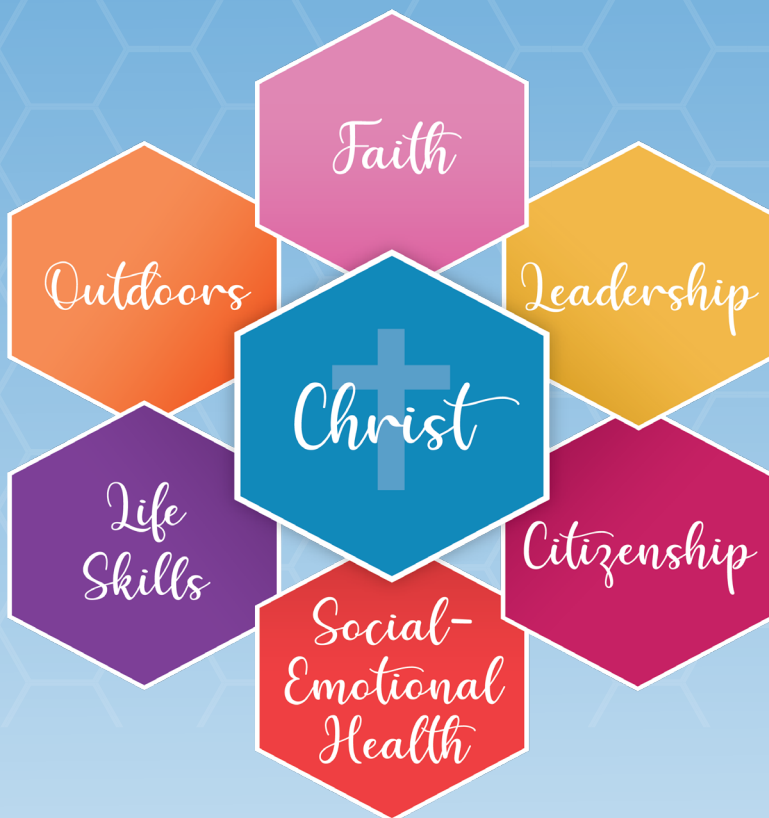


# A CHRIST-CENTERED, BALANCED, & PROGRESSIVE PROGRAM



**The American Heritage Girls (AHG) Program is balanced and progressive. Each Program Emphases, when implemented with a focus on Christ, will lead to beautiful outcomes!** When the AHG Program is focused on Christ, girls can grow as relational, honoring, competent, servant leaders, and Christ-followers who value creation: **women of integrity!**

This guide illustrates how to balance the AHG Program and incorporate the Level Awards as girls progress through each Program Level providing girls of all ages a variety of opportunities and experiences.

# TABLE OF CONTENTS

CHRIST-CENTERED, BALANCED, & PROGRESSIVE	3
INCORPORATING SIX PROGRAM EMPHASES	4
DEVELOPMENT PROGRESSION	
FAITH	5
LEADERSHIP	8
CITIZENSHIP	11
SOCIAL-EMOTIONAL	16
LIFE SKILLS	21
OUTDOORS	24
LEVEL AWARDS	27
SUGGESTED LEVEL AWARD PLANNING	
PATHFINDER   FANNY CROSBY LEVEL AWARD	28
TENDERHEART   SACAGAWEA LEVEL AWARD	29
EXPLORER   IDA SCUDDER LEVEL AWARD	30
PIONEER   HARRIET TUBMAN LEVEL AWARD	31
PATRIOT   ABIGAIL ADAMS LEVEL AWARD	32
LEVEL AWARD QUESTIONS	34
TENDERHEART SACAGAWEA LEVEL AWARD TRACKING	38
EXPLORER IDA SCUDDER LEVEL AWARD TRACKING	39
EXPLORER IDA SCUDDER LEVEL AWARD GIRL PLANNING GUIDE	40
PIONEER HARRIET TUBMAN LEVEL AWARD TRACKING	41
PIONEER HARRIET TUBMAN LEVEL AWARD GIRL PLANNING GUIDE	42
PATRIOT ABIGAIL ADAMS LEVEL AWARD TRACKING	45
PATRIOT ABIGAIL ADAMS LEVEL AWARD GIRL PLANNING GUIDE	46

# CHRIST-CENTERED, BALANCED, & PROGRESSIVE PROGRAM

The six Program Emphases create a Christ-centered, balanced, and developmentally phased structure, providing girls with a holistic experience.

## CHRIST-CENTERED

The six AHG Program Emphases have Christ at the center. When Christ is at the center of everything, each Program Emphasis has a more significant purpose and meaning. It helps girls understand how faith is integrated into all aspects of life.

- Faith
- Leadership
- Citizenship
- Social-Emotional
- Life Skills
- Outdoors

## PROGRESSIVE

Girls developmentally progress through the Program Emphases to expand their faith, skills, and knowledge. AHG is exciting and challenging as girls participate in new responsibilities, opportunities, and activities. In the AHG Program, each Program Level has opportunities to train, inspire, and motivate girls to share Christ with more confidence in all aspects of their life.

## BALANCED

The AHG Oath and Creed provide the cornerstone of values that personify the AHG experience. Girls use these attributes as a “litmus” test in fulfilling the American Heritage Girls Mission to become a **woman of integrity**. As girls participate in activities that implement all six of the Program Emphases, they will experience a well-rounded and balanced program!





# PROGRAM EMPHASES

## INCORPORATING SIX PROGRAM EMPHASES

As a Troop leader, your role is to proactively make sure girls are offered a Christ-centered, progressive, and balanced program.

### YOUR CALL TO ACTION

#### CHRIST-CENTERED

Arrange intentional moments during your time together for girls to connect with God leaving space for Him to mold their hearts.

#### PROGRESSIVE

Prepare room for girls to develop and grow interests, skills, talents, and abilities.

#### BALANCED

Plan out your Program Year to incorporate all six Program Emphases in Troop meetings, activities, and events.

#### AHG Mission Litmus Test

The six Program Emphases teamed with the AHG Oath and Creed provide the cornerstone of values that personify the AHG experience.

### HOW DOES OUR TROOP INCORPORATE ALL AHG HAS TO OFFER?

The AHG Program has much to offer girls in your Troop, but AHG stresses that Troops always start with FAITH, SERVICE, and FUN! These words are not just a tagline but foundational to your Troop's success year after year.

Keep Christ at the center of all you do, follow God's great commandment to love others, and engage the girls through their involvement in making a difference in their community and world!

Do not try to do it all your first year, but once you have established the faith, service, and fun aspects of the AHG Program, make it your goal to expand program offerings each year. Once your Troop finds a rhythm, the following tools can be used to incorporate the six Program Emphases:

- Troop Experiences
- Badges
- Level Awards
- Patch Programs
- Girl Handbooks

Faith

Leadership

Citizenship

Social-Emotional

Life Skills

Outdoors



# EMPHASIS

## FAITH

### DEVELOPMENT PROGRESSION

*Christ follower*

Submits to Christ and seeks God's will for her life

The Lord is the reason that the AHG Ministry exists. Girl Members are encouraged to know Him better, serve Him with great love, and seek His will. A girl's time in AHG is best used to seek the Lord and learn who they are created to be in a fun, safe environment.

## Troop Experiences

Each Troop has a Troop Shepherd who seeks to know and pray for each Girl Member. The Troop Shepherd holds a key role in encouraging girls to grow their faith. Whether through Troop meeting prayer, Faith Awards, or modeling Christ-like behavior, Adult Members can have an eternal impact on the lives of girls.

Integrating Faith throughout all Program Levels is integral to the AHG Program. Experiences provided during Troop meetings and events allow girls to live out and grow in their faith.

*Below is a chart that highlights Troop experiences for girls that can strengthen their faith.*

PATHFINDER	TENDERHEART	EXPLORER	PIONEER	PATRIOT
Prayer during Troop Opening Time	Prayer during Troop Opening Time	Lead prayer during Troop Opening Time	Lead prayer during Troop Opening Time	Lead prayer during Troop Opening Time
Sing songs	Sing songs	Lead songs	Lead songs	Lead songs
Participate in an opening devotion by older girl or volunteer	Participate in an opening devotion by older girl or volunteer	Participate in an opening devotion by older girl or volunteer	Lead or participate in opening devotion	Lead or participate in opening devotion
Refer to a Scripture passage to hold close to heart	Select a Scripture passage to take home and reflect upon	Select a Scripture passage to take home and reflect upon	Choose and explain applicable Scripture passage	Choose and explain applicable Scripture passage
Participate in a prayer circle	Participate in a prayer circle	Participate in a prayer circle	Lead a prayer circle	Lead a prayer circle
Pray during Troop Closing Time	Pray during Troop Closing Time	Pray during Troop Closing Time	Pray during Troop Closing Time	Pray during Troop Closing Time
	Participate in Faith Awards	Participate in Faith Awards	Participate in Faith Awards	Participate in Faith Awards
	Participate in a service project	Participate in a service project	Help plan a service project	Plan and lead service project
		Off-site or off-night Bible study	Off-site or off-night Bible study with Unit	Off-site or off-night Bible study with Unit
			Lead younger girls in a Faith Awards Bible study	Plan and Lead younger girls in a Faith Awards Bible study
			Weekend mission trip	Weekend mission trip
			Multi-night mission trip	Multi-night mission trip

## Level Awards & Faith

Girls starting at the Tenderheart Program Level, complete Faith Award programming to earn their Level Award.

*For the **Catholic Faith Awards**, the Tenderheart, Explorer, and Pioneer Levels are required to complete one Segment of their award. Patriots are required to complete two Segments. The **B.Y. Faith Awards** are required to complete one award option at their Program Level.*

**Faith Awards are one of the main avenues by which to integrate faith into the AHG Program. AHG encourages all girls from Tenderheart to Patriot Levels to participate in the Faith Award Program. *Pathfinders earn their faith component through completing Love God and Creed word sections of their Stepping Stones.***

### TWO FAITH AWARD TRACKS

The two tracks—The Catholic Faith Awards and the Build Your Faith Awards (B.Y. Faith Awards)—were created to allow families to choose the curriculum that best fits the needs of their girls. The Catholic Faith Awards honor the AHG Creed, Oath, and Mission, connecting what girls are learning in AHG with the Catechism of the Catholic Church. B.Y. Faith Awards allow families to choose from different options that will accelerate girls in learning to live by faith. Both Faith Award tracks give girls the opportunity to grow deeper in their faith and relationship with Christ.

*More information covering AHG Faith Awards can be found in AHGresource.*

### FAITH AWARD PROGRESSION\*

*Below is a chart that highlights the Faith Awards offered to girls at each Program Level.*

TENDERHEART	EXPLORER	PIONEER	PATRIOT
<b>Catholic Faith Awards</b>			
Deus et Familia Mea (God and My Family)	Deus et Patria Mea (God and My Country)	Deus et Civita (God and My Community)	Femina Integritatis (Woman of Integrity)
<b>B.Y. Faith Awards</b>			
R.E.A.L. Life Creed Study	R.E.A.L. Life Creed Study	R.E.A.L. Life Creed Study	R.E.A.L. Life Creed Study
Heart of Womanhood One frame (book)	Heart of Womanhood One frame (book)	Heart of Womanhood One frame (book)	Heart of Womanhood Two frames (books)
Girls in Prayer Patch Program	Girls in Prayer Patch Program	Girls in Prayer Patch Program	Girls in Prayer Patch Program
P.R.A.Y.'s God and Me Award Program	P.R.A.Y.'s God and Me Award Program	P.R.A.Y.'s God and Me Award Program	P.R.A.Y.'s God and Me Award Program
Bible Belles Patch Program	Shock & Awe Study Guide	Shock & Awe Study Guide	Live it Out: A Beautiful Tale of Integrity and Faith
	Back2Back Patch Program	Back2Back Patch Program	Back2Back Patch Program
Operation Christmas Child: The Greatest Journey	Operation Christmas Child: The Greatest Journey		
Bible Basics Badge	Bible Basics Badge	Bible Basics Badge	Bible Basics Badge
Daughter of the King Badge	Daughter of the King Badge	Daughter of the King Badge	Daughter of the King Badge
Identity Badge	Identity Badge	Identity Badge	Identity Badge
Women of Faith Badge	Women of Faith Badge	Women of Faith Badge	Women of Faith Badge

\* Check out online resource library for the most up to date offerings.

