



GSUSA x UNICEF Kid Power: Tips for Girl Scouts

Why Humanitarian Aid and Relief Are Important:

The Problem

Each year, millions of people face devastating humanitarian disasters that make it hard for their communities to function and meet basic needs like food and shelter.

Humanitarian disasters result when communities are overcome with damage from natural disasters like earthquakes, hurricanes, tornadoes, and droughts, or human-caused ones like oil spills and other forms of pollution and violent conflict. Sometimes it's a combination of natural and human-made events that creates a crisis.

Since 2005, the number of disasters around the world has increased, devastating millions of people. It's estimated that 168 million people needed help because of these disasters in 2020.

Humanitarian disasters impact everyone in the communities where they take place, but those who are poor are often more impacted because they don't have the resources to manage such a significant crisis in their lives. Humanitarian organizations and humanitarians work together, with communities and governments, to make sure those impacted by disasters get the food, supplies, and other support they need to survive and begin to rebuild.

How Can Girl Scouts Help?

How can girls do something right now to be humanitarians? Girl Scouts of the USA is partnering with [UNICEF Kid Power](#) to give girls a chance to connect their everyday activities to humanitarian assistance.

UNICEF Kid Power is an online platform that gives girls opportunities to participate in engaging three- to- five-minute activities, featuring a library of over 150 videos of interactive experiences called Kid Power Ups, which include:

- Videos with physical activities that give girls a chance to move, dance, work out, and do yoga
- Videos that teach girls social-emotional skills and spark/introduce conversations on topics involving social justice, social change, and resilience

For every Kid Power Up video a troop completes, girls earn coins that enable them to make a local impact and "unlock" global impact.

- Local: Girls and their troops have access to the Kid Power Exchange, allowing them to donate to local organizations via coins they earn by completing videos. Girls can support efforts to alleviate hunger, plant trees, and provide PPE for health workers.
- Global: For every ten videos they complete, girls can make a global impact by unlocking a ready-to-use therapeutic food (RUTF) packet to help severely malnourished children around the world.

Here are some ideas to get you started:

1. Power up with UNICEF Kid Power.

- Ask your parent/caregiver to visit www.unicefkidpower.org and sign up for free.
- Play the [Student Introduction video](#) to learn what it means to be part of the UNICEF Kid Power program.
- Check out the video library! Each video is three to five minutes long and will get you dancing, learning about the world, and having fun.
- Set a goal for the impact you want to make. Will you watch one video a day? Two a day for two weeks a month? You can also decide how many coins you want to earn through the Kid Power Exchange—and you can ask your troop members and family to join you in watching the videos and doing the activities!
- Make your impact. Remember, for every video you watch, you earn coins to use in the Kid Power Exchange, which lets you support local food banks and other organizations in your community. And for every ten videos you watch, you “unlock” therapeutic food packets for malnourished children around the world.
- Check out the *Kid Power Quick-Start Guide* for more information.

2. Get inspired to do more. A humanitarian is a person who works to improve the lives and living conditions of other people. There have been a great many inspiring humanitarians throughout history (also today!). Choose one and learn more about what they did or do to help others. [Here are a few examples](#) to get you thinking.

Humanitarians tend to channel a great deal of empathy, which is the ability to understand someone else’s feelings and the situation they’re in. Learn more about empathy by reading [Stand in My Shoes by Bob Sornson](#) or watching a [read-aloud](#) of the book. How do you practice empathy with your friends? Your family? Your community? Practicing empathy will help you become a humanitarian.

Humanitarians are often needed during emergencies and disasters. What causes different disasters? Who is most affected and how can you help? The more you understand, the more targeted and helpful your support can be! You could even earn this year’s [Global Action award](#) by learning about climate change and its role in disasters.

Here are some books and videos you can ask your troop leader or parent/caregiver to read or watch with you to help you learn about some of the prominent issues humanitarians address through their work:

- Weather and natural disasters
 - [Flood](#) by Alvaro Villa
 - [Tornadoes](#) by Gail Gibbons ([video](#))
 - [Hurricanes](#) by Gail Gibbons
 - [The Water Princess](#) by Susan Verde and Georgie Badiel ([video](#))
- Migration: [Refugees and Migrants](#) by Ceri Roberts ([video](#))
- Poverty and hunger
 - [Still a Family](#) by Brenda Reeves Sturgis ([video](#))

- *On Our Street: Our First Talk About Poverty* by Jillian Roberts and Jane Heinrichs
- *Maddie's Fridge* by Lois Brandt ([video](#))
- *Poverty and Hunger* by Louise Spilsbury ([video](#))

3. Think local. As a Girl Scout, you know how to take action to help others and serve the greater good. This means you can be a humanitarian in your own community, if you're not already! Ask your troop leader to help you find humanitarian organizations or groups in your area and learn about what they do and how you can support. You might look for organizations that address homelessness, or food or healthcare needs. Ask them what they need and how you can partner with them in their work.

4. Take action! One way to build your humanitarian skills is to complete Girl Scout Journeys that help you take action and connect to humanitarian work. Ask your troop leader to support your troop in completing the Journeys in the It's Your World—Change It! and It's Your Planet—Love It! Series.

- It's Your World—Change It! Understand what it means to make a difference in the world through unique leadership and advocacy challenges.
- It's Your Planet—Love It! Learn about the environment and act for the betterment of Earth and its inhabitants.

5. Get prepared. Talk with your troop leader about how you and your troop can prepare for emergencies using [Girl Scouts' disaster recovery resources](#), or see if your council has an emergency preparedness badge that you and your troop can earn. Once you've completed the badge, connect with your families, another troop, or members of your community to help them prepare for emergencies.