

Community Service Program
Girl Guides Western Australia
Information for
School Coordinators



GUIDES WA 2007

fun, friendship, adventure!



What do Guides do?

Girl Guides Western Australia provides a weekly program that enables girls 5 – 18 years have fun and develop confidence and community responsibility. In a non-competitive environment, with outdoor activities highlighted, they choose their own challenges and learn to be leaders.

During school term time, Guides generally meet on a weekly basis. At meetings girls work in small groups called Patrols. They progress through challenges, earn badges based around a spread of indoor and outdoor pursuits and develop leadership skills.

Camps are run on weekends or during school holidays and offer the chance to enjoy the outdoors and do activities such as boating, abseiling, outdoor cooking and campfires.

Why Girls Only?

Guides is a girl only organisation and its composition is deliberate. Research shows that in a mixed group for outdoor and other physical activities, girls tend to assume a subordinate role and do not compete with boys for a leadership role.

Guides provides an environment where leadership, physical skills and friendship can be developed in a female only group. Research shows that girls from single sex schools have a greater sense of self worth and self confidence, tend to be more independent and are more positive about their own sex.

Guides gives girls the chance to reach their potential in a safe, supportive environment that demands their best efforts and celebrates a developing sense of confidence and responsibility.

Which Girls should do their Community Service with Girl Guides?

Guides will suit girls who:

- Are keen on sports and outdoor activities
- Are reluctant to try outdoor activities
- Are good leaders
- Show no desire to lead
- Love cooking, barbeques, baking
- Are gregarious
- Find it hard to make friends
- Want to have a fun, relaxed and worthwhile time doing their community service



Guides and the School Curriculum

The Australian Guide Program is a deliberately graduated program that takes girls through various stages of learning that mirrors the stages of their development. The skills they learn are in step with the school curriculum.

Guides helps to:

- Build resilience
- Promote social and emotional wellbeing
- Contribute to physical and spiritual well being
- Provide opportunities for students to adopt and maintain a healthy, productive, active life
- Enhance connectedness with the wider community
- Give opportunities for a wide variety of challenging contexts and environments
- Enhance enjoyment of life

Knowledge and understanding of the Australian Guide Program

The Australian Guide Program is a values-based, leadership and life skills program.

Girls grow into confident, self-respecting, responsible community members through fun, friendship and an active awareness of the outdoors.

This program is delivered through an interactive planning process based on four elements and seven fundamentals.

Elements of the Australian Guide Program

The Australian Guide Program encourages the girl to develop her SELF in the areas of PHYSICAL development, PRACTICAL skills, and in relationships with PEOPLE.

Fundamentals of the Australian Guide Program

Code of conduct in the ***Promise and Law***

Active awareness of the ***Outdoors***

Community development as ***Service***

Building peace through ***World Guiding***

Sense of belonging through ***Guiding Traditions***

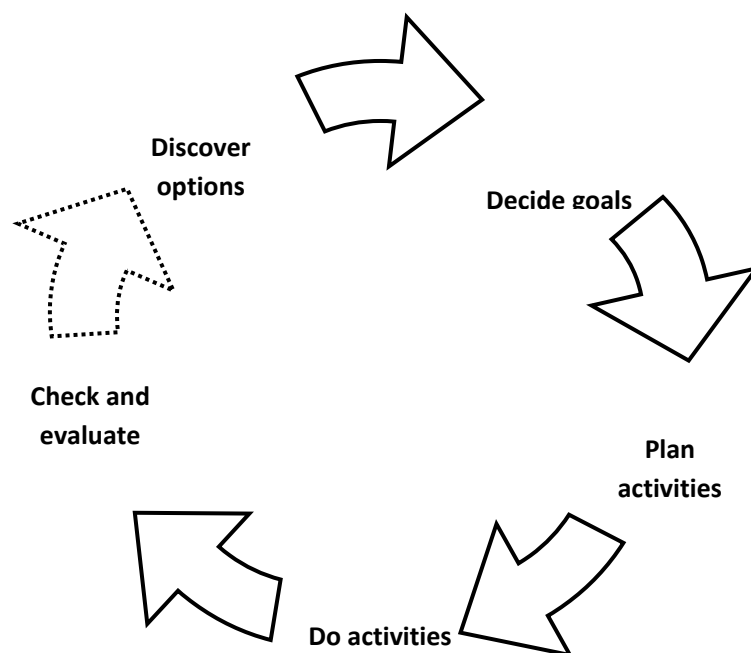
Life skills through ***Leadership Development***

Team-working skills through the ***Patrol System***

In the Australian Guide Program, there is plenty of opportunity for Guides to plan their own activities and challenges. Community Service Students can assist Patrols and the Unit Leaders with ideas and suggestions for activities, help with the planning and have great fun.

