

# be nice.®

## girl scout patch program

### empower

yourself and others to engage in protective factors for resilience.

### challenge

stigma. challenge yourself or someone else to access resources. challenge yourself to take suicide and crisis seriously.

### invite

yourself to start a conversation about the changes you've noticed.

### notice

what is good and right so that you can notice what is different about how someone is thinking, acting, or feeling.

# achievable for all ages!

brownies, daisies, juniors >



cadettes, seniors, ambassadors >



### how to earn the patch:

**step 1:** Troop Leaders [use this link to complete a 15 minute online training](#).

**step 2:** Troop Leaders receive an email with a link to download the “**be nice.** Patch Program,” and information on how to purchase patches. First 25 troops to sign up will receive free patches!

**step 3:** Girl Scouts earn the patch by completing 5 activities:

**be nice.** Overview Training, and one activity for each of the **be nice. action plan** steps (notice, invite, challenge, and empower).