".

Then, the game leader will call out different activities (based on the suggestions on page 4) which can help us develop resilience. The players will need to decide if they think that activity falls under the heading of 'head' (emotional resilience), 'hands' (physical resilience) or 'home' (community resilience) and run to the location designated for that category.

The game leader can also call the two phrases: if they call “I am strong” the players run to the centre location and perform their action while yelling “I am strong”; if they call “Be prepared” the players run to that location and perform their action while yelling “Be prepared”.

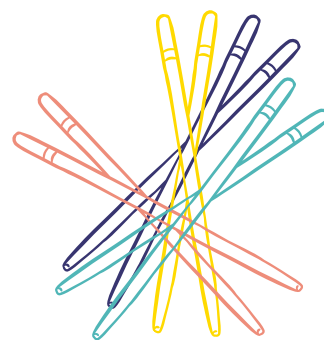
At the end of the game, all the players share any fun activities they would like to try under the three resilience headings. The players might use some of the activities called out during the game and might add their own activity ideas. Write down all the activity suggestions so they are ready to use when your group plans your IDG resilience activity.



Middle years challenge: Pick up sticks

You will need a collection of sticks, each one marked with one of three different colours of your choice. Each colour will represent one of the three resilience categories: (Emotional/Head, Physical/Hands, Community/Home).

The sticks are dropped to the ground in a pile. Girls are challenged, one person at a time, to remove a stick from the pile without moving the other sticks (or moving them as little as possible). As each girl picks up her stick, she will look at the colour and then say an activity she would like to do to build her resilience in the area which matches her colour (for example, for the physical category she might like to build her skills in hiking; for emotional she might like to build her skills in meditation).



At the end of this game your group will have created a brainstorm of ideas you can use when you are planning your group IDG resilience activity.



Older years challenge: Continuous brainstorm

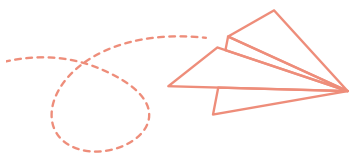
Break into three groups. This activity is undertaken in three rounds.

Round one: Each group has a sheet of paper with one of the headings (Emotional/Head, Physical/Hands, Community/Home written on it). In the first round, your group will write things on your piece of paper that you think cause stress or problems – based on the heading you have (Emotional, Physical, Community). For example, an emotional stress might be mental health stigma; a physical stress might be unhealthy eating; a community stress might be safety at night.

Round two: Each group gets passed another group's sheet. Now your group will write on the sheet ideas of tools that you think can be used to overcome the stresses or problems the last group wrote down.



Round three: Each group gets passed their final sheet. You should write something positive that think can come from using the tools (written by the last second group) to address the stresses or problems identified (by the first group).



This activity can also be completed using paper planes instead of brainstorming sheets. The paper plane option would be best for smaller groups. In this version of the activity, each girl will record their answers on a paper plane and fly it to another girl. This is to be repeated so that each aeroplane completes the three rounds of brainstorming with a different girl writing on each plane each round.

Congratulations!

You have now explored resilience and brainstormed many different activities you could try to become even more resilient. To earn your International Day of the Girl 2023 badge, your group will need to complete one final challenge.

As a group, you must choose at least one resilience building activity to do as a group during the next year. To come up with a great resilience activity, you will need to promise to each other to create a safe, brave space where you all feel comfortable to bounce ideas off each other and plan together how to make the activity happen.



Good luck and happy planning!

CONNECT WITH OTHER GIRLS TO CELEBRATE #IDG2023



Your group can leave a message of resilience to your sister Girl Guides and Girl Scouts or share plans for your #PreparedToChangeTheWorld resilience activity via our #IDG2023 message board:

https://padlet.com/WAGGGS_WORLD/international-day-of-the-girl-2023-ylt1hpiuke29fgt3

You might also like to share resilience messages and photos from your IDG activities on social media using the hashtags: #IDG2023 #PreparedToChangeTheWorld #TeamGirl.

#IDG2023 #PreparedToChangeTheWorld #TeamGirl

Before posting any images of youth on social media please make sure you have the appropriate permission.



USEFUL RESOURCES

WAGGGS has a range of great resources with fun and meaningful activities which could inspire the girls in your group to plan their #PreparedToChangeTheWorld resilience activity:

 **Mental health, body image and self-esteem: Free Being Me ([LINK](#)) and Action on Body Confidence ([LINK](#)).**

 **Good nutrition: Girl Powered Nutrition ([LINK](#)).**

 **Personal safety: Stop The Violence ([LINK](#)) Surf Smart ([LINK](#)).**

 **Gender and women's rights: International Women's Day pack ([LINK](#)).**

 **Climate change and preparedness: Girl Led Advocacy on Climate Change ([LINK](#)).**

 **The World Thinking Day Activity packs are also a great source on many varied topics: 2007-2018 ([LINK](#)) 2019-2023 ([LINK](#)).**

YUNGA Challenge badges:

YUNGA has a great range of [badges](#) and [activity packs](#) focusing on many different issues which fall under the community resilience theme:



Biodiversity, Food Security & Climate Change, Climate Change, Ending Hunger, Forests, Nutrition, The Ocean, Soils and Water.

CREDITS

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