# EMPHASIS

## FAITH

### DEVELOPMENT PROGRESSION

Listed below are just a few of the key elements the program provides to promote faith and becoming a committed Christ-follower during time spent with AHG.

## Girl Handbooks

Journaling sections in the Girl Handbooks offer girls an opportunity to discover key elements that contribute to their Biblical worldview and record their desire to grow in their faith.

## Badges

Girls can work on faith-based badges sprinkled throughout the six Badge Frontiers.

- Women of Faith
- Bible Basics
- Biblical Leadership
- Biomimicry
- Daughter of the King
- Identity
- Mission Minded

## Patch Programs and Event Patches

Girls can work on Patch Programs geared toward teaching Biblical Principles through Bible studies, book studies, and interactive requirements. Although some of these recommended Patch Programs\* are apart of AHG Faith Awards, they can also be implemented throughout the Program Year as guided curriculum for Unit time, a weekend retreat, a camporee, etc.

- Bible Belles
- Girls in Prayer
- The Other Side of Christmas
- The Other Side of Easter
- Respect for Life
- Shock & Awe
- NCC Religious Vocations

*\*For more information, check out the Program Emphases>Faith page in AHGresource!*

## MY TROOP IDEAS and PLANS:

---

---

---

---

---

---

---

---

---

---

# EMPHASIS

## LEADERSHIP

### DEVELOPMENT PROGRESSION



In the AHG Program, leadership roles exist at every Program Level. Girls have the opportunity to make every day count for the glory of God by following the model of servant leadership Christ provides. Girls discover their passions, acquire project management skills, hold leadership positions, and participate in leadership training. Through learning Biblical leadership skills and who God has created them to be, girls will recognize how to intentionally put others first to influence and impact the world for Christ.

## Troop Experiences

As an Adult Member, your role is to get to know girls in your Unit or Troop—their personalities, strengths, and weaknesses. Leadership development takes time, and there is always a new skill or technique to learn. You will then be able to help them set personal goals and provide opportunities and positions that stretch and strengthen them individually. Adult Members have the honor of providing girl leadership opportunities through the many experiences encountered during Troop meetings, activities, and training sessions.

AHG has created a robust leadership curriculum to easily bring a dynamic girl leadership event to your community! Tenderheart to Patriot girls learn the importance of rooting themselves in Christ and His Word as they persevere with Godly grit, and evidently demonstrate the fruit of the Holy Spirit in their leadership style as they care for others with the grace and love of God.

*In addition to more formal Girl Leadership Positions outlined on the following pages, the chart below highlights girl leadership opportunities that serve as a great starting point for Troops and all Program Levels.*

TROOP EXPERIENCES	DESCRIPTION
Troop Meetings	During Troop meetings, foundational leadership skills are built one experience at a time through the social interactions of opening and closing flag ceremonies, and Unit time. Girls can become comfortable around friends and discover skills and skills naturally.
Flag Ceremony	Leading a flag ceremony allows girls to speak in front of others and enhances listening and teamwork skills.
Leadership Training Events	AHG provides curriculum for training experiences through badges, patch programs, and AHG's leadership curriculum—G.R.I.T. with Grace—available on the AHGstore. All three of these resources are great tools for developing the leadership skills of girls within your Troop in fun settings.
Outdoor Opportunities	Camp-outs, high adventure activities, sports activities, and general outdoor activities offer many opportunities for girls to take on temporary leadership roles.
Impromptu Opportunities	Needs arise during Troop meetings, events, and service projects that require impromptu opportunities to encourage girls in leadership skills



## Level Awards & Leadership

The leadership component of the Level Award requires all girls to hold a Girl Leadership Position within their Program Level.

As a Patriot, girls also are required to attend an in-person or virtual leadership retreat or training.

By following Jesus' example of leadership, we learn to influence others with great humility and patience—extending grace with regularity. We learn to discover our God-given strengths and utilize them for His glory. And, as authentic influencers, we help others uncover their gifts while journeying with them as they persevere for His glory.

### Amount of time to serve in a Girl Leadership Position per Program Level.

Tenderheart	two months
Explorer	three months
Pioneer	four months
Patriot	six months

Girl Leadership Positions have been created so that girls can practice peer-to-peer leadership. Girls will lead and test new skills in a safe environment to fail. If girls are unable to complete a task, you will be there to assist and mentor. More information on Girl Leadership Positions can be found in the *AHG Girl Leadership Position Guide* found on AHGresource.

The following chart features Girl Leadership Positions for each Program Level to develop a girl's leadership skills.

TENDERHEART	EXPLORER	PIONEER	PATRIOT
Tenderheart Squad Lead	Explorer Squad Lead	Pioneer Squad Lead	Patriot Squad Lead
Hostess	Hostess	Hostess	Hostess
Photographer	Photographer	Photographer	Photographer
Announcement Lead	Announcement Lead	Announcement Lead	Announcement Lead
Song/Skit Lead	Song/Skit Lead	Song/Skit Lead	Song/Skit Lead
Videographer	Videographer	Videographer	Videographer
	Historian	Historian	Historian
	Girl Scribe	Girl Scribe	Girl Scribe
	Newsletter Reporter	Newsletter Reporter	Newsletter Reporter
	Flag Ceremony Lead	Flag Ceremony Lead	Flag Ceremony Lead
		Girl Shepherd	Girl Shepherd
		Girl Service Lead	Girl Service Lead
		Girl Events Lead	Girl Events Lead
		Newsletter Editor	Newsletter Editor
			Senior Girl Leader

## Patriot In-Person or Virtual Leadership Training Ideas

A leadership training counted towards this Patriot requirement can be completed in a variety of ways. Listed below are a few of AHG's recommendations:

- Local Multi-Troop Leadership Retreats
- Troop-organized day or weekend focused on girl leadership
- Leadership training and conferences offered on Right Now Media

# EMPHASIS

## LEADERSHIP

### DEVELOPMENT PROGRESSION

Listed below are just a few of the keys elements the program provides to promote leadership and becoming a dedicated Servant Leader during time with AHG.

### Girl Handbooks

The Girl Handbooks' Leadership sections are designed to spark girls' interest in leadership roles within not only their Troop, but their daily lives. Open-ended questions help girls explore the definition of leadership, the qualities of an effective leader, and leaders who have influenced their lives. AHG hopes these reflections help inspire girls to learn and grow in the same skills under Christ's leadership and mentor within the Troop.

### Badges

Most badges have elements of leadership skills within their requirements. For Troops wanting to hone in on the subject of leadership, AHG recommends earning the Biblical Leadership Badge which takes girls through the Bible to discover how Christ led, how Biblical figures learned to lead, and how they can lead those in their sphere of influence today as a Christ-follower.

### Patch Programs and Alliance Resources

AHG provides Patch Programs and Alliance resources that teach Servant Leader Principles through Bible studies, book studies, and interactive requirements. These leadership-based Patch Programs allow girls to develop personal character and leadership skills. These Patch Programs can be implemented throughout the Program Year as guided curriculum for Unit time, a weekend retreat, a camporee, etc.

- Free to B. a Leader Patch Program
- Habitudes by Growing Leaders
- Lead Like Jesus
- Presence Point and Shepherd Leadership Patch
- HSDLA's Generation Joshua

*\*For more information, check out the Program Emphases>Leadership page in AHGresource!*

### MY TROOP IDEAS and PLANS:

---

---

---

---

---

---

# EMPHASIS

## CITIZENSHIP

### DEVELOPMENT PROGRESSION



The AHG Program provides girls with a deeper understanding of their country and heritage. Girls cultivate honor for their country by participating in patriotic events, flag ceremonies, serving in their community, and through badge work. Serving others and being active citizens with their Troop, fosters a lifelong love for their country.

## Troop Experiences

The Citizenship Program Emphasis and AHG Program are designed to provide girls opportunities to know what it means to be an active U.S. citizen as a Christ-follower. God calls His children to share His truth and love diligently. Girls are encouraged to honor those in leadership and who have served our country, serve others, and learn more about the blessing of living in the United States.

*Below are examples of how girls can honor those who serve our country at each Program Level.*

PATHFINDER	TENDERHEART	EXPLORER	PIONEER	PATRIOT
Pray for servicemen and women	Pray for servicemen and women	Pray for servicemen and women	Pray for servicemen and women	Pray for servicemen and women
Make cards to send to servicemen and women	Make cards to send to servicemen and women	Make cards to send to servicemen and women	Make cards to send to servicemen and women	Make cards to send to servicemen and women
Participate in a parade	Participate in a parade	Participate in a parade	Participate in a parade	Participate in a parade
	Send care packages to servicemen and women	Send care packages to servicemen and women	Send care packages to servicemen and women	Send care packages to servicemen and women
	Participate in a Veteran Ceremony	Participate in a Veteran Ceremony	Participate in a Veteran Ceremony	Participate in a Veteran Ceremony
	Write letters to servicemen and women	Write letters to servicemen and women	Write letters to servicemen and women	Write letters to servicemen and women
		Bake cookies for an Emergency Response Team, fire station, or police station	Bake cookies for an Emergency Response Team, fire station, or police station	Bake cookies for an Emergency Response Team, fire station, or police station
		Place flags or wreaths on graves at a Veterans Cemetery	Place flags or wreaths on graves at a Veterans Cemetery	Place flags or wreaths on graves at a Veterans Cemetery
			Assist in coordinating a parade	Assist in coordinating a parade
				Plan a flag retirement ceremony for your community
				Volunteer for a Veterans Administration Hospital
				Organize flag placement for a Veterans Cemetery

# SERVICE CITIZENSHIP

## SERVICE DEVELOPMENT PROGRESSION

Service is freely giving of your time, your talents, and your hard work for someone else's benefit without expecting anything in return. Service is where a humble servant's heart motivates an outward focus to follow Christ's example.

Simply put, service has these expectations:

- Service comes from a girl's heart.
- Service is outwardly focused (not for self, family, or Troop).
- No compensation is given for service (monetary or gift).

The concept of "Circles of Charity" identifies different types of service. The following graphic and chart can help plan service opportunities for your Troop. **It is important to give girls as many "Hands-On" opportunities as possible. These service projects provide active participation and allow girls to see the impact of their hard work.** With a sense of accomplishment, these projects will build healthy confidence and encourage girls to think of other projects that will be worthwhile. As you move from the outer circle to the inner circle, the service becomes more hands-on, where girls are working directly with those in need.



### TYPES OF CHARITY

#### **HANDS-ON**CHARITY

*An experience that would put a Girl Member in direct contact with the recipients of their efforts and allow them to touch a human need directly. This form of service is the most desirable experience for girls.*

#### **WITNESS**CHARITY

*An experience that allows Girl Members to see the people they are helping, but not have interaction with them.*

#### **VICARIOUS**CHARITY

*An experience that is dependent on others to carry it out.*

#### **ABSTRACT**CHARITY

*An experience that is difficult to determine the direct impact.*

### BELOW ARE SUGGESTED WAYS EACH PROGRAM LEVEL CAN SERVE

Pathfinder	Tenderheart	Explorer	Pioneer	Patriot
Participate in pre-planned project	Choose a project	Choose a project	Choose a project	Choose a project
On-site projects	On-site projects	On-site projects	On-site projects	On-site projects
In-home projects	In-home projects	In-home projects	In-home projects	In-home projects
	On-site collections	On-site collections	On-site collections	On-site collections
	On-site group events	On-site group events	On-site group events	On-site group events
	Off-site group events	Off-site group events	Off-site group events	Off-site group events
		Domestic mission trip	Domestic mission trip	Domestic mission trip
				International mission trip

NOTE: "On-site" refers to the Charter Organization where your Troop holds their Troop meetings.



