



Frontier Girls Girl/Parent Handbook

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Welcome

Frontier Girls was founded on January 19, 2007. Our mission is to raise women of honor to be the mothers and leaders of the future through life skills, leadership, character building, teamwork and service to others. People have come to America from all over the world and the strength of our nation lies in the diversity of its people...their histories, their religions, their foods, their stories, their art and music. The freedom to express our heritage is just one of the freedoms that so many of our men and women have died to protect for more than 200 years.

Frontier Girls celebrates the American spirit that makes us great. Our country was built upon a strong faith in God, strong family values, and the acceptance of those who are different than ourselves. We are a people of loyalty, of faith, of innovation. We pride ourselves on our resourcefulness and our freedoms. These are the traits our country was built on, but they are slowly being eroded away in a culture of instant gratification and irresponsibility. The Frontier Girl program seeks to restore a focus on good moral character, patriotism, community service, and a love of learning that is being lost.

The name Frontier Girls was chosen because one of the definitions of the word “frontier” is “an undeveloped area or field for discovery or research.” The American spirit thrives upon the constant desire to discover new things, to ask more questions, and find more answers. Our badges are divided into Areas of Discovery because we want girls to find something new in everything they study and to never want to stop learning.

Our badges are the foundation of our program. We believe that girls can do anything they set their minds to and should have the opportunity to explore any subject that interests them. For this reason, we have made a commitment to writing a badge on virtually any subject a girl wishes to learn about with the exception of controversial topics we feel are better addressed by parents or religious leaders. We currently offer more than 1,000 badges and more are added every month.

Included in our badge selection are character badges that address everything from joy and honesty to responsibility and modesty. These badges encourage girls to put these traits to use in their own lives, helping them to be good, well-mannered, respectful, disciplined, and honorable citizens.

Our program is designed to help girls develop essential life skills, as well as a desire to explore and learn about the things around them. Our focus is on patriotism, good character and a love of learning. Your troop should be a place where girls are encouraged to try new things, take risks, and learn from their mistakes in a supportive environment. Girls should be given a chance to be decision makers and leaders and to gain confidence in their own abilities.

Frontier Girls is still a very new program and we are constantly making improvements. If you have any questions or comments regarding our program, we would love to hear from you.

Frontier Girls Structure

Unlike other scouting programs, Frontier Girls is not an organization you join, it is a product you purchase. Your membership is a membership subscription to our website for access to our programming materials and that membership grants you a limited license to use our name and uniform. Each troop is independently owned and operated and not associated with Frontier Girls LLC. All personnel training, background checks, etc. is done at the troop level and not by Frontier Girls LLC. We provide program materials only.

Frontier Girls Statements

Mission Statement

Raising women of honor to be the mothers and leaders of the future, through life skills, leadership, character building, teamwork, and service to others.

The Frontier Girls mission shows our belief that girls can do anything they set their mind to. From the President of the United States to a mother of ten, their future has endless possibilities. Regardless of what they choose, there are certain skills and character traits that will always hold them in good stead, and these are what Frontier Girls hopes to teach.

The Frontier Girls Motto, Promise, and Creed are the backbone of what we believe and the code of conduct that we expect from all participants in our program. When using the Frontier Girls name, participants must promise to do their best to live by these words.

Frontier Girls Motto

If you see a need, take the lead!

This means that whenever you see something that needs to be done, you simply do it. Don't wait for someone else to do it; don't complain about it; don't expect someone else to fix whatever is wrong. If someone is in need, do your best to fill that need. If you see an injustice being done, stand up for what is right. You should live our motto each and every day, from helping with the dishes, to helping clean up after a Frontier Girl meeting. Don't wait for someone to ask for help...offer it.

Frontier Girl Promise

***I promise to love God ,
Be loyal to my country ,
and to love my neighbor as myself.***

Frontier Girls is open to girls and volunteers of all faiths. Regardless of your specific religious beliefs, we encourage you to keep God first in your life and never forget to be grateful for every blessing, no matter how small.

We ask that you be loyal to your country. You may not always agree with everything our government does, but thousands of men and women, over more than 200 years, have given their lives so that you have the freedom to express that disagreement. Give them your respect.

Finally, love your neighbor as yourself. Ask yourself what you would want in every situation. If you were hungry, wouldn't you want someone to help feed you? If you were lonely, wouldn't you want someone to talk to? Never do to someone else what you would not wish that person to do to you. If you don't like being teased and called names, don't do it to others. If you don't like feeling left out and alone, make sure you always include those around you.

Frontier Girl Creed

As a Frontier Girl

*I will be **Loving**, treating others as I would like to be treated.*

*I will be **Joyful**, finding the blessings in every situation.*

*I will be **Peaceful**, respecting others opinions and beliefs.*

*I will be **Patient**, persevering toward my goals despite obstacles.*

*I will be **Kind**, respectful to all and willing to help others at all times.*

*I will be **Good**, pure in all I do, think, and say.*

*I will be **Faithful** to my God and loyal to family, friends, and country.*

*I will be **Gentle**, taking special care of those weaker or less fortunate than I.*

*I will have **Self Control**, using my time, materials and talents wisely, and being accountable for my own actions.*

Program Goals

We hope that every girl who goes through the Frontier Girls program will develop certain character traits and skills. These are outlined in our program goals.

1. Develop Moral Character

Develop a strong moral character that will help girls make sound and ethical decisions throughout their lives.

To love their neighbor as themselves and think of others first.

To give back to their communities and make their world a better place to live.

2. Develop Interpersonal Skills

Develop the ability to communicate and interact well with others.

Learn to respect others opinions and beliefs.

Understand and respect individual, cultural, religious, and racial differences.

Learn the importance of teamwork as well as how to be an effective leader.

3. Foster a Love of Learning

Seek a variety of new experiences and challenges

Seek opportunities to learn new skills

Develop a lifelong love of learning.

4. Develop Confidence and Strength

Demonstrate competence and responsibility

Feel comfortable in a leadership position

Develop the strength to stand up for their convictions and what they believe.

Troop Structures

Regular Troops

With today's busy schedules it is difficult to get children to the many activities they wish to pursue. For this reason, girls from age 3 to adult can all be part of the same Frontier Girls troop. This allows families with more than one girl to all be part of the same troop so as not to add even more stress to the family schedule. This also allows older girls to act in leadership roles to teach and mentor the younger members, while providing the younger girls with role models closer to their own age. Within the troop, girls are divided into different program levels based on their age. Flag ceremonies, songs, snacks, and troop business are all done as a troop. Girls may be divided into different program levels to work on various badge requirements when needed, though we suggest keeping them together whenever possible.

There is usually one troop leader per troop. Depending on the size of the troop, there may be one or more assistant leaders as well. The troop leader is responsible for running the troop meetings, tracking finances, gathering supplies, etc. Assistant leaders are responsible for supporting the leader in her tasks and taking charge of leading a group of girls when the troop is split. Parent volunteers will vary depending upon the complexity of the badge work or activities. If your troop has 10 or more girls, you may wish to divide your troop into patrols of between 4 to 8 girls each. Each patrol will have a patrol leader that will serve as part of the leadership team. These patrol leaders are in charge of making sure her patrol is ready for the meeting, completes their kapers (chores) in a timely manner, and that any younger girls in the group have a buddy to help them if necessary, during crafts or games.

Team Troops

Team Troops are designed for large groups operating under the same charter. An organization may purchase one troop membership, and then divide the troop into Teams, essentially making several smaller troops under one troop number. All Teams have the same troop number and are owned by the same organization, but each Team may serve a different age group, meet at a separate time, have a different leader, etc.

Pioneer Program

The Pioneer program is designed for girls who wish to pursue the Frontier Girls program as an individual. They do not belong to a troop, but instead, work on badges and awards under the supervision of a parent or guardian. Pioneers may band together to work on badges or participate in activities such as campouts and community service projects if they wish, but there is no official leader. The girls and parents will have to work out any arrangements necessary. If there is a troop nearby, a Pioneer may also participate in troop activities if invited. If a Pioneer wishes to have a troop number on her uniform, she can wear troop #100 if she wishes as this is the designation for a Pioneer.



Patriot Program

The Patriot Program is designed for girls and adults with a direct family member actively serving in the military. This includes parents, grandparents, children, siblings, grandchildren, and stepparents. These girls and adults deserve our respect and thanks for the sacrifices their family makes so that the rest of us can enjoy our freedoms here at home. Each Patriot wears a red/white/blue striped ribbon down the center of her level tab and wears the service flag pin just underneath her troop numbers. This allows others to see at a glance that she is a Patriot. If a Patriot does not belong to a troop, she may wear troop #911 as this is the designation for a Patriot working on her own. Leaders may also wear the service flag pin and striped ribbon if they qualify. If the family member is no longer active military, a veteran's service flag pin may be worn instead.

Program Age Levels

We name our program levels after animals to show the girls that there is something to be learned from all of God's creation if only, we are willing to look. Working with different ages effectively begins with an understanding of the developmental aspects of each age group.

Preschool, ages 3-5: Penguin



Penguins are among the most social of all birds, but are naturally clumsy on land, much like our littlest members. Penguins work together, sharing food and breeding sites. Alone in the wild, they wouldn't survive long, but working together they can protect themselves and their young. We hope that our youngest members learn to be part of a team, to share, and to rely on each other.

Frontier Girl Penguins are just starting out on their journey. Everything is new and will take extra time to learn and master. Penguins have very short attention spans and will need to change activities frequently. Keep in mind that girls at this age cannot read, have limited motor skills, and may not even be potty trained. They will need assistance with the simplest tasks. While Penguins are welcome in a multi-age troop, make sure you do not turn the older girls into babysitters, but provide enough challenging projects for each age level.

Grades K-2, ages 5-8: Otter



Otters are known for their playful behavior. They are smart, creative, and curious. Their play helps them gain knowledge, speed, and dexterity that helps them survive. We hope that our members will never lose the ability to play and look at the lighter side of life.

Frontier Girl Otters, as their name suggests, are fun and playful with lots of energy. They frequently have a hard time sitting still and have short attention spans. As young as they are, they are still intelligent human beings, capable of much more than many adults give them credit for. They are not babies who need to be cared for but have ideas and opinions of their own. Otters are still young enough to be outspoken about what they like and dislike, so it is easy to see where you stand with them. This is also the perfect age to begin to teach the concepts of tactfulness and politeness.

Your youngest Otters will just be starting Kindergarten and may not be able to read quite yet. Their hand-eye coordination and fine motor skills are still developing as well, meaning they will need help with many of the projects if you wish to include them with the older girls. Fortunately, most girls in this age range are eager to learn and ready to try just about anything if everyone else is doing it too.

Grades 3-5, 8-11 years: Dolphin



Social behavior comprises a major portion of a high energy dolphins' daily activities, but it doesn't stop with teamwork and play. When a pod member is sick or injured, other dolphins will come to its rescue and help it to the surface to breathe until it is well. As the girls get older it is important that they learn compassion for those around them.

