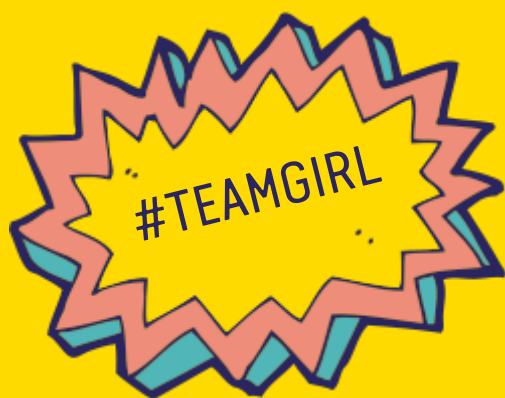




**HEAR ME
NOW !**

**MAKE YOUR VOICE HEARD ON
INTERNATIONAL DAY OF THE GIRL
2020**



Written by Elsa Cardona and Erin Wicking
With the support of Andii Verhoeven, Ayowunmi Nuga,
Inês Gonçalves and Miguel Camacho

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World Association of Girl Guides and Girl Scouts

World Bureau

12c Lyndhurst Road

London, NW3 5PQ, UK

Telephone: +44 (0)20 7794 1181

Website: www.wagggs.org

Registered Charity No. 1159255

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WELCOME

The #HearMeNow resource is an activity pack designed for Girl Guides and Girl Scouts of all ages to make their voices heard on International Day of the Girl 2020.

- The games and activities suggested can be adapted up or down to suit girls of all ages and groups of all sizes.
- There are three sections: Hear, Me and Now. Each section contains one game and one activity. Each activity should take under 15 minutes (dependant on the group size). Depending on the length of the meeting, a group should be able to do three to six activities, and complete the #HearMeNow social media campaign in one meeting.
- After each game and activity, there is some space for reflections, discussions and sharing. Those are key to completing the activities, and essential to the learning journey. Make sure you allow sufficient time for these when you plan your meeting.
- The activities and games emphasise girl choice and can be experienced in person or virtually depending on your local context.
- If a group does all six games and activities, it can be their first step towards creating a girl-led advocacy campaign.



Note:

Because this activity pack was created to celebrate International Day of the Girl, we reference girls throughout the text, but it can be used in co-educational contexts. Young people of all genders are very welcome to take part in the #HearMeNow activities and games and we would encourage them to reflect on how they can use their platform to raise up girls' voices on International Day of the Girl and every other day of the year.



MY VOICE, OUR EQUAL FUTURE

11 October was declared International Day of the Girl (IDG) by the United Nations in 2012. Ever since, Girl Guides and Girl Scouts around the world have been celebrating IDG every year. It is a key moment for us to come together to raise up girls' voices, and show how our Movement empowers girls and young women to shape the world they want to see all year long.

In 2020, the IDG theme is "My voice, our equal future". It focuses on how girls can lead as a generation of activists accelerating social change. For us, this means empowering girls worldwide to create advocacy projects and campaigns that are truly led by them.

WAGGGS defines advocacy as the process that happens when we influence people to take decisions that will improve our lives and the lives of others.

Girl-led advocacy happens when girls are the ones choosing the issues they want to advocate on, defining the change they want to see and how to get there.

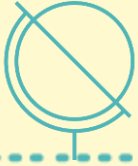
With our #HearMeNow resource and social media campaign, we want to give girls worldwide a platform to tell us about the causes they care about, so we can all work together towards an equal future, shaped for and by girls.