# SERVICE

## COMMUNITY SERVICE IDEAS

### HANDS-ON CHARITY

Become a "Big Buddy" for a child at a homeless shelter

Tutor younger children

Teach after-school classes for kids

Volunteer at a Special Olympics Event

Serve meals in a soup kitchen

Volunteer at a rehabilitation center

Volunteer at a church or other organization that provides activities for children

Prepare dinner for a family at a local Ronald McDonald House

Volunteer at a Humane Society or animal shelter

Host a "Story time" for younger children at your local library

Present on bike safety at a local library

Host a Vacation Bible School for your community

Participate in a mission trip

Sponsor and decorate a children's party at a group home, shelter or hospital

Provide birthday cakes for senior citizens who do not have near-by relatives

Host a meal for firefighters, other public helpers or the homeless

Plan an intergenerational cultural exchange

Visit a nursing home to sing, read, tell stories, play games, fix hair, paint nails, etc.

Adopt a "Grand friend"

### ABSTRACT CHARITY

Help build a playground or park benches

Paint a homeless shelter

Clean up a cemetery

Organize a neighborhood beautification project

Clean a local park or vacant lot

Plant a tree or flowers at your Charter Organization, library, or senior citizen center

Organize a recycling drive to raise money to plant trees at a local park

Build a bookshelf and stock it with books for a homeless shelter or day care

Make birdhouses for a nursing home, shelter, park, or walking trail

Make cards for patients in a Veterans Administration Hospital

### WITNESS CHARITY

Prepare sacked lunches for homeless shelters or other nonprofit service organizations

Help with housecleaning for a senior citizen or veteran

Help a senior citizen center with lawn care needs

Promote Vacation Bible School via flyer distribution

Write to a child from an international sponsorship organization

Make a meal for a family after the birth of a new baby or hospitalization

### VICARIOUS CHARITY

Make simple math or reading flash cards for younger kids

Set up a buddy system at your school or church for kids with special needs

Collect items for the HUGS Duffle Bag Project

Send care packages to soldiers, prisoners, children, refugees, etc.

Participate in a local food drive

Support an international child sponsorship organization

Collect items for an Operation Christmas Child Shoebox

Assemble "Survival Kits" for new students at your school

Organize a "Mitten Tree" for families in need during the Christmas season

Donate teddy bears to police stations to give to children who have been involved in accidents

Collect baby supplies and clothes for a local pregnancy center

Organize a food drive to support a local food pantry

Collect stuffed animals and toys to donate to children in a homeless shelter

Make lap quilts for nursing home residents or abuse centers

Bake cookies for a homeless shelter

Participate in the Cookies for Kairos Ministry

Send greetings to veterans at a local Veterans Administration Hospital

Collect shoes, eyeglasses, etc. for children in an impoverished country

Organize a program to collect food or groceries from restaurants and stores that would otherwise be discarded; donate your collection to a soup kitchen, food bank, or homeless shelter

## Level Awards & Citizenship

The citizenship components of the Level Award are for all girls to:

- Participate in a flag ceremony each year of membership in their Program Level.
- Earn one Service Star for each year of membership in their Program Level.

AHG events and meetings are opened by reciting the AHG Oath and Creed and displaying allegiance to the United States.

Participating in a Troop’s flag ceremony is a requirement for a girl to earn her Level Award. She will need to be involved each year of her membership with her Program Level. It is crucial for her to understand the requirements of her chosen role and to practice with her Troop. These roles include being a **Flag Bearer, a Color Guard, a Caller, or participate in the Girl Leadership Position as Flag Ceremony Lead.** *Girls are required to wear the AHG Official Class A Uniform for all AHG and patriotic ceremonies.*

**Service projects enable girls to focus on others by learning about the people in their community, their needs, and what the girls can do to help meet those needs. The heart of assessing the needs of those around us is empathy—a skill that is critical to being not only a leader, but a respectful citizen.**

A Service Star provides recognition for a girl’s heart for service. Girls earn Service Stars based on their Program Level and the number of hours served. **The equivalent of one Service Star per year is required to earn the Level Award.** (The number of hours needed for her Level Award can be one Service Star a year for her Program Level or her Program Level’s hours of service for one star multiplied by her years of involvement.) Girls in the Tenderheart, Explorer, Pioneer, and Patriot Levels can roll over unused service hours for Service Star recognition to the next Program Year. Girls can also rollover service hours that did not complete a star to the next Program Level (i.e., a Tenderheart’s last four service hours and rollover to her first year as an Explorer) While girls are able to track their own service hours in their Girl Handbook, it is important the Troop Advancement Chair also keep service hour records per Program Year. Tracking service hours will help each girl and her Unit Leader know her standing to attain her Service Star.

PROGRAM LEVEL	TOTAL HOURS OF SERVICE	SERVICE STAR RECOGNITION
Tenderheart	5	Blue Star
Explorer	10	Red Star
Pioneer	15	White Star
Patriot	20	Yellow Star

Pathfinders may participate in age-appropriate service projects, but do not earn Service Stars. The Pathfinder Program Level is intended to be a fun introduction to the AHG Program. Girls at this Program Level receive white star beads for all their accomplishments. When Pathfinders wait to receive Service Stars, they build anticipation to earn Service Stars in the next Program Year.

The service aspect of the AHG Program encourages girls to put “legs on their faith” and their values into action.

# EMPHASIS

## CITIZENSHIP

### DEVELOPMENT PROGRESSION

Listed below are just a few of the keys elements the program provides to promote leadership and becoming a dedicated Servant Leader during time with AHG.

### Girl Handbooks

The Citizenship section of the Girl Handbooks help a girl define and understand citizenship, patriotism, and service. Here girls are able to express their thoughts of what makes an active U.S. citizen and citizen of God’s Kingdom. Girls can note how they can show patriotism and what they love about being an U.S. citizen as a child of God. There is also space provided in the handbooks to journal about ways girls can serve their church community, and country along with writing about their favorite service projects.

### Badges

Badges that teach citizenship can be found in the Heritage Frontier.

### Patch Programs and Event Patches

Girls can work through Patch Programs that reflect excellent characteristics of a citizen who honors their country and serves their community through book studies, service projects, and interactive requirements. These Patch Programs can be implemented throughout the Program Year as guided materials for one-day events, Unit time, or supplemental curriculum.

- HUGS Service Patch Program
- AHG National Day of Service Patch
- Free to B. a Blessing Patch Program
- Free to B. a Kindness Ambassador
- Back2Back Patch Program

*\*For more information, check out the Program Emphases>Leadership page in AHGresource!*

### MY TROOP IDEAS and PLANS:

---

---

---

---

---

---

---

---

---

---

# EMPHASIS

## SOCIAL-EMOTIONAL HEALTH

### DEVELOPMENT PROGRESSION

#### *Relational*

Invests in positive and loving relationships with others and clings to Christ when navigating emotions.

Girls love to have fun and rate “time with their friends” as the main reason they love the AHG Program. Social and emotional development are closely related. In the AHG Program, girls learn to live the life Christ modeled and are reminded they are created in the image of God.

Creating a sense of community within the Troop is essential to nurturing the social-emotional growth of girls. Girls need to feel a sense of belonging and safety. Be sure to create an environment in which all

girls feel welcomed, valued, and part of the group.

It is vital to bring new Girl Members into the Troop quickly so they do not feel like an outsider. Establishing an environment that values authentic relationships while encouraging and empowering girls to be involved in the planning and development of goals and guidelines will help Troop Members feel a strong sense of ownership. This sense of ownership will yield a desire to advocate for and support a healthy, welcoming Troop community.

## Troop Experiences

Your Troop is a place to share fun, laughter, adventure, and demonstrate to girls how to build positive relationships. Girls will learn strategies to foster healthy, emotional intelligence, life-long friendships, and problem-solving skills while understanding their identity is found in Christ. They are provided with programs that teach them how to be adaptive and resilient.

The AHG Program provides a variety of badges, Patch Programs, and Faith Awards that aid girls in gaining a better understanding of their identity in Christ. AHG’s Multi-Program Level Troop structure encourages girls to create friendships across age groups and allows for mentorships and learning opportunities to occur naturally among girls. Through natural peer-to-peer and adult-to-girl conversations, girls can discuss their feelings and seek guidance on navigating through emotions and behaviors. Unit time can be a sacred time where adults guide girls toward identifying emotions through a Biblical worldview, learning how emotions are gifts from the Lord. He has given each person the responsibility to use our emotions and behaviors to glorify Him.

The AHG Creed provides a baseline for teaching emotions and actions that reflect the love of Jesus. Through Bible studies, Patch Programs, and activities that focus on Creed words, girls can learn how to influence those around them and keep emotions balanced positively.



# EMPHASIS

## SOCIAL-EMOTIONAL HEALTH

### DEVELOPMENT PROGRESSION

Listed below are examples of Troop social events where girls can develop and strengthen social-emotional skills.

#### TROOP & UNIT GAMES

Games played during a Troop Meeting or Unit Time provide natural opportunities for interaction to strengthen social-emotional skills.

#### UNIT TIME DISCUSSIONS

This occasion can be the most intimate time spent with girls as you learn more about each girl's lifestyle and life circumstances. Unit time is the ideal time to help girls identify their feelings, see how they are responsible for emotions affecting their behaviors and vice versa, and grow a safe, authentic community of trust and understanding.

#### TROOP TRIPS

These trips include outdoor activities, skating, bowling, visiting museums, parks, and businesses. Troop trips provide time for girls to bond in shared interests and goals.

#### TROOP CAMPING & OVERNIGHT EVENTS

These events provide challenging situations with more people under a common interest than a Troop event offers

#### EVENTS OUTSIDE OF THE LOCAL TROOP

(i.e., family and Charter Organization-sponsored events, community events, service project events, and Multi-Troop camping and events)

These events allow girls to interact with new girls and adults in which they otherwise would not.

#### HIGH ADVENTURE ACTIVITIES

These activities tend to place girls in more stressful situations and provide ample opportunities to discover emotional triggers and build resilience in a group setting.

# EMPHASIS

## SOCIAL-EMOTIONAL HEALTH

### DEVELOPMENT PROGRESSION

*Below is a chart that identifies what skills girls learn through specific activities by Program Level to enhance Social-Emotional Development.*

TROOP & UNIT GAMES	UNIT TIME DISCUSSIONS	TROOP TRIPS	TROOP CAMPING & OVERNIGHT EVENTS	EVENTS OUTSIDE OF THE LOCAL TROOP	HIGH ADVENTURE ACTIVITIES	LEVELS
Identify emotions	Identify emotions	Identify emotions	Identify emotions	Identify emotions	Identify emotions	All Program Levels
Learn communication skills	Learn communication skills	Learn communication skills	Learn communication skills	Learn communication skills	Learn communication skills	All Program Levels
Learn stress management	Learn stress management	Learn stress management	Learn stress management	Learn stress management	Learn stress management	All Program Levels
Build problem-solving skills	Build problem-solving skills	Build problem-solving skills	Build problem-solving skills	Build problem-solving skills	Build problem-solving skills	All Program Levels
Learn conflict resolution	Learn conflict resolution	Develop relationship skills	Learn conflict resolution	Learn conflict resolution	Learn conflict resolution	All Program Levels
Manage emotions	Manage emotions	Manage emotions	Manage emotions	Manage emotions	Manage emotions	Tenderheart Explorer Pioneer Patriot
Practice team-building skills	Practice team-building skills	Practice team-building skills	Practice team-building skills	Practice team-building skills	Practice team-building skills	Tenderheart Explorer Pioneer Patriot
			Exercise resilience		Exercise resilience	Tenderheart Explorer Pioneer Patriot
Recognition of others' emotions	Recognition of others' emotions	Recognition of others' emotions	Recognition of others' emotions	Recognition of others' emotions	Recognition of others' emotions	Explorer Pioneer Patriot
Learn and practice listening skills	Learn and practice listening skills	Learn and practice listening skills	Learn and practice listening skills	Learn and practice listening skills	Learn and practice listening skills	Explorer Pioneer Patriot
Learn how to respect for a differing opinion	Learn how to respect for a differing opinion	Learn how to respect for a differing opinion	Learn how to respect for a differing opinion	Learn how to respect for a differing opinion	Learn how to respect for a differing opinion	Explorer Pioneer Patriot
	Learn how circumstances do not define your identity		Learn how circumstances do not define your identity	Learn how circumstances do not define your identity		Pioneer Patriot

## Level Awards & Social-Emotional Health

The social-emotional components of the Level Award involve:

- Progressively becoming involved in a Troop, Multi-Troop, or community event.
- Bringing a friend to a social event one year of membership as a Tenderheart and Explorer. Pioneer and Patriot Levels are required to create a recruitment video or news article to share.

