Basic Description
- Girls look at the importance of sisterhood in their lives.
- Topics include:
  - Friendships – various types, signs of a healthy friendship and ways friendships are portrayed in movies and on TV
  - Self-esteem and body image
  - Importance of diversity in friendships – encourages girls to go outside of their comfort level and meet different people

What do they earn and how do they earn them?
- The Sisterhood Award
  - Girls understand the power of sisterhood in their own lives and in the world.
  - There are 5 steps to earning and they are detailed on pages 68-73 of the Girl’s Book.
  - Project examples are given throughout the Girl’s Book.

Possible Field Trips or Community Partners
- Go meet new people, visit
  - Senior centers
  - Community centers
  - Cultural centers
- Go to the theater or see a play.

Additional Programming Ideas for Troop Meetings
- Talk about movies and TV shows that show sisterhoods.
- Schedule sisterhood time – ideas include potlucks, rappelling, zip lining, camping, seeing a play, movie night.
- Have a formal tea.

Badge Connections
Badges can be added throughout your Journey. Some might relate or be a fun side trip. Below are a few examples for how a badge might relate to your Journey.
These badges might provide good ideas for your take action project and the completion of the Sisterhood Award:

- Business Etiquette
- Social Innovator
- Game Visionary

Other Thoughts or Helpful Hints

- This Journey is divided into 10 sample sessions.
- Includes information on writing press releases – Troops can always practice writing press releases and can even request assistance from the council’s Marketing and Brand department. For large stories or major city papers/other major media sources (i.e. radio & television), please turn any press releases or stories in to the council Marketing and Brand department for review. For local neighborhood news/church, bulletins/etc., it is recommended to confer with the Marketing and Brand department but not required.
- This Journey relates well to the Cadette Amaze Journey. You might consider working with a Cadette troop on some of your activities.
- In the Journey section of the Girl Scout website, you will find additional resources to help you.

Note to Leaders and Mentors: By this time in the Girl Scout experience almost everything should be girl-led. We recognize that girls in high school are very busy and have many activities going on. The time girls spend on their Sisterhood Project is less important than their having a meaningful opportunity to progress through the states of identifying, planning and doing a project. Some coaching tips are available on pages 42-43 of the Leader Guide. A project planning guide is available on pages 49-53 of the Leader Guide and pages 68-79 in the Girl’s Book.