The **Okay to Say™** patch program helps girls develop greater social and emotional confidence. Through a series of hands-on activities, girls will increase their social awareness and interpersonal skills. Girls will also become more considerate and caring Girl Scouts as they learn about the impact emotions and thoughts have on their own and others’ behavior. This patch program is held in partnership with Okay to Say™ and the Meadows Mental Health Policy Institute.

Once girls have completed the requirements, please complete the online reporting form by June 30, 2020 in order to be eligible for a FREE #OkaytoSayGS Patch. Only one entry per troop or Juliette is required.

Online reporting form: [https://www.surveymonkey.com/r/GSNETXpatches](https://www.surveymonkey.com/r/GSNETXpatches)

**Okay to Say Patch Program Requirements:**

- **Girl Scout Daisies** - Complete 1 Discover, 1 Connect, 1 Taken Action
- **Girl Scout Brownies** – Complete 2 Discover, 1 Connect, 1 Take Action
- **Girl Scout Juniors** – Complete 3 Discover, 2 Connect, 1 Take Action
- **ALL:** Go to [herefortexas.com](http://herefortexas.com) and create your own mental health resource list

**Discover:** Learn about mental health.

- Learn about Emotions
- Learn about Empathy
- Learn about Stigma
- Learn about Stress
- Read about Mental Health
- Talk to a Mental Health Care Provider - Invite your school counselor or another mental health provider to your troop meeting to learn more about mental health.

**Connect:** Gain confidence when discussing mental health and manage stress.

- Put people first - Practice using person-first language.
- Learn to ask for help - Act out scenarios and learn to ask for help when going through a tough time.
- Connect with Mind and Body - Complete an activity from the “Mind and Body Check List”

**Take Action:** Share what you learned with others.

- Host a book reading. Select one of the books from the reading list and host a book reading for families in your community.
- Use artistic expression to bring awareness. Create a painting, sculpture, mural, poem, or short play to share what you’ve learned with your community.
- Start a poster campaign. Partner with your school, place of worship or library to display posters that bring awareness to mental health issues. You may use posters from [Okaytosay.org](http://Okaytosay.org) or use facts and info graphics from their website to make your own.

**Leaders:** Please ensure all parents and guardians are informed that you will be completing this patch and the conversation may bring up sensitive topics related to mental health.
Okay to Say Patch Program Requirements:
- **Girl Scout Cadettes** – 4 Discover, 3 Connect, 1 Take Action
- **Girl Scout Seniors/Ambassadors** – 5 Discover, 3 Connect, 1 Take Action
- **ALL**: Go to herefortexas.com and create your own mental health resource list

**Discover**: Learn about mental health and how mental health issues affect those in your community.

- Learn about Emotions
- Learn about Empathy
- Learn about Stigma
- Learn about Stress
- Read a book about mental health
- Read an article, watch a movie, or take a quiz listed on the resource list.
- Talk to a Mental Health Care Provider - Invite your school counselor or another mental health provider to your troop meeting to learn more about mental health.

**Connect**: Gain confidence when discussing mental health and manage stress.

- Put people first - Practice using person-first language.
- Learn to ask for help - Act out scenarios and learn to ask for help when going through a tough time.
- Connect with Mind and Body - Complete an activity from the “Mind and Body Check List”

**Take Action**: Help others better understand mental health.

- Host a book reading - Select one of the books from the reading list and host a book reading for families in your community.
- Use artistic expression to bring awareness - Create a painting, sculpture, mural, poem, or short play to share what you’ve learned with your community.
- Start a poster campaign. Partner with your school, place of worship or library to display posters that bring awareness to mental health issues. Visit Okaytosay.org or use facts and info graphics from their website to make your own.
- Take the pledge - Join the movement just by signing the online pledge at OkaytoSay.org. By doing do they promise to help eliminate discrimination and stereotypes surrounding mental illness by modeling an understanding and compassionate attitude; become a supporter with conversation starter. You may also encourage other teens and adults to take the pledge.
- Create a social media campaign. Girls use #OkayToSayGS and #OkayToSay to share social media posts with friends and family.
Discover Option 1: Learn about Emotions

Materials: Emoji cut outs

Say:

- Today we are going to learn about emotions or feelings.
- Would anyone like to share some emotions or feelings that you have had today or yesterday? For example, have you felt happy, sad, silly, confused, excited, etc.
- If you would like, please share how you felt and why you felt that way?
- What do we do when we have all of these emotions or feelings?
- It is really helpful for us to understand our emotions or feelings. This activity will help us do that.

