

Body Positivity - Take Action Project

A video to compliment the Junior Staying Fit Badge

Senior Girl Scout Troop 53562

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Senior Girltopia Journey:

The Girltopia Journey's purpose is to provide a chance to imagine a perfect world for girls. We learned about:

- What rights girls should have
- The importance of ethics
- Being a visionary, leadership qualities
- Girl friendly community/world

Take Action project (video):

We chose this project, positive body and mind, to get an important message across to young girls about difference and how there are so many different body shapes and sizes. To talk about how every girl won't feel good about themselves at one point in their life but to stop that and make all girls realize that just because you are bigger than someone or don't have that perfect skinny waist, that you are beautiful in your own way. Remember to be yourself because everyone else is taken.

Junior Staying Fit Badge:

The Staying Fit Badge teaches Juniors different ways to get strong and stay healthy. This video complements the badge, and is a reminder about body positivity - while it's important to stay active and

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healthy, you should also appreciate your body the way it is. The Staying Fit badge teaches physical health, and this video talks more about mental and social health. This is a good reminder to keep things in perspective and unique to you while doing the staying fit badge. We have a private link for the video that will be shared within the girl scout service unit.

[Link to video](#)

(<https://www.youtube.com/watch?v=Zvus3IEa3KE&feature=youtu.be>)

*MVHS: Mounds View High School

**HMS: Hill-Murray School

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