Social events include Troop, Multi-Troop, and community activities and events that occur outside of Troop Meetings and where social skills can be developed and honed. These events may be limited to Troop Members or might include families, community members, or other AHG Troops. High Adventure activities, Multi-Troop events, and Resident Camp opportunities give girls the ability to make friends with girls across the country. Through larger service projects, girls develop relationships with those in their community. These fun events can create wonderful memories for girls while supporting girl retention, ownership, and providing valuable learning experiences.

To earn a Level Award, girls progress in the AHG Program with the opportunity to attend, plan, and implement these social activities and events. By learning to plan and implement functions, girls are gaining social skills by practicing soft skills like delegation, planning, leading others, and interacting with younger girls and adults.

PATHFINDER	TENDERHEART	EXPLORER	PIONEER	PATRIOT
Attend one special event.	Participate and assist in the setup of a Troop or community activity or event for one hour.	Assist in planning and implementing a Troop or community activity or event for at least two hours. Complete the Ida Scudder Level Award Girl Planning Guide.	Plan, organize, and implement a Troop or Multi-Troop activity or event for a minimum of 10 hours of work. Complete the Harriet Tubman Level Award Planning Guide.	Plan, promote, and implement a community service project for a minimum of 25 hours of work. Complete the Abigail Adams Level Award Girl Planning Guide.

*The Troop Leadership Team may assist with this planning as additional resources may be required.*

Social events are also a great way to recruit girls and families from the community into your Troop. Girls can share what the AHG Program looks like with friends from outside the Troop and encourage them to join them in a Christ-like atmosphere geared toward building women of integrity through faith, service, and fun!

The Level Award requirement to bring a friend for Tenderheart and Explorers or to write a news article or create a video as a Pioneer and Patriot is the one requirement that most resembles the personal development needed to share the gospel of Christ. Through this requirement, girls learn to share something they are passionate about with others who may not have heard. The requirement teaches girls how to overcome feelings of embarrassment and find confidence in sharing a passion that might not be in the social norm but displays attributes of who she is as a Christ-follower. The requirement is trying to bring back the interpersonal communication of face-to-face communication. It encourages younger girls to get out of their comfort zone and resist sharing their passions only from behind an electronic device. We must always keep in the forefront of our minds that Christ has not called us to the easiest but the best and that He would be beside us every step of the way.

# EMPHASIS

## SOCIAL-EMOTIONAL HEALTH

### DEVELOPMENT PROGRESSION

Listed below are just a few of the keys elements the program provides to promote social and emotional skills to understand the importance of her relationship with Christ and others.

### Girl Handbooks

The Social-Emotional section of the Girl Handbooks offers opportunities for girls to grow in emotional awareness through thought provoking self-reflection and anchoring their emotions in God's Word. Girls are also given the opportunity to reflect on their favorite memories with their AHG friends.

### Badges

All AHG Badges offer opportunities for girls to work together with their Unit or family. Many badges in the Family Living and Personal Well-Being Frontiers focus on social and emotional growth especially Together as a Family, Social Skills & Etiquette, and Family Helper.

### Patch Programs and Alliance Resources

Girls can work through Patch Programs that offer a chance to practice problem solving, conflict-resolution, and team-building. AHG has also partnered with alliances that provide resources on social-emotional health.

#### PATCH PROGRAMS

- AHG Pen Pal Program
- Adopt-A-Trailblazer Patch Program
- True Girl Patch Programs
- Free to B. Patch Programs
- Back2Back Patch Program

#### ALLIANCE RESOURCES

- Axis and the Culture Translator
- Passport2Purity and Passport2Identity from Family Life
- *For Girls Like You* Magazine
- *Brio* Magazine
- *Joni and Friends*

*\*For more information, check out the Program Emphases>Social-Emotional page in AHGresource!*

### MY TROOP IDEAS and PLANS:

---

---

---

---

---

---

---

---



# LIFE SKILLS

## DEVELOPMENT PRO- GRESSION

Girls can acquire life skills through many aspects of the AHG Program, especially badge work. Badge work covers the six Frontiers: Heritage, Family Living, Arts, Outdoor Skills, Personal Well-Being, and Science & Technology. The Badge Program is age-appropriate and Multi-Program Level, allowing girls of all ages to work together at an appropriate pace.

*Competent*

Enjoys mastering new skills and applying them in her life

As leaders plan, consider girl input, and determine which badges to earn during the Program Year. As Leaders and parents remember that badge achievements are just one piece of the AHG Program. Earning too many badges can lead to girl burnout and neglect of the other five Program Emphases.

On the other hand, not earning any badges can decrease girl interest and retention. Typically a Troop earns three to four badges per year. It is important to strike a balance when setting a standard for the number of badges earned. Setting a healthy expectation without discouraging individual achievement is important. Some Troops choose to set a limit on how many badges the Troop will purchase in an effort to set a standard in this area. For instance, four Troop badges and two individual badges per girl. Any additional badges would need to be earned outside of Troop time and paid for by the family.

Leaders find the most success by considering a girl’s age, ability, maturity, and interests when setting badge goals. Badges can be earned as a Troop, Unit, or family. They can also be obtained at camps or special badge days. Some badges lend themselves toward individual achievement while others are better accomplished in a Troop setting. The chart below provides suggestions on badges that work well in a Troop setting. It also includes badges that may be better suited for individual achievement.

### TROOP

- |                          |                           |
|--------------------------|---------------------------|
| Bible Basics             | Fire Building & Safety    |
| Biblical Leadership      | Hiking                    |
| Cake Decorating          | Home Care & Repair        |
| Citizenship & Government | Kitchen Scientist         |
| Cooking                  | Nature & Wildlife         |
| Creative Crafts          | Our Flag                  |
| Dance                    | Puppetry                  |
| Daughter of the King     | Social Skills & Etiquette |
| Digital Citizenship      | Textile Arts              |
| Emergency Preparedness   | Theater                   |
|                          | World Heritage            |
|                          | Zoology                   |

### INDIVIDUAL

- Ancestor Detector
- Book Adventurer
- Creative Writing
- Family Helper
- Graphic Design
- Home Decorating
- Internet Adventure
- Money Management
- Music Appreciation
- Needle Arts
- Pet Care
- Travel
- Women of Faith

# Level Awards & Life Skills

The Life Skills component of the Level Awards requires girls to complete one Badge from each Frontier per Level.

As a Pathfinder girls receive a basic understanding of Life Skills as each Stepping Stone walks them through one of the six Badge Frontiers and explains the types of badges they will earn throughout the other Program Levels.

Starting at the Tenderheart Level, each Badge Frontier offers great opportunities for girls to grow in areas of strength and weakness. Requiring girls to complete one badge from each Frontier allows each girl to have a well-rounded experience, enjoying badges that interest her and learning to grow in areas that are difficult for her.

## SIX AHG BADGE FRONTIERS

### HERITAGE

Girls will explore and celebrate history and citizenship in the United States and the world

### FAMILY LIVING

Girls will learn valuable skills to help them and their family

### ARTS

Girls will experience new ways to express their imagination and appreciate the arts

### OUTDOOR SKILLS

Girls will enjoy outdoor activities and God's beautiful creation

### PERSONAL WELL-BEING

Girls will learn to take care of their physical, spiritual, and emotional health and develop people skills

### SCIENCE & TECHNOLOGY

Girls will power up their scientific knowledge through STEM activities and research

Badge progression from Level to Level can be seen in the chart below.

TENDERHEART	EXPLORER	PIONEER/PATRIOT
Basic skills	Basic skills	Basic skills
Application	Application	Application
Fun activities	Fun activities	Fun activities
Share with others	Teach others	Teach others
	Intermediate skills	Intermediate skills
		Advanced skills
		Career Exploration

# EMPHASIS

## LIFE SKILLS

### DEVELOPMENT PROGRESSION

Listed below are just a few of the key program elements that encourage competency and provide opportunities to master new skills with AHG.

## Girl Handbooks

The Girl Handbook offers opportunities for girls to record their favorite badges as well as track requirement completion. Girls will learn how the subject of each badge reflects God and His Kingdom, helping girls form a Christian worldview in all areas of life.

## Badges

All AHG Badges are teaching girls important life skills. Girls will learn hard skills like identifying birds, what equipment is required to take a hike, how to sew on a button, or how the United States Government functions. They are also learning soft skills like observation when they are bird watching, patience when threading a needle, and respect for leaders when they learn about our government.

## Patch Programs and Alliance Resources

Girls can work through Patch Programs that offer a chance to practice problem-solving, conflict-resolution, and team-building. AHG has also partnered with alliances that provide resources on life skills.

### PATCH PROGRAMS

- AHG Sports Pin Program
- Heimlich Heroes Patch Program
- HomeGrown HomeSewn Patch Program
- The Great Flip Patch Program

### ALLIANCE RESOURCES

- American Red Cross
- Journey Quest
- US Sportsmen's Alliance
- Trailblazer Adventure
- Wilderness Trek
- Sonlight Camp
- The Green Way Outdoors

*\*For more information, check out the Program Emphases>Life Skills page in AHGresource!*

### MY TROOP IDEAS and PLANS:

---

---

---

---

---

---

# EMPHASIS

## OUTDOORS

### DEVELOPMENT PROGRESSION

#### Values Creation

Seeks outdoor opportunities to experience the glory of God's creation.

Outdoor experiences are a great way to grow life skills and provide unique experiences. Since the outdoors is a deep-rooted part of the AHG Program, it is crucial for girls to experience God's creation. These experiences empower girls, grow their confidence, and teach them survival skills. Not only do outdoor adventures help to educate girls about the natural world, but they also provide opportunities for girls to connect with their Creator and His beautiful gift of nature.

Outdoor opportunities are intended to be progressive—ranging from a 15-minute hike to a 10-day canoe and tent trip. Pathfinders can be introduced to the outdoors through a Troop picnic or hike. At the Tenderheart and Explorer ages, girls are ready for an overnight camping trip in cabins.

As younger girls watch older girls plan more and more exciting adventures, their interest is piqued, and their excitement grows. Progressive outdoor opportunities help with girl retention by providing endless avenues for fun and social engagement.

## Troop Experiences

Below you will find a chart suggesting how a girl should progress through outdoor experiences. This model is based on a girl who starting in the AHG Program as a Pathfinder with little to no outdoor experience. Adjustments to this model may be needed based on when a girl enters the AHG Program, and the outdoor experience she brings with her. Girls will increase their responsibility to plan and implement outdoor activities as they move up each Program Level.

This progression chart is designed to assist Leaders in planning Troop outdoor activities. Consult the AHG Health and Safety Policies and Guidelines before planning an outdoor adventure. Consider each girl's age, abilities, experience, interests, and maturity.

PATHFINDER	TENDERHEART	EXPLORER	PIONEER	PATRIOT
Meeting time trips	Meeting time trips	Meeting time trips	Meeting time trips	Meeting time trips
Multi-Troop Day Camps	Multi-Troop Day Camps	Multi-Troop Day Camps	Multi-Troop Day Camps	Multi-Troop Day Camps
Day trips	Day trips	Day trips	Day trips	Day trips
	Multi-Troop Resident Camp	Multi-Troop Resident Camp	Multi-Troop Resident Camp	Multi-Troop Resident Camp
	Simple Troop overnight trips	Simple Troop overnight trips	Simple Troop overnight trips	Simple Troop overnight trips
		Multi-Night Troop camping (tents/cabins)	Multi-Night Troop camping (tents/cabins)	Multi-Night Troop camping (tents/cabins)
			Three nights or more camping trips	Three nights or more camping trips
			High-adventure day trips	High-adventure day trips



## Level Awards & Outdoors

Incorporating outdoor adventure into the Level Award allows a girl to expand her knowledge and confidence in the outdoors year over year as she progresses from a simple hike to camping three consecutive nights in God's creation.

