



Junior Girl Scout First Aid Badge

Pillar: Life Skills

Outcomes: When you have earned this badge, you'll know how to help people who are sick or hurt, and how to respond during an emergency.

Junior First Aid badges have been a long-standing tradition with Girl Scouts. As girls get older, they take on more and more responsibility. One of the many things they may already do is care for a younger sibling for a short time while parents tend to other needs. Girls will discover the types of minor injuries they can assist with, connect with adults who can help further their learning and take action to ensure they are always prepared.



Juniors will follow these steps to earn their badge:

1. Learn the steps to be prepared (Discover, Connect)
 - a. Be informed. Understanding disasters and emergencies are essential for life skills. Know which disasters are likely for your area and what you must do to stay safe.
 - i. What are two likely disasters most likely to happen in your area?
 - ii. You can check here: <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/common-natural-disasters-across-us.html>
 - iii. What are ways to stay safe should those disasters take place?
 - b. Make a list of emergency phone numbers and share with your family
 - c. Watch the Golden Eaglet and discuss what first aid services she provided
 - i. Video link is here: <https://www.youtube.com/watch?v=k5UBGJAeDFM>
2. Talk to First Responders (Discover, Connect)
 - a. Call your local fire department using the non-emergency number and ask them how they respond to emergencies
 - b. Invite a speaker to your next meeting to help you with one of your steps
3. Make a portable First Aid Kit (Discover, Take Action)
 - a. Find out what you need in a first aid kit
 - b. Make a kit for your home
4. Find out how to handle urgent first aid issues (Discover)
 - a. Learn basic First Aid techniques for the following
 - i. First Aid for Burns
 - ii. First Aid for Falls/Sprains/Strains (i.e.. What is RICE?)
 - iii. First Aid for cuts/bruises
 - iv. First Aid for someone who has an allergy



5. Know how to take care of someone who is sick (Take Action)
 - a. How do you take care of a sick pet?
 - i. Here are ways to recognize a sick pet: <https://americanhumane.org/fact-sheet/recognizing-caring-for-a-sick-pet/>
 - ii. How to take care of a pet: <https://www.dkfindout.com/us/animals-and-nature/pet-care/pet-dogs/>
 - b. How do you take care of a younger sibling/baby/or best friend if they are not feeling well?
 - i. Make a list of ways you can help
 - ii. Discuss in your troop meeting how you can help someone who is ill feel better

Check out these other activities on our Pinterest page to continue the fun!
<https://www.pinterest.com/gprograms/junior-resources/badge-first-aid-junior/>

Test your knowledge! Play this Kahoot game after earning the badge to test your knowledge!
https://kahoot.it/challenge/05944570?challenge-id=34ae33ca-b1dc-41c4-a10d-2f3b5d465c73_1600392526830

When you're finished: Congratulations, you have earned your badge!
You can purchase at <https://www.girlscoutshop.com/Junior-First-Aid-Badge>.

Purchase the GS Virtual main patch and bars at
<https://www.gsksmo.org/orderpatches>

