

Girl Scouts x UNICEF Kid Power: *Tips for Troop Leaders & Parents*

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:

Tips for Troop Leaders

- **Promote humanitarianism.** Help girls understand the value of being a humanitarian and together investigate some of the issues humanitarians tackle. (Find links to sample resources in the Tips for Girls section.)
- **Get your troop set up with UNICEF Kid Power.** Incorporate Kid Power activities into your troop meetings; these quick three-to-five-minute breaks are great energizers for girls as they learn about serving the greater good.
- **Spread the word.** Share the UNICEF Kid Power program with other troops and your local service unit. You may want to partner with troops, your service unit, or your council to determine a shared goal for greater impact.
- **Think local.** Talk to your girls about [humanitarian organizations in your community](#). How can your troop provide immediate support to local organizations or groups? Ask girls about the issues they're passionate about working on locally, and explore
- **Take action!** If your troop members are feeling it, talk with them about Journey series that open up connections to humanitarian work:
 - [It's Your World—Change It!](#) Girls come to understand what it means to make a difference in the world through unique leadership and advocacy challenges.
 - [It's Your Planet—Love It!](#) Girls learn about the environment and act for the betterment of Earth and its inhabitants.
- **Get prepared.** Help the girls in your troop learn how to prepare for emergencies using [Girl Scouts' disaster recovery resources](#), or see if your council has an emergency preparedness badge and work with your troop to earn it.

Tips for Parents

- **Start at home.** Learn with your girl and other family members about humanitarian disasters and the systemic inequities that cause some people to be impacted more than others. You might read books [I Am One by Susan Verde](#) and do related research together online or through the local library.
- **Do Kid Power Up videos with your girl.** Bring UNICEF Kid Power brain breaks and activities home and support your daughter in learning about prominent humanitarian issues as you make an impact together. Get the whole family involved! The quick three- to five-minute breaks are great energizers for all.
- **Take action.**
 - Get prepared: ready your family for potential disasters and emergencies using [Girl Scouts' disaster recovery resources](#).
 - Support local humanitarian organizations! Work with your Girl Scout to research humanitarian groups and organizations in your community (e.g., food banks, homeless shelters) to learn more about, connect with, and find ways to support.