When asked what they love most about AHG, the top two responses girls consistently give are "making friends" and "camping." Troop and Unit camping allows girls to learn new skills, be with their friends, build confidence, persevere through difficult situations, and grow closer to God through nature. Primitive camping offers girls a new way to enjoy the outdoors. Primitive structures include but are not limited to an Adirondack, yurt, or hammock. The required camping nights for Level Awards may also be counted towards camping badge requirements.

TENDERHEART	EXPLORER	PIONEER	PATRIOT
Tent or cabin camping for one night or participate in an all-day hiking adventure	Tent camping for two nights (nights do not have to be consecutive)	Camping for two consecutive nights in a tent or primitive structure	Camping for three consecutive nights in a tent or primitive structure

AHG believes strongly in the benefits of time in the outdoors. There are many instances in the Bible when God would instruct His people to go into the wilderness in order to teach them an important lesson. In today's world, it is even more crucial for girls to be able to disconnect from the world in order to reconnect with their Lord. Patriots working toward their Level Award are required to participate in a three-night campout by way of a tent or primitive structure. A girl can achieve this adventure in a Troop, Multi-Troop, or family setting. The details can be arranged over a long weekend like Memorial Day weekend or President's Day weekend, or while attending a Resident Camp. Area Teams have the option to plan and host a campout in rotation with local Troops. Troops can also encourage parental involvement in a girl's AHG journey by providing families with parameters on how to complete a camping trip to fulfill this requirement on their own.

Primitive camping provides a unique opportunity for girls to connect with God and grow in respect for His creation. Challenges faced during camping allow for girls to grow in faith, confidence, and leadership by learning skills that might not be obtainable in the basic comforts of living in modern society. Primitive structures do not have to be entirely secluded but could vary from a hike-in experience to staying at a campground. Primitive camping may lack basic amenities like electricity, running water, flushing toilets, or wifi and cell service. Troops know their girls best, so each Troop's interpretation of primitive may differ. The key is making sure that the experience is pushing girls out of their comfort zone enough to allow for growth. Often the girls who were most distraught at the thought of living without their straightner and cellphone are the girls that most appreciate the primitive camping experience once they're home. Whatever your Troop's camping experiences look like, they are sure to create lifelong memories!

In the 2020 Girl Handbook, the Camping Badge provides space for girls to record each of their camping experiences, allowing for Troop volunteers to easily cross-reference as they check off Level Award requirements.

# EMPHASIS

## OUTDOORS

### DEVELOPMENT PROGRESSION

Listed below are a number of ways in which outdoor skills and an appreciation for God’s creation are built into the AHG Program.

### Girl Handbooks

The Girl Handbook provides girls with basic information on outdoor safety and “leave no trace” principles, while providing space to record outdoor adventure memories.

### Badges

AHG has an entire Badge Frontier dedicated to Outdoor Skills. Girls have the opportunity to try new activities that fit into an active, outdoor lifestyle such as the canoeing, cycling, hiking, and swimming. Girls also have the opportunity to learn skills that teach self-awareness and safety, such as fire safety, orienteering, outdoor skills, and survival, search, and rescue. Other badges encourage girls to enjoy God’s creation through horsemanship, fishing and nature and wildlife. The Outdoor Skills Frontier has much to offer!

### Alliance Resources

Patch Programs offer girls a chance to practice problem solving, conflict-resolution, and team-building. AHG has also partnered with alliances that provide resources on outdoor adventure.

- AHG Health & Safety Policies & Guidelines
- US Sportsmen’s Alliance
- Wilderness Trek
- The Green Way Outdoors
- Camping Maxx
- Sky Ranch
- Go-Kot
- American Red Cross

*\*For more information, check out the Program Emphases>Outdoors page in AHGresource!*

### MY TROOP IDEAS and PLANS:

---

---

---

---

---

---

---

---

# LEVEL AWARDS

## DEVELOPMENT PROGRESSION

**The Level Awards demonstrate girls' growth in the AHG Program as they build upon skills, talents, and abilities year after year..**

Through the Level Awards, girls will stretch themselves in leadership and cooperation with others. They will practice communicating ideas, commit to finishing tasks, and place the needs of others first. They will have a chance to share about AHG and experience more outdoor activities. The Level Awards can lead a girl to become a woman of integrity!

---

Even though every girl will advance to the next Program Level, not every girl will choose to complete all of the requirements of her Level Award. In order for girls to experience a balanced and progressive AHG Program every girl should be given the opportunity and encouraged to do her best at completing her Level Award.

The Girl Handbooks include Level Award Tracking Sheets along with Planning Guide for girls in Explorer, Pioneer, and Patriot Levels to assist girls in the completion of the requirements. Level Award requirements are an ideal road map for Unit Leaders to implement badges and activities to assist girls with achieving their award. In addition, independent work at home can be utilized to fulfill the award requirements with Troop leadership approval.

The Level Awards demonstrate girls' growth in the AHG Program as they build upon skills, talents, and abilities year after year. The following pages provide three, two and one-year plans to aid a Unit Leader in planning activities to assist girls with achieving their Level Awards. It is important for each girl to take the time to develop skills rather than rush through the growth process.

Unit Leaders may discuss special concerns a girl might have with her family. The AHG Program is for the girl and provides ways to modify the requirements so that every girl has an opportunity to earn the award.

**The following pages are the Level Awards for each Program Level and the Planning Guides for Explorer, Pioneer, and Patriot Levels. These pages can also be found in the Girl Handbooks. There are also topics that are frequently addressed at the end of this section.**

# SUGGESTED LEVEL AWARD PLANNING

## PATHFINDER: Fanny Crosby Level Award

The Pathfinder Program Level introduces girls to the AHG Program and all the fun things they can do with girls their age. The Pathfinder Handbook breaks the program down into “Stepping Stones,” giving a taste of each Program Emphases and Badge Frontier, along with explanations of the parts of the AHG Oath and each Creed Word.

To receive the Franny Crosby Level Award a girl is required to:

- Be an active Girl Member at least five years of age.
- Complete one activity from each “Stepping Stone.”
- Participate in a service project.
- Attend a Troop event.
- Join the Tenderheart Unit during one Troop Meeting or other event.
- Participate in a BOR to share what she learned as a Pathfinder.

A sample of how to carry out the Pathfinder Program is listed below:

ONE YEAR PLAN						
Age	Stepping Stone One: Starting the Adventure	Stepping Stone Two: Love God	Stepping Stone Three: Cherish My Family	Stepping Stone Four: Honor My Country	Stepping Stone Five: Serve in My Community	Stepping Stone Six: Next Step
5-6	Receive necklace and learn about basics of the AHG Program and complete the activities in this section of the Pathfinder Handbook.	Learn about God and how we can serve Him and complete the activities in this section of the Pathfinder Handbook	Learn how you can cherish our family and complete the activities in this section of the Pathfinder Handbook	Learn about honoring our country, and complete the activities in this section of the Pathfinder Handbook	Learn about serving our community and complete the activities in this section of the Pathfinder Handbook	Visit a Tenderheart Unit and complete the activities in this section of the Pathfinder Handbook

# SUGGESTED LEVEL AWARD PLANNING

## TENDERHEART: Sacagawea Level Award

Below are examples of how a girl can earn the Sacagawea Level Award according to when she starts as a Tenderheart in AHG.

THREE YEAR PLAN										
Age	Badges	Service Hours	Social Event	Faith Award	Event Planning	Outdoors	Flag Ceremony	Leadership	Troop Meeting	Board of Review
6-7	Earn one badge from two Frontiers	Earn five hours of service	Attend one social event			Tent or cabin camp one night or participate in an all day hike	Participate in flag ceremony			
7-8	Earn one badge from two Frontiers	Earn five hours of service	Bring a friend Attend one social event	Complete Faith Award			Participate in flag ceremony	Hold a Girl Leadership Position for two months		
8-9	Earn one badge from two Frontiers	Earn five hours of service	Attend one social event		Participate and assist with set up for a Troop or community activity for one hour		Participate in flag ceremony		Visit Explorer Unit Meeting	Complete BOR

TWO YEAR PLAN										
Age	Badges	Service Hours	Social Event	Faith Award	Event Planning	Outdoors	Flag Ceremony	Leadership	Troop Meeting	Board of Review
7-8	Earn one badge from three Frontiers	Earn five hours of service	Bring a friend Attend one social event	Complete Faith Award		Tent or cabin camp one night or participate in an all day hike	Participate in flag ceremony			
8-9	Earn one badge from three Frontiers	Earn five hours of service	Attend one social event		Participate and assist with set up for a Troop or community activity for one hour		Participate in flag ceremony	Hold a Girl Leadership Position for two months	Visit Explorer Unit Meeting	Complete BOR

ONE YEAR PLAN										
Age	Badges	Service Hours	Social Event	Faith Award	Event Planning	Outdoors	Flag Ceremony	Leadership	Troop Meeting	Board of Review
8-9	Earn one badge from six Frontiers	Earn five hours of service	Bring a friend Attend one social event	Complete Faith Award	Participate and assist with set up for a Troop or community activity for one hour	Tent or cabin camp one night or participate in an all day hike	Participate in flag ceremony	Hold a Girl Leadership Position for two months	Visit Explorer Unit Meeting	Complete BOR

To receive Level Awards girls are required to be an active Girl Member, meet the age requirement, and complete all requirements on the Level Award Tracking Sheet.

# SUGGESTED LEVEL AWARD PLANNING

## EXPLORER: Ida Scudder Level Award

Below are examples of how a girl can earn the Ida Scudder Level Award according to when she starts as an Explorer in AHG.

THREE YEAR PLAN										
Age	Badges	Service Hours	Social Event	Faith Award	Event Planning	Outdoors	Flag Ceremony	Leadership	Troop Meeting	Board of Review
9-10	Earn one badge from two Frontiers	Earn 10 hours of service	Attend one social event			Tent camp for at least two nights	Participate in flag ceremony			
10-11	Earn one badge from two Frontiers	Earn 10 hours of service	Bring a friend and attend one social event	Complete Faith Award			Participate in flag ceremony	Hold a Girl Leadership Position for three months		
11-12	Earn one badge from two Frontiers	Earn 10 hours of service	Attend one social event		Assist with planning a Troop or community activity for two hours		Participate in flag ceremony		Visit Pioneer Unit Meeting	Complete BOR

TWO YEAR PLAN										
Age	Badges	Service Hours	Social Event	Faith Award	Event Planning	Outdoors	Flag Ceremony	Leadership	Troop Meeting	Board of Review
10-11	Earn one badge from three Frontiers	Earn 10 hours of service	Bring a friend and attend one social event	Complete Faith Award		Tent camp for at least two nights	Participate in flag ceremony			
11-12	Earn one badge from three Frontiers	Earn 10 hours of service	Attend one social event		Assist with planning a Troop or community activity for two hours		Participate in flag ceremony	Hold a Girl Leadership Position for three months	Visit Pioneer Unit Meeting	Complete BOR

ONE YEAR PLAN										
Age	Badges	Service Hours	Social Event	Faith Award	Event Planning	Outdoors	Flag Ceremony	Leadership	Troop Meeting	Board of Review
11-12	Earn one badge from six Frontiers	Earn 10 hours of service	Bring a friend and attend one social event	Complete Faith Award	Assist with planning a Troop or community activity for two hours	Tent camp for at least two nights	Participate in flag ceremony	Hold a Girl Leadership Position for three months	Visit Pioneer Unit Meeting	Complete BOR

To receive Level Awards girls are required to be an active Girl Member, meet the age requirement, and complete all requirements on the Level Award Tracking Sheet.



# SUGGESTED LEVEL AWARD PLANNING

## PIONEER: Harriet Tubman Level Award

Below are examples of how a girl can earn the Harriet Tubman Level Award according to when she starts as a Pioneer in AHG.