Frontier Girl Dolphins are growing rapidly, causing them to alternate between seemingly endless energy and extreme tiredness. Like the Otters, this age group frequently feels the need to move and will often fidget when seated for too long a period. They are beginning to develop independence and may become extremely excited about a project only to lose interest soon after they start.

Dolphins will begin to test and question you, wanting more control over the decisions made in the troop. This level is the first level where girls can actually hold a leadership position within the troop. By giving them an opportunity to serve the troop, you allow them some of the independence they are looking for while still controlling the meeting itself.

Grades 6-8, 11-14 years: *Butterfly*



Every year, Monarch butterflies make an incredible 2500-mile journey from the eastern United States all the way to Mexico. They persevere through all obstacles, whether wind or rain, and keep their eye on their goal, not the difficulty of getting there. As girls begin the journey toward womanhood, this can be the most difficult age. We hope that like the Monarch, they will persevere through any difficulties.

The Butterfly age group is, in many ways, the most difficult you will encounter. Girls in this age range are in the beginning stages of puberty which can cause emotional extremes and overly dramatic behavior. Rapid growth spurts can make them clumsy, as arms and legs seem to grow overnight. At this stage, girls are very susceptible to peer pressure and will frequently look to others in her group or in the Eagle level to gauge everything from their looks to their behavior.

Grades 9-12, 14-18 years: *Eagle*



Bald eagles are a symbol of majestic beauty and great strength. They soar through the sky, high above the earth, taking in all the details below them. Keen vision gives the eagles the ability to see far off challenges, soaring through each pursuit with great success. As the girls prepare themselves for life on their own, it is important to keep an eye on the future and be ready to meet every challenge.

Eagles can be one of the most exciting age groups to work with as you help guide them into adulthood. Eagles are in the process of developing their own identity and are striving for independence. As they watch you, they will be quick to point out any differences between your words and your actions, so it is more important than ever to stress our promise, creed and motto. Like the Butterflies, Eagles, especially in the early years, are still growing and changing at a rapid pace. Be patient with them as they come to terms with themselves.

It is especially important with this age group to allow them to make as many decisions themselves as is practical. Always be available when they need guidance but remember that these are the years that you want to stress competence and responsibility. The more faith you show in the girls' abilities, the more faith they will have in themselves.

Adult Participant: OWL



With unblinking focus, the owl constantly looks toward the future, searching out the next piece of wisdom that might make a difference to its world. Observing everything around them with calm patience they soak up knowledge and glide confidently through the darkness knowing that soon it will be light again. Like the owl, we hope that the adults who participate in our program continue to focus on the future, learning new skills, gaining new knowledge, and remembering that each morning is a brand-new day.

The Owl level was created for women 18 and older who wish to earn badges and not just teach them. Some Owls are young ladies who have recently graduated high school who wish to continue on with the program, while others are older women looking to recapture the scouting of their youth. Whatever the reason, earning badges as an adult can be just as fun and rewarding as it is for the girls.

Adult Leader: Goose



With every flap of its wings, the lead bird in a flight of Canada geese is breaking through a wall of air, creating a swirling vortex that provides a “push” for each follower. Some estimates show that geese in a V-formation can fly as much as 70 percent farther than they could fly alone. It’s exhausting work for the lead bird, but Canada geese have an answer to that, too: they take turns. When the leader drops back, another takes its place. Like the goose, we hope our troop leaders remember that they are not alone and that by working together they can achieve wonders.

Adult Volunteer: Starfish



A young woman was walking along a beach upon which hundreds of starfish had been washed up during a terrible storm. When she came to each starfish, she would pick it up, and throw it back into the ocean. People watched her with amusement.

She had been doing this for some time when a man approached her and said, “Why are you doing this? Look at this beach! You can’t save all these starfish. You can’t begin to make a difference!”

The woman seemed crushed, but after a few moments, she bent down, picked up another starfish, and hurled it as far as she could into the ocean. Then she looked up at the man and replied, “Well, I made a difference to that one!”

As Frontier Girls volunteers, we may not be able to make a difference to the whole world at once, but don't ever forget that we make a big difference to each individual girl that we serve. We will change the world one girl at a time.

Leadership Opportunities for Girls

All girls in grades 3 and up will have the opportunity to serve in leadership positions within the troop. These girls are “essential pieces” of the troop and are represented by a puzzle piece pin. Positions will be held for anywhere from 6 months to 1 year, giving each girl enough time to learn and become proficient at the job, but switching often enough that all girls should get a chance to serve within 2-3 years. Those girls who need to hold a leadership position in order to complete a gem award should be given priority. Leadership positions available are:



Leader in Training: The Leader in Training is responsible for making sure meetings start on time. They should have a watch at every meeting and give quiet reminders to the Leader when it is time to start, have snack, etc. She is also responsible for keeping the girls occupied with songs or games if there is a lull in the meeting and the Leader is busy. Your leader in training should be trained in both the scribe and treasurer positions so that she can fill in if necessary. Finally, the Leader in Training is responsible for calling all patrol leaders with any important updates or information between meetings.



Scribe: The Scribe is responsible for taking notes at all meetings when business is discussed. She is also responsible for logging in all badges and service stars earned. An adult should always oversee this position to make sure it is done correctly.



Snack Coordinator: The Snack Coordinator is responsible for creating a snack rotation list and calling to remind girls when it is their turn to bring snack. If for some reason a girl cannot bring snack, it is the snack coordinator’s job to find a substitute.



Treasurer: The Treasurer is responsible for reporting the current finances of the troop at each Leadership meeting. She should help prepare budgets for all events and activities. The Treasurer is also responsible for logging in all payments to the troop, these may include dues, troop registration, uniform fees, or payments for badges and awards. An adult should always oversee this position to make sure it is done correctly.



Care Coordinator: The Care Coordinator is responsible for praying for the troop at least once a week. She should have cards ready to sign for all special needs (illness, birthday, thanks, etc.) and make sure they reach the intended recipient. Finally, if your troop is participating in our Support A Service Member program, the Care Coordinator is responsible for packing and shipping all care packages. (The troop is still responsible for paying all shipping charges.)



Photographer: The Photographer takes pictures at all troop meetings and events. You may wish to have more than one girl serve in this position if you have a large troop. This ensures that there are pictures of every girl.



Reporter: The reporter is responsible for writing a troop newsletter as well as sending photos and write ups to the local media.



Patrol Leader: The Patrol Leaders lead a patrol of between 4 to 8 girls and are in charge of making sure their patrol is ready for the meeting, completes their kapers (chores) in a timely manner and that any younger girls in the group have a buddy to help them if necessary during crafts or games. Patrol leaders are also responsible for calling the girls in their patrol to pass on important updates or information.

Support a Soldier Program

Frontier Girls is a strong supporter of our service members overseas and wants to give every troop the opportunity to become actively involved. Frontier Girls highly encourages our members to support a service member overseas. You don't even need to send "stuff", letters of support are the number one item requested. If you would like to participate go to:

Any Soldier

www.anysoldier.com

Make sure to read their FAQs page before requesting a service member contact. Any Soldier has a search engine to help you choose who you would like to ship to. You can search by military branch, location, items needed and more. Each recipient in the program has agreed to accept boxes from Any Soldier and distribute them to the men and women at their base who are in need of care and support.

Any time your girls spend making cards or writing letters to your service member may be counted toward Servant's Heart Awards. This program is highly recommended as it really gives the girls an appreciation of the sacrifice that these men and women make, as well as that of their families, so that we can retain the freedoms we so enjoy here in the United States.

You may also choose to sponsor a military family instead. Many military families struggle when one parent is out of the country for so long. They struggle financially as well as logistically. Things you may wish to do for a local military family include a fundraiser to help out with expenses, cooking meals, older girls can offer babysitting services, etc. Extra cards and gifts are always nice, making sure that the family knows that the sacrifice they make is appreciated.

Community Service

Frontier Girls encourages every Frontier Girl to help better her community and the lives of the people around her. Each troop is required to do a minimum of three service projects each year; one for the community, one for whoever hosts your troop meetings, and one ongoing project of the girls' choice. For example, your troop may choose to sing Christmas carols to the elderly (local community), weed the parking lot of the church that hosts you, and participate in our Support a Service Member program supporting our service members overseas.

Girls who participate in community service, either with the troop or on their own, may be eligible to earn the Servant's Heart Award. To earn this award, each girl must perform a set number of community service hours. See the Badges and Awards section for more details.

Make sure each girl receives a Service Hour Tally Sheet (located in the Forms section of the website). All service hours should be logged on that sheet. When a girl has enough hours for a Servant's Heart, she should fill out a Servant's Heart completion form and bring it to the next meeting.

There is a difference between community service and living our motto, "If you see a need, take the lead!" Community service is any activity that a girl volunteers to do for the betterment of her community. Most people think of things like picking up trash, participating in a canned food drive, or singing Christmas Carols to the elderly. While these are worthwhile projects, don't forget to count things like helping to coach a soccer team, or volunteering to help at VBS, or Sunday School. These types of events could not happen without enough volunteers.

Certain volunteer activity should not count toward community service hours, as it is more of a favor to family or friends. Examples may include your neighbor asking you to watch their puppy, helping someone pack for a move, watching someone's children. These activities come under our motto, "If you see a need, take the lead!" Girls should help out when needed simply because it is the right thing to do, not because they are being rewarded for it.

The test to identify which activities should count for service hours is simple; if something in your community would not be able to get done without volunteers (streets staying clean, rescue missions stayed stocked, Sunday School classes or sports teams being taught, etc.) then it counts as community service. We believe in rewarding the girls for these efforts with service hours to encourage them to be active in their communities. If however the activity is simply a good deed for an individual (babysitting for your neighbor, mowing someone's lawn for free, helping to load groceries into a car, etc.) this is simply living our motto. We want to teach the girls that when they see someone in need, they need to take the lead and help them out without expecting anything in return.

Certain service projects may involve health and safety risks, so research each project well and make sure to can participate safely. Below is a list of possible service projects your troop may wish to choose from to participate in during a normal Frontier Girls Calendar (a few each year are fine) Please make sure that the projects you choose are appropriate to the age of your girls.

September:

Organize a coat drive in which old coats are donated for use by needy people.

Make "I Care" kits with combs, toothbrushes, shampoo, etc. for the homeless.

Paint a mural over graffiti.

Donate books to your local library.

Make cards for service members overseas or who are in hospitals

October

Conduct a community service project during the Big Help Day in October.

Offer safety tips for youngsters during Halloween.

Create a campaign to encourage biking and walking.
Conduct a clothing repair or sewing workshop for needy people.
Distribute leaf bags during the fall encouraging residents to clean leaves from their streets and yards.

November

Recognize veterans in your community.
This is military family month - support a military family with meals, yard work, babysitting, etc.
Adopt a "grand friend" and write them letters and visit them.
Donate toys or suitcases to foster children.
Adopt a pothole and raise funds to repair it.

December

Trim a mitten Christmas tree to donate mittens to local schools and homeless shelters.
Decorate a Christmas tree at a nursing home, hospital, school or homeless shelter.
Ring the bell for Salvation Army during the holidays.
Serve Christmas dinner at your local veteran's hall.

