

Tarheel Triad Girl Scout Council, Inc.

Brownie "Be Aware" Patch

Purpose: To increase awareness of the equality of all people, regardless of disability. To increase acceptance of people with disabilities.
To increase knowledge of ways to include people with disabilities into everyday activities.

For: Brownies

Requirement 1:

A. Purpose: To discover we are all unique, yet we are more alike than different.

Play "Are You Like Me?" or do another activity which will fulfill the purpose. (See enclosed)

B. Purpose: TO realize that disabilities are common and there are still many activities that can be performed, even with a disability.

Play "I Could Still" or do another activity which will fulfill the purpose.

Requirement 2:

A. Purpose: To learn ways we can help people with disabilities.

Be familiar with at least one section "Eti-tips" as feasible and show, through skits, drawings, demonstrations, or other means, that they're understood.

B. Purpose: To discover that a disability does not have to be a barrier to participation.

Complete at least 1 Discover activity (See enclosed).

C. Purpose: To be a friend to someone with a disability through our words and actions.

Complete at least 1 Friend Maker activity (see enclosed).

Games Suggested for Requirement 1

"Are You Like Me?"

Object: To see that people with disabilities are really more alike than different from those without disabilities and that everyone is unique.

Materials: Different labels with various disabilities - e.g., blind, deaf, in a wheelchair, one arm, etc. - so several, but not all, in the group can have a simulated disability.

How to play: If you have the space, it is more fun to move about the room, but this can be done by hand raising, sitting or standing.

The leader calls out certain things and the girls group themselves by answer or category.

Example: The leader calls out, "If you have brown or black hair, go to the back of the room, blonde or red go to the front. Now, if you prefer hotdogs go to the back, peanut butter and jelly in the middle, hamburgers in the front. Continue on.

Afterwards: Raise thought questions such as: Was anyone with the same person all the time. Does this make you different everyone else. Did a person with a disability have some of the same choices as people without one. In what ways are we all alike?

"I Could Still"

Object: To show there are degrees of disabilities and that not matter what disability a person might have, we can still find activities that will be inclusive.

Materials: None

How to play: This could be done as a group or in teams or by individuals with the winner being the one with the most answers.

Insert various disabilities into the following sentence and see how many answers could complete it.

"With someone who (insert a disability) I could still..."

Suggestions for disabilities: seeing impairment, hearing impairment, uses a wheelchair, has a loss of an arm, dyslexia, allergic to pollen....

Afterwards: Discuss what everyone discovered and what barriers could be overcome.

Requirement suggestions for 2B and 2C

2B. "Discoverer"

1. Know what the handicapped wheelchair symbol looks like; have a contest to find where it is located.
2. Simulate having a disability and do an activity, such as tie a square knot while blindfolded, convey a message through gestures, move from one chair to another using only arms. Remember: Safety first.
3. Visit a place that is designed to be inclusive for people with disabilities, such as the trail at Tanglewood, "touching" art exhibit in Raleigh, a school for the blind...
4. Have someone talk about and demonstrate program aids for people with disabilities, e.g., Parks and Recreation programs, telephone aids for the hearing impaired.
5. Interview people at the Girl Scouts about what is being to offer programming to people with disabilities.

2C. "Friend Maker"

1. Ask a girl with a disability to join your troop.
2. "Adopt" someone with a disability. Go visit them, send cards, drawings, and letters.
3. Invite a person with an impairment to talk to your troop.
4. Purchase or make equipment or toys to donate to the appropriate school, organization, or individual.
5. Learn some simple sign Language pleases.
6. Learn about some famous people with disabilities.

Share With Your Troop

When you meet a person who has a disability...

...Relax. Remember the person who has a physical or mental disability is just like you. The United States Council for the International Year of Disabled Persons makes these recommendations:

-If you don't know what to do or say, express your hesitation to the person with the disability. She or he may be able to put you at ease.

-Offer assistance if asked or if the need seems obvious, but don't overdo it or insist on it. Respect the person's right to indicate the type of help she or he needs.

-Let the person with a disability set the pace in walking or talking; remember it may take her or him longer to say something or get something done.

