

Rx for Survival **Participation Patch**



RX FOR SURVIVAL
A GLOBAL HEALTH CHALLENGE

Girls who participate in Girl Scouting are part of an international movement in which service-learning plays a central part and serves as a cornerstone of the program. *Rx for Survival*[™] offers many opportunities for service learning. The Girl Scouts of San Jacinto Council is offering a participation patch through their council. This participation patch offers scouts from all councils the opportunity to explore health issues, educate others about local and global health issues, and inform others about ways to become involved. For details, visit thegoldenlink.org/2005/October/3.aspx. Click on Participation Patches and select page 47 from the bottom navigation bar. If you have any questions about this patch, e-mail Susan Buckey, Outreach Coordinator for *Rx for Survival*, at susan_buckey@wgbh.org.

Requirements for Earning the Participation Patch

- Junior Girl Scouts: 3 activities and a project
- Girls 11–17: 4 activities and a project

Overview of *Rx for Survival*

Rx for Survival is a multimedia project that explores the vital role public health programs play in our lives. The heart of the project is the six-hour documentary series that recreates historic breakthroughs in public health and tells many poignant stories about the current healthcare efforts in the United States and around the world. The program follows scientists as they search for vaccines to combat new diseases; describes the growing threat of antibiotic-resistant strains of bacteria; visits patients suffering from “old” diseases like tuberculosis; highlights the struggle to deliver basic health services to those who need them most; and explains why the next epidemic could be just a plane ride away.

Improving health for all is a challenging, but reachable, goal. The *Rx for Survival* Web site features global health statistics, seven global health-related games, an interactive global health atlas, and interviews with global health experts. To advance your troop’s understanding of global health and identify ways to make our world a healthier place, visit pbs.org/rxforsurvival.

Watch *Rx for Survival* on PBS

Premiere Date: November 1–3, 2005 9pm–11pm

Check your local listings or purchase in VHS or DVD format from WGBH Video at shop.wgbh.org or 1-800-949-8670.

Reminder about the Girl Scout Fundraising Policy: Girl Scouts, in their Girl Scout capacities, may not solicit money for other organizations. Girl members may support other organizations only through service projects. For details, see Girl Scout Program Standard 33—Fund-Raising for Other Organizations. (See National Policy on Solicitation of Contributions in the *Leader’s Digest: Blue Book of Basic Documents*.)

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Activities

Make learning fun. The following activities provide everything you need to play the games, do the hands-on challenges, and facilitate the group experiences. Each one also has a set of discussion questions and facilitator notes. Conclude an activity by discussing these questions as a troop, with friends, or with family members. Download the free activities in PDF format from pbs.org/wgbh/rxforsurvival/campaign/givetime/index.html.

Note: Facilitation by an adult for Junior Girl Scouts is recommended.

1) Watch the Series (Girls 11–17)

Rx for Survival, a six-part series, premieres on PBS November 1–3, 2005. Each one-hour program can be videotaped and used for up to one year after broadcast. If you missed the show, check your local listings for rebroadcast times or consider purchasing the show (see page 1). For the patch, watch at least one episode as a troop or with a group. After viewing, discuss the following questions: What kinds of things do we need to do to keep ourselves healthy? How might these things be done on a countrywide or global level? How might health problems in other countries affect us, too? How might having a large number of sick people affect a country's ability to develop? What are some things we could do to make a difference?

2) Getting Your Money's Worth (Girls 11–17)

If a country increases its healthcare spending, will its people live longer? Will more babies reach their first birthdays? Play this matching game to find out how healthcare spending affects life expectancy and infant mortality. Then, use the provided discussion questions to explore the ideas more deeply. (*Activity type: Card-matching game. Age range: middle school–adult. Duration: 5 minutes. Table activity. Preparation time: 15 minutes.*)

3) Growing Up Healthy (Junior Girl Scouts, Girls 11–17)

What determines whether someone grows up healthy? In this board game, you play the role of a young child from a developing country trying to reach his or her fifth birthday. Find out how challenging it can be! (Once a child reaches age five, his or her chances of reaching adulthood increase dramatically). After playing the game, discuss the following questions: What can you do at home to stay healthy? What public health services help ensure that children grow up healthy? What does the public health system in your community do to support good health? (*Activity type: Board game. Age range: elementary school–adult. Duration: 10 minutes. Requires tabletop. Preparation time: 15 minutes.*)

4) How Hard Can It Be To Carry Water?

(Junior Girl Scouts, Girls 11–17)

The average American uses 82 gallons of water per day. What would it be like if you had to carry 82 gallons from a well to your home every day for each person! In this activity, girls will carry a few gallons of water—enough to demonstrate that carrying water to supply a family's needs is no trivial matter. Use the provided questions for a discussion afterwards. (*Activity type: Hands-on challenge. Age range: elementary school–adult. Duration: 2 minutes. Requires a small area. Preparation time: 5 minutes.*)

5) Investing Your Money Wisely (Girls 11–17)

In this game, you serve on a committee that advises the World Bank about how to fund a public health system in a country in the developing world. Your task is to allocate \$500 million over the coming year and decide which public health measures should be put in place to keep the largest number of people healthy. When you're done, discuss the following questions: What measures are important to put in place first? How did you decide which measures to include and which to leave out? Which of the game's healthcare options should be implemented in every country? (*Activity type: card game followed by debate. Age range: middle school–adult. Duration: 30 minutes. Requires a tabletop. Preparation time: 15 minutes.*)