January

Help cook and/or serve a meal at a homeless shelter.
Clean up a vacant lot or park.
Start a recycling campaign.
Collect unused make-up, perfume and other cosmetics for a center for abused women.

February

Volunteer to return shopping carts during National Supermarkets Month in February.
Raise money for Braille books for visually impaired people.
Make quilts or baby clothes for low-income families.
Make a cancer or aids quilt or mural to remember people of who have died from these diseases and remind others of their life. Donate it to the community for display.

March

Conduct an Easter Egg Hunt for needy children.
On St. Patrick's Day, don't only wear something green, care for something green!
Plant flowers in public areas that could use some color.
Collect aluminum cans and donate the money to a favorite charity.

April

Participate in National Youth Service Day in April.
Make Spring baskets for seniors' residential facility, neighbors or homeless shelters.
Bring toys to children in the cancer ward of a hospital.
Rake leaves, shovel snow, clean gutter or wash windows for a senior citizen.

May

Plan a Memorial Day program
Deliver May Day baskets to women in your community or at nursing homes
Participate in a marathon or relay for your favorite charity.
Organize a campaign to paint storm drains to prevent dumping of hazardous materials.
Plan a special awareness event during Be Kind to Animals Week in May.

June

Visit senior citizens at a nursing home.
Organize a canned goods drive.
Volunteer to help at a Special Olympics event.
Bake cookies and bring them to your local fire or police station.
Volunteer to help with Vacation Bible School.

A Servant's Heart Award

(worn on level ribbon - remains on vest when advancing levels)

We would like to encourage every Frontier Girl to help better her community and the lives of the people around her. Each troop is required to do a minimum of three service projects each year. One for the community, one for whoever hosts your troop meetings, and one ongoing project of the girl's choice. For example, your troop may choose to sing Christmas carols to the elderly (local community), weed the parking lot of the church that hosts you, and participate in our Support Service Member program supporting our service members overseas.

Girls who participate in these projects or do other community service outside of the troop are eligible to earn the Servant's Heart award. More than one heart may be earned each year. To earn a Servant's Heart each girl must perform a set number of community service hours. These are:



Penguin – 5 hours = red heart



Otter - 5 hours = red heart



Dolphin - 10 hours = silver heart



Butterfly - 15 hours = gold heart



Eagle- 20 hours = gold diamond heart



100 hours = gold ruby heart (Minimum amount for Leaders and Owls)

(This heart may also be used for girls who have earned too many hearts for their level ribbon and may be exchanged for hearts totaling 100 hours)



500 hours = gold sapphire

In the forms section of the website is a Service Hour Tally Sheet. Each girl should receive one to log all of her community service hours. When a she has enough hours for a Servant's Heart, she should fill out a Servant's Heart completion form (found in the forms section) and bring it to the next meeting with her payment for her pin.

Badges

Thousands of Possibilities!

Frontier Girls has made a commitment to write a badge for anything a girl wishes to learn about as long as it is not a controversial subject we feel is better addressed by parents or religious leaders. Nearly all badges are available at all age levels and are structured so that the girls constantly spiral back and review information and skills if they earn the badge at multiple age levels.

Areas of Discovery

All Frontier Girls badges are divided into nine Areas of Discovery.

- Discover Agriculture
- Discover Art
- Discover Character
- Discover Health and Safety
- Discover the Home
- Discover Knowledge
- Discover the Outdoors
- Discover Science and Technology
- Discover the World

There is a master alphabetical list online that lists all available badges. Keep in mind that some badges qualify for two or more Areas of Discovery depending on your focus. For example, if you earn the Biographies badge for Albert Einstein, it would fall under Science and Technology while earning it for Vincent van Gogh would fall under Art. Many badges are written with general requirements that can be customized to earn very specific badges. All badges are custom made to order, so the possibilities are endless.

If you don't see a badge on the subject your girls wish to learn about, or don't wish to wait for us to write it, feel free to write your own. When writing badges, keep in mind the basic areas we are looking to cover.

1. Knowledge or skill in the subject
2. History of the subject
3. How the subject is used today and what opportunities there are within the subject area
4. Careers in the subject
5. Service to others using what they have learned

We do ask that any badges you write as a troop be sent to the Frontier Girls for approval. If the badge is approved, we will also include it in our official badge list for other troops to earn (your troop will be credited as the author.)

A badge can be written on literally any subject. Requirements should be appropriate for the age of the girl and should average 3 requirements for Penguins, 4 requirements for Otters, 5 for Dolphins, 6 for Butterflies, 7 for Eagles, and 9 for Owls. Older girls should also be required to demonstrate their knowledge in some way by using it for the benefit of others. Girls will not be allowed to wear pins that represent any form of politics, or controversial subjects such as pro-life/pro-choice, gay rights, specific politics, etc. Pins representing individual faiths are acceptable.

How to Earn Badges

Each badge has two mandatory requirements for each age level and then a set number of requirements the girl may choose from the optional requirement list to complete her badge. The number of optional requirements needed is dictated by the age of the girl. Of the mandatory requirements, the first of is always to complete the mandatory requirements of all lower levels. This is to ensure that a girl builds her knowledge from the ground up and does not miss out on any important information. While some of the

requirements may be overly simplified due to the fact that they were written with younger girls in mind, the knowledge or skill is just as important for the older girls and usually quite simple to complete.

Keep in mind that the same requirement done by both a Penguin (preschooler) and an Eagle (high schooler) should look vastly different in execution. The knowledge and skill expected out of a Penguin is much less than what is expected out of an Eagle. For example, a Penguin mandatory requirement in the Electricity badge states, " Help an adult make an electric potato clock or similar science project involving electricity." As a Penguin, the adult will end up doing most of the work on a project like this with the Penguin simply helping out. If earning the badge as an Eagle, this requirement is still mandatory, but the Eagle should either be able to build a simple device like a Potato clock on their own, or a more advanced device with the help of an adult.

In addition to the mandatory requirements, girls have to complete a certain number of optional requirements as well. These requirements simply add more information or skills about the subject at hand and can be used to help focus the girl on the aspects of the badge subject that interest her the most. Additional optional requirements may also be written if a girl has an opportunity to learn something about the subject that may not yet be listed.

Re-Earning a Badge at a New Age Level

If a girl has earned a badge at a younger level and is re-earning it at a higher level, she still has to go back and repeat the lower level mandatory requirements. If the requirement is knowledge based, to complete it she must either show that she still has the knowledge she learned at a lower level or re-learn it. If it is skill based, she should show improvement since demonstrating the same skill at a younger level.

Girls are encouraged to choose new optional requirements when re-earning a badge, but they are welcome to repeat previously completed optional requirements as well. It is expected that if optional requirements used at a lower level are used again when re-earning a badge at a higher level that the quality of work or understanding has improved. For example, if a girl goes on a field trip to a dairy as an Eagle, she should retain lot more information than when she went as an Otter.

The more often a girl re-earns the same badge, the more her knowledge and skills will be retained which is why we have the girls spiral back and redo lower level mandatory requirements. The idea is to repeat and reinforce the information at each level while adding new information and skills as the girls grow.

Required Badges

Frontier Girls requires all girls to earn the Etiquette Badge, Emergency Preparedness Badge, and the Patriotism Badge at each age level. Our goal is to ensure that any girl who goes through the Frontier Girls program at the very least emerges as a polite, prepared and patriotic young lady.

What Do Badges Look Like?



Frontier Girls badges are 1 1/4" steel springback pins, not patches. The colored ring around the outer edge represents the age level the girl was at when she earned the badge.

- Pink** - Penguin (preschool)
- Yellow** - Otter (grades K-2)
- Blue** - Dolphin (grades 3-5)
- Green** - Butterfly (grades 6-8)
- White** - Eagle (grades 9-12)
- Grey** - Owl (adults 18+)
- Red** - Leaders (badges taught, not earned)

How to Write Frontier Girls Badges

A How-To article by Charlotte (R) Duke - Eagle – Troop #109

“Frontier Girl badges are incredibly interesting, and some of the most fun things I’ve ever had an opportunity to do. I really enjoy earning them (you learn so many interesting things in the process) and I find writing them to be fun also.

When writing badges, it is important to take into account the fact that some subjects may be more interesting to one girl than to another. Try to make the badge fun to earn by appealing to different interests and personalities. Below are some general guidelines for requirements that cover a broad spectrum of interests and areas of discovery. Usually Penguins will be required to do 3 requirements, Otters will have to do 4 requirements; Dolphins have to do 5, Butterflies 6, Eagles 7, and Owls 9.

Ideas for Requirements:

1. Knowledge of the subject: this could include technical terms, jargon, or terminology.
2. History of the subject and how is the subject used today?
3. Art projects – for Penguins, Otters and Dolphins – for higher levels see if they can also find works of art that have to do with the subject, or novels that mention it.
4. Craft application – if applicable build or make something that relates to the subject.
5. Geography -- Look at a map and find the places where the subject came from or was used. (For instance, for the knitting badge you could find the Faroe Islands where some splendid sweaters were made or the Kashmir province in India where Cashmere wool comes from.)
6. Games to help learn the subject
7. Music: are there any songs or pieces of music that relate to the subject or that help to learn the subject?
8. Technology: how is it made?
9. Bible or book of faith verses (for Character badges in particular)
10. Service Projects/Volunteer opportunities
11. Shadowing someone who works in the area
12. Internet: with a parent’s permission a girl may research websites that apply to the badge subject so website links are helpful.
13. Field trips to locations that make or use the subject.
14. Necessary skills needed to properly learn a subject

Badge Format:

Use the following format when writing and submitting a badge.

Badge Title

(Area of Discovery)

By Author

Penguins: Do the 2 starred requirements below plus one optional requirement.

- _____ 1.*
- _____ 2.*

Otter: Do the 2 starred requirements below plus two optional requirements.

- _____ 1.* Do Penguin requirements 1 & 2
- _____ 2.*

Dolphin: Do the 2 starred requirements below plus three optional requirements.

- _____ 1.* Do Otter requirements 1&2
- _____ 2.*

Butterfly: Do the 2 starred requirements below plus four optional requirements.

- _____ 1.* Do Dolphin requirements 1 & 2
- _____ 2.*

Eagle: Do the 2 starred requirements below plus five optional requirements.

- _____ 1.* Do Butterfly requirements 1 & 2
- _____ 2.*

Owls: Do the 2 starred requirements below plus six optional requirements.

- _____ 1.* Do Eagle requirements 1 & 2.

_____ 2.* Teach someone how to do a skill from this badge or teach some knowledge about this badge to someone. You can teach kids, your spouse, seniors, anyone, just as long as you are sharing your newfound knowledge. If for some reason you cannot teach what you have learned to someone else, you may choose an additional 2 optional requirements instead.

Optional Requirements:

- _____ 3.
- _____ 4.
- _____ 5.
- _____ 6.
- _____ 7.
- _____ 8.
- _____ 9.
- _____ 10.
- _____ 11.
- _____ 12.
- _____ 13.
- _____ 14.

When writing badge requirements, try to keep in mind the fact that as girls grow, their intellects and ways of thinking do so too. Try to keep requirements simple for Penguins and Otters and gradually make them a little bit more challenging as you get farther up through the levels.

