

A Year in the Life of Juliette

October Patch Program



Juliette Gordon Low, the founder of Girl Scouts of the USA, died in 1927 at the age of 66 from breast cancer. By raising awareness, girls can make a difference in the lives of women and their families who cope with the impact that breast cancer can have.

Girl Scouts Go Pink!



When Juliette Gordon Low, the founder of Girl Scouts of the USA, passed away in 1927 at the age of 66, the words 'breast' and 'cancer' were not spoken in 'polite company.' It wasn't until 1996 that it was disclosed to Girl Scouts around the world that Juliette had died from breast cancer.

Now that our organization is in its next 100 years, girls can be more involved in raising awareness about breast cancer. Girl Scouts has the power to make a real difference in the lives of women and their families who cope with the impact that breast cancer can have. Many Girl Scouts have had the experience of having a mother or another family member suffer from breast cancer. And, like so many other serious illnesses, breast cancer affects not only the patient, but the patient's family as well.

This patch program is designed to promote breast health and cancer prevention. Girls will learn about the importance of breast health by participating in games, crafts, research and other activities. This patch is for all grade levels.

Daisies complete at least two requirements. Brownies complete at least three requirements. All other grade levels complete at least four requirements.

✿ Make a pink ribbon and give to five women. Get the women to pledge to get a mammogram annually.

✿ Celebrate Juliette Low's Birthday (October 31) by making pink refreshments (punch, cupcakes, cookies) and inviting family members to attend a celebration for Juliette. Share with

the others what you have learned about the importance of regular mammograms and doctor visits.

- 🍀 Create a pink pumpkin patch. Decorate pumpkins pink with paint, ribbon, and stickers. Find a way to display them to make people aware of breast cancer and what they can do to make a difference.

- 🍀 Draw/write/create something about Juliette Low and breast cancer. Share with others.

- 🍀 Make a Chemo Care Kit – girls can use a reusable shopping bag that they can decorate and fill with items to help ease the symptoms associated with chemotherapy. Bring to a local oncologist office or other facility that supports women in treating breast cancer. You can find ideas for items to include on Pinterest or use the following ideas: a funny book, a pretty scarf or hat, plastic utensils (helps with metallic taste that chemo patients sometimes experience), hard candy, a small pillow, ginger tea, lip balm, notes of encouragement.

- 🍀 Learn about and name three ways that women can reduce their risk of breast cancer.

- 🍀 Visit a local hospital or women's care center to learn about how mammograms are done.

- 🍀 Invite a breast cancer survivor to speak with your troop/group.

- 🍀 Learn about a notable woman who experienced breast cancer. Tell you family or troop about the person you studied or make a poster or short video.

- 🍀 Make a list of resources in your community related to breast cancer/breast health.

- 🍀 Older girls – with parental permission, invite a doctor, nurse, or other health professional who can demonstrate to girls how to perform a self-examination.