

# Cadettes

(Grades 6-8)

## Grade Level Essentials

### Characteristics of Cadette Girl Scouts

- Strong critical thinking skills
- Often busy with other activities
- Experience body changes and mood swings
- Might develop cliques

### Tips for working with Cadette Girl Scouts

- Develop a positive, safe environment by establishing trust and respect
- Minimize cliques by mixing up small groups. Draw names out of a hat, count off, etc.
- Get to know each girl and what makes her unique within the group
- Girl Scouts is girl-led, and Cadettes are ready to take on more and more responsibility.
- Allow their individual talents and interests to shine
- As they learn to take on more and more responsibility in planning and executing activities, they might fail, and that's okay! Girl Scouts is a safe space to make mistakes and learn from them

### Troop Meeting Essentials

Troop meetings are when Cadettes get together to earn badges and journey awards, complete service projects, go on field trips, participate in programs and events, or sell cookies. Through troop meetings, Cadettes have fun, enjoy sisterhood, and build courage, confidence, and character while they make the world a better place. Because Cadettes are often busy, they might want to meet less frequently (bi-monthly) but for longer periods of time (2 hours). Their busy schedules may require changes like meeting on weekends or different days. Your role is to help them make these decisions for themselves.

Parts of a troop meeting:

- Startup: While waiting for everyone to arrive
- Opening ceremony
- Snack/dinner
- Troop business
- Activity: Journey activity, Silver Award planning, service project, etc.
- Closing Ceremony



### Troop Government

Girls take ownership and lead the way to decide what the troop will do and how they'll do it. These two forms of troop government are helpful for Cadette troops to try out:

Town Hall uses a Discussion Leader to:

- Create the agenda with leader in-put
- Leads discussions and votes

Executive Board uses an elected board president, vice president, secretary, and treasure to:

- Create agenda with leader-input
- President conducts discussions, votes, etc.

## The Silver Award

The Girl Scout Silver Award is the highest award a Cadette can earn. This award gives Cadettes the chance to show they are leaders who are organized, determined, and dedicated to improving their community. Earning this award puts Cadettes among an exceptional group of girls who have used their knowledge and skills to make a difference in the world.

The steps you'll take to earn your Girl Scouts Silver Award:

1. Identify an issue you care about
2. Build your Girl Scout Silver Award team or decide to go solo
3. Explore your community
4. Pick your Silver Award project
5. Develop your project
6. Make a plan and put it into motion
7. Reflect, share your story, and celebrate



Learn more about Highest Awards like the [Silver Award on our website](#).

### Resources for Cadette Troop Leaders

Badges and journey awards

On the [Award and Badge Explorer](#), find a list of the badges and Journey awards Cadettes can earn

Service projects and activities

Explore ideas for your troop's next adventure in the [Girl Scout Activity Zone](#) full of Girl Scout tested and approved activities and service projects.

Fieldtrips and the Outdoors

Check out our GSWNY website for more information on [getting outdoors](#) or attending [Council Programs and Events](#).

Cookies and Money Earning

[Cookies+](#) is your go-to page on our website to learn about funding your troop (and having fun doing it!)

Girl Scout Ceremonies and Traditions

Learn all about [Girl Scout traditions](#) like friendship circles, flag ceremonies, bridging, the [Girl Scout uniform](#) and more!

Safety, Guidelines, and Procedures

You'll find Volunteer Essentials, Safety Activity Checkpoints, info on First Aid training, and more on the [Volunteer Resources](#) page on our website.

Volunteer Toolkit (VTK)

The VTK is a digital planning tool that includes year plans and detailed troop meeting plans as you work on petals, badges, and more. Access the VTK through your [myGS](#) account on our website, [gswny.org](#).

gsLearn

Ready to learn even more about Girl Scouts? Take short, fun, and informative online courses through gsLearn. To access, log on to your [myGS account](#) on our website, [gswny.org](#).

Stay Connected!

Join our Volunteers Facebook Group and read our monthly Volunteer Resources email, full of timely information for Troop Leaders.