Finding Common Ground

Understanding Cadettes and what they want and need out of their Girl Scout experience is important to successfully leading a troop.

Characteristics of Cadettes

• **Busy**: Girls tend to be more involved with extracurricular activities at the Cadette level.
• **Learning about themselves**: Girls are starting to discover who they are and what they like.
• **Focused on image**: Girls are very concerned about peer influence and may be self-conscious about being a part of Girl Scouts. Changing your meeting time and/or location may ease this worry.
• **Physical Changes**: Girls' bodies are changing and there can be confusion and/or self-consciousness associated with puberty.
• **Social Needs**: Girls are becoming increasingly reliant on peer influence.

Characteristics of Teen-Savvy Volunteers

• Encourages girls to be independent
• Has skills to share
• Encourages girls' growth
• Understands issues that teens face today
• Understands when girls make mistakes
• Can participate in physical activities
• Listens to what girls are really saying
• Doesn't pressure girls (e.g. earn awards)
• Advises, not leads
• Respects girls' boundaries
• Recognizes each girl as a unique individual
• Open door policy

How to Become Teen-Savvy

• Understand social media
• Find programs in your area for teens and connect girls to them
• Ask girls about:
  − A day in their lives
  − How they describe themselves
  − What they like to do
  − The movies/TV/music they like
  − What their hopes and goals are for the future