Resources:

Whenever possible, include links to websites, or list book titles that will help girls complete the badge. Make sure that a parent or other adult approves the websites as kid friendly before you include them. These resources are usually listed at the end of the badge but may also be attached to a specific requirement.

While sharing the badge you have written is not required, it is always appreciated. If you would like to have your badge posted on the website for others to use, email it to Frontier Girls headquarters at kerry@frontiergirls.com

Badge Completion

Badges educate the girls in one specific subject by suggesting activities that most girls will enjoy and should be able to do well with a reasonable degree of effort. They are distributed among nine Areas of Discovery to allow for a wide range of choices. No one girl could possibly earn them all, but any girl, no matter what her background, should find plenty of badges that she will enjoy earning.

Girls are not required to earn badges at home, but they are encouraged to do so. Only earning badges at meetings often does not allow variation enough for individual needs. Some girls have special talents or interests not shared by others and may have a good deal of leisure time that should be constructively used. Other troop members may be overburdened with outside activities already and do not have time to earn badges at home. The program will be different for each girl.

The question of credit for work done in school or elsewhere in relation to earning badges often comes up. Art lessons in school or riding lessons at home may prepare a girl for earning a badge, or arouse her interest in it, but they should serve only as a starting point. As part of earning her badge, she should practice in a different situation what she has learned elsewhere, choose more advanced activities, or demonstrate her abilities by contributing to the troop program.

The written badge requirements should serve as a guide to what is expected from the girls in order to earn a particular badge. Keep in mind that these requirements are not written in stone. A girl may do something other than what is written so long as it achieves the objectives of the badge. For example, if the objective of a requirement is to tell about what patriotism means to you, it really doesn't matter if the girl creates a poster, writes a paragraph, gives an oral presentation, or performs a skit to show what patriotism means to her. Frontier Girls will also honor the requirements of other scouting organizations as long as they are age appropriate. This allows the girls to work with groups such as the Boy Scouts and use their requirements instead of ours to earn a badge.

Consider the following points when deciding when a girl has completed a badge. Has she achieved the objectives set up for the badge? Did she put in a reasonable amount of time and effort into earning the badge? Did she provide community service or pleasure to others while earning the badge? Did she complete the required number of requirements in a satisfactory manner? If you have answered to yes to these questions, then even if she did not follow the exact written requirements, she has earned her badge. Keep these points in mind when writing your own badges as well. When a girl has completed a badge, she should fill out a Badge Completion form and turn it in at the next meeting.

Higher Awards

All higher awards have a gem in the center of the award to signify the level the girl was at when she earned it. Higher awards are more difficult to earn than badges and require much more effort, skill, knowledge, and responsibility.

Make A Difference Award

(Worn around level tab - remains on vest when advancing levels. Pins say, "Make a Difference" around the level gem)

You earn the Make A Difference award by planning and executing your own community service project. Projects must be submitted to the troop leader for approval prior to execution. (No service projects will be allowed regarding controversial issues such as pro-life/pro-choice, sex ed., politics, etc.) Keep in mind that while girls can ask adults for help, they should lead as much of the project themselves as they can. This award is not offered at the Penguin level.

Make a Difference projects should take time and effort at each age level, but they do not have to be something grand. For example, cleaning up the local park could be a Make A Difference project for any level. If a girl and some friends cleanup for 2 hours at a time once a week, Otters would complete their project in two weeks, Dolphins in 5-6 weeks, Butterflies in 10-12 weeks, and Eagles in 20-25 weeks. The key is that the girl is required to *lead* a group of at least 3 volunteers, so she would need to make calls or advertise in some manner for help. A guideline for some age appropriate projects follows:

Otters:



A Make a Difference project should take you roughly 3-5 hours to plan and execute and you should lead a group of at least 3 others in completing the project. Some appropriate examples may be to gather friends and weed the church parking lot, pick up trash along your favorite hiking trail, make greeting cards for vets, etc. Even at this young age, you should be able to make your own phone calls to gather friends, learn to set dates and times for the event, make a list of supplies, clean up after the event, and go with a parent to pick up anything needed, or deliver any finished products.

Dolphins:



A Make a Difference project should take you roughly 10-15 hours to plan and execute and you should lead a group of at least 3 others in completing the project. Some appropriate examples in addition to those listed above may be to organize some story time projects at the local library or organize a canned food drive. At this age you should be able to make your own phone calls, talk to adults and explain how you need help (such as asking businesses if they will host a drop box), make your own fliers and learn how to advertise your event.

Butterflies:



A Make a Difference project should take you roughly 20-25 hours to plan and execute and you should lead a group of at least 3 others in completing the project. Some appropriate examples may be to organize a childcare center for a Walk for Life event, or to organize volunteer days at a local animal shelter. You could write and perform a puppet show to teach children safety tips or coordinate a math day for younger girls. At this age you should be able to handle every part of their project yourself, but don't hesitate to ask for help if you need it, adults can make a great part of the team you are leading.

Eagles:



A Make a Difference project should take you roughly 40-50 hours to plan and execute and you should lead a group of at least 3 others in completing the project. Eagle projects should be ongoing in nature. Find an organization you wish to work with and help them to organize a project that can be done year after year or a project that will last in the future. One example is to work with the local fire department to create a program to teach kids what to do during a fire. You could not only help to write the program but could also help to teach the class for the first year. Other examples might be to work with the local police department to put together a bike safety program and lead a bike rodeo where kids can have their bikes inspected, learn bike safety, and compete in biking competitions. You could even help establish a sustainable food pantry in your community, build steps for water fountains that are too high for small children, make permanent trail signs for a hiking trail, etc.

Owls:



A Make a Difference project should take you roughly 40-50 hours to plan and execute and you should lead a group of at least 3 others in completing the project. Owl projects should be ongoing in nature. Find an organization you wish to work with and help them to organize a project that can be done year after year or a project that will last in the future similar to projects completed as an Eagle.

Leader/Owl:



A Leader's or Owl's Make a Difference project should take roughly 40-50 hours to plan and execute and for leaders, should involve the entire troop if possible. Examples of a Leader Make a Difference project might include hosting a summer jamboree or day camp for kids in the community; hosting a life skills day for girls to work on their Life Skills Achievement Award with different parents manning a variety of booths; or organizing a wilderness survival day where kids can learn about everything from fire building and knot tying to lashing and outdoor cooking. The goal is to lead and organize the event, but make sure to take advantage of others in your community to help implement it. Planning and organizing regular troop meetings and activities do not count toward a Make a Difference project.

Girls at all levels may work on projects as a group as long as each girl has her own responsibilities and leadership role. Using the bike rodeo example, all girls could meet with the police department and help brainstorm on the programming itself. One girl may be in charge of helping to inspect bikes and organizing that station, another may be in charge of organizing the bike safety station, and a third may be in charge of organizing and running the bike competitions.



Fruit of the Spirit Award

(Worn around level tab - remains on vest when advancing levels. Pins say, "Fruit of the Spirit" around the level gem)

The Fruit of the Spirit Award is earned by earning each of the nine character badges represented in the Frontier Girls Creed:

- Love
- Joy
- Peace
- Patience
- Kindness
- Faithfulness
- Gentleness
- Goodness
- Self Control

This award can be earned at each level by re-earning the badges at your new level. Leaders may wear the Fruit of the Spirit Award if they taught the troop the character badges listed above.

Majoring in an Area of Discovery

(Worn around level tab - remains on vest when advancing levels. Pins say, "Major in Art" or other Area of Discovery around the colored gem)

As girls get older and start thinking about future careers, we encourage them to fully explore the areas they are interested in. Members at the Butterfly, Eagle, and Owl levels can earn a “Major” in any of the Areas of Discovery. To earn this award, you must:

1. Complete 6 badges from their chosen Area of Discovery
2. Perform a minimum of 6 community service hours within their area
3. Shadow someone for a day that has a career in their chosen area (minimum 6 hours)

For example, if you wish to major in the Discovery of Art, you may choose to earn the drama, rubber stamping, painting, stitching, musical instrument, and singing badges. Then you might choose to volunteer 6 hours helping out at your local community theater or to teach an art class for Parks and Recreation. Finally, you may choose to shadow a graphic artist or a sculptor for a day.

As Leaders teach badges and begin to fill up their uniform, they can remove 6 badges from one Area of Discovery and trade them for a Major pin in that Area. This way Leaders are still recognized for teaching the badges, but they can continue to make room for more.



(AGRICULTURE)



(ART)



(CHARACTER)



(HEALTH/FITNESS)



(HOME)



(KNOWLEDGE)



(OUTDOORS)



(SCIENCE/TECH)



(WORLD)

Life Skills Achievement Awards

(Worn around level tab - remains on vest when advancing levels. Pins say, "Life Skills Achievement" around the level gem)

Many children graduate high school and enter the “real world” completely unprepared to take on the simplest tasks. In today’s busy society, parents often find that it is faster to do chores themselves, than to take the time to teach their children how to do them. The Life Skills Achievement Award was written to ensure that girls at each level can perform skills that they will need later in life. These skills include household chores, personal grooming, physical skills, safety skills, financial skills, and basic living skills. To earn this award, girls must be able to complete each skill at their level. If there is a physical or mental handicap that makes it impossible for a girl to do a particular task, you may substitute that task with something within their capabilities. You may also substitute a task if you have religious restrictions, such as not eating meat. If you use substitutions, please notify Frontier Girls National Headquarters so that we can share your ideas with others. Keep in mind the idea behind this award is for the girls to become proficient in each these skills, not simply perform them one time. (Make sure to follow all state and local age laws involving any of these requirements.) We highly recommend that *every* Frontier Girl earn this award at *every* level of Frontier Girls.



Penguin:

1. Know your first and last name and the first and last names of your family members, especially parents, guardians, and frequent caretakers.
2. Be able to spell your first name. Know the names of your street, city and state.
3. Learn to play a simple group game and wait patiently for your turn.
4. Assemble a simple 20-piece puzzle independently.
5. Say sorry when you are wrong and ask for assistance when you need help. Learn simple manners such as saying please and thank you, how to politely address adults, and how to request help appropriately. Do not interrupt others when they are speaking. Simply place a hand on their arm until you have their attention and wait for them to address you.
6. Listen to and follow simple instructions involving three steps without needing to be reminded what was asked. (Ex: “Put away your doll, put on your shoes, and wait by the front door.”)
7. Count items up to 20, write numbers up to 20, and know how to count to 100 by rote. Also know basic shapes (circle, square, rectangle, triangle, star, crescent and oval) and basic colors (red, yellow, green, blue, etc.).
8. Recognize, name, write, and sound all the letters of the alphabet and know whether or not two words rhyme.
9. Color inside the lines of a simple coloring book picture. Hold crayons or pencils in appropriate adult-grasp (with first two fingers and thumb) as opposed to a fist.
10. Draw a face and be able to identify the different parts (eyes, ears, nose, mouth, etc.) and draw stick people.
11. Know left from right. Play a game of Simon Says with a parent giving you directions such as “turn left” or “take three baby steps to the right,” etc.
12. Help clean your room and help make your bed. Demonstrate that you can put your dirty clothes in the hamper and put your own toys away.
13. Set the table with some assistance.
14. Eat using all utensils and drink out of an open-top glass (not a sippy cup). Use polite table manners such as chewing with mouth closed, asking someone to pass you something instead of reaching for it, and using your utensils instead of your fingers to eat.
15. Cut pictures out of magazines using child-safe scissors (with parental supervision).
16. Understand the concept of whole, half and quarter.