6) Is the Water Clean Yet? (Junior Girl Scouts, Girls 11–17)

In some parts of the world, clean water is hard to come by. How hard is it to clean dirty water? Find out by designing, constructing, and testing a water filter. Explore the difference between cleaning and purifying water. Discuss the questions provided in the PDF. (*Activity type: Engineering challenge. Age range: elementary school–adult. Duration: 30 minutes. Preparation time: 30 minutes.*)

7) Unfair Race (Junior Girl Scouts, Girls 11–17)

Different countries provide different health services to their citizens. How much impact does where you live have on your health? In this game, players assume citizenship of different countries and examine the extent to which one's country can help or hinder one's health. Since Girl Scouting and Girl Guiding are offered throughout the world, discuss how different life is for girl scouts in different countries. You can also discuss the questions in the PDF. (*Activity type: Group experience. Age range: middle school–adult. Duration: 15 minutes. Requires a large room or outdoor space. Preparation time: 20 minutes.*)

Service Learning Projects

(Junior Girl Scouts, Girls 11–17)

Service is a cornerstone in Girl Scouting and Girl Guiding. To complete the requirements of the participation patch, do one of the many international service project ideas offered by The World Association of Girl Guides and Girl Scouts (www.waggs.org). Alternatively, choose one or more of the projects suggested below.

Step 1: Get informed

Learn about at least three locations locally and around the world where people need food, clothing, and first-aid or school supplies. What has put them in the position of needing assistance? Learn about organizations in these locations that help people. Gather information by using the Internet, newspapers, magazines, adult sources and the list on the *Rx for Survival* Web site:

pbs.org/wgbh/rxforsurvival/campaign/givetime/volunteer.html. Maybe you and your friends can help one of these organizations. Is there a local project or event you can assist with? The *Rx for Survival* Web site has a number of project suggestions, or you can review some of the possibilities listed in step 2.

Step 2: Identify a project*

Your project could take many forms. You could:

- Volunteer at a health fair in your community.
- Learn about healthy habits for different age groups, such as how to choose healthy foods and handle stress. Create a puppet show or presentation that describes these ideas and share it with others.
- Assist an aid organization with a mailing or its community-support efforts.
- Start a group at school to address important health issues, such as alcohol and substance abuse.
- Take a health issue you learned about while completing this patch program. Organize an event for others to promote understanding of that issue. Invite speakers, offer workshops, create displays, and offer some of the activities mentioned in the activities section of this patch outline. For resources and ideas, go to the Give Time section of the *Rx for Survival* Web page (pbs.org/wgbh/rxforsurvival/campaign/givetime/index.html).
- The World Association of Girl Guides and Girl Scouts is an international organization. Explore other nations and their customs, similar to what Girl Scouts

do on “World Thinking Day” in February. Host an international festival for kids to help them learn about cultures around the world through music, food, and crafts. Obtain a planning guide at pbs.org/wgbh/rxforsurvival/campaign/givetime/index.html.

- Volunteer at a soup kitchen serving people in need.
- Volunteer to assist at a women’s shelter.
- Contact a local food bank and organize or participate in a food drive.

* Based on *Interest Projects for Girls 11–17* (©Girl Scouts of the USA, 1997). Activities adapted with permission from Girl Scouts of the USA.

Step 3: Plan and execute your project

Once you have identified a project, use the following steps to organize your efforts and make it happen. **

- a. Describe the problem in which you are interested.
- b. Make a list of possible actions and solutions.
- c. Pick an action or solution that you think will succeed.
- d. Plan the project.
 - State your goal—what will be done?
 - Give the project a name.
 - Think about the project from beginning to end, and define the steps involved.
 - Will it cost money? If so, how much? How could you earn it?
 - Share the work. Can you divide the project into smaller parts? Will other troop members help? Can you get others in the community to help?
 - Establish a reasonable timetable—when will it be done?
- e. Do it!

** Based on *Brownie Girl Scout Handbook* (©Girl Scouts of the USA, 2001). Activities adapted with permission from Girl Scouts of the USA.

Step 4: Share your project with others and thank those who helped you

Be proud of your efforts. Summarize what you accomplished and share what you did with others who may be interested in pursuing a similar service-learning project. And since no project happens without the help of a few key adults, be sure to thank those who helped you to accomplish the task. They will be more likely to help next time if you show your appreciation with a note or phone call.

Related Girl Scout Awards

If you enjoyed the activities for this participation patch, look in your GSUSA award book for information on:

Junior Girl Scouts

BADGE	ACTIVITIES
Girl Scouting Around the World	International Expert World Service
Global Awareness	A Walk in Their Shoes
Model Citizen	Global Citizen
Humans and Habitats	Make a Food Map The World Close to Home
World Neighbors	World Hunger Kids Helping Kids
My Community	One Small Step
High On Life	Spread the Word
Food Power	End Hunger
Highway to Health	Germ Busters
Outdoor Cook	Test the Waters
Creative Solutions	Local, National, and Global Problem Solving
Globe Trotting	Just a Drop
Let's Get Cooking	Something for Everyone
Water Wonders	Not Enough?

Girls 11-17

BADGE	SERVICE PROJECT ACTIVITIES
Eco-Action	Service Project 3
Inventions and Inquiry	Service Project 3
Conflict Resolution	Service Project 1
Leadership	Service Projects 2 and 3
The Food Connection	Service Project 1