TWO YEAR PLAN										
Age	Badges	Service Hours	Social Event	Faith Award	Event Planning	Outdoors	Flag Ceremony	Leadership	Troop Meeting	Board of Review
12-13	Earn one badge from three Frontiers	Earn 15 hours of service	Create a recruitment video or news article to share with your Charter Organization or AHG, Inc., and  Attend one social event	Complete Faith Award		Tent or primitive camp for at least two consecutive nights	Participate in flag ceremony			
13-14	Earn one badge from three Frontiers	Earn 15 hours of service	Attend one social event		Plan, organize, and implement a Troop or Multi-Troop activity or event for a minimum of 10 hours		Participate in flag ceremony	Hold a Girl Leadership Position for four months	Visit Patriot Unit Meeting	Complete BOR

ONE YEAR PLAN										
Age	Badges	Service Hours	Social Event	Faith Award	Event Planning	Outdoors	Flag Ceremony	Leadership	Troop Meeting	Board of Review
13-14	Earn one badge from six Frontiers	Earn 15 hours of service	Create a recruitment video or news article to share with your Charter Organization or AHG, Inc.,  Attend one social event	Complete Faith Award	Plan, organize, and implement a Troop or Multi-Troop activity or event for a minimum of 10 hours	Tent or primitive camp for at least two consecutive nights	Participate in flag ceremony	Hold a Girl Leadership Position for four months	Visit Patriot Unit Meeting	Complete BOR

To receive Level Awards girls are required to be an active Girl Member, meet the age requirement, and complete all requirements on the Level Award Tracking Sheet.

# SUGGESTED LEVEL AWARD PLANNING

## PATRIOT: Abigail Adams Level Award

Below is an example of how a girl can begin fulfilling the Abigail Adams Level Award requirements with the intent to also earn the Stars & Stripes Award as a Patriot.

TWO YEAR PLAN										
Age	Badges	Service Hours	Social Event	Faith Award	Event Planning	Outdoors	Flag Ceremony	Leadership	Troop Meeting	Board of Review
14-15	Earn one badge from three Frontiers	Earn 20 hours of service	Create a recruitment video or news article to share with your Charter Organization or AHG, Inc.,  Attend one social event	Complete the B.Y. Faith Award or Segment one of the Catholic Faith Award		Camp for three consecutive nights in a tent or primitive structure.	Participate in flag ceremony	Hold a Girl Leadership Position for six months		
15-16	Earn one badge from three Frontiers	Earn 20 hours of service	Attend one social event	(Complete Segment two of Catholic Faith Award.)	Plan, promote, and implement a Multi-Troop or community outreach project for a minimum 25 hours of work.		Participate in flag ceremony	Attend a live or online leadership training	Learn what opportunities are available to you as an Adult Member after you turn 18 and complete the AHG Program.	Complete BOR

18 MONTH PLAN										
Age	Badges	Service Hours	Social Event	Faith Award	Event Planning	Outdoors	Flag Ceremony	Leadership	Troop Meeting	Board of Review
15-17	Earn one badge from six Frontiers	Earn 20 hours of service	Create a recruitment video or news article to share with your Charter Organization or AHG, Inc.,  Attend one social event	Complete Faith Award	Plan, promote, and implement a Multi-Troop or community outreach project for a minimum 25 hours of work.	Camp for three consecutive nights in a tent or primitive structure	Participate in flag ceremony	Hold a Girl Leadership Position for six months  Attend a live or online leadership training	Learn what opportunities are available to you as an Adult Member after you turn 18 and complete the AHG Program.	Complete BOR

To receive Level Awards, girls are required to be an active Girl Member, 15 years of age, and in their second year as a Patriot. Girls also need to complete all requirements on the Level Award Tracking Sheet.

# SUGGESTED LEVEL AWARD PLANNING

## PATRIOT: Abigail Adams Level Award *(continued)*

Below are examples of how a girl can earn the Abigail Adams Level Award in three or four years if she chooses to not pursue the Stars & Stripes Award before graduating the AHG Program.

THREE YEAR PLAN										
Age	Badges	Service Hours	Social Event	Faith Award	Event Planning	Outdoors	Flag Ceremony	Leadership	Troop Meeting	Board of Review
14-15 or 15-16	Earn one badge from two Frontiers	Earn 20 hours of service	Attend one social event			Camp for three consecutive nights in a tent or primitive structure	Participate in flag ceremony	Hold a Girl Leadership Position for six months		
15-16 or 16-17	Earn one badge from two Frontiers	Earn 20 hours of service	Create a recruitment video or news article  Attend one social event	Complete the B.Y. Faith Award or Segment one of Catholic Faith Award)			Participate in flag ceremony	Attend a live or online leadership training		
16-17 or 17-18	Earn one badge from two Frontiers	Earn 20 hours of service	Attend one social event	If working on the Catholic Faith Award, Complete Segment two	Plan, promote, and implement a Multi-Troop or community outreach project for a minimum 25 hours of work		Participate in flag ceremony		Learn what opportunities are available to you as an Adult Member after you turn 18 and complete the AHG Program.	Complete BOR

FOUR YEAR PLAN										
Age	Badges	Service Hours	Social Event	Faith Award	Event Planning	Outdoors	Flag Ceremony	Leadership	Troop Meeting	Board of Review
14-15	Earn one badge from two Frontiers	Earn 20 hours of service	Attend one social event			Camp for three consecutive nights in a tent or primitive structure	Participate in flag ceremony	Hold a Girl Leadership Position for six months		
15-16	Earn one badge from two Frontiers	Earn 20 hours of service	Create a recruitment video or news article  Attend one social event	Complete the B.Y. Faith Award or Segment one of Catholic Faith Award)			Participate in flag ceremony	Attend a live or online leadership training		
16-17	Earn one badge from one Frontiers	Earn 20 hours of service	Attend one social event	If working on the Catholic Faith Award, Complete Segment two	Plan, promote, and implement a Multi-Troop or community outreach project for a minimum 25 hours of work		Participate in flag ceremony			
17-18	Earn one badge from one Frontiers	Earn 20 hours of service	Attend one social event				Participate in flag ceremony		Learn what opportunities are available to you as an Adult Member after you turn 18 and complete the AHG Program	Complete BOR

To receive Level Awards girls are required to be an active Girl Member, meet the age requirement, and complete all requirements on the Level Award Tracking Sheet.

# LEVEL AWARD QUESTIONS

## FREQUENTLY ASKED ABOUT TERMS & TOPICS

### Requirement Clarification

#### **Q: What does it mean to be an active, registered Troop Member?**

**A:** It is required for all girls to be registered as a Girl Member when pursuing involvement in the AHG Program. For a girl to best benefit from the AHG Program, she attends Troop meetings regularly and participates in the majority of Troop activities planned for her Unit Level's involvement. Grace on attendance is provided for times of sickness and according to individual life circumstances at the Troops discretion. A Troop is more acquainted with each girl's life situation, and AHG desires for girls to thrive within the local Troop.

*If a girl is a Trailblazer, it is required to register as a Girl Member. It is the Trailblazer Mentor's responsibility to determine best what "regular involvement" would include.*

#### **Q: Why are flag ceremonies part of the Level Award requirements?**

**A:** The opening and closing flag ceremonies are crucial aspects of the AHG Program. Not only do they mark the opening and closing of a Troop meeting or event, but they also teach a girl about citizenship, respect, responsibility, reverence, and service—all core aspects of the program. This requirement provides a progression through the Program Levels from learning how to handle a flag and honor the freedom and liberty it symbolizes to building upon those skills and planning and leading a ceremony independently as a Girl Member.

#### **Q: Where do I find information on the Girl Leadership Positions available to each Program Level?**

**A:** The Girl Leadership Positions and resource on how to incorporate them into your Troop are found on AHG's online resource library in the Girl Leadership Position Guide.

#### **Q: Does a girl need to hold a Girl Leadership Position (for each Program Level) in consecutive months?**

**A:** AHG recommends Troops allow a girl to serve in a Girl Leadership Position consecutively, so she has time to practice and achieve the skills within that position before releasing her of her role.

For example, a Tenderheart is required to hold a leadership position for two months. Usually, within two months, Troops host four regular meetings. Allowing her to serve in her role for four meetings in a row provides her the opportunity to establish a routine, make improvements meeting to meeting and have enough time to feel like she successfully absorbed the new skills acquainted with the assigned position.

AHG understands that each Troop is unique, and therefore, in keeping with the spirit of the AHG Program, AHG gives Troops the freedom to carry out this requirement in the manner which best benefits the girls of the Troop.

#### **Q: How many badges from each Frontier are girls required to earn for the Level Awards?**

**A:** Girls will need to earn one badge from each Frontier of Skill—Heritage, Family Living, Arts, Outdoor Skills, Personal Well-Being, and Science & Technology.

#### **Q: How do I know what qualifies as a Faith Award for the Level Award requirements?**

**A:** Faith Awards are one of the main avenues in which to integrate faith into the AHG Program. There are many options to choose from, so girls can select the option that best aligns with her faith tradition. Information on Faith Award options can be found in the Faith Award Program Overview on AHG's AHGresource under the Program Emphasis—Faith category.

#### **Q: Can you explain the purpose of the "Bring a friend" or "Create a video or news article" requirement?**

**A:**

- This requirement is the one requirement that most resembles the personal development needed to share the gospel of Christ. Through this requirement, girls learn to share something that they are passionate about to others who may not have heard. This requirement is progressive in nature, as it begins with asking a friend to attend an activity, and moves to girls sharing their passion with strangers via video or written word.

- The requirement teaches girls how to overcome feelings of embarrassment and find confidence in sharing a passion that might not be in the social norm, but that she feels displays attributes of who she is as a Christ-follower.
- The requirement is trying to bring back the interpersonal communication of face-to-face communication. It encourages younger girls to get out of their comfort zone and resist sharing their passions only from behind an electronic device. We must always keep in the forefront of our minds that Christ has not called us to the easiest, but the best, and that He would be beside us every step of the way.

**Q: How do Troops plan for Girl Members to bring a non-AHG member (friend) to an activity/meeting?**

**A:** It may require some planning to accomplish the bring a friend element of the Level Awards. Troops are given the freedom to achieve this requirement in a way that best benefits the girl while maintaining the responsibilities of Troop management. Please refer to AHG’s Health and Safety Policies and Guidelines for further information.

Listed below are scenarios that might work for your Troop:

1. Create a sign-up calendar for girls to bring a friend for a designated meeting. Once a girl invites a friend, she can secure the date on the calendar. Calendared invitations allow for the Troop to be mindful of two-deep leadership ratios and encourage each other to fill up the schedule.
2. Hold a recruitment party that shares how a Troop is a place to have fun in a girl-focused environment, serve others in the community, and grow their faith as a Christ-follower (i.e., setting up stations that involve element’s of the Program Year Theme Patch).
3. Plan a social event that involves a non-member girl’s parent, such as an ice cream social, a mother-daughter banquet, daddy-daughter event.
4. Hold a recruitment party to gauge outside family interest in starting a second local Troop! This requirement can help Troops who are at capacity or with waiting lists. Invite girls and families from the community. Allow Girl Members to share how AHG has impacted their lives. Then encourage new families to come together and start a new Troop to affect more girls in the community!

**Note:** Reach out to Girl Members within your Troop. Tenderhearts and Explorers might have brilliant ideas on how to meet this requirement. Pioneers and Patriots can plan and lead a Tenderheart and Explorer event.

**Q: If a family has girls in multiple Program Levels, are they allowed to bring the same friend?**

**A:** American Heritage Girls desires to share the AHG Mission with as many girls and families as possible. The best practice would be for each girl to bring a different friend. However, AHG does understand that this may be impossible in some situations and leaves that decision with Troop leadership.

**Q: Does the Health and Safety Policy support a non-member girl attending a Troop meeting or event?**

**A:** Yes. A non-member girl is allowed to attend a Troop meeting or event once during a Program Year following the procedures within the Health and Safety Policies and Guidelines. Guests are not permitted to participate in High Adventure activities.

**Q: Can a non-member attend an event without a parent?**

**A:** Yes, a non-member can attend an event without a parent, however it is the Charter and Troops decision as to how this is handled to ensure all Health and Safety Policies and Guidelines are met.

Q: Can non-member girls attend a Multi-Troop event?