Do:

1. Hold up each emoji cut out and show them to your girls.
2. Ask girls to name each emotions or feeling, based on what they think each emoji face means.
3. Assure them that we all think and see things differently and that there is not a right or wrong answer. One experience can create very different emotions depending on how we interpret the experience.
4. Split the girls up into small groups and give each group an emoji cut out.
5. Ask the girls to look at the emoji they were given and think of a reason why someone may feel that way.
6. Once they come up with a scenario, ask them to share it with the rest of the girls in the troop as a short story or it or by acting it out.

Reflection:

Understanding our feelings and other people’s feelings is not easy. Sometimes we feel a certain way and we don’t know why. Sometimes our friends or family members feel a certain way and we don’t understand why. Just know that it is ok to have these different emotions. At different times in life, we may feel happy, sad, funny or angry and lots more.

There are two things we want to remember:

1. We should do our best to be considerate and caring of people, no matter how they are feeling.
2. If we notice that we feel a lot different than we usually do, it is okay to say and to tell our parents, guardians or another trusted adult about how we feel.

Leaders: Please ensure all parents and guardians are informed that you will be completing this patch and the conversation may bring up sensitive topics related to mental health.
Emoji Cut Outs
Discover Option 2: Learn about Empathy

Materials: Empathy Cards

Say:

- What does the word empathy mean? Can you give me an example of empathy?
- Each of us are different. We have different life experiences and have different feelings.
- Have you ever heard someone say “Treat others the way you want to be treated”? Or “Put yourself in someone else’s shoes”? We are going to learn how to do just that.

Do:

1. Show the card that says “EMPATHY”. Lead discussion of possible meanings. Then show EMPATHY definition card.
2. Introduce the LOOK, THINK, CARE cards. Read them to the girls or ask three girls to read the cards aloud.
3. Share different scenarios with girls and have them practice using the three empathy steps.

Scenarios:
- You see a girl in the bathroom that you don’t know and she is crying.
- Your friend was excited to invite you to their party until you told them that you cannot attend.
- Your sibling just got great news and wants to share it with you, but you are busy.
- Your friend is sad and angry because they are being bullied in school.
- A new kid just joined your class, you notice that they often look confused and have a hard time keeping up with classwork.

Reflection:
- Showing empathy towards others is a great way to let them know that it’s Okay to Say and share how they feel.
- We cannot assume to know what someone else is thinking or feeling, but we can LOOK, THINK and CARE. How can we practice this with our Girl Scout sisters, family and friends?
Eyeballs

LOOK
Look at the other person.
How are they feeling?
What is their body language?

THINK
Think about a time that you felt that way.
How would you want someone to treat you?

Heart
CARE
Show them you care!
Is there anything you can do to help?
<table>
<thead>
<tr>
<th>EMPATHY</th>
</tr>
</thead>
</table>

**EMPATHY**

Making an effort to understand how someone feels, even if you have not been in that same situation. Putting yourself in someone else’s shoes.
Discover Option 3: Learn about Stigma

Say:

- Stigma is when we think badly about someone or treat someone badly just because they are different from us or they act in ways that we do not understand.
- When we do this it may make people feel badly about themselves. They may feel that they are alone or that no one understands them.

Do:

1. Have girls work in pairs to think of at least two things that they have in common and two things that make them different from one another.
2. Ask them to imagine if they didn’t like each other only based on those two differences.

Reflection:

Each of us have things in common and each of us have differences. Stigma is when we make people feel bad because they are different from us or they act in ways that we do not understand.

The Girl Scout Law teaches us to be fair, considerate, caring, and to respect ourselves and others. One of the ways that we can do that is by treating everyone well, no matter what.

To learn more, visit https://www.nami.org/stigmasafe

Discover Option 4: Learn about Stress

Say:

- What do you think of when you hear the word stress?
- Sometimes, your body will give you a signal. You may get a stomach ache because you’re nervous. You might feel shy when you are sad or have a hard time sleeping when you are angry.
- Let’s learn about ways to reduce stress. First, let’s identify some of those things that cause us to feel stressed.

Do: Have girls write a list of things that cause them to feel stressed.

Reflection:

- How do you feel when you are stressed?
- What do you do when you feel that way?

