

A Year in the Life of Juliette

August Patch Program



Juliette Low loved fashion. Through these patch activities you will explore history of fashion, the role of fashion in society and get creative to explore you own unique style!

Fabulous Fashion!



Juliette loved fashion. She even designed and sketched some of her own clothing. Juliette lived in a time when women were expected to dress in a certain way. Dresses could weigh 15-20 pounds and needed to cover your neck, wrists, and ankles. Undergarments included hoops, bustles, bloomers, and corsets. Corsets made women's waists look thinner, but it often meant difficulty breathing and moving.

Fashion also determined what girls were allowed to do in society. When Girl Scouting started in 1912, Juliette Low asked the girls what they wanted to do. When they shared that they would love to play basketball, she put up curtains around her carriage house so that the girls could wear their bloomers without people seeing them in a "state of undress". This is something they never could have done in public in the dresses they wore.

Girls today deal with expectations from social media, advertising, and product marketing. This had led to girls feeling pressure to dress or look in a way that may not be what fits their "style". Through these patch activities, girls will have a chance to explore the history of fashion and the role of fashion in society, and to create their own unique styles.

Throughout these options there are websites that may be helpful in completing patch activities. Please make sure to follow Safety Activity Checkpoints for all activities using the internet and social media.

History

Choose one activity to learn about how fashion has changed over the years.

Check out Girl Scout uniforms through the years. A good online resource is Girl Scout Uniforms Through the Years - Iconic Girl Scout Outfits (goodhousekeeping.com) or watch the Golden Eaglet video The Golden Eaglet - YouTube to see how Girl Scout uniforms

looked when Girl Scouting started. You can also arrange a visit to the Women's History Cultural Center to view historic uniforms.

🍀 When Girl Scouting started, women didn't have the right to vote. Many other women's rights have evolved over the years and women's fashion has too. Take a look at how women's changing roles in society are reflected in fashion (bloomers, flapper dresses, women wearing pants, miniskirts, etc.) How does today's clothing reflect the role of women in society?

🍀 For much of history, men would design the clothing that women wore. In the early 20th century, many women started to design clothing for women. These pioneers of women's fashion helped to design clothing that was less restrictive and more comfortable. Coco Chanel was a great example of how a woman made a difference. Learn about Coco Chanel or another famous female designer that changed how women dressed. How did their designs impact what we wear today?

🍀 Fashion always follows trends and many different fashions come "back in style". Look at today's fashions and see what fashions were trendy years ago (mini-skirts, bell bottoms, etc.) What makes a fashion become popular again? What do you think will be the trends 10 years from now? Create your own fashion lines using past trends.

🍀 In the 1800's, textile mills were booming in the New England area to meet the needs of fabric for clothing. Young women and children were the bulk of the factory workers (in 1900, 18% of the country's work force was under the age of 18). Most workers worked for low wages and long hours. Learn about textile mills using online resources or find a museum near you that has displays on how textiles were produced in the past. Talk with others about what it would have been like to be a worker in the factories and how different life is for children today.

Create

Choose three activities to create your own fabulous fashion

🍀 Use recycled materials to create a clothing or fashion accessory. You can use Girl Scout cookie boxes or plastic bags to make a purse or check out this website for a list of items to make from reusable materials. [Recycled Art Projects | Recycle Runway](#)

🍀 Since 2000, the Duct Tape Company has offered a "Stuck at Prom" scholarship where students attending prom can create their own prom attire using duct tape for a chance to win a \$10,000 scholarship. For more information, check out [Stuck At Prom: Duct Tape Attire Scholarships | Duck Brand](#) Not ready to create a prom outfit? Check out other ways to use duct tape to create a clothing or fashion accessory. [How to Make a Duct Tape Dress \(with Pictures\) - wikiHow](#)

Wear what you designed to a community event to show off your creation to others.

🍀 Learn how to knit or crochet. You can visit a local fiber craft store for a lesson or use YouTube to search for "how to" videos. Create an item you can wear like a scarf or hat (you can find ideas and patterns on Pinterest). Use your newfound skill to create a wearable item that can be donated to a local charity (homeless shelters or other community resource).

