

IT'S GREAT TO BE A GIRL PATCH PROGRAM (FOR EXPLORERS & YOUNG PIONEERS)

A MINISTRY ALLIANCE BETWEEN AMERICAN HERITAGE GIRLS & TRUE GIRL

TELL your Troop God's Truth about being female and guide them through the care and keeping of their bodies!

If the girls in your Troop have been starting to wonder what's happening to their bodies, they aren't alone! They need straightforward advice. This 4-week Bible study offers "head-to-toe" answers, plus it provides Biblical Truth about what it means to be female. Prepare them to know what God says about the purpose of their body and why God created males and females to be distinctly different.

Each girl and Unit Leader will need a copy of *It's Great to be a Girl* by Dannah Gresh & Suzy Weibel to mark up with her own notes.



Earn the It's Great to be a Girl Patch for Explorers and young Pioneers!

To earn the It's Great to be a Girl Patch, each girl must complete the reading and homework in the book and also participate in the weekly challenges listed in this document.

We recommend a 4-week schedule. Here is the best way to break down the reading and homework.

- **WEEK 1:** Chapter 1: Your Body, a Purpose + Chapter 2: Your Body, Its Practice
- **WEEK 2:** Chapter 3: Your Body, God's Temple + Chapter 4: Your Hair, a Crown
- **WEEK 3:** Chapter 5: Food, Your Fuel + Chapter 6: Exercise, Your Strength
- **WEEK 4:** Chapter 7: Your Body, A Source of Life + Chapter 8: Your Body, a Sacrifice

Get your books at mytruegirl.com and receive a 20% DISCOUNT just for American Heritage Girls!

Code: AHGTRUTH

Optional Ideas

Unit Leaders and parents may also consider purchasing [*Raising A Body-Confident Daughter*](#) to equip them to meaningfully engage in these important conversations with girls about their identity in Christ, self-image, and how to appreciate and care for their body according to God's design.

We highly recommend meeting with moms ahead of time to be sure they know you're going to discuss things like periods and gender. While the curriculum does not bring up any counterfeits or talk about sexuality, we believe parents get to be in the driver's seat of important conversations like these! **Use the [It's Great to be a Girl Patch Program Permission Slip](#) to inform parents about what their daughters will be learning and prepare them for engaging in discussions afterward.**

NOTE: Due to the nature of topics addressed regarding a tween's changing body, this patch program is recommended for AHG's Explorer and young Pioneer Program Levels.

Provide the following special weekly body care challenges that complement the reading each week:

- ➔ **WEEK 1: THE TALK TO YOUR MOM ABOUT PUBERTY CHALLENGE**
Encourage healthy communication between mothers and daughters.
- ➔ **WEEK 2: SHAMPOO CHALLENGE**
Encourage girls to research to find the best way to wash their hair and bring their findings to the next meeting.
- ➔ **WEEK 3: EAT-THE-RAINBOW CHALLENGE**
Encourage girls to eat colorful foods, tracking what they ate to share at the next meeting.
- ➔ **WEEK 4: THE GREAT WATER BOTTLE CHALLENGE**
Encourage girls to learn how much water they should intake daily and challenge them to make it a healthy habit.

Download "It's Great to be a Girl" from the [*True Girl Crazy for Jesus*](#) album. Make it the anthem of your study!

