

Requirements By Age Level

Substance abuse prevention can start right here for today's youth. Educators, community leaders, and service group volunteers are a positive and powerful influence in the lives of young people in schools, sports teams and Girl Scouting.

It's all our responsibility to communicate the importance of avoiding drugs and alcohol, or how to handle a problem situation with one of your peers. When it comes to drug and alcohol use by teens, the first step is to learn as much as you can in a non-threatening environment.

This Girl Scout patch program has been designed so girls can learn about the dangers of drug use, background information about specific drugs, approaches for both prevention and problem situations, and how to find resources in your community.

Any girl who completes the specific age-related requirements can earn the patch.

Click on the range of your age and begin the patch program today.

[Girls Ages 8-11](#)

[Girls Ages 12-14](#)

[Girls Ages 15-17](#)

[Troop Leaders](#)

Requirements for Girls Ages 8 – 11

Complete 8 of the 10 requirements to earn the **Girl Scouts Fighting Drug Abuse** patch from the Utah Drug Enforcement Administration and the Utah Attorney General's Office.

1. Visit the Utah Attorney General's website at <http://www.attorneygeneral.utah.gov/safetyquiz.html> and take the on-line internet safety quiz.
2. Visit the Drug Enforcement Administration website at <http://www.justthinktwice.com/> and visit the D.A.R.E. Kids-Only page at http://www.dare.com/kids/index_3.htm.
3. On the D.A.R.E. Kids-Only web page click: *Play This* and create a coloring page. Print the page and write your own anti-drug statement on the page.
4. While on the D.A.R.E. Kids page, create a coupon that states your pledge to stay off drugs. Give this pledge to the person you designed it for. If you need a suggestion, create your coupon for your Girl Scout Troop Leader.
5. Create a poster and print it with your personal anti-drug message. Hang the poster in your bedroom or other room in house, classroom, or community center (with permission). You can be creative and design your very own poster or use the D.A.R.E. Kids Page for help in making your poster on-line.
6. Click your computer mouse on the *D.A.R.E. to Share* section and do two of the four options: word search, crossword puzzle, decoding mystery, or word puzzle.
7. Do some on-line research. Find your local police agency's web site. Find out if you have a D.A.R.E. officer at your school, learn where to find the closest police officer who serves your neighborhood by visiting their web site or going to the police station directly to meet with the officers there.
8. Read page 96 and 97 of the Junior Girl Scout Handbook and read *about "Making Decisions"* Have some fun with the story mazes on pages 98 and 99. This will help you notice what choices you make and what the consequences are.
9. Use the information on page 100 of the Junior Girl Scout Handbook to make a list of why you should say "no" to using harmful substances like tobacco, alcohol, and marijuana.
10. Sign the "drug-free" pledge and find five friends or classmates to sign it with you.

Requirements for Girls Ages 12 – 14

Complete 12 of the 14 requirements to earn the **Girl Scouts Fighting Drug Abuse** patch from the Utah Drug Enforcement Administration and the Utah Attorney General's Office.