-Speak directly to someone with a disability. Don't assume that their companions are speaking for them.

-Don't move a wheelchair, crutches, or cane out of reach of a person who uses them. -

Never push a wheelchair without first asking the person it belongs to if you may do so.

-Ask a person in a wheelchair how she or he wants you to proceed when pushing the wheelchair up or down steps, ramps, curbs, or others obstructions.

-Don't lean on a person's wheelchair when talking to her or him.

-Speak calmly, slowly, and distinctly to a person who has a hearing problem or other difficulty understanding. Face the person and use gestures to aid in your communication. Writing notes is acceptable when full understanding is difficult.

-Give whole, unhurried attention to a person who has difficulty speaking. Help when needed, but don't talk for the person. When possible ask questions that require short answers or a nod or shake of the head.

-Be alert to architectural barriers in places you want to enter with a person who has a disability.

-When dining with a person with a disability who has trouble using a knife, offer to help if needed. Help a person who has a visual impairment by explaining where the dishes, utensils, and other condiments are located on the table.

-Explore mutual interests in a friendly way. People with disabilities have many interests besides those connected with their disabilities. Talk about the disability if it comes up, but don't pry.

ETI-TIPS

(Developed by the San Francisco Bay Girl Scouts, Inc.)

These are guidelines and helpful hints for good manners, acceptable behavior, and proper etiquette.

1. I'd Rather Do It Myself

Always ask a person with a disability if she wants assistance before you help her. Sometimes she wants to do things for herself.

2. It's Part Of Me

Think of a disability in the same way as age or height. It is just part of the person. You talk about it in a natural way, but don't stare or ask personal questions until you know someone well.

3. Hey, I'm Over Here

Talk directly to the person, not to her mother or friend or interpreter.

4. Get Well Soon

Don't treat a person with a disability as if she is sick. People with disabilities can be very healthy. Remember disabilities are not contagious.

5. I'm Okay; You're Okay

Be tolerant of differences. If someone with a disability doesn't act or answer you the way expect, it is may be because of the disability. Be patient.

6. Blocked Out

Don't block accessibility ramps or take up handicapped parking spaces.

7. Can You?

If you aren't sure if someone with a disability can do something, ask her. Have her tell you what she can do and, ask if she wants help.

8. Don't Leave Me Out

Let the person decide if she wants to attend an event; don't make assumptions for them based on their disability.

9. Four-Letter Words

Learn the acceptable words for disabilities. Avoid words that label the person. Remember to put the person first.

10. T.L.C.

Treat all people with respect and courtesy.

When Working With A Person Who Has A Visual Impairment

When You Guide...

1. Her Choice
Ask if she wants help being guided.
2. Escort Service
Let her take your arm and walk a half step behind you. Don't grab her and pull her along.
3. Two's Company
Only one person at a time should guide an individual.
4. The Bridge Is Out
Tell her of obstacles such as rocks on the path, low hanging branches, and steps.
5. The Tortoise And The Hare
Walks fairly slowly unless she tells you to speed up.
6. Ker-Plop
When she wants to sit down, guide her hand to the chair, so she can seat herself.
7. Lost in Space
Do not leave someone with a visual impairment in a place where she will have problems finding her way.
8. Mystery Guest
When you meet friends, tell her who is approaching.
9. 1 O'Clock. 2 O'Clock. 3 O'Clock. Lunch!
When eating it may be helpful to treat the plate as a clock. Suggest the meat is at 12:00, the salt at 10:00...
10. It's Me
When you approach a girl with a visual impairment, identify yourself. When you walk away tell her you are leaving.
11. Your Turn. Mary
When it is her turn or you are talking to her, say her name.
12. Obstacle Course
Be careful to keep paths clear so she will not trip. If you rearrange furniture, tell her.
13. Woman's Best Friend
If a person with a visual impairment has a guide dog, do not pet it or distract it.

