

Badge Blueprints

First Aid Badge

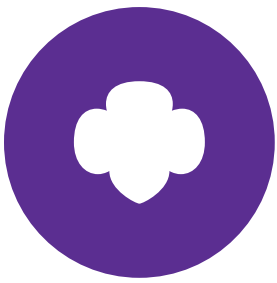
Junior-Ambassador | Grades 4-12

Earning badges is a great way for Girl Scouts to explore their interests and learn new skills. Badge Blueprints takes volunteers and Girl Scouts step-by-step through all the requirements to earn the badge. This resource covers badges for Girl Scout Juniors through Ambassadors.

Each month, the Emerson Resource Center will offer a new lineup of Badge Blueprints. For this month, check out these badges centered around First Aid! After completing all required steps, make sure to check out the Girl Scouts of Eastern Missouri Shop to purchase the grade-level specific First Badge.

Note to Adult: This Badge Blueprint is intended for use by the Girl Scout adult leading the activity. The tone and information provided helps the adult speak to the Girl Scouts who are participating in this Badge Blueprint.





Junior First Aid

Junior | Grades 4-5

Purpose: Learn what to do in the event of an emergency, how to help someone who is injured or ill, and how to get help safely and effectively.

Step 1: Check, Call, and Care!

When an emergency happens, remember the three steps: **Check, Call, and Care!**

- **Check:** Make sure the scene is safe. Don't put yourself in danger while trying to help someone else.
- **Call:** If it's safe, check on the person to see what's wrong, then call **911** or get an adult to help you make the call.
- **Care:** Once help is on the way, you can give **first aid** if you know how.

Create a **skit** with your friends that shows how to perform, "Check, Call, and Care" during an emergency. Present it at school or to another group.

Step 2: Meet the First Responders

Good communication is key in an emergency! Contact your **local fire department** or **EMS station** to ask for a short tour or demonstration. Learn about:

- The equipment on an ambulance
- How first responders help people
- What you can do while waiting for help to arrive

Step 3: Make Your Own First Aid Kit

Decide where you'll keep your kit—your **backpack**, **locker**, or **family car**. Research what belongs in a first aid kit. Typical items might include:

- | | | |
|----------------------|-----------------|------------------|
| • Bandages and gauze | • Tweezers | • Gloves |
| • Antiseptic wipes | • Adhesive tape | • Small scissors |

Purchase or gather your supplies, then **assemble your kit** and label it.

Step 4: Handle Urgent First Aid Situations

Learn what to do in serious situations such as:

Choking

Allergic reactions

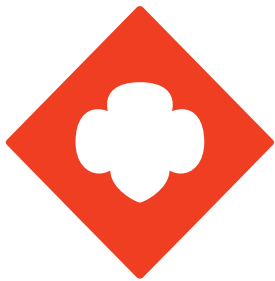
Snakebites

Accidental poisoning

Discuss these scenarios with a trusted adult or health professional and learn what actions to take and when to call for help.

Step 5: Help Someone Who is Ill

Sometimes people need comfort, not emergency care. Talk with family or friends about times when they were sick and what made them feel better—like rest, hydration, or kindness. Make a list of comforting ideas and share it with your troop or classmates so everyone can learn how to care for others.



Cadette First Aid

Cadette | Grades 6-8

Purpose: Learn how to deal with minor injuries and illnesses and how to recognize and respond to some more serious conditions.

Step 1: Understand How To Care for Younger Children

Learn about **medical emergencies involving younger children** by inviting a camp counselor, someone who works at a day care center, a pediatric nurse or someone involved in child care to talk to you about medical emergencies and what they did to handle them.

Step 2: Know How To Use A First Aid Kit

Invite a **first responder** to meet to learn about a first aid kit, what it is and how to use it.

Step 3: Learn How To Prevent Serious Outdoor Injuries

Invite a **park ranger**, **GSEM camp ranger** or **camp supervisor** to talk about how to prevent serious injuries, what to do when an injury happens and how to help someone when they are injured. Help someone who has injured a bone or muscle. Learn how to apply **RICE**.

- **Rest:** Have the person rest.
- **Immobilize:** Stabilize the injured person making sure the person is not in pain and can rest.
- **Cold:** Ice the injury by putting ice in a plastic bag and applying it to the injured area for 20 minutes then rest for 20 minutes. Repeat.
- **Elevate:** Prop the injured leg or arm on a soft, stable surface. Do not elevate.

Step 4: Assess the Condition of the Injured Person To Ensure They Do Not Go Into Shock

Learn what shock is and how to treat it from a **nurse** or **Emergency Technician**.

Step 5: Learn How To Handle Injuries That Are Due To Weather

Weather injuries could be **heatstroke** or **frostbite**. Invite the person who is helping with step three to discuss with you what to do, how to recognize heatstroke or frostbite and what care you could administer.





Senior First Aid

Senior | Grades 9-10

Purpose: Learn how to give first aid for life-threatening injuries and illnesses.

Step 1: Learn About Triage

Find out how to perform **triage** when administering first aid to several injured people at once. Invite a medical or emergency professional—such as a nurse, EMT, or firefighter—to talk about how they decide who needs care first and why. Ask questions about what to do in different kinds of emergencies.