1. Visit the Utah Attorney General's website at <http://www.attorneygeneral.utah.gov/safetyquiz.html> and take the on-line internet safety quiz.
2. Visit the Drug Enforcement Administration website at <http://www.justthinktwice.com/> and visit the D.A.R.E. Kids-Only page at http://www.dare.com/kids/index_3.htm.
3. On the D.A.R.E. Kids-Only web page click: *Play This* and create a coloring page. Print the page and write your own anti-drug statement on the page.
4. While on the D.A.R.E. Kids page, create a coupon that states your pledge to stay off drugs. Give this pledge to the person you designed it for. If you need a suggestion, create your coupon for your Girl Scout Troop Leader.
5. Create a poster and print it with your personal anti-drug message. Hang the poster in your bedroom or other room in house, classroom, or community center (with permission). You can be creative and design your very own poster or use the D.A.R.E. Kids Page for help in making your poster on-line.
6. Click your computer mouse on the *D.A.R.E. to Share* section and do two of the four options: word search, crossword puzzle, decoding mystery, or word puzzle.
7. Click one of the following five articles and be prepared to answer questions on your patch program quiz.
 - a. [Listen Don't Lecture, To Get Through To Your Kids](#)
 - b. [Ecstasy: A Growing Menace](#)
 - c. [Making Clear Rules About Drugs](#)
 - d. [Making Good Decisions](#)
 - e. [Family: A Child's Anti-Drug](#)
8. Visit www.drugfreeamerica.org. Read, learn and print information about the following three illegal drugs: Marijuana, Ecstasy, and Prescription Stimulants. Select one other drug from the list and learn about it. List what the drug is, street names, what it looks like, how it's used and what are the effects of using these drugs.
9. Do some on-line research. Find your local police agency's web site. Find out if you have a D.A.R.E. officer at your school, learn where to find the closest police officer who serves your neighborhood by visiting their web site or going to the police station directly to meet with the officers there.
10. Read page 96 and 97 of the Junior Girl Scout Handbook and read *about "Making Decisions"* Have some fun with the story mazes on pages 98 and 99. This will help you notice what choices you make and what the consequences are.
11. Use the information on page 100 of the Junior Girl Scout Handbook to make a list of why you should say "no" to using harmful substances like tobacco, alcohol, and marijuana.

12. Popular media often show teenagers using drugs, alcohol, or tobacco. Watch three of your favorite TV shows or movies. Count how many references are made to these substances. Make a note if the show is promoting a drug-free message or making these substances look “cool”. Send an email to the producer of one of the shows you’ve watched. Congratulate them if negative consequences are portrayed, or tell them to “get with the program” if the movie or TV show made drug use look glamorous or attractive. (this completes one of the requirements for the Junior Girl Scout *High On Life* badge found on page 64 of the Junior Girl Scout Badge Book.
13. Your anti-drug is anything that is more important to you than using drugs. Determine your personal anti-drug by reading the “straight scoop” on page 14 of the new Studio 2B Collection book for girls ages 11-13. (this book can be purchased at any Girl Scout Shop in Utah or a copy is available for free check-out in your Girl Scout Service Unit or Girl Scout Shop.
14. Sign the “drug-free” pledge and find five friends or classmates to sign it with you.

Requirements for Girls Ages 15 – 17

Complete 16 of the 18 requirements to earn the **Girl Scouts Fighting Drug Abuse** patch from the Utah Drug Enforcement Administration and the Utah Attorney General's Office.

1. Visit the Utah Attorney General's website at <http://www.attorneygeneral.utah.gov/safetyquiz.html> and take the on-line internet safety quiz.
2. Visit the Drug Enforcement Administration website at <http://www.justthinktwice.com/> and visit the D.A.R.E. Kids-Only page at http://www.dare.com/kids/index_3.htm.
3. On the D.A.R.E. Kids-Only web page click: *Play This* and create a coloring page. Print the page and write your own anti-drug statement on the page.
4. While on the D.A.R.E. Kids page, create a coupon that states your pledge to stay off drugs. Give this pledge to the person you designed it for. If you need a suggestion, create your coupon for your Girl Scout Troop Leader.
5. Create a poster and print it with your personal anti-drug message. Hang the poster in your bedroom or other room in house, classroom, or community center (with permission). You can be creative and design your very own poster or use the D.A.R.E. Kids Page for help in making your poster on-line.
6. Click your computer mouse on the *D.A.R.E. to Share* section and do two of the four options: word search, crossword puzzle, decoding mystery, or word puzzle.
7. Click one of the following five articles and be prepared to answer questions on your patch program quiz.
 - a. [Listen Don't Lecture, To Get Through To Your Kids](#)
 - b. [Ecstasy: A Growing Menace](#)
 - c. [Making Clear Rules About Drugs](#)
 - d. [Making Good Decisions](#)
 - e. [Family: A Child's Anti-Drug](#)
8. Visit www.drugfreeamerica.org. Read, learn and print information about the following three illegal drugs: Marijuana, Ecstasy, and Prescription Stimulants. Select one other drug from the list and learn about it. List what the drug is, street names, what it looks like, how it's used and what are the effects of using these drugs.
9. Do some on-line research. Find your local police agency's web site. Find out if you have a D.A.R.E. officer at your school, learn where to find the closest police officer who serves your neighborhood by visiting their web site or going to the police station directly to meet with the officers there.
10. Popular media often show teenagers using drugs, alcohol, or tobacco. Watch three of your favorite TV shows or movies. Count how many references are made to these substances. Make a note if the show is promoting a drug-free message or making these substances look "cool". Send an email to the producers of one of the shows you've watched. Congratulate them if negative consequences are portrayed, or tell them to "get with the program" if the movie or TV show made drug use look glamorous or attractive.