Leaders: Please ensure all parents and guardians are informed that you will be completing this patch and the conversation may bring up sensitive topics related to mental health.
Discover Option 5: Read about a book about Mental Health

Okay to Say Recommended Reading List

Elementary School:

- Don’t Feed the WorryBug; Written and illustrated by Andi Green
- How Big Are Your Worries Little Bear?; By Jayneen Sanders, illustrated by Stephanie Fizer Coleman
- What to Do When You Worry Too Much: A Kid’s Guide to Overcoming Anxiety; Written by Dawn Huebner, illustrated by Bonnie Matthews
- In My Heart: A Book of Feelings; Written by Jo Witek, illustrated by Christine Roussey
- My Many Colored Days; Written by Dr. Seuss, illustrated by Steve Johnson and Lou Fancher
- When Sophie Gets Angry — Really, Really Angry...; Written and illustrated by Molly Bang
- Mr. Worry: A Story About OCD; Written by Holly L. Niner, illustrated by Greg Swearingen
- Mindful Monkey, Happy Panda; By Lauren Alderfer
- Tiger Tiger is it True?; by Byron Katie and Hans Wilhelm
- My Mixed Emotions; by DK Maureen Healy
- “Listening with My Heart” by Gabi Garcia
- “Jonathan James and the Whatif Monster” by Michelle Nelson-Schmidt
- “Beautiful Oops!” by Barney Saltzberg
- “Breathe Like A Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere” by Kira Willey
- “Feelings” by Aliki

Middle School and High School:

- Warp Speed; Written by Lisa Yee (middle school read)
- Wonder; Written by R.J. Palacio (middle school read)
- OCDaniel; Written by Wesley King (middle/high school read)

Leaders: Please ensure all parents and guardians are informed that you will be completing this patch and the conversation may bring up sensitive topics related to mental health.
Connect Option 1: Putting People First

Say:

- Imagine that your friend goes to an ice-cream shop and their first thought is to get ice-cream for just you? Imagine your friend lets you go ahead of them as you line up for lunch on Pizza Friday?
- When people put us first, it feels great! We are going to learn about how to put people first when we speak to them or about them.
- When we talk about people what exactly do we say? Why is it important to use someone’s name instead of just using a word that describes them?
- People first language is used to speak appropriately and respectfully about an individual. People first language emphasizes the person first not the disability or illness. For example, when referring to a person, refer to the person first by using phrases such as: “a person who ...”, “a person with ...” or, “person who has...”

Do:

1. Review examples of people first language

<table>
<thead>
<tr>
<th>Examples of what you <strong>should</strong> say:</th>
<th>Examples of what you <strong>should not</strong> say:</th>
</tr>
</thead>
<tbody>
<tr>
<td>John has a disability</td>
<td>He’s handicapped</td>
</tr>
<tr>
<td>Amy has autism</td>
<td>She’s autistic</td>
</tr>
<tr>
<td>Jack lives with a mental health</td>
<td>They’re crazy</td>
</tr>
<tr>
<td>condition/illness</td>
<td>She’s autistic</td>
</tr>
<tr>
<td>Suzy was diagnosed with depression</td>
<td>They’re so depressed</td>
</tr>
</tbody>
</table>

2. Ask girls to share other examples of what they should say in order to put people first.

Reflection:

One word, one phrase, or one characteristic cannot completely describe anyone. It is considerate and caring to put people first. When we do this, it also helps us to be responsible for what we say and do.

How will you use person first language to speak to people and about people?

Connect Option 2: Learn to ask for help

Say: Sometimes we need help, but we don’t know how to ask or who to ask. We are going to practice today by acting out different scenarios.

Do:

1. Split girls up into three small groups.
2. Give each group a different scenarios and ask them to act it out or talk it out.
3. Help them think of ways that the person in their scenario might ask for help.
Leaders: Please ensure all parents and guardians are informed that you will be completing this patch and the conversation may bring up sensitive topics related to mental health.

Connect Option 2: Learn to ask for help, continued.

Scenarios

**For Daisies- Juniors:**

Amanda has lots of friends and seems to have a great life. However, she has been feeling different lately. Amanda feels sad and angry all of the time. Sometimes she yells at her classmates. At home, she throws things when she is mad. She doesn’t know why she is angry all of the time, but she wants to feel better. What should she do?

Alex is bigger than most of the kids in her class. Some of the kids bully her and call her names. When that happens, she usually puts her head down on her desk to hide her sad face. One time, Alex got in trouble because her head was down on her desk. Her teacher thought that she was sleeping. What should she do?