Step 2: Caring for Head and Neck Injuries

Learn how to safely help someone who has a **head or neck injury** until professional help arrives. Talk to an adult with first aid training or a member of your local emergency team. Practice ways to keep the injured person still and calm without causing more harm.

Step 3: Make a Splint

A **splint** helps stabilize an injured arm or leg until medical help is available. Research different types of splints and what materials can be used to make one. Then, with adult supervision, practice making and applying a splint safely.

Step 4: Learn About Substance Overuse

Find out what happens when someone drinks too much alcohol or uses drugs that cause unconsciousness. Invite a qualified speaker—such as a local hospital representative or someone from **Mothers Against Drunk Driving (MADD)** or **Students Against Drunk Driving (SADD)**—to explain how to recognize and respond to these situations.

Step 5: Teach What You've Learned

Share your new knowledge! Attend a **Cadette Girl Scout meeting** where you can **teach others** the first aid skills you learned while earning this badge. You might create a demonstration, poster, or short skit to show what to do in an emergency.



Ambassador First Aid

Ambassador | Grades 11-12

Purpose: Being prepared to give emergency treatment in an extreme situation is one way to demonstrate the Girl Scout motto—*Be Prepared*. Girl Scouts earning this badge should already be First Aid certified or have earned the Senior First Aid Badge.

Step 1: Prepare for the Unexpected

Traveling in the wilderness is exciting and full of surprises. Learn what is needed to provide emergency treatment to someone experiencing **high-altitude sickness** in the mountains. Find out who to contact for help and what steps to take to handle the emergency safely.

Step 2: Explore Wilderness Rescue Careers

Learn what it takes to be part of a team that works in wilderness rescue—such as a **park ranger**, **lifeguard**, or **ski patrol member**. Research the education, certifications, and experience required for these positions and how these professionals learn the skills needed to save lives.

Step 3: Practice Creative Problem Solving

Using only a **straw**, a **pen**, **rope**, and a **torn shirt**, demonstrate how each item could be used in an emergency situation in the woods. Think about ways these simple tools can become lifesaving aids.

Step 4: Conduct a Mock Wilderness Emergency

Find a **Wilderness Medical Society** or local organization that specializes in outdoor first aid. Work with your troop to plan and carry out a mock emergency drill so everyone can experience responding to a stimulated wilderness situation.

Step 5: Learn from Real-Life Experience

Invite someone who has given first aid and a person whose life was saved by receiving first aid to speak with your troop. Ask what they learned from the experience—what went as expected, what surprised them, and how they adapted in the moment.



How to Get Your Girl Scout Badge

When you finish the steps to earn a badge, it's time to celebrate your hard work by getting the badge for your uniform! There are two easy ways to get your badge:

1. Stop by the Girl Scout Shop

Visit the Girl Scout Shop at **2300 Ball Dr., St. Louis 63146**. You'll find badges, uniforms, fun Girl Scout gear, and more!

2. Shop Online

Go to girlscoutsem.org and click the **Shop** button at the top of the page. You'll see links to the Shop hours, location, and **email orders** (includes instructions for placing an online order through the GSEM Shop).

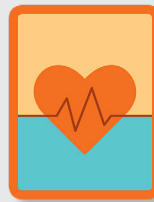
Tip for Leaders and Families: You can purchase badges individually, or leaders can place a troop order to celebrate all the Girl Scouts at once.



Junior First Aid



Cadette First Aid



Senior First Aid



**Ambassador
First Aid**



Emerson Resource Center

The Emerson Resource Center (ERC), located in the Girl Scout Service Center, is dedicated to supporting volunteers and leaders, offering a variety of resources from outdoor equipment to program essentials and everything in between. The ERC is a lending library with items available to borrow such as books, kits, equipment for ceremonies, songs on CD, badge activity kits, and programs-in-a-box.

For more information on the ERC or assistance with resources, contact Kathy Dabrowski, Senior Manager, Archives and Special Collections, at 314.592.2324 or kdabrowski@girlscoutsem.org.

GSEM Shop and Build-A-Bear Workshop®

Make sure to stop by the Girl Scouts of Eastern Missouri Shop to get all the essentials, explore the latest in uniforms and apparel, and everything else Girl Scouts needs to express themselves!

And, located within the Shop, the new Build-A-Bear Workshop® is now open—providing a hands-on opportunity for the community to build plush companions while fostering creativity, confidence, and joy!

Book Your Party Today!

Celebrate birthdays, team milestones, or any special occasion with us. Our expert staff will guide your group step-by-step through the bear-making process and ensure every guest leaves with smiles (and a new cuddly companion!).

Shop & Play

Not hosting a party? No problem! The store is open for walk-in customers to purchase bears and accessories. Stop by anytime to bring a new furry friend home.

To learn more or reserve your party, visit girlscoutsem.org/buildabear.

Shop and Build-A-Bear Workshop® Hours

Monday-Wednesday: 10 am-5 pm

Thursday-Saturday: 10 am-7 pm

Sunday: noon-5 pm

**Hours subject to change*

Shop Location

2300 Ball Drive
St. Louis, MO 63146





2300 Ball Drive | girlscoutsem.org | 314.592.2300

