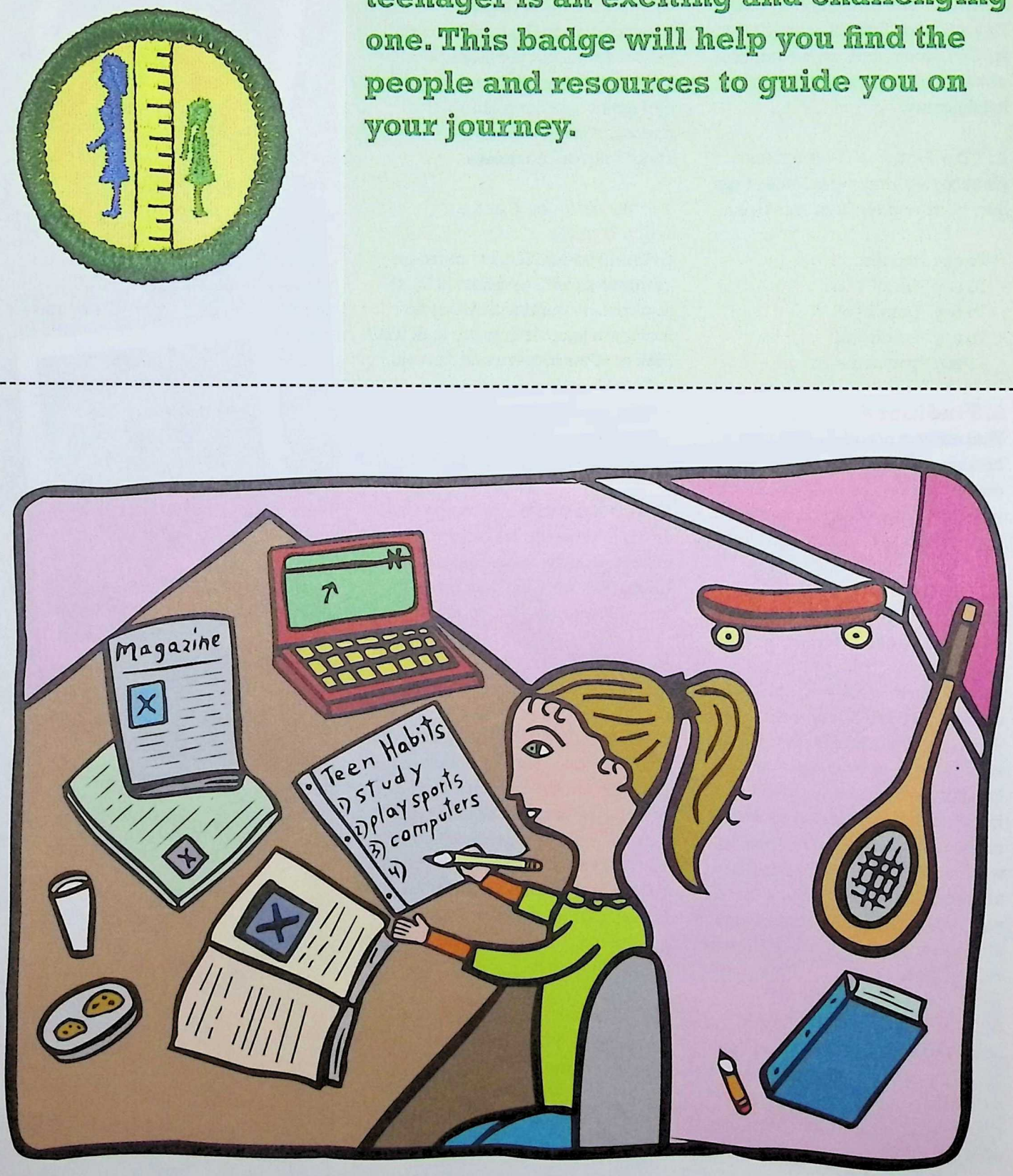
Becoming a Teen

The journey you will make to become a teenager is an exciting and challenging one. This badge will help you find the people and resources to guide you on your journey.





1. Get the Facts

Ask a health educator, doctor, nurse, or teacher to visit a Girl Scout meeting to talk about how the body changes in puberty. Before the visit, create a list of at least 10 questions on the physical, mental, and emotional changes both girls and boys your age can expect over the next three to five years.

2. Successful Teens

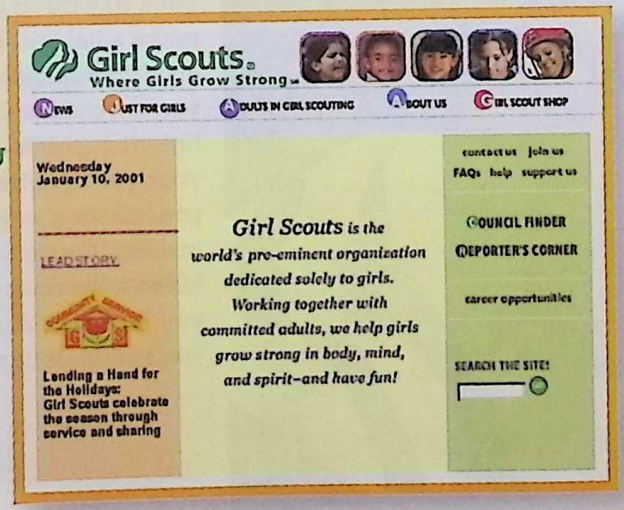
Find out about girls in their teens who have achieved success through an invention, a business, service to others, sports, the arts, or in another way. Why were they successful?

3. Read About It

Read or listen to a book that has a teenage girl as the main character. Organize a book swap with your troop or with friends. Have each girl describe a book she has read, then swap her book for another so that each girl gets a new one to read.

4. Looking Ahead

Find out what's on the minds of teenage girls. Ask teenage sisters, cousins, and neighbors what their greatest challenges are. Check out the questions teenage girls ask on the "Ask Dr. M" section of the Girl Scout Web site www.girlscouts.org/girls and read the advice Dr. M offers. What other suggestions would you make?



www.girlscouts.org

5. Here's Looking at You!

Set up a personal care schedule and follow it. Include combing, brushing, washing, and taking care of your hair; bathing; brushing your teeth; washing your face; and having regular health check-ups.

6. Freedom and Responsibility

Your teen years will bring a lot more freedom and responsibility. Find out from two or three teens how they handle having more freedom, more responsibility, and more decisions to make.

7. Today's "Tween"

Look through magazines, read books, or watch television programs and movies that feature girls and boys 9-12 years old. Notice their clothing, behavior, talk, and activities. With your troop, friends, or family, talk about what you see. Are these messages accurate?

8. Teen in the Family

Interview family members about what it was like for them when they were teens. You can talk about appearance, school, friends, dating, or any other information that is important to you.

9. Celebrate!

In many cultures girls take part in coming-of-age ceremonies that mark their entrance into adulthood. The Japanese celebrate *Seijin no hi Day* on the second Monday in January after a girl turns 20 years old. Many Jewish girls have a Bat Mitzvah when they turn 13, and many Hispanic girls celebrate their 15th birthday, which in Spanish is called *quinceañero*. With a group of friends, and some adult assistance, plan and conduct your own coming-of-age ceremony.

10. Teen Habits

Look through magazines or watch some television programs that show teenagers. Make a list of the characteristics and behavior of teenagers as shown in articles, advertisements, or shows. Ask a teenager if your list is realistic.