17. Sort items by size, shape, color, and function (what you eat with vs. what you fix your hair with). Be able to tell when an item does not belong. Match objects that go together: demonstrate your sorting skills by sorting dull knives, spoons, and forks into a silverware tray or by matching socks.
18. Pay attention to a storybook story and be able to briefly tell who the main character is and one thing that happened in the story. Be able to identify the emotions of storybook characters (happy, sad, scared, etc.)
19. Understand what is meant by: more, less, same, equal, bigger, smaller, in front of, behind, next to, on top of, inside, outside, up, and down. Learn simple opposites (up/down, hot/cold, etc).
20. Sing simple songs and repeat simple rhymes. Be able to sing a simple, single-verse song with all the words (like Itsy-Bitsy Spider, Mary had a Little Lamb, or Twinkle, Twinkle Little Star). Be able to clap in a rhythm.
21. When getting ready for the day, brush your own teeth and get yourself dressed, including getting your shoes on the correct feet. Brush your own hair. Demonstrate the ability to operate zippers, snaps and buttons
22. Know how to cross the road safely using Stop, Look & Listen with parental supervision.
23. Be able to pour milk or juice with some assistance; clean up spills, getting your own cloth. Help make a salad for dinner, including washing vegetables and tearing lettuce.
24. Hop on one foot for several steps and jump and land with both feet together. Stand or hop on one foot for 10 seconds without losing balance. Jump 6-inches with both feet together.
25. Throw a ball straight to another person and catch a ball thrown to you. Kick a large ball forward 10 feet without losing balance. When someone throws the ball, be able to catch it from a straight-arm position, trapping it against your chest.
26. With parental supervision, put your face under water at a swimming pool or lake and blow bubbles.
27. With your family establish an outdoor meeting place in case of a house fire and develop a family "stranger danger" secret code word. (If someone you don't know does not know the family secret code word, you shouldn't go anywhere with them).
28. Learn how to behave safely around animals you don't know.
29. Be daytime potty trained. Properly wash your hands with soap and know when hand washing is needed such as before eating or after using the restroom.
30. Understand the basic difference between healthy and unhealthy foods



Otter:

1. Demonstrate the ability to complete all Penguin Level Achievement skills
2. Tie your shoes.
3. Wash, dry, and brush your own hair
4. Sweep the floor and use a dustpan
5. Floss your teeth.
6. Properly make a bed
7. Sort laundry for washing; fold and put away your own clothes
8. Tell time on an analog clock
9. Demonstrate the proper way to hold and use a fork, knife, and spoon and where to place your napkin.
10. Make a sandwich by yourself (including clean up)
11. Pump yourself on a swing
12. Ride a bike with no training wheels
13. Swim 20ft without a floatation device
14. Recognize the values of all US coins and be able to calculate change.
15. Know your complete address with zip code, and phone number with area code
16. Identify and be able to use a screwdriver, hammer, wrench, and pliers
17. Know what to do in case of fire, including stop, drop & roll; stay low to the ground, don't open hot doors, fire escape plans, etc.
18. Know how to treat small cuts, scrapes and bug bites.

19. Properly turn on and shut down a computer
20. Properly insert a CD or DVD into a computer and start movie/game/music
21. Write a thank you note and properly address and stamp an envelope.
22. Be able to identify any poisonous plants and dangerous animals in your neighborhood and what to do if you come in contact with them.
23. Know how to dial 911 and what type of information you will need to have ready.
24. Throw and catch a ball a distance of 10'
25. Properly weed a small patch of your yard, showing how to pull weeds up by the roots.
26. Plant and care for a seed and then transplant the seedling to a pot or garden.
27. Help cook a simple recipe that includes cracking an egg
28. Show an understanding of basic measurements (inch, foot, yard, mile, ounce, pound, ton, cup, pint, quart, gallon, teaspoon, and tablespoon)
29. Walk one mile without complaint
30. Walk 10' on a 4-inch-wide beam



Dolphin:

1. Demonstrate the ability to complete all Penguin and Otter Level Achievement skills
2. Bake and frost a cake by yourself.
3. Properly vacuum a room and demonstrate how to clean out the filter or change the bag
4. Change the sheets on a bed
5. Sew on a button
6. Sew a simple seam
7. Properly perform an introduction
8. Properly mop a floor
9. Hand wash and dry dishes
10. Load and unload a dishwasher
11. Swim 30 feet without a floatation device, tread water for 3 minutes, and float on your back for 2 minutes.
12. Complete both a forward and backward roll (You can keep from being severely injured during a fall if you know the proper way to roll.)
13. Throw and catch a ball a distance of 20 feet
14. Know the basic Federal Flag Code rules
15. Safely use a glue gun, be able to hammer in a nail, tighten and loosen screws with a screwdriver and bolts with a wrench.
16. Use a can opener
17. Demonstrate how to scramble eggs
18. Fix a complete breakfast including at least one hot food
19. Fix a complete dinner including at least one hot food
20. Wrap a present (with paper, no bags). Learn to fold the ends properly and make a "+" style ribbon tie using only one strand of ribbon.
21. Tie two strings/ropes together using a square knot
22. Know the words to the National Anthem and what they mean.
23. Know how to use a phone book, dictionary, Atlas, and Encyclopedia
24. Demonstrate how to safely use an internet search engine and research information online (only with parent's permission)
25. Send an email
26. Create a simple flier, card, or invitation using a computer
27. Identify items in a basic first aid kit and know how to use them.
28. Know proper first aid for blisters, minor burns or scalds, snakebite, nosebleeds, frostbite and sunburn.
29. Prepare a budget for a meal, trip, party, or some other occasion.
30. Properly clean a toilet



Butterfly:

1. Demonstrate the ability to complete all Penguin, Otter and Dolphin Level Achievement tasks
2. Do a complete load of laundry (sort, wash, dry, fold, and put away)
3. Scrub showers and sinks, including cleaning out the drains
4. Demonstrate how to properly fold the American Flag
5. Demonstrate the Heimlich maneuver and tell when it is used
6. Demonstrate safe handling and cooking of chicken, beef, and pork.
7. Demonstrate how a compass works and how to orient a map. Explain what map symbols mean.
8. Be able to give accurate directions to your house from several different locations in town.
9. Demonstrate how to properly start, tend, and extinguish a fire (with adult supervision.) This can be in a fireplace, wood stove, or campfire pit.
10. Know first aid for heat exhaustion, heat stroke, hypothermia, serious burns, puncture wounds from splinters, nails and fishhooks, an object in the eye, and shock.
11. Demonstrate non-swimming water rescue methods including the following: reaching with an arm or leg, reaching with a suitable object, and by throwing a line or floatation device. Be able to explain why swimming rescues should not be attempted if a reaching or throwing rescue is possible.
12. Plan, budget, shop for, and cook a complete meal
13. Know your constitutional rights and obligations as a US Citizen
14. Start a savings account and understand deposits, withdrawals, and balances.
15. Send an email with a file attachment and a picture
16. Have a complete understanding of the monthly bills it takes to run a house (mortgage/rent, gas/electricity, water, phones, cable/satellite, internet connections, food, trash, etc.)
17. Know how to tell if your favorite produce is fresh and ripe.
18. Understand standard measurements for length, width, perimeter, area, volume, height, and weight
19. Be able to round to the nearest dollar and estimate the total cost of 5 items in your head.
20. Be able to calculate 10% of any number in your head.
21. Understand how our government works at the local, state, and federal levels.
22. Understand our judicial system and your role within it (jury duty)
23. Demonstrate an organized approach to achieving goals, including identifying and prioritizing tasks and setting and following an effective schedule
24. Demonstrate your understanding of time management and useful tools that can be helpful (calendars, notebooks, computers, etc.)
25. Demonstrate your ability to observe things around you. First, walk ¼ mile and try to remember how many cars you saw, what color they were, what type, where were they parked, etc. Walk it again and pay attention to the people you see. Were they male or female, what were they wearing how old were they, how tall, what color hair did they have, what color eyes, etc.? Walk it a third time and observe the buildings. How many stories were they; how many doors and windows did each one have, what color was the main building, what color was the trim, did they pitched roofs or flat, etc. In times of war, crime, and emergencies, good observation skills become critical. To pass this requirement you do not need to have a perfect memory of everything you see. You DO need to understand the importance of observing things around you and how these details may be important in an emergency.
26. Properly iron a pair of pants, shirt, and dress or skirt.
27. Understand basic childcare including how to properly hold, change, and feed an infant, child proof a room for a toddler, and provide appropriate snacks and entertainment.
28. Know the difference between “dry clean only”, “hand wash”, “machine wash”, “tumble dry”, and “line dry.” Understand the consequences of not cleaning an item according to the instructions.
29. Know the difference between different cooking terms including: fry, baste, broil, bake, sauté, poach, whip, and mix.
30. Know what the Poison Control Center is and how to reach them if necessary.



Eagle:

1. Demonstrate the ability to complete all Penguin, Otter, Dolphin, and Butterfly Level Achievement tasks
2. Understand the concept of interest and how it can work both for and against you (investments vs. credit cards.)
3. Interpret credit applications and recognize how to use and maintain credit.
4. Explain how to obtain, maintain, and cancel household utilities
5. Get your driver's license. (If your state law requires you to be 18 years old, this requirement is waived.)
6. Be able to compute mileage and gasoline consumption
7. Understand car insurance and what it does and does not cover.
8. Be able to read a road map and give accurate directions to the driver from the backseat.
9. While driving, be able to listen to and follow directions from someone reading a map
10. Understand basic car maintenance including oil changes, tire pressure, tire rotation, air filters, and tune ups.
11. Identify consumer protection resources available when confronted with fraudulent practices
12. Identify procedures the consumer can follow if merchandise or service is unsatisfactory
13. Be able to interpret product guarantees and warranties and how to use them.
14. Demonstrate the proper use of savings and checking accounts, including the ATM and writing checks. Demonstrate how to properly maintain and balance an account.
15. Understand your family's medical history and be able to fill out a medical history form. (Ask aunts, uncles, grandparents, etc.)
16. Be able to interpret nutritional and related information listed on food labels
17. Follow procedures for applying for a job, including interpreting and completing job applications, résumés, and letters of application.
18. Understand procedures involved in interviewing for a job, such as arranging for an interview, acting and dressing appropriately, and selecting appropriate questions and responses.
19. Understand wages, wage deductions, benefits, and timekeeping forms
20. Understand how to fill out a voter registration card (and where to get one), interpret a ballot, and know where to get information regarding issues and candidates.
21. Understand and be able to fill out a basic IRS EZ form. Understand all deadlines and penalties as well.
22. Be able to identify and paraphrase pertinent information, defining fact from opinion, in readings as well as in conversations.
23. Interpret statistical information used in news reports and articles
24. Plan, budget, shop for, and cook one week's worth of meals.
25. Prepare a breakfast, lunch, and dinner from scratch (no prepared or boxed foods allowed.)
26. Prepare a complete household budget.
27. Demonstrate your ability to comparison shop. Understand the need to balance quality with price. The best price is not always your best deal if the product is inferior.
28. Understand how to check the references of someone you wish to hire. What questions should you ask? If necessary, how would you obtain a background check?
29. Understand and be able to use public transportation.
30. Understand the dangers and conveniences of purchasing items online. Know the difference between purchasing an item from an auction site versus an online store. Know your rights and responsibilities in each case. Look at a purchase form online and understand how to fill one out. If possible, actually make an online purchase. Be aware of online scams. Never use your ATM card online. Use a dedicated credit card.