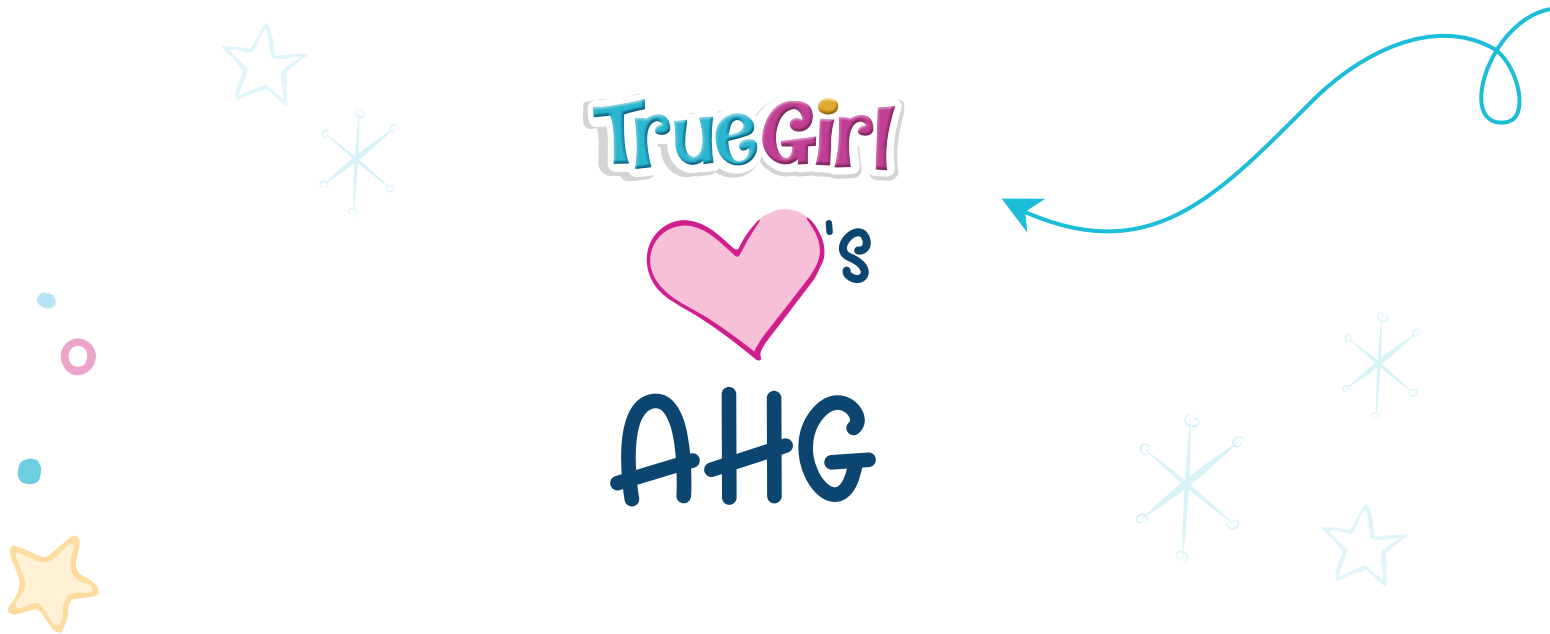
Get the Patch



Order your It's Great to be a Girl Patch online from True Girl and present it to the girls upon accomplishment of reading the book and completing their homework.

truegirl.com/ahg

NOTE: Since this book addresses body image from a Biblical Worldview, which includes a girl seeing her body as the temple of God, the author presents a very brief overview of how to become a Christian. AHG Troops are encouraged to review this section prior to beginning the patch program and, if applicable, adapt it to adhere to teachings in keeping with the faith tradition of the Charter Organization and each girl's family.





Please return this form to the Troop by:		
Is this activity being held virtually?		Yes <input type="checkbox"/> No <input type="checkbox"/>
Girl Name		
Troop Number		
Trip, Activity, or Event Information	Location/Facility Name	
	Location/Facility address	
	Date(s)	
	Time(s)	
	Leaving From	
	Returning To	
	Activities Include	It's Great to Be a Girl Patch Program
Emergency Contacts	Name	
	Relationship	
	Phone Number	
	Name	
	Relationship	
	Phone Number	
My daughter can be released to the following people:		
I have submitted a Health and Medical Form with my daughter's current health information.		Yes <input type="checkbox"/> No (Please submit along with this form.)
<p>As the parent/guardian, I authorize my daughter to participate in the above AHG Troop trip, activity, or event, and I understand this event may be held virtually. I approve of my daughter completing the It's Great to Be a Girl Patch Program at this meeting/event. I have reviewed the It's Great to Be a Girl Patch Program patch requirements and related book, and I am prepared for questions from and discussion with my daughter afterward, including such topics as growing breasts, menstruation, body odor, and shaving. I understand that this patch program is recommended for girls in their tween years at the Explorer and young Pioneer Program Levels.</p>		
Parent/Guardian Signature		
Date		