When Working With Someone Who Has A Mental Impairment

1. Cast Your Vote
Offer the girl has say in activities and plans. Her likes and dislikes may be just as strong as yours.
2. Fair Play
A girl with a mental impairment should have equal rights with others. She should have her turn to be help with activities.
3. Helper
Sometimes people who have a mental impairment are eager to help. Accept their assistance, but don't exploit their willingness to please you.
4. The Rain In Spain
Some people who have a mental impairment may have difficulty with speaking. Wait for the person to finish speaking even if she speaks slowly. Never laugh or make fun of a speech problem.
5. Why
Give reasons rules and actions. "Stop at the red light so you won't get hit."
6. Baby Talk
Talk in a normal voice. Do not talk down to someone with an impairment.

Helper

Offer to help when you think a person needs assistance with reading a menu, finding a phone number, paying a bill, etc..

Good Humor Girl

Sarcasm, grouchiness, sulking may be misunderstood by people who have a mental impairment. They may feel you are unhappy with them when you are just generally unhappy. Try to be even-tempered and cheerful when you are relating to them.

Keep It Fair

Sometimes people who have a mental impairment will have problems understanding money and the value of items. Be sure you give the right change and if you are trading toys or books, be sure they are of comparable value.

What Are You Lookin^g At?

Treat people who have a mental disability as you would anyone else. Don't stare at them or make

them feel conspicuous.

Carry On

Sometimes someone who has a mental impairment may make unexpected noises. Just accept it as part of who they are and carry on.

Respect

Avoid words they label the person for their disability.

"I'm Unique, I'm Me"

Don't think that people who have a mental disability will all act, think, and feel, the same. Get to know each person for her own unique and special qualities.

Friend

Most Important; smile and be a friend.

When Working With People Who Have A Hearing Impairment

1. Getting through- Communication is the goal. Find ways to speak with someone who has a hearing impairment.
 - A. Volume
Speak at a normal volume and speed unless asked to do otherwise.
 - B. Repeat
Don't pretend to understand when you don't. Ask the person to repeat.
 - C. Signing If you know sign language, use it.
 - D, Pen in Hand
Write notes to each other.
2. Eye to Lip - Make it as easy as possible to read your lips.
 - A. Bubble gum
Keep everything away from your face so the person can see your lips.
 - B. Eye to Eye Look directly at her.

C. Body Talk

Show your feelings with your face and body. She can't rely on tone of voice to tell you are jolting.

3. Hev I'm Over Here

Look at her and speak directly to her; not to her interpreter. If possible, let her face both you and the interpreter.

4. Understanding

Some girls who have a hearing impairment learn to speak, but do not pronounce words perfectly, or they may speak loudly or softly. Learning to talk when you cannot hear is a great accomplishment. Accept the way that she talks and chooses to communicate.

6. Show Me

When you want to teach a person with a hearing impairment how to do something, demonstrate as well as explain.

7. Double Dose

When you sign, also say the words. People who have hearing impairments often rely on both signing and lip reading.

When Working With People Who Have Physical Disabilities

1. Eye to Eye

If you are going to talk to a girl who uses a wheelchair for awhile, sit down so you are both at eye level.

2. Plain Talk

Just be yourself; and treat the person with respect as you do anyone else.

3. I'd Rather Do It Myself

A person who has a disability may prefer to do tasks for herself, even if it takes longer and requires more effort. Offer help, but let her decide.

4. Wheelchair Rhumba

If your group is planning an active event - skating, dancing, etc. feel free to invite a friend who uses a wheelchair. She will make the decision about what to do.

5. Free Wheeling

When you are with friends who have physical disabilities, choose restaurants, etc. without barriers, such as steps and narrow aisles.

6. Hands Off
Don't sit in or play with wheelchairs, crutches, and other equipment if it does not belong to you; and don't move them out of reach for the owner.
7. Blocked Out
Don't block accessibility ramps with anything; and don't park in Handicapped spaces.
8. Can You?
If you are not sure whether a person with a physical disability can perform a task, ask her.
9. It's a Part of Me
Think of a disability in the same way you do age or height. It is just a part of the whole person.
10. "Get Well Soon"
Don't treat a person with a disability as if she were sick.
11. "Hey I'm Over Here"
Talk directly to someone who has a disability, not to someone who is their aid.