



girl scouts
of eastern missouri
Health • Daisy

Badge Blueprint

Safety Award

Purpose: This badge teaches Daisies how to stay safe on their Girl Scout adventures.

Step 1: Know who to contact in case of an emergency.

With the help of an adult, write down or type your parents' phone numbers and bring them to the troop meeting. Brainstorm safe people to reach out to in case of an emergency. Some examples include a police officer, firefighter, adult relatives and Girl Scout troop leaders. Discuss how to contact these individuals. Create an emergency card or book that lists your address and parents' contact information, along with whom you should contact and how to contact them in case of an emergency. Share it with your family and to keep it in a safe place, like your room or backpack.



Step 2: Learn how to help if someone is choking.

Invite someone who works in the health field to come to your meeting to talk with your troop. You can reach out to the school nurse, a local pediatrician, the local police or fire department, community center or Girl Scout leader, among others. Identify the signs of someone choking; this could be someone with their hands around their neck, who cannot talk; or is struggling for air. Watch a demonstration, either in-person or of a video online, of how to assist this person. Practice with an adult or on others, but remember to be gentle as this is only a practice.

Step 3: Learn how to "Stop, Drop and Roll" if an item of clothing catches on fire.

Talk about fire safety, including smoke detectors, having a family plan of how to get out of the house, crawling on the ground to prevent smoke inhalation and how to stop, drop and roll. Play a special game of tag to learn the importance of stop, drop and roll. Based on a 12-girl troop, two to three girls should play firefighters. Four girls should be "taggers," with red (fire) or white (smoke) balls or handkerchiefs. If tagged by a red tagger, stop, drop and roll until a firefighter comes to help by tagging you. If tagged by a white tagger, crawl on the ground until a firefighter comes to help by tagging you. Once a firefighter tags you, you can resume running. Mix up the roles so each girl gets a chance to be a tagger or firefighter.

Congratulations! You have now earned this badge!

Remember, girls gain confidence and leadership skills through girl-led activities. Whenever possible, let the girls take charge when completing activities. Adult help is necessary for guidance, support and safety.