**A:** Yes, a non-member girl can be invited to a Multi-Troop event if the adult to girl ratios and two-deep leadership are met and she is assigned to a specific Troop’s care. Non-member girls are not permitted to participate in events that include High Adventure activities. Please refer to AHG’s Health and Safety Policies and Guidelines for further detail.

Q: What qualifies as a social event?

**A:** Social events include Troop, Multi-Troop, Area Team, and community activities and events that occur outside of Troop Meetings and are social in nature. These events may be limited to Troop Members or include families, community members, or other AHG Troops.



**Q: How do I track camping for a girl?**

**A:** The Camping Badge in the Girl Handbook provides space for a girl at every Program Level to note each camping experience. With the badge and tracking sheets in the same book, a Troop volunteer can easily access the information to check off the requirement.

**Q: How can a Patriot achieve camping three consecutive nights in a tent or primitive structure?**

**A:** There are many opportunities for a three-night campout in a tent or primitive structure. A girl can achieve this adventure in a Troop, Multi-Troop, or family setting. The details can be arranged over a long weekend, like Memorial Day weekend or President’s Day weekend, or while attending a Resident Camp. Area Teams have the option to plan and host a campout in rotation with local Troops. Troops can also encourage parental involvement in a girl’s AHG journey by providing families with parameters on how to complete a camping trip in order to fulfill this requirement on their own.

## Board of Review

**Q: When should we conduct a girl’s Board of Review?**

**A:** Troops complete BORs with girls individually two to four weeks before the Program Year ends. AHG recommends Unit Leaders prepare girls for their BOR in weeks prior to build confidence and excitement.

**Q: What questions should we ask during a Board of Review?**

**A:** The document titled *Level Award Board of Review Guide* explains how to carry out a Board of Review including sample questions. This document can be found on AHGresource under the Advancement & Recognition category.

## Award Verification

**Q: Who needs to verify that all requirements have been completed?**

**A:** The Troop Ministry Team adds the completion date to the line next to each requirement as verification of completion. Signatures are required from the Board of Review Chairman, the Troop Coordinator, and either the Girl Member’s Unit Leader or the Troop’s Advancement Chair.

**Q. Can a girl’s volunteer hours for her Level Award project count towards receiving service stars?**

**A.** Service is freely giving of your time, talents, and hard work for someone else’s benefit without expecting anything in return. Service is the landscape where a humble servant’s heart motivates outward focus to follow Christ’s example. Simply put, service has these expectations:

- Service comes from a girl’s heart
- Service is outwardly focused (not for self, family, or Troop)
- No compensation is given for service (monetary or gift)

Only a girl’s “personal” hours towards her project can be counted to receive service stars.

**Q. When can a girl work on the project portion of her Abigail Adams Level Award?**

**A.** It is typical for a girl to work on the project portion of her Abigail Adams Level Award in the last year of the Patriot Program Level. However, it can be completed at any time during the years she is within that level depending on the girl’s schedule and the Troop activities planned. If several girls need to work on projects within the same year, Troop Leadership should work with them to make sure the timing of their projects is convenient for each girl and the Troop.



## Level Award Planning Guides

### **Q: Are there additional resources to aid girls in achieving their Level Awards?**

**A:** AHG has provided Planning Guides in the Girl Handbooks for the Explorer, Pioneer, and Patriot Level. These guides provide prompts and questions to help girls consider all the tasks and information needed to complete a Troop, Multi-Troop, or community event or activity. AHG hopes that these resources will support Girl Members in planning, organizing, and implementing an event according to their Level Award requirements.

### **Defining and providing examples of social events.**

Social events are clearly defined with samples of events appropriate for girls at every level on page 12.

### **Defining and providing examples of a service project.**

Service projects are clearly defined with samples of events on pages 9-11.

### **Defining and providing examples of Girl Leadership Positions.**

Girl Leadership Positions and opportunities are listed by Program Level on pages 5-6. AHG has also written a Girl Leadership Position Guide for Troop leadership and can be found on AHGsource.

### **Faith Awards offered by Program Level.**

Faith Awards offered by Program Level are listed on pages 4. AHG has also written a Faith Awards Overview for Troop leadership and can be found on AHGsource.

### **Program Level appropriate outdoor experiences.**

Program Level appropriate outdoor experiences are listed on page 15.

### **Sample Board of Review (BOR) questions for every Program Level.**

Level Award Board of Review information can be found in the Board of Review Guide on AHGsource.

# TENDERHEART SACAGAWEA LEVEL AWARD TRACKING



By completing the Sacagawea Level Award, you will be able to track your experiences as an American Heritage Girl through a balanced program of six **Program Emphases**. You are encouraged to work on Level Award requirements during all your years as a Tenderheart, however, some requirements are to be completed in your final year. To receive the award, you must be in your final year as a Tenderheart and at least eight years of age. The award is to be presented to you at the end of the Tenderheart Program Level.

## AWARD COMPLETION:

\_\_\_\_\_ Be an **active, registered Troop Member** by regularly participating in Troop meetings and activities.

\_\_\_\_\_ Participate in a **flag ceremony** each year of membership as a Tenderheart.

1<sup>st</sup> year  2<sup>nd</sup> year  3<sup>rd</sup> year

\_\_\_\_\_ Hold a **Girl Leadership Position** for at least two months during your years as a Tenderheart.

*(Your Unit Leader can provide a list of potential positions.)*

Position held: \_\_\_\_\_

\_\_\_\_\_ Complete one **badge** from each Badge Frontier.

\_\_\_\_\_ *Heritage*

\_\_\_\_\_ *Family Living*

\_\_\_\_\_ *Arts*

\_\_\_\_\_ *Outdoor Skills*

\_\_\_\_\_ *Personal Well-Being*

\_\_\_\_\_ *Science & Technology*

\_\_\_\_\_ Complete one year of **Faith Award programming** for your Program Level *(i.e. one segment of Catholic Faith Awards or one component of B.Y. Faith Awards).*

\_\_\_\_\_ Complete **five hours of service** each year of membership as a Tenderheart.

1<sup>st</sup> year  2<sup>nd</sup> year  3<sup>rd</sup> year

\_\_\_\_\_ At least once as a Tenderheart, participate and assist in the setup of a **Troop or community activity or event** for one hour.

\_\_\_\_\_ **Bring a friend** to a Troop meeting or social event one time within your Program Level.

\_\_\_\_\_ Attend one AHG social event each year of membership as a Tenderheart.

1<sup>st</sup> year  2<sup>nd</sup> year  3<sup>rd</sup> year

\_\_\_\_\_ As a Tenderheart, tent or cabin **camp for one night** or participate in an all-day hiking adventure.

\_\_\_\_\_ **Visit an Explorer Unit** for one meeting in your final year as a Tenderheart.

\_\_\_\_\_ Participate in a **Board of Review**.

Date completed: \_\_\_\_\_

## AWARD VERIFICATION:

\_\_\_\_\_ Date of Completion

\_\_\_\_\_ Unit Leader Signature

\_\_\_\_\_ Troop Coordinator Signature

\_\_\_\_\_ Board of Review Chairman Signature

# EXPLORER IDA SCUDDER LEVEL AWARD TRACKING



Continue to track your **experiences and growth** as an American Heritage Girl by completing requirements for your Explorer Level Award during your years as an Explorer. Some requirements are to be completed in your final year. To receive the award, you must be in your final year as an Explorer and at least 11 years of age. The award is to be presented to you at the end of the Explorer Program Level.

## AWARD COMPLETION:

\_\_\_\_\_ Be an **active, registered Troop Member** by regularly participating in Troop meetings and activities.

\_\_\_\_\_ Participate in a **flag ceremony** each year of membership as an Explorer.

1<sup>st</sup> year  2<sup>nd</sup> year  3<sup>rd</sup> year

\_\_\_\_\_ Hold a **Girl Leadership Position** for at least three months during your years as an Explorer.

*(Your Unit Leader can provide a list of potential positions.)*

Position held: \_\_\_\_\_

\_\_\_\_\_ Complete one **badge** from each Badge Frontier.

\_\_\_\_\_  
*Heritage*

\_\_\_\_\_  
*Family Living*

\_\_\_\_\_  
*Arts*

\_\_\_\_\_  
*Outdoor Skills*

\_\_\_\_\_  
*Personal Well-Being*

\_\_\_\_\_  
*Science & Technology*

\_\_\_\_\_ Complete one year of **Faith Award programming** for your Level *(i.e. one segment of Catholic Faith Awards or one component of B.Y. Faith Awards).*

\_\_\_\_\_ Complete **10 hours of service** each year of membership as an Explorer.

1<sup>st</sup> year  2<sup>nd</sup> year  3<sup>rd</sup> year

\_\_\_\_\_ Assist in planning and implementing a **Troop or community activity or event** for at least two hours. Complete the *Ida Scudder Level Award Girl Planning Guide* in this handbook.

\_\_\_\_\_ **Bring a friend** to a Troop meeting or social event one time within your Program Level.

\_\_\_\_\_ Attend one AHG social event each year of membership as an Explorer.

1<sup>st</sup> year  2<sup>nd</sup> year  3<sup>rd</sup> year

\_\_\_\_\_ As an Explorer, tent **camp for two nights**. Nights do not need to be consecutive and can be counted toward your Camping Badge.

\_\_\_\_\_ **Visit a Pioneer Unit** for one meeting in your final year as an Explorer.

\_\_\_\_\_ Participate in a **Board of Review**.

Date completed: \_\_\_\_\_

## AWARD VERIFICATION:

\_\_\_\_\_  
Date of Completion

\_\_\_\_\_  
Unit Leader Signature

\_\_\_\_\_  
Troop Coordinator Signature

\_\_\_\_\_  
Board of Review Chairman Signature

# EXPLORER IDA SCUDDER LEVEL AWARD GIRL PLANNING GUIDE

(Complete this guide and bring it to your Board of Review.)

- Assist in planning and implementing a Troop or community activity/event.

## COMMITMENT

- I understand that I am expected to assist in planning and implementing a Troop or community activity/event for at least two hours.
- I will communicate with my Unit Leaders.
- I will seek help from my Unit Leaders.

My Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## COMMUNICATE

- I spoke with my Unit Leader about doing this requirement on this date: \_\_\_\_\_
- I spoke with the leader in charge of the activity/event on this date: \_\_\_\_\_

## PLAN

- This is the name of the activity/event I will help with: \_\_\_\_\_

### IMPLEMENT

These are my responsibilities for the activity/event:

Before

---

---

---

---

During

---

---

---

---

After

---

---

---

---

### EVALUATE

What did you learn most working on this activity/event?

---

---

---

---

What challenges did you experience?

---

---

---

---

How did you handle these problems?

---

---

---

---

Do you think you would like to have more responsibilities implementing another event?

yes

no

# PIONEER HARRIET TUBMAN LEVEL AWARD TRACKING



The requirements of the Pioneer Level Award will guide you in expanding your skills during your two years at this Level. Some requirements are designed to be completed in your final year. To receive the award, you must be in your final year as a Pioneer and at least 13 years of age. The award is to be presented to you at the end of the Pioneer Program Level.

## AWARD COMPLETION:

\_\_\_\_\_ Be an **active, registered Troop Member** by regularly participating in Troop meetings and activities.

\_\_\_\_\_ Call a **flag ceremony** at least once for each year of membership as a Pioneer.

1<sup>st</sup> year  2<sup>nd</sup> year

\_\_\_\_\_ Hold a **Girl Leadership Position** for at least four months during your years as a Pioneer. (*Your Unit Leader can provide a list of potential positions.*)

Position held: \_\_\_\_\_

\_\_\_\_\_ Complete one **badge** from each Badge Frontier.

\_\_\_\_\_ *Heritage*

\_\_\_\_\_ *Family Living*

\_\_\_\_\_ *Arts*

\_\_\_\_\_ *Outdoor Skills*

\_\_\_\_\_ *Personal Well-Being*

\_\_\_\_\_ *Science & Technology*

\_\_\_\_\_ Complete one year of **Faith Award programming** for your Level (*i.e., one segment of Catholic Faith Awards or one component of B.Y. Faith Awards*).