Owls (Adults 18+)

- _____ 1. Demonstrate the ability to complete all Penguin, Otter, Dolphin, Butterfly and Eagle Level Life Skill Achievement tasks
- _____ 2. Understand how to read a ballot and explain why it is important to read through every bill, proposition, candidate description, etc. before voting.
- _____ 3. Be able to explain ideals of the various political parties, including all smaller parties on a ballot such as the Green Party or the Tea Party.
- _____ 4. Vote in your local election, but only after completing #2 and #3. Be able to explain why you should never vote if you do not understand what or who you are voting for.
- _____ 5. Be able to explain the concepts of “media bias” and “spin” when watching, reading, or listening to the news. Be able to explain the importance of getting your news from more than one source and getting both sides of every story. Be able to compare and contrast two news stories on the exact same topic but presented through competing media. Explain what each media source feels is the most important information to get across to the consumer and why it differs from other news sources.
- _____ 6. Get certified in First Aid
- _____ 7. Get certified in CPR
- _____ 8. Demonstrate how to change a tire.
- _____ 9. Demonstrate how to jump start a car.
- _____ 10. Demonstrate how to tie a tie.
- _____ 11. Learn how to properly paint a room and paint one if possible. Know what tools are necessary such as painters’ tape, drop cloths, edging brushes, etc.
- _____ 12. Make a short informative public speech. This may be a simple update report at work, an announcement at church, etc. Anything that requires you to get up in front of a group of people and speak.
- _____ 13. Demonstrate how to make a good first impression:
- Make eye contact
 - Have good posture
 - Give a firm handshake
 - Dress appropriately
 - Be aware of and stop any nervous fidgeting
 - Speak clearly
 - Do not interrupt
- _____ 14. Understand the importance of protecting your personal information and how to avoid identity theft. (FTC Identity Theft website: <http://www.consumer.ftc.gov/features/feature-0014-identity-theft>)
- _____ 15. Implement basic computer safety on all your devices. This should include understanding how to create strong passwords, using firewalls, and anti-virus software, and recognizing risky links and fake emails. If you have mobile devices or tablets, learn about various entry safeguards such as setting fingerprints, swipe patterns, etc.
- _____ 16. Understand how to protect your privacy on the Internet and mobile devices. Understand all privacy settings of any social program you use such as Facebook, Instagram, Twitter, LinkedIn, Google+, etc. Understand that anything posted to the internet, even in private communications has the potential to be downloaded, saved, shared, and made public.
- _____ 17. Know basic world geography including:
- All seven continents
 - Locations of major U.S. cities including:

San Francisco, Los Angeles, Seattle, Portland, Dallas, Chicago, St. Louis, New York, Atlanta, Las Vegas, Detroit, Phoenix, Houston, Philadelphia, San Diego, San Antonio, San Jose, Indianapolis, Jacksonville, Columbus, Baltimore, Milwaukee, Memphis, Boston, Charlotte, Denver, Honolulu, Anchorage and Washington D.C.

Locations of major world cities including:

Amsterdam, London, Athens, Beijing, Berlin, Bangkok, Brussels, Budapest, Buenos Aires, Cairo, Sydney, Cape Town, Copenhagen, Damascus, Delhi, Dubai City, Dublin, Hanoi, Helsinki, Jerusalem, Kuala Lumpur, Lisbon, Madriz, Manila, Moscow, Tokyo, Paris, Prague, Rio de Janeiro, Stockholm, Toronto, Vienna, Venice, Zurich.

_____ 18. Learn how to remove various stains including blood, grease, and dirt.

_____ 19. Learn how to find a doctor, make an appointment, and what your health care options are.

_____ 20. Know how stress affects your life and your health and how to develop positive coping skills that work for you. Identify three ways to reduce or eliminate stress and practice for a week and evaluate the effectiveness of each strategy.

_____ 21. Education does not end with high school or college but should continue for the rest of your life. Set up a plan for continuing education. This could be books you plan to read, subjects you wish to research, classes you wish to take, skills you wish to learn, etc. Write down how you plan to continue your education.

_____ 22. Learn time management skills and create a general weekly and monthly schedule that will allow you to complete all your necessary activities and still leave some time to relax and have fun.

_____ 23. Describe and research ways to search for a job (friends or relatives, newspaper ads, applying directly to an employer, temporary agencies, internet research, government agencies, school placement center). Define transferable job skills and their value in getting a job. (Skills you get from different roles you play in life- such as athlete, volunteer, artist, friend, family member, co-worker, and how to bring this up on a resume/interview). Describe ways to keep a job, ways to lose a job, and how to best deal with issues that may arise in the workplace. Describe dress code as it pertains to various jobs.

_____ 24. Learn how to safely plan and pay for travel. (<http://www.usa.gov/topics/travel/tips.shtml>)

Check out the seller. Ask tour operators and travel agents whether they belong to a professional association, then check to see if they are members in good standing. Contact your [state or local consumer protection agency](#) and the [Better Business Bureau](#) to find their complaint history.

Beware of unusually cheap prices and freebies. It could be a scam and you could end up paying more than the cost of a regular package tour.

Comparison shop. Determine the complete cost of the trip in dollars, including all service charges, taxes, processing fees, etc.

Make sure you understand the terms of the deal. If you're told that you've won a free vacation, ask if you have to buy something else in order to get it. If the destination is a beach resort, ask the seller how far the hotel is from the beach. Then ask the hotel.

Pay by credit card. It's not unusual to make a deposit or even pay in full for travel services before the trip. A credit card gives you the right to dispute charges for services that were misrepresented or never delivered. If a travel agent or service provider tells you that you can't leave for at least two months, be very cautious-the deadline for disputing a credit card charge is usually 60 days and most scam artists know this.

Call your credit card company with your travel plans. At least a week prior to your travel, call your credit card company to let them know where you are going and when you will be there. Otherwise they may put a fraud alert on your account when they get charges from a location that is not normal for your account and your card will get declined.

Insist on written confirmations. Ask for written proof of reservations and dates.

Ask about cancellation policies. You may want to look into trip insurance for added protection. InsureMyTrip.com offers pricing and policy information on plans from different companies and describes the different forms of policies available.

Do not post your travel plans online. Social media sites are great for staying in touch with friends, but advertising when your house will be empty is never smart and invites theft. Wait until after your trip to tell all your friends about it.

If traveling outside the U.S., make sure to leave a copy of your passport with a friend or relative. This way if yours is lost or stolen, they can at least fax it to the embassy to speed up the process of replacing it.

_____ 25. Learn how to properly use a fire extinguisher.

_____ 26. Learn how to put on snow chains or cables or how to drive in inclement weather in your area (hydroplaning, ice, flooding, high winds, etc.)

_____ 27. Learn how to calculate a tip. Average tip is usually 15% - 20% of the total bill. Simple trick to calculating a 20% tip. Move the decimal over one place to the left and double that total. So, if your bill is \$100.00, it would be \$10.00 x2 = \$20. Or if your bill is \$5.23, your tip should be .52 x2= \$1.04. Demonstrate this skill at a restaurant.

_____ 28. Learn how to properly plant, care for, and maintain a plant, flower, shrub, or tree in your yard or home. Understand what type of plants grow in your area, what type of sun/shade they need, and how much water they require.

_____ 29. Learn basic yard maintenance. Understand how to use a lawn mower (if you have a lawn) and hedge trimmers as well as the proper way to pull weeds. Understand the safety issues of using chemicals to kill weeds and unwanted shrubs.

_____ 30. Learn the warning signs of violence toward oneself and of violence toward others. Make a list of local resources for getting help with violence.

Liberty Award

(Worn around level tab - remains on vest when advancing levels. Pins say, "Liberty Award" around the level gem)

Thomas Jefferson warned, "If a nation expects to be ignorant and free in a state of civilization, it expects what never was and never will be." Understanding the importance of American liberty, and how it was obtained, is crucial if we are to keep that liberty in the years to come.

To earn the Liberty Award, you must earn all five of the following badges at your level:

- U.S. Constitution
- Elections
- Government
- American History
- Patriotism



Penguin



Otter



Dolphin



Butterfly



Eagle



Leaders may wear the Leader Liberty Award if they have taught this award to their troop.

Leadership Award

(Worn around level tab - remains on vest when advancing levels. Pins say, "Leadership Award" around the level gem)

The leadership award was designed to encourage girls to take on leadership responsibilities and exhibit leadership skills. This award can be earned once at every level (not offered at the Penguin level). To earn the Leadership Award, you must do the following:

1. Earn the Make A Difference Award at your level.
2. Memorize the Frontier Girls Motto, Promise, and Creed.
3. Earn the Take the Lead badge at your level.
4. Earn at least 3 character badges that relate to leadership such as responsibility, diligence, honesty, or patience.
5. (Dolphins and above) Hold a leadership position either within the troop or within another group in your community (through school, church, etc.).



Otter



Dolphin



Butterfly



Eagle



Leader

Leaders may wear the Leader Award if they have taught this award to their troop.

WOW Award

(Worn around level tab - remains on vest when advancing levels. Pins say, "100 Badges Earned", around the level gem)

The WOW award is used to recognize girls who earn 100+ badges at any single level.



Penguin



Otter



Dolphin



Butterfly



Eagle

Pinnacle Award - Owl Level Only



Since Owls never age out to a new age level we are now offering the Pinnacle Award which represents 500 badges earned. The Pinnacle Award replaces five WOW! Awards on the vest. As more badges continue to be earned, those WOW! Awards may be re-added to the vest until another 500 mark is reached and they can be replaced with another Pinnacle Award.

Gem Awards - Above and Beyond

(Worn around level tab - remains on vest when advancing levels. Pins say, "Emerald Award" or appropriate level, around the level gem)

Our higher awards are always designated by a gem in the center based on each level of Frontier Girls. Gem Awards are the highest award you can earn at each level. They acknowledge girls for going above and beyond just attending meetings and earning badges and acknowledge them for their efforts in taking to heart the most important aspects of our program. To earn these awards, you must do the following:

- Earn one badge from each area of discovery at your level.
- Earn at least one Servant's heart Award for each year of membership at your level.
- Earn the Make a Difference Award at your level. (Does not apply to Penguins)
- Earn the Life Skills Achievement Award at your level
- Earn the Liberty Award at your level (Does not apply to Penguins)
- Earn the Fruit of the Spirit Award at your level
- Earn the Leadership Award at your level (Does not apply to Penguins)



Penguin
Butterfly
Pink Garnet



Otter
Eagle
Topaz



Dolphin
Leader
Sapphire



Emerald



Diamond



Ruby

Leaders may wear the Leader Ruby Gem Award if they have taught this award to their troop.