🍀 Sketch your own fashion designs. You can use stencils to start or create your own ideas. Share what makes your designs unique with others. For ideas on how to create your own sketches, go to [How to Sketch Fashion Designs: 5 Steps \(with Pictures\) - wikiHow](#)

🍀 Make ordinary footwear extraordinary. Take a plain pair of flip flops and add embellishments to make them fun. Girls can also dress up a plain pair of tennis shoes with paint, rhinestones, or permanent markers and use ribbons for shoelaces. Check out this website.

[15 DIY flip flop ideas - How to decorate your summer sandals \(diy-enthusiasts.com\)](http://diy-enthusiasts.com)

🍀 Create a fun hat to wear using paper, recycled materials, or other items that are easy to find. Get creative with what you add and make it represent your personality. Go to Pinterest for ideas or check [10 Simple, Fun & Crazy Hat Ideas - Tinybeans](#)

🍀 Learn to use a sewing machine to create a clothing item to wear and donate. You can connect with a local sewing group to learn how to sew or visit a local craft shop to see if they offer classes. Learn how to thread a needle, fill a bobbin, run the machine, and keep it maintained.

🍀 Host a community fashion show and encourage others to create items to show on the runway. Have a collection box to donate gently used clothing items that can be given to a local charity after the event.

🍀 Create troop t-shirts, bandanas, or other wearable items that can be used to make your troop stand out as a group. You can use paint, markers, or learn to silk screen from online sites – this is a good one [A Simple Guide to Screen Printing Your Own Shirts \(lifelife.com\)](http://lifelife.com) Or, visit a local business that does silk screening or custom designs.

Social

Choose two activities to learn how fashion is impacted by society's view of women.

🍀 Watch a fashion show on TV (like Project Runway Junior) to see how designers work to create new designs. Talk with your troop or others about what it takes to create a new design and have it be critiqued positively. What seems to be the common theme of winning designs? Share your thoughts on your favorite designs.

🍀 A news anchorman in Australia wore the same suit on TV for a year and no one noticed. His co-anchor who is a woman was constantly receiving tweets and emails about her wardrobe choices, daily. Often her biggest critics were other women. Talk with your troop about why women who are in the media are scrutinized about their clothes, hair, or makeup more than their male co-workers. What can we do to change that in our culture? Discuss how we can start to make changes in how women judge and treat other women about their appearance. Come up with a way to share what you learned with others.

🍀 Design your ideal Girl Scout uniform and think about how that would reflect the fashion trends of the next ten years. Share your design with other Girl Scouts.

🍀 10-year-old Egypt Ufele created a line of all size clothing based on African designs and was the youngest designer to be featured at Fashion Week 2016 in NYC. She began designing clothes after being bullied for being plus size. Her line of clothing is called Chubiiline and is created for all ages and sizes. Egypt turned bullying into a positive and is now an advocate for girls who are bullied about their weight. Talk with your group about what you

can do to prevent others from being bullied about their size, what they wear, or how they look and how you can make a difference.

🍀 Barbie Dolls have been a popular children's toy since the 1950s. Over the years, Barbie has kept up with fashion trends and has been controversial because of how she represents female body types. Because of pressure from media and consumers, in 2016 Barbie will come in four body types and seven skin tones, with 22 eye colors and 24 hairstyles. What other toys have you seen that promote a specific body type or trend that you think needs to be changed? Write a letter to that manufacturer to let them know what you think about how women are represented by their toy and what you think should be changed.

🍀 In 2012, Julia Bluhm was tired of hearing girls in her ballet class complain about their body image. She started a campaign to get signatures for an online petition for Seventeen Magazine to make a pledge to never Photoshop models' pictures. The magazine agreed but many of their advertisers have not agreed to the pledge. Look through a fashion magazine and talk with others about what models look like that are Photoshopped and have unrealistic body images. What can you do to encourage those advertisers to make a change?

🍀 Talk with your troop about what you like and dislike about today's fashion. Do the styles fit your personality? Talk about how you feel about the clothes you choose to wear and why they are what fit your style and disposition.

🍀 Go through clothes, shoes, or accessories you have outgrown or don't wear anymore. Decide if it is out of style or needs to be mended. Fix any missing buttons, repair torn seams, etc. Launder the items and choose the items you no longer use. Donate them to a charitable organization that can get those items to those in need.