\_\_\_\_\_ Complete **15 hours of service** each year of membership as a Pioneer.

1<sup>st</sup> year  2<sup>nd</sup> year

\_\_\_\_\_ Plan, organize, and implement a **Troop or Multi-Troop activity or event** for a minimum 10 hours of work. Complete the *Harriet Tubman Level Award Planning Guide* in this handbook.

\_\_\_\_\_ Create a **recruitment video** or **news article** to share with your Charter Organization, or AHG, Inc., one time within your Program Level.

\_\_\_\_\_ Attend one **social event** each year of membership as a Pioneer.

1<sup>st</sup> year  2<sup>nd</sup> year

\_\_\_\_\_ As a Pioneer, **camp for two nights** in a tent or primitive structure. *Nights should be consecutive and can be counted toward your Camping Badge.*

\_\_\_\_\_ **Visit a Patriot Unit** for one meeting in your final year as a Pioneer.

\_\_\_\_\_ Participate in a **Board of Review**.

Date completed: \_\_\_\_\_

## AWARD VERIFICATION:

\_\_\_\_\_ Date of Completion

\_\_\_\_\_ Unit Leader Signature

\_\_\_\_\_ Troop Coordinator Signature

\_\_\_\_\_ Board of Review Chairman Signature

\_\_\_\_\_ Name

\_\_\_\_\_ Troop Number

# PIONEER HARRIET TUBMAN LEVEL AWARD GIRL PLANNING GUIDE

*(Complete this guide and bring it to your Board of Review).*

- Plan, organize, and implement a Troop or Multi-Troop Activity.

## COMMITMENT

- I understand that I am expected to plan, organize, and implement this activity for a minimum of 10 hours.
- I will communicate effectively with my Unit Leaders and the Troop Coordinator.
- I will seek help from my Unit Leaders.
- I will plan carefully and work diligently to complete my commitment to this activity.
- I will be a good representative of AHG to my Troop, other Troops, and my community.

My Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## COMMUNICATE

I spoke with the Unit Leaders of the \_\_\_\_\_ Unit. They suggested these ideas for an event or activity I can organize and implement:

## PLAN

These are my ideas for the activity:

My idea was approved by my Unit Leaders and the Unit Leaders of the younger Unit of Troop \_\_\_\_\_ on \_\_\_\_\_.



PIONEER **HARRIET TUBMAN LEVEL AWARD**  
GIRL PLANNING GUIDE *continued*

**ORGANIZE** *(things to consider):*

Will this activity have costs?

Will this activity be during a meeting or another time?

*(Parent Permission Forms might be needed.)*

This is my plan for the activity:

I presented my description to my Unit Leader and received permission to proceed.

I spoke to my Unit Leaders about Health and Safety needs on:

Date: \_\_\_\_\_

Date: \_\_\_\_\_

**IMPLEMENT:** *Use this list to check off tasks as completed*

Where and when will the activity take place? \_\_\_\_\_

\_\_\_\_\_ Place arranged?

\_\_\_\_\_ Helpers arranged?

\_\_\_\_\_ Set up time scheduled?

\_\_\_\_\_ Costs covered?

\_\_\_\_\_ Food/water arranged if needed?

\_\_\_\_\_ Event announced and promoted?

\_\_\_\_\_ Two-deep Adult Members arranged?

\_\_\_\_\_ Permission slips collected?

\_\_\_\_\_ Restrooms provided?

\_\_\_\_\_ Health and Safety needs covered?

*(e.g., CPR-certified adult at activity)*

\_\_\_\_\_ will be the Adult Safety Lead for the activity.

\_\_\_\_\_ will assist me with problems and conflicts.

## COMMUNICATION AND TIME LOG

Communicate well with everyone. Follow up on communications. Remember, not everyone follows social media, so use many forms of communication. You are required to work at least 10 hours planning and implementing your activity. Use your time wisely and do not procrastinate.

Communication:	Date:	Length of time:

*Continue on additional paper if more space is needed.*

### EVALUATE

Did you hold the activity for your Troop or Multi-Troop on the planned date?

**yes**

**no**

Comments: \_\_\_\_\_

\_\_\_\_\_

Did your activity go as you planned?

**yes**

**no**

Comments: \_\_\_\_\_

\_\_\_\_\_

Did you feel that you led the activity effectively?

**yes**

**no**

Comments: \_\_\_\_\_

\_\_\_\_\_

Would you have done anything differently?

**yes**

**no**

Comments: \_\_\_\_\_

\_\_\_\_\_

Did you have any unexpected problems?

**yes**

**no**

Comments: \_\_\_\_\_

\_\_\_\_\_

Did another Pioneer share responsibility in this activity for her Harriet Tubman Level Award requirement?

**yes**

**no**

Comments: \_\_\_\_\_

\_\_\_\_\_

Were there any concerns in sharing the responsibilities with another Pioneer?

**yes**

**no**

Comments: \_\_\_\_\_

\_\_\_\_\_

# PATRIOT

## ABIGAIL ADAMS LEVEL AWARD TRACKING



Your years as a Patriot offer more opportunities for growth and application of the many skills you have learned during your AHG career. This award is typically presented to you at the end of the Program Year. Carefully plan the completion of the requirements of this award during your years as a Patriot, as the Abigail Adams Level Award must be completed before applying for candidacy for the Stars & Stripes Award. See information on the Stars & Stripes Award on page 64.

### AWARD COMPLETION:

\_\_\_\_\_ Be an **active, registered Troop Member** by regularly participating in Troop meetings and activities.

\_\_\_\_\_ Plan or lead other girls in a **flag ceremony** at least once for each year you are working on this Level Award.

1<sup>st</sup> year  2<sup>nd</sup> year

3<sup>rd</sup> year  4<sup>th</sup> year

\_\_\_\_\_ Hold a **Girl Leadership Position** for at least six months within the first two years as a Patriot. *(Your Unit Leader can provide a list of potential positions.)*

Position held: \_\_\_\_\_

\_\_\_\_\_ Complete a live or online **leadership training**.

\_\_\_\_\_ Complete one **badge** from each Badge Frontier.

\_\_\_\_\_ *Heritage*

\_\_\_\_\_ *Family Living*

\_\_\_\_\_ *Arts*

\_\_\_\_\_ *Outdoor Skills*

\_\_\_\_\_ *Personal Well-Being*

\_\_\_\_\_ *Science & Technology*

\_\_\_\_\_ Complete **Faith Award programming** for your Level (*i.e., two Segments of Catholic Faith Awards or one component of B.Y. Faith Awards*).

\_\_\_\_\_ Complete **20 hours of service** each year you are working on this Level Award.

1<sup>st</sup> year  2<sup>nd</sup> year

3<sup>rd</sup> year  4<sup>th</sup> year

\_\_\_\_\_ Plan, promote, and implement a **Multi-Troop or a community outreach project** for a minimum 25 hours of work. Complete the *Abigail Adams Level Award Girl Planning Guide* in this handbook.

\_\_\_\_\_ Create a **recruitment video** or **news article** to share with AHG, Inc., local newspaper, or news station one time within your Program Level.

\_\_\_\_\_ Attend one **social event** each year of membership as a Patriot.

1<sup>st</sup> year  2<sup>nd</sup> year

3<sup>rd</sup> year  4<sup>th</sup> year

\_\_\_\_\_ **Camp for three nights** in a tent or primitive structure. *(Nights should be consecutive and can be counted toward your Camping Badge.)*

\_\_\_\_\_ **Learn what opportunities are available** to you in order to continue with AHG after you turn 18 and complete the AHG Program.

\_\_\_\_\_ Participate in a **Board of Review** no earlier than the end of your second Program Year.

Date completed: \_\_\_\_\_

### AWARD VERIFICATION:

\_\_\_\_\_ I am at least 15 years old.

\_\_\_\_\_ I am in my second, third, or fourth year as a Patriot.

\_\_\_\_\_ Date of Completion

\_\_\_\_\_ Unit Leader Signature

\_\_\_\_\_ Troop Coordinator Signature

\_\_\_\_\_ Board of Review Chairman Signature

\_\_\_\_\_ Name

\_\_\_\_\_ Troop Number 45

# PATRIOT ABIGAIL ADAMS LEVEL AWARD GIRL PLANNING GUIDE

*(Complete this guide and bring it to your Board of Review).*

- Plan, organize, and implement a Community Service Project for 25 hours.

## COMMITMENT

- I understand that I am expected to plan, organize, promote, and implement this project.
- I will communicate effectively with my Unit Leaders and helpers.
- I will seek help from my leaders and secure volunteers to assist with this project.
- I will plan carefully and work diligently to complete my commitment to this project.
- I will be a good representative of AHG to other Troops and my community.

My Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## COMMUNICATE

I spoke with the Unit Leaders about this project.

Date: \_\_\_\_\_

## PLAN

These are my ideas for the project:

My idea was approved by my Unit Leaders and Troop Coordinator on this date: \_\_\_\_\_

## ORGANIZE:

Discuss the size of your project with your Unit Leaders. The requirement is for a minimum of 25 hours of work. Your hours and the volunteers' hours are included in this total. The project should give you the opportunity to lead other youth from your Troop.

## PATRIOT ABIGAIL ADAMS LEVEL AWARD GIRL PLANNING GUIDE *continued*

### WRITTEN PROJECT DESCRIPTION:

You are to prepare a written description of your project plan. Complete the *Project Description* to your best ability. Provide a list of questions that may need to be addressed, along with other information related to your project.

The success of a project depends on

**CAREFUL PLANNING**

**TIME MANAGEMENT**

**GOOD COMMUNICATION**

### STEPS TO TAKE:

\_\_\_\_\_ Complete the *Project Description*.

\_\_\_\_\_ Provide **detailed** description including additional documentation needed for health and safety (ie: Parent Permission forms).

\_\_\_\_\_ Ask someone to check it for neatness, grammar and spelling, and clarity.

\_\_\_\_\_ Present the document to your Unit Leaders for review. They may ask you to provide clarification or missing information they find critical to the success of your project.

\_\_\_\_\_ Ask Unit Leaders and the Troop Coordinator to approve your *Project Description* before you implement the project.

### QUESTIONS TO ADDRESS INCLUDE:

**Where** will the project take place?

**When** will the project take place?

**What** is the goal of the project?

**What** activities will be involved?

**How** will you recruit helpers?

**Who** will lead the activities?

**Will** there be any costs to the project?

**What** are the estimated costs?

**How** will this be funded?

**Have** you made plans for food and hydration?

**Have** you made plans for restroom facilities?

**Will** any special equipment or tools be needed?

**Who** will provide equipment or tools?

**How** will you promote the project?

**What** time will helpers need to arrive?

**What** time will helpers need to be picked up?

**Who** will set up the project?

**Who** will provide two-deep registered adults?

**Who** will be the Adult Safety Lead?

**Who** will handle problems or conflicts?

**Who** will clean up after the project?

**You are required to obtain permission** from your Troop leaders to share the responsibilities of a large project with another Abigail Adams Level Award Candidate. **This should be taken care of before creating your *Project Description*.**

I presented my *Project Description* to my Unit Leaders on this date: \_\_\_\_\_

This Patriot's project plan is approved.

\_\_\_\_\_  
Signature of Patriot Unit Leader

\_\_\_\_\_  
Date

### COMMUNICATION AND TIME LOG:

Communicate well with everyone. Follow up on communications. Remember, not everyone follows social media, so use many forms of communication. You are required to work at least 25 hours on this project. Use your time wisely and do not procrastinate.

Communication:	Date:	Length of time:



## EVALUATE

An honest and complete evaluation will be beneficial for remembering details for your Board of Review and for knowing where to make adjustments for your next leadership project.

Did you hold the community service project on the planned date?

yes

no

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Did your project go as you planned?

yes

no

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Do you feel that you led the event effectively?

yes

no

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Would you have done anything differently?

yes

no

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Did you have any unexpected problems?

yes

no

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Did another Patriot share responsibility in this project for her Abigail Adams Level Award requirement?

yes

no

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Were there any concerns in sharing the responsibilities with another Patriot?

yes

no

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_