Daniella is very outgoing and loves making new friends. She made a new friend named Rachel. Sometimes Rachel is nice and sometimes she is very mean. Sometimes Rachel gives Daniella gifts and tells her she is her BFF. Other times Rachel steals things from Daniella and calls Daniella a liar when she tells her mom. Daniella wants to be friends with Rachel. What should she do?

**For Cadettes- Ambassadors:**

Erica gets good grades and is always on the honor role. She does well in sports and is on the varsity team. She has lots of friends and always has fun parties and events to go to. Lately, Erica has been feeling a lot of stress and pressure to be perfect. She wants a break from it all. What should she do?

Jessica’s parents recently got divorced. Since then, she’s noticed a change in her mood. She was usually so happy and busy with activities. Now she is sad all of the time and never wants to hang out with her friends. She misses her friends, but doesn’t want them to see her when she’s sad. What should she do?

Amy once had a great group of friends, but most of them moved away. She now has a new group of friends who are always getting into trouble. Since she started hanging out with them, she has been acting differently. She never wants to go home and is constantly breaking curfew to hang out with her new friends. One of them wants to run away from home and is pressuring her to join them. What should she do?

Reflection:

Was this activity easy or difficult?

What if you needed help, would you know where to go or who to talk to?

Talking to a trusted adult, such as a parent, teacher, school counselor or troop leader is a great first step when you don’t know what to do.

Can you think of one person that you trust who you can talk to when you need help?

Sometimes we may feel something is not right, other times, we may not feel anything at all. No matter what, know that when you need help, it is Okay to Say and tell someone.
**Connect Option 3: Mind and Body Checklist**

Here are some things that you can do to reduce stress and check in with your mind and body.

**In a stressful moment**
- Listen to music that makes you feel calm, motivated or happy
- Take a dance break
- Watch a funny video on YouTube (i.e. funny animals videos or adorable baby animals)
- Blow bubbles
- Go for a run
- Go on a bike ride

**To prevent stress later**
- Create a list of things that make you smile and keep it handy for though times
- Learn some Yoga moves-
  - Check out StoryHive’s “Yoga for Kids” [https://www.youtube.com/watch?v=X655B4I6akg](https://www.youtube.com/watch?v=X655B4I6akg)
  - Check out Yoga with Adriene’s “Yoga for Teens” [https://www.youtube.com/watch?v=7kgZnJqzNaU](https://www.youtube.com/watch?v=7kgZnJqzNaU)
- Learn about aromatherapy and use it to de-stress-
  - Make bath bombs- [https://diyprojectsforteens.com/diy-bath-bombs-recipe/](https://diyprojectsforteens.com/diy-bath-bombs-recipe/)
- Learn about mindfulness and practice it- [https://www.weareteachers.com/teaching-students-mindfulness/](https://www.weareteachers.com/teaching-students-mindfulness/)
- Practice deep breathing-
  - Check out Stress Free Kid’s “Kids Reduce Anxiety Using Deep Breathing” [https://www.youtube.com/watch?v=WmLmu3Pdyx0](https://www.youtube.com/watch?v=WmLmu3Pdyx0)
  - Check out- Stop, Breathe & Think’s “Mindful Breathing Meditation” [https://www.youtube.com/watch?v=nmFUDkj1Ag0](https://www.youtube.com/watch?v=nmFUDkj1Ag0)
- Have fun with Mandalas- Create and/or color mandala patterns to reduce stress [https://www.johnshopkinshealthreview.com/issues/fall-winter-2017/articles/the-magic-of-mandalas](https://www.johnshopkinshealthreview.com/issues/fall-winter-2017/articles/the-magic-of-mandalas)
Resource List

- Learn more about Okay to Say https://www.okaytosay.org/
- “What is Mental Health?” https://www.herefortexas.com/What_is_Mental_Health.html
- “What is Mental Illness?” https://www.herefortexas.com/What_is_Mental_Health.html
- Learn more about mental health and kids https://childmind.org/
- Find mental health resources for kids https://effectivechildtherapy.org/
- Watch “13 Reasons to Choose Life”, created by fellow Girl Scouts https://youtu.be/shbyemDchmo
- Types of Support for Mental and Emotional Health https://www.herefortexas.com/Types_of_Support.html
- Take the Myth Busters Quiz https://www.nami.org/blogs/nami-blog/july-2015/dispelling-myths-on-mental-illness
- Learn more about stigma https://www.nami.org/stigmafree
- Find Mental Health Resources- https://www.granthalliburton.org/resources
- Read even more about mental health https://www.apa.org/pubs/magination/
- Learn more about person first language https://www.thearc.org/who-we-are/media-center/people-first-language

IN THE CASE OF AN EMERGENCY, DIAL 911

Whether you’re dealing with a crisis, struggling with major stress, concerned about someone’s mental health, or need to refer a patient, you’ll find helpful resources here. https://suicidepreventionlifeline.org/

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24/7.

