

Below is a screen shot of a page on the GSUSA website that recommends to leaders that they bring in a professional from a “health center.” The relevant text has been highlighted in yellow to make it easier to see. The page can be accessed online [here](#).

The screenshot shows the Girl Scouts USA website. At the top left is the Girl Scouts logo. To the right of the logo are navigation links: "Join Us | Volunteer | Careers | GS Central | Find a Council" and a language selector for "Español". Further right is a search bar with a "GO" button and a "DONATE NOW" button. Below the navigation is a horizontal menu with tabs for "Who We Are", "Program", "Research", "News", "For Adults", "For Girls", and "Girl Scout Shop". The "For Adults" tab is selected. On the left side, there is a vertical menu with categories: "Alumnae", "Volunteering" (with sub-links for "Articles", "Resources", "Ways to Volunteer", and "FAQs"), "Parenting", "Professional Development", and "Board Service". The main content area features the article "Girl Talk: Anything But Small Talk" by Helen Orloff. The article includes several quotes from girls, such as "My mom says I am too young for makeup—she is just so uncool." and "Everyone I know is wearing a bra—everyone except me." There is a photo of a young girl applying makeup. The article text discusses how to address these issues in Girl Scout meetings and provides tips for leaders. The relevant text is highlighted in yellow: "Offer to bring in professionals from your community to talk with the girls. Girls might love to have a few tips from a makeup artist or to talk openly with someone from the local health center."

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Girl Talk: Anything But Small Talk Like Tweet 0 Share

By Helen Orloff

"My mom says I am too young for makeup—she is just so uncool."
"Everyone I know is wearing a bra—everyone except me."
"There's this cute guy in my chemistry class..."
"My mom always takes my brother's side!"
"Is it true that when you start shaving you have to keep doing it?"

How many times have you heard these (or similar) comments from girls? There's a reason—girls want and need to talk about family rules, makeup, boys, and body changes. Girls as young as nine years old are beginning to explore their feelings and ask questions about their changing relationships.

As a savvy leader/advisor you understand that girls don't want to hear a lecture from an adult. You know they want tips, information, and answers from their peers first.

So how do you use your Girl Scout meetings to address the issues of boys, makeup, and family dynamics with the girls? It's as easy as 1-2-3.

Atmosphere Counts

When girls want time to talk, how do they want to do it? Do they want girl talk while their hands are busy in an activity? Will it be structured time—with the girls choosing the topics they want to discuss? Or is a "chips and chat" the perfect setting for "not-so-small-talk" amongst the girls? Remember to ask the girls if they want you to be part of the conversation or take a behind-the-scenes role. Let the girls decide what would work best for them.

Chatter—Not Clatter

When girls are chatting about boys, makeup, and body changes, each may have a different opinion. Welcome and encourage girls to exchange their ideas and opinions. After all, that's what Girl Scouts is all about—helping girls learn how to express themselves and respond to others in a respectful way.

Keep It Safe

Girls talk to each other and may share misinformation on a serious issue. Why not give girls a safe place to get accurate facts and information—your next troop or group meeting can be a great place to start. **Offer to bring in professionals from your community to talk with the girls.** Girls might love to have a few tips from a makeup artist or to **talk openly with someone from the local health center.**