11. Learn about the effects of abusing over-the-counter or prescription drugs. Find out the difference between Depressants and Stimulants.
 - Depressants: drugs that slow you down: In general, depressants reduce your anxiety, tension, and angry feelings. If abused, depressants can:
 - Make you feel really tired.
 - Make it really hard to concentrate.
 - Make you feel like you don't want to do anything.
 - Make it really hard for you to breathe.
 - Make you feel really mad, scared, and/or suicidal.
 - Make you think that everybody is after you, that your friends are picking on you, and that nobody likes you.
 - Make you see things that don't really exist (hallucinations).
 - Cause convulsions and seizures.
 - Stimulants: drugs that speed you up: Stimulants have the opposite effect on your body than depressants. In general, stimulants increase your energy. If abused, stimulants can:
 - Make you really nervous.
 - Give you stomach aches and keep you from sleeping (insomnia).
 - Make you mixed up in your head. For example, rather than just being mad at your friend for dating your boyfriend, you might think it's better to punch her out.
 - Make you hyper or sluggish.
 - Make your body shake all over.
 - Make your heart beat really fast
12. Visit freevibe.com and select the "Drug Scenarios". Find out how you would respond.
13. List three things about the freevibe.com website that interest you most.
14. Download and complete the "Get It Straight" crossword puzzle by clicking here: [Drugs Are Puzzling](#)
15. Read the story found on page 43 of the new Girl Scout Studio 2B Collection book for girls ages 15 to 17. Write down three tips that will help you protect yourself from unknowingly ingesting a date rape drug. Find out what kind of drugs are out there and being used by teenagers today.
16. Be the reporter. Interview people in your community with knowledge of drug abuse issues (pharmacist, narcotics detectives, drug treatment provider, doctor). After your interviews, write a report or article about what you've learned.
17. Design three drug prevention posters. You may draw them yourself or find and cut out words and pictures from magazines/newspapers and combine them to create a message. Get permission to hang them in a school, public library, youth center, or school bulletin board or window.
18. Sign the "drug-free" pledge and find five friends or classmates to sign it with you.

Troop Leaders

Girl Scout troop leaders are invited to use the materials on this website to help their troop or group earn the Scouts Fighting Drug Abuse patch. The patch can be earned in a troop setting or individually by any girl. The requirements for the patch program are age-level specific.

Completing the patch project is simple. Just click on the age level that is most appropriate for the girls in your troop and work on the requirements together. You can send for the patches and have them on hand when your troop finishes their requirements.

As a troop leader, you may also have other resources you want to use when teaching Girl Scouts about making the best choices. Some assignments may be given out prior to the troop meeting for girls to complete on their own, or all the requirements can be worked on during your troop meetings.

How To Get The Patch Once Requirements Are Completed

When you have completed the requirements listed under your specific age level, please fill in the information requested below. Your Girl Scout troop leader, advisor, or your parent/guardian must sign and send this card to the Drug Enforcement Administration in order to receive your activity patch.

Name: _____
Troop #: _____ Service Unit: _____
Address: _____
City, State, Zip: _____
Girl Scout Leader's Name: _____
Adult Signature (Girl Scout leader, parent, or advisor): _____

Please send the form to the Utah Attorney General's Office by e-mail to jwelsh@utah.gov or by mail:

Utah Attorney General's Office
Attention: Drug-Free Activity Patch Program
P.O. Box 14320
Salt Lake City, UT 84114-2320