



Women's Health



Badge Overview

Find out how to make the health decisions that are right for you and what kinds of support exist to guide you. When you've earned this badge, you'll know how women can lead healthy lives.

Badge Components

1. Investigate the tests that help women stay healthy

Find three tests and screenings that are important for women to do throughout their life to know if they're healthy.

- When should these screenings or tests be done?
- What do these screenings look for?

2. Find out how fads and beauty practices impact health

Fads are trendy ideals or behaviors that suddenly become very popular (for a variety of reasons), but then lose interest very quickly. New diets are typically fads due to their nature of promising changes of some sort in an unrealistic amount of time. Research one "fad diet" and the impact that it could have on your body.

- What did you discover about its effects?
- Does this diet lack any critical nutrients?

3. Focus on techniques to help you stay emotionally healthy

It's been found that how you feel emotionally affects how you feel physically. For one week, try journaling. Make note of how you feel each day.

- Do you see any patterns in your writing or notice any improvements in your life?
- What are some other ways that you can cope with your emotions?

4. Take a closer look at a women's health issue

Find a women's health issue that resonates with you. Research this issue thoroughly, noting any important statistics or messages that the issue brings about. You will be using this issue for step 5.

5. Get the word out on a women's health topic

Now that you've thoroughly researched an issue in step 4, it's time to spread awareness about it! Create a poster or design a graphic to be shared online (with a parent's permission) about your issue.

- What is important from your research to include on your poster/graphic? When you've finished, share with your friends and family.

Materials

- Access to internet
- Something to write with
- Something to write on
- Journal
- Poster paper and art supplies, OR design tools/app

Florida Educational Standards

The content of all Girl Scout national proficiency Badges and Journeys have been correlated by grade level to national and state learning objectives.

Click here for more information on how Girl Scout Badge-work supports Florida's educational standards.

We love to see Girl Scouts in action. Snap a photo and send it to marcomm@gssef.org.

Include her name, troop# and the name of the badge she's working on and we'll feature her.

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