Trained counselors are committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness.

1.800.273.8255 | LEARN MORE

Lifeline ofrece 24/7, gratuito servicios en español, no es necesario hablar ingles si usted necesita ayuda.

1.888.628.9454 | APRENDE MÁS
Start the Conversation: How to Talk to Teens About Mental Health

Talking about mental health with teens can be challenging. By using open-ended questions, you allow teens to answer in their own words. Here are some questions to get the conversation going, along with questions that can open up the conversation about mental health. The key is to keep the lines of communication open with teens.

**BREAK THE ICE**
Sometimes, you just need a way to engage a teenager and start a conversation. Questions like these can help.

1. If you could have anyone do the voice-over for your reflections on life, who would it be?
2. What is one of the most adventurous things you’ve ever done?
3. What is some place that you would really like to visit?
4. If you could be a contestant on any game show, which one would you choose?
5. If you could have any one superpower, which one would you choose and why?
6. If you had $1,000 to spend, how would you spend it?
7. What is your favorite thing to do with friends?
8. What is your dream car?
9. If you could go on a trip anywhere with three other people, where would you go and what three people would you take?
10. What was your favorite movie when you were younger?

**STEER THE CONVERSATION TOWARD MENTAL HEALTH**
Incorporate these questions into your conversations to help teens identify and talk about their feelings and experiences on a deeper level.

1. When do you get discouraged?
2. When do you feel most vulnerable?
3. What is something you like about yourself?
4. What is something you are looking forward to doing within the next six months?
5. What is one regret you have from last week?
6. What was the highlight of your week?
7. What is the biggest struggle you are facing in life right now?
8. What is one personal tragedy you have overcome?
9. Name one weakness and one strength you have.
10. Name one short-term goal and one long-term goal you have.

Find more information and resources at www.GrantHalliburton.org
What Helps and What Hurts

When someone you care about has depression or bipolar disorder

People living with depression or bipolar disorder (manic depression) often cope with symptoms like feelings of hopelessness, emptiness or worthlessness. You probably want to say something to help the person feel better. But what can you say? Why does it seem like many well-meant comments hurt more than they help?

Here is a basic list to use as guidelines when you talk to someone who has symptoms of depression or bipolar disorder. Put the statements into your own words. What’s most important is that the person you care about understands your support. You didn’t cause your loved one’s illness and you can’t control the person’s feelings. You can only do your best to offer help.

If the person is actively threatening suicide, don’t try to handle the situation on your own. Call a mental health professional or take your friend to the nearest emergency room for treatment.

<table>
<thead>
<tr>
<th>What helps</th>
<th>What hurts</th>
</tr>
</thead>
<tbody>
<tr>
<td>I know you have a real illness and that’s what causes these thoughts and feelings.</td>
<td>It’s all in your head.</td>
</tr>
<tr>
<td>I may not be able to understand exactly how you feel but I care about you and want to help.</td>
<td>We all go through times like this.</td>
</tr>
<tr>
<td>You are important to me. Your life is important to me.</td>
<td>You have so much to live for – why do you want to die?</td>
</tr>
<tr>
<td>Tell me what I can do now to help you.</td>
<td>What do you want me to do? I can’t change your situation.</td>
</tr>
<tr>
<td>You might not believe it now, but the way you’re feeling will change.</td>
<td>Just snap out of it. Look on the bright side.</td>
</tr>
<tr>
<td>You are not alone in this. I’m here for you.</td>
<td>You’ll be fine. Stop worrying.</td>
</tr>
<tr>
<td>Talk to me. I’m listening.</td>
<td>Here’s my advice...</td>
</tr>
</tbody>
</table>

When you have depression or bipolar disorder

What can I do to help others understand what helps and what hurts?

- Set aside some time to sit down with family members or friends and talk about something important. Choose a time that is relatively calm and free of distractions.

- Begin your statements with yourself: “I feel,” or “I need.” Avoid “you” statements like “You always criticize me,” which may be more likely to lead to arguments.

- Tell them what they can say or do that will help you. This includes practical things like helping with housework or taking you somewhere.

- Ask for help when you need it. If you feel better, thank the people who helped you.

- Look for more than one person to support you. Different people offer different perspectives.