The Australian Guide Program is a **process** facilitated by Leaders, which allows girls to plan, implement and evaluate their own activities. It is important that Unit programs are based on this philosophy.

This gives girls opportunities to learn trust, self confidence and independence and can best be shown in the following diagram:



Who is a Community Service Student for Girl Guides Western Australia?

A student in Years 10, 11 or 12, who is interested in working with Guides and developing leadership skills, whilst completing the required 20 hours of community service.

Community Service Students will be responsible to the Chair of Youth Program Committee of Girl Guides Western Australia, who will place them in a Unit after consultation with the student, the school and the Unit Leader/s.

They should:

- Have a keen interest in leadership and enjoy working with younger girls. Their attitude and example will set the standard for the girls they work with in the Guide Unit.
- Become a willing member of the Unit leadership team, assisting and helping the adult Leaders. They will be involved in planning activities for the Unit meeting, plus extra events such as camping and excursions. Unit Leaders will assist students to assess any activities or games they have provided for part of a Unit meeting.

Tasks that may be undertaken by Community Service Students

- Plan games and activities as part of the Unit meeting, as personal skills develop. Be prepared to self assess efforts. Discuss the success or failure of activities with the Unit Leaders.
- Take part in Unit outings, camps or excursions.
- Participate in District or Region events, as time the commitment allows.
- Attend workshops and trainings to learn new games, skills, songs, and activities. These may be at District, Region or State level. This will give the opportunity to meet other Community Service Students where networking and swapping of ideas can occur.
- Follow the direction of the Unit Leaders in the Unit.
- Wear the appropriate clothing, such as a supplied Guiding shirt and name badge, to the Unit meeting and be reliable and punctual, setting a good example to the Guides.



A Community Service Student will need to be:

- friendly and understanding
- trustworthy
- willing to learn
- reliable
- punctual
- fair-minded
- adaptable
- tolerant and patient
- willing to listen
- confident
- enthusiastic

The Community Service Student may be involved in some or all of the following activities which are commonly included in Guide Unit programs. The Community Service Student may be asked (under adult supervision) to oversee, initiate or maintain groups of girls in activities as outlined below.

Teaching Skills

To teach a skill, you need to have the ability of that skill. Most people learn best by doing, so give basic information, demonstrate the skill, explain its purpose, follow up with examples, and then let the girls try it for themselves.

Key points:

Know the subject

Think about what you are going to say and do

Have an aim (e.g. teach the girls 5 knots and their application)

Ensure you have all the equipment and time needed

Give examples to illustrate your point

Keep explanations short and clear

Can everyone see and hear

Take time to do it well

Let everyone have a go

Apply it in practical situations

Give alternatives (most things can be done in more than one way)

Relate it to the program

Be sure everyone is occupied, interested and comfortable

Planning Activities

Guiding emphasises 'learning by doing' and encouragement of initiative and resourcefulness. Service students may wish to plan some activities for the weekly program to teach the girls skills.

Brainstorming

Brainstorming is a quick way to get many ideas from a group. The person in charge asks for ideas on a given topic. These are written down on a large piece of paper or chalkboard or whiteboard for all to see. All ideas are listed without comment. The group looks at the ideas generated, and then decide which ones they will keep. Some ideas may be grouped together, because they are similar, and some may be rejected. The Service Student may be asked to assist or be in charge of this activity.

Discussion

Often the girls will have a lively discussion. A discussion not only conveys information and improves understanding, but helps to change attitudes and improve relationships.

Miming or Role Play

Girls love to act or mime. Role play involves acting out a situation from real life so that the issues involved become more meaningful. This is a useful method for girls to understand the Guide Promise and Law.

Demonstration

This involves showing a girl a way to perform a selected skill; for example, simulating first aid or knotting. Explanation of the skill is given to the girls on how to do it, and then practice by the girls is allowed to see if they have learnt from the demonstration.

Round Robin Activities

A "round robin" is a series of activities. Several activities or skills are set up in different areas. Patrols do each one in rotation, spending part of the available time at each base.

Games

Games have many values and purposes, but they must be enjoyable.

Many games are indoor games, because unit meeting times are often in the evening. Try to play games outdoors wherever possible. Everyone loves games, but no one wants to play the same game all the time. Adapt old favourites or create new games on old themes. Use games to practise skills.

Games can be used for many purposes:

- To help girls get to know each other
- To release high spirits and energy
- To develop physical fitness
- To train girls in co-operation, listening, fair play, patience and self control
- To teach observation
- To develop senses
- To teach skills and facts
- To just have FUN!

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