Outdoors Award

by Makayla Russell



The Outdoor Award is presented to girls who not only explore the outdoors, but have gained the skills necessary to fully enjoy it and work within it. Like the Life Skills Achievement Award, the Outdoors Award builds on knowledge and skills as the girls age. All lower level requirements must be completed before you can earn the award at a higher level.

Penguin Level

1. Learn to recognize and name at least 5 different trees in your area.
2. Learn to recognize and name at least 5 different wild animals in your area. Know which animals can be dangerous and why.
3. Learn to recognize and name at least 5 different flowers or plants in your area. Know which plants can be dangerous and why.

4. Understand safety precautions to take to avoid dangerous plants.
5. Know how to protect yourself from wildlife in your area while hiking or camping.
6. Take a hike of at least a half mile. (Penguins only)
7. Go camping for at least one night on two different occasions.
8. Earn the Water Safety badge at your current level
9. Earn the Outdoor Safety badge at your current level
10. Earn the Camping badge at your current level
11. Earn the Weather badge at your current level.
12. Earn the Fire Safety badge at your current level
13. Earn the Leave No Trace badge at your current level.
14. Earn the First Aid badge at your current level

Otter Level

1. Complete all requirements from the Penguin level unless a requirement specifically states it is for that level only and then add the requirements below. If you have earned the Outdoor Award at a lower level, all knowledge must still be maintained, and all activities must be redone with Otter level ability and experience.
2. Learn about the different kinds of cloud formation and what they can tell you about the weather.
3. Take a hike of at least one mile (Otters only)
4. Earn the Pocketknife Safety badge at your current level
5. Learn the importance of having a whistle with you anytime you are hiking or backpacking and learn what to do if you are ever lost in the woods in order to have the best chance of being found. Learn to blow S.O.S. on your whistle.

Dolphin Level

1. Complete all requirements from the Otter level unless a requirement specifically states it is for that level only and then add the requirements below. If you have earned the Outdoor Award at a lower level, all knowledge must still be maintained, and all activities must be redone with Dolphin level ability and experience. Camping trips should include 2 nights.
2. Take a hike of at least 2 miles (Dolphins only)
3. Earn the Fire Building badge at your current level.
4. Earn the Outdoor Cooking badge at your current level.
5. Earn the Pocketknife badge at your current level.
6. Learn 4 different knots used for outdoors and why they are important.
7. Learn about different types of tents such as 2-man, family, dome, quick pitch. Understand what each is used for.
8. Create your own survival bag including first aid kit, compass, knife, rope, whistle, lighter, bandana, notebook, pen, playing cards, heat blanket, snacks etc. If you cannot actual create the bag, make a comprehensive list of what should be in it and why.
9. Know food safety while camping, what temperature meats, mayonnaise etc need to be kept at to avoid illness, and how to maintain temperature control. Understand how to store food to keep it safe from wild animals.
10. Learn how to make your shoes waterproof and why it is important

Butterfly Level

1. Complete all requirements from the Dolphin level unless a requirement specifically states it is for that level only and then add the requirements below. If you have earned the Outdoor Award at a lower level, all knowledge must still be maintained, and all activities must be redone with Butterfly level ability and experience.
2. Start a fire without a match, other options include flint and steel, friction, bow rubbing or magnifying glass
3. Know how to sharpen a knife, ax, hatchet
4. Pack a backpack meal and eat from your backpack for a full day while hiking
5. Be able to identify plants, berries and trees in your area and which ones are safe to eat
6. Take a hike of at least 5 miles
7. Go camping for at least 2 nights on at least 3 separate occasions.

8. Be able to navigate a compass and use it on a hike or backpack trip
9. Learn about different hiking equipment, such as proper backpack fitting, hiking boots, camping equipment, etc.
10. Know at least 3 different ways to signal for help while outdoors without a phone or Wi-Fi.

Eagle Level

1. Complete all requirements from the Butterfly level unless a requirement specifically states it is for that level only and then add the requirements below. If you have earned the Outdoor Award at a lower level, all knowledge must still be maintained, and all activities must be redone with Eagle level ability and experience.
2. Know how to find and sanitize water in your area
3. Know how to get an injured hiker out of the woods safely

Owl Level

1. Complete all requirements from the Eagle level unless a requirement specifically states it is for that level only and then add the requirements below. If you have earned the Outdoor Award at a lower level, all knowledge must still be maintained, and all activities must be redone with Owl level ability and experience.
2. Teach at least 6 outdoors skills to others. Ideas may include first aid, knots, compass work, shelter building, fire building, outdoor cooking, water safety, knife safety etc.



S.T.E.A.M. Award

The S.T.E.A.M Award is designed to help girls explore science, technology, engineering, art, and math.

1. Earn the Math badge at your current level
2. Earn two different life science badges (biology, botany, human body, etc.) at your current level.
3. Earn two physical science badges (physics, electricity, magnetism, etc.) at your current level.
4. Earn two of the Man-Made Wonders badges of your choice (tunnels, skyscrapers, bridges, etc.)
5. Earn one outdoor science badge (trees, wildlife, wildflowers, Natural Wonders, etc.)
6. Earn two different badges from the Art area and be able to explain how they could be used in technology designs.
7. An engineer is a person who designs, builds, or maintains engines, machines, or public works. Make a list of at least 5 different types of engineers and describe what types of technology they design, build or maintain.
8. A scientist is a person who is studying or has expert knowledge of one or more of the natural or physical sciences. Make a list of at least 5 different types of scientists and describe what types of things they study.
9. Earn the Biographies badge for a famous scientist, engineer, mathematician, or artist who designs technology such as bridges, cars, buildings, etc.
10. Choose a piece of technology to design using art. Design your own car, building, boat, plane, bridge, etc. This can be a 3D model or a drawing or painting.
11. Discuss how science, technology, engineering, art and math all work together to advance society. Choose 3 examples of modern engineering and list how each area of S.T.E.A.M. is needed in order to complete the whole. For example, to create a bridge, you must understand physics and how gravity, weight, etc. will affect your bridge. Without the proper math calculations, your bridge will collapse. An artist will make the bridge beautiful and an engineer takes all the information from the scientists, mathematicians, and artists to design a bridge that is both beautiful and sturdy while modern technology and machines are needed to build it. The older the girl, the more in depth the analysis of each man-made creation should be.



Career Exploration Award - Available only to Eagles and Owls Only.

This award may be earned multiple times as long as new Areas of Discovery, careers, etc. are chosen. You may not use an activity counted toward one Career Exploration Award as a requirement fulfilled for a second award but must learn and explore something new.

1. Choose an Area of Discovery to concentrate on and earn the Major Award for that Area.
2. Choose a minimum of 6 different careers within your chosen Area and find out the following: Education needed, average salary, locations where this job is plentiful, expected hours/seasons worked, what companies hire these jobs and what a typical day in this job looks like.
3. Interview someone who holds each of the jobs you chose. Ask the following questions as well as any others you may have:
 - What are the pros and cons of the job?
 - Would they recommend the company they work for? Why or why not?
 - What advancement in this career is available?
 - What benefits are usually included?
 - What is the best education for this job?
 - Is continuing education in the field is required?
4. Learn the difference between various forms of continuing education after high school including community college, public universities, private colleges, trade school, the military, online learning, and certificate programs. What are the costs, benefits and time commitments of each? What are the pros and cons of each?
5. Visit at least 3 continuing education schools such as universities, colleges, or trade schools.
6. Understand the difference between blue collar jobs and white-collar jobs.
7. Choose at least one company you may be interested in working for and find out what jobs are needed to keep that company in business. Talk to the Human Resource manager to build a list. For example, a winery needs farm workers, farm equipment handlers, payroll and accounting personnel, sales people, wine makers, janitorial staff, bottling factory workers, shipping and receiving staff, and more. Also find out what other types of companies your chosen company does business with. In the winery example above they must work closely with various filtration and bottling supply companies, freight forwarders, and wholesalers among others.

Uniform & Dress Code

When you appear in the Frontier Girls uniform, you are representing the Frontier Girls name, and as such must stay in compliance with our license agreement and follow our uniform guidelines.

The **Frontier Girl Uniform** consists of:

- White shirt
- Vest
 - Frontier Girls: Red vest
 - Leaders: Navy blue vest
 - Owls: Royal blue vest
- Navy blue bottoms
 - Skirt, skort, pants, shorts, or leggings; blue jeans are acceptable as long as they are clean, without holes and without embroidery or other colorful design work
 - Cutoffs, mini-skirts, and low-waisted pants are not allowed

Blue jeans are acceptable as long as they are clean, without holes and without excessive embroidery or other colorful design work. Cutoffs, miniskirts, and extreme low-rise pants are not allowed. Shorts may not be shorter than fingertip length when arms are fully extended downward, and skirts may not be shorter than 2” above the knee. When purchasing shirts, keep in mind that no cleavage should be shown, and shirts should not be so tight that they strain against the breasts. Vests can be ordered through the Frontier Girls website, or you can sew your own, and you are responsible for obtaining your own bottoms and shirt.

Leaders, parents, and other volunteers within your troop must also obey the dress code when representing Frontier Girls and dress in a modest manner whenever they are participating with the girls. Just like the girls, cutoffs, miniskirts, and extreme low-rise pants are not allowed. Shorts may not be shorter than fingertip length when arms are fully extended downward, and skirts may not be shorter than 2” above the knee. Shirts should not show cleavage and should not be so tight that they strain against the breasts. Leaders wear a white shirt, navy bottoms, and a navy vest with red ribbons and tab. Leaders and parents are allowed to wear badges that they have helped their troop to earn, as well as higher awards that they have led with the troop. Servant’s Hearts for leaders require 100 hours of community service per heart.

Uniforms should be worn to all meetings and activities. If your troop votes to wear Frontier Girl t-shirts to meetings instead of the full uniform, this is fine, but a full uniform should be worn anytime you appear in public as a representative of Frontier Girls unless the event is something where you may get messy such as tree planting or hiking, then a Frontier Girl t-shirt is more appropriate.

The level tab on the vest changes color depending on the level you are currently at. Pink is for Penguins, Yellow is for Otters, blue is for Dolphins, green is for Butterflies, and white is for Eagles. The ribbons also denote what level you are currently at as well as what you have been in the past. The top ribbon will be the color of the level you were when you joined. At each consecutive level a new ribbon is added underneath. The above diagram shows a vest of a girl who went from Otter to Eagle. The membership pin is worn at the top of the level tab and the level animal pin is worn at the bottom of the tab.

