

P.O.W. Power of Women: Learn to say NO!

Madison Foreman has been a Girl Scout for 13 years and is in Troop 072 in Service Unit 605. She is homeschooled in Smithville, Missouri and will graduate this year.

Madison's Gold Award Project addressed healthy living, sexual assault, and empowerment for young women as well as children with arthritis by teaching two, one-week long self-defense classes. Her goal was to help women feel empowered and be able to defend themselves in the event they are ever attacked. In the second class, she taught children with arthritis how they can use karate and self-defense without flaring their joints.

Madison worked with Smithville High School, The Arthritis Foundation and the Smithville Police Department, whose officers attended the event to help teach what they have learned through police training. After the original class, Madison was asked to continue teaching self-defense classes at her local church and high school. She has also been asked to teach classes to the staff at the local domestic violence center. The most rewarding aspect of Madison's experience was the ability to see participants' confidence levels rise as they learned and practiced the moves.

Because of Girl Scouts, I learned the importance of staying organized and how to work as a team member to accomplish many goals. I have been taught by my leaders the importance of helping others in my community and that it is not only rewarding by fun.



Madison Foreman

Smithville, Missouri