Servant’s Hearts are placed on the ribbon level at which they were earned (red on pink or yellow, silver on blue, gold on green, and gold diamond on white.) Leadership position pins are worn on the center of the level tab when you are in office and then moved to the level ribbon you were when you held the position. Gem Awards, Make a Difference Awards, Life Skills Achievement Awards, Area Majors, Liberty Awards, and Leadership Awards are worn above the ribbons on either side or around the tab. All

of these pins remain on the uniform as you advance to each new level.

Badges are placed beneath the level ribbons. Each time you advance to a new level, you must remove all previous badges (new vests are recommended due to the holes left by the pins, not to mention growing girls). You may only wear badges that you have earned at your current level. Level animal pins may be worn on your level ribbon after you advance to the next level if you wish.

Frontier Girls uniforms should be worn to all meetings and activities. If your troop votes to wear Frontier Girl t-shirts to meetings instead of the full uniform, this is fine, but a full uniform must be worn anytime you appear in public as a representative of Frontier Girls unless the event is something where you may get messy such as tree planting or hiking, then you may wear a **Frontier Girl t-shirt**. Each level of Frontier Girls is represented on the vest by a different color **level tab** and **ribbons**:

- Penguins wear pink
- Otters wear yellow
- Dolphins wear blue
- Butterflies wear green
- Eagles wear white
- Leaders wear red
- Owls wear grey

As a girl graduates from one level to the next she changes her tab color and adds a new ribbon color under her previous one. Please reference the Multi-Level Vest diagram above that shows a girl who started as a Penguin and went all the way to the Eagle Level. **You may NOT go back and place previous colored ribbons on your vest unless you were a member during that age level.**

Servant's Heart Awards are placed on the ribbon level at which they were earned (red on pink and yellow, silver on blue, gold on green, and gold diamond on white.) **Leadership pins** are worn to the right of the level tab when they are in office and then moved to the level ribbon the girl was when she held the position. **Gem Awards, Make a Difference Awards, Life Skills Achievement Awards, Major Awards, Liberty Awards, Fruit of the Spirit Awards, and Leadership Awards** are worn above the ribbons on either side.

Badges are placed beneath the level ribbons. **Each time you graduate to a new level, you must remove all previous merit badges** (new vests are recommended due to the holes left by the pins, not to mention growing girls). You may only wear merit badges that you have earned at your current level. **All Servant's Hearts, Leadership pins, Make Difference Awards, Gem Awards, Level Achievement Awards, Liberty Awards, Leadership Awards, Majors, and Fruit of the Spirit Awards may be carried over from level to level.**

Level **animal pins** may be worn on the level ribbon after you graduate to the next level if you wish. The Multi-Level Vest diagram above shows higher awards from all levels, but the badges on the vest must be earned as an Eagle only.

Leaders may wear badges and awards for any badge or award they have taught to their troop. Higher awards for leaders have a red gem in the center.

Owls earn badges like higher awards earned as an adult have a light blue gem in the center. If a Troop Leader also wishes to be an Owl, she would still wear the navy vest, but add a grey ribbon about 6" below the red ribbon. All badges taught go beneath the red and all badges earned go beneath the grey.

Girls who go through the program and still wish to participate as an adult, would simply switch to a royal blue vest upon graduation or turning 18. **All level ribbons and awards may carry over to the new vest**, but as with advancing to other levels, all badges must be removed and re-earned at the adult level.

Activity Patches

Both girls and leaders may wear activity patches on the back of their vests. These patches can represent field trips, campouts, parades, or other activities the girls participate in. Patches can be purchased for all kinds of activities such as:

Fundraising
Parades
Campouts
Roller Skating
Supporting Veterans
Visiting Museums
Water Parks
Amusement Parks
Bake Sales
Bike Rodeos

And much more.

If you do not wish to wear patches on your vests, or you have too many of them, you can also sew them onto jackets, tote bags, or quilts to take camping. Patches can be ordered from a variety online companies such as:

PatchCo.com
Advantageemblem.com
Patchfun.com (makingfriends)
Patchworkdesign.com
Joycrest.com
Patchsales.com
SnappyLogos.com
Thepatchplace.comDesign-it.com

Registration

There is an annual membership fee of \$29 per girl, or \$58 per family (all girls in a single household) payable to Frontier Girls LLC in order to have access to the program materials and license to use the Frontier Girls name and uniform and attend Frontier Girl meetings. Online registration is through is an auto-renewing annual fee to ensure membership stays current while participating in the program. If a family does not want the automatic renewals, they need to cancel them through their Paypal account or contact Frontier Girls headquarters and we will be happy to cancel it for them. If a family does not use Paypal, a paper registration form can be mailed to Frontier Girls headquarters with a check or money order. All memberships are good for one year from the date of purchase.

Dues

Dues will be decided by each troop based upon the activities they wish to pursue but should average around \$3 per girl per meeting. Dues are payable directly to the troop and should be owed regardless of whether a girl attends a meeting since supplies are purchased with the assumption that everyone will be there. Exceptions can be made under special circumstances. Dues can be paid per meeting, or in a lump sum for the year, and should be paid directly to the troop.

Fundraisers

Fundraisers are at the discretion of the troop. There are no official Frontier Girl Fundraisers that you are required to participate in. You may do as many, or as few, fundraisers as are necessary to fulfill your troop's goals. Your troop keeps 100% of any money earned.

Some ideas for fundraisers include:

- ★ Car Wash
- ★ Spaghetti Dinner
- ★ Walk-A-Thon
- ★ Bake Sale
- ★ Making and selling craft items
- ★ Sell items through companies that have fundraising programs (upon approval of Frontier Girls)
- ★ Cooperate with a local business for a % of the profits during an event.
- ★ Yard Sale

Frontier Girls' Logo Use & Website Guidelines

The Frontier Girls name and logo are registered trademarks belonging to Frontier Girls LLC and may not be used on clothing, printed material, promotional materials, websites, etc. without the express written consent of Kerry Cordy. All requests for logo use should be directed to kerry@frontiergirls.com. Frontier Girls LLC reserves the right to revoke and terminate any trademark agreement at its discretion. Upon such revocation, the user must immediately cease any and all usage of the Frontier Girls name and trademark.

The words "Frontier Girls" and the logo may be used by any currently paid member or troop on clothing, printed materials, promotional materials, educational materials, and websites for the purpose of promoting Frontier Girls or promoting the local troop as long as their troop number is included. No profit may be made from these items and they may not be sold to the general public but are for troop use only. The promoting of Frontier Girls should always be in alignment with the Frontier Girls Motto, Promise, and Creed. You may not sell anything with the Frontier Girls name or logo printed on it without the express permission of Frontier Girls LLC.

The Frontier Girls trademark or name may not be used in any manner that may possibly disparage, bring into disrepute, or derogate the Frontier Girls organization or its members. Members will not promote goods or services that, at the discretion of Frontier Girls, may possibly diminish the goodwill of the Frontier Girls name or be viewed any way to be obscene, pornographic, sexual or violent or to encourage any activities deemed unlawful. You may not wear the Frontier Girls uniform or in any way represent yourself as a Frontier Girl for political purposes (political rallies, protests, etc.) or at any event or activity regarding sex or sexuality (gay parades, planned parenthood events, abortion protests, etc.)

If you wish to use the Frontier Girls name or logo on a troop website, you must submit a written request to kerry@frontiergirls.com prior to use. Please include the address of your website. You must receive written permission from Frontier Girls prior to activating any link to the Frontier Girls Website as well.

Controversial Subjects

While any subject can have two sides, there are a few controversial subjects that are not allowed to be addressed within any Frontier Girl meeting or activity. Frontier Girls is designed to supplement that which is taught at home and in school, not to replace it. With that in mind, we also take the following stands:

Religion

Like the Boy Scouts, all Frontier Girl Members are required to have a belief in God. We believe that it is important to realize that we are accountable to a higher power for the lives that we live and to give thanks for the blessings that we receive. While the Frontier Girls program is based on Biblical principles, it is open to girls of all faiths and religions who can recite and live by our promise and creed. No specific religious doctrine should be taught during troop meetings unless the troop is sponsored by a specific church/religion and parents are aware that this doctrine will be taught. Prayer is welcome at our meetings and thanks should be given before any snack or meal.

Politics

While we encourage our members to be active in the political arena and to stand up for their beliefs, we ask that they do so as individuals and not as Frontier Girls members. In a country with diverse political viewpoints, our organization will remain neutral. No troop money may be spent either for or against any piece of legislation, or in support or opposition to any political candidate.

Frontier Girls Troops may not attend political rallies of any kind while in a Frontier Girls uniform. Any service done for a political purpose (phone calls, petitions, etc.) must be done as a private individual and not as a Frontier Girl member.

Sex

Frontier Girls feels that any topic having to do with sex should be discussed at the family level and not within our program. You may not discuss sex education, pro-life/pro-choice issues, gender transition or sexual orientation issues with the girls in your troop while representing yourself as a Frontier Girl. Specific education in regard to sex and gender should be taught by parents and religious leaders according to the family's belief system.

You may not attend or endorse any event, organization, or activity as a Frontier Girl that deals with sex, sexuality, or gender transition of any type. This includes things such as gay parades, Planned Parenthood, abortion protests, etc. Sex has no place in scouting and should be addressed at the family level, not as a Frontier Girl.

Online Resources and Social Media

Frontier Girls Website – www.frontiergirls.com

Frontier Girls Public Facebook Page - <https://www.facebook.com/frontiergirlslc/>

Frontier Girls and Quest Clubs Facebook Group: To share ideas and accomplishments, and get support- <https://www.facebook.com/groups/frontiergirlsandquestclubs/>

Forum: To ask questions about the Frontier Girls program and get ideas and resources from other leaders and parents - <https://forum.curiosityuntamed.net/>

Instagram - @frontiergirlslc

Twitter - @frontiergirls

Curiosity Untamed

Curiosity Untamed (<https://curiosityuntamed.net/>) is the main resource site for both Frontier Girls and our spin off program, Quest Clubs. Here you will find blog posts on everything from crafts, games and links to support a wide variety of badges to meeting plans and community service ideas. The forum on the site combines the knowledge and ideas from both programs to give even more support.

Other Online Resources for Crafts, Supplies, Ideas, and More

Scout-O-rama – Great website with everything from activity ideas to fundraising ideas.
www.scoutorama.com

Scouting Resources (a UK site) - The site offers a good deal of material on the more 'traditional Scouting skills such as Map, Compass, Camping, Knots and Pioneering. These include pictures and 'tutorials' on the major subject areas and the Links section can provide an excellent selection of links to further information.
<http://www.scoutingresources.org.uk/index.html>

Meritbadge.org – While this is a site set up for Boy Scouts they have TONS of links and information for working on various badges.
http://meritbadge.org/wiki/index.php/Merit_Badges

MacScouter – Fantastic website containing everything from songs and games, to outdoor cooking and campfire planning.
<http://macscouter.com/>

Making Friends – This website is full of great ideas for crafts and offers “badge in a bag” sets that are great to incorporate into your badge work for things like first aid or beading. They also offer a variety of inexpensive activity patches.
<http://www.makingfriends.com/>

Oriental Trading - This site sells bulk product for crafts, party supplies and more. It is a great resource for ready to make crafts, as well as décor for parties and ceremonies.
<http://www.orientaltrading.com/>