Learn more about International Day of the Girl 2020 on the UNICEF website:
[International Day of the Girl 2020](https://www.unicef.org/gender-equality/international-day-girl-2020)

<https://www.unicef.org/gender-equality/international-day-girl-2020>

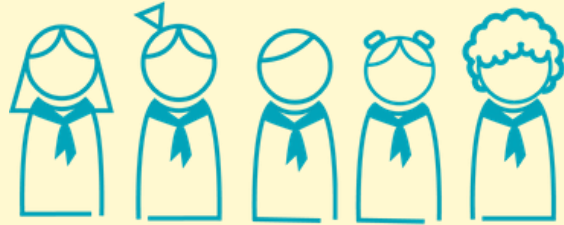


HOW TO COMPLETE THE #HEARMENOW PACK



STEP 1

Introduce International Day of the Girl and this year's theme using the information above.



Complete at least one activity from each section. Depending on the size of your group and the length of your meeting, you should be able to complete all six activities in one meeting.

STEP 2



Take part in the #HearMeNow online campaign (p.16)

STEP 3

CONGRATULATIONS!

You have now earned your #HearMeNow badge.

Buy it online on [the WAGGGS shop](#)



WANT TO GO FURTHER?

Join one of WAGGGS' other IDG activities (p. 17)

Listen to girls by running a #HearMeNow dialogue (p.19)

For any activity, experience, or project to be truly girl-led, there needs to be collaboration between the girls and the adults supporting them.

The #HearMeNow resource is designed to give girls a space to voice their opinions, and to give leaders tools to listen and support them to take action on causes they care about. To make this journey easier, each activity lists learning outcomes for girls and for leaders.

By completing the #HearMeNow pack,

Girls will:

- Practise listening to each other
- Reflect on their power to take action
- Raise their voices about causes they care about
- Commit to take one clear action that will influence others to change the world

Leaders will:

- Practise listening to girls' voices, opinions and interests
- Create spaces for girls to practise reflection and learn from each other
- Learn ways to collaborate with girls to create truly girl-led experiences
- Pledge to take one action to support girls to be advocates
- Start developing an understanding of what girl-led advocacy is in WAGGGS

HEAR

Girl-Led Advocacy starts with listening. We will create a brave space where the voices of girls are respected and they feel comfortable sharing their different points of view.

In this section:

- Girls will practise their listening skills; collaborate to make decisions collectively; reflect on their power; practise bravery by sharing personal thoughts with others.
- Leaders will practise listening to girls; planning activities according to what feels relevant and exciting to girls; understand how to create a brave space for girls to express their opinions freely.



GROUP LISTENING GAME

- Ask the group to choose their favourite listening game to play.
- Where possible help a girl to lead the game for the group.

The important elements are that the game is the group's choice and it be focused on listening. This is a great opportunity for girls to brainstorm games and vote on the game to play. Giving the group the choice also allows you to choose a game which will suit either physical meetings or virtual meetings.

Reflection question: How did it feel being listened to? In the game and in choosing the activity? In what other circumstances do you wish people listened to you more?



What do we mean by listening game?

A listening game is a game where the learning outcome is for girls to practise their listening skills. Most girls should be familiar with these games. Some examples are included in [this page from UNICEF](#).



HEAR



"GIRL ON A MISSION" GUIDED MEDITATION

- Where possible, ask the group for a volunteer to read the "Girl on a mission" guided meditation script to the group.
- Use the script to set a brave space of reflection and to encourage girls to believe in their abilities to make choices and take actions for a better world.

Things for the group to consider:

- Do you want to sit or lie down?
- Where can you go to reduce distracting noises?
- Do you want to meditate in silence or have background music?

"GIRL ON A MISSION" MEDITATION SCRIPT



[Relaxing the Body]

To start, we are going to relax our bodies. Tense and relax each body part, starting with your toes and finishing with your mouth. Take your time and really feel each body part, your toes, fingers, hands, shoulders and your jaw. Tense and relax. You are in control.

[Deep Breathing]

Let's practise our deep breathing. Breathe in to a count of three: one, two three. Hold the breath and breathe out to a count of three. One, two three. Keep breathing. As you breathe, you breathe in all the positive energy around you. You breathe in love, strength, happiness, peace and success. With each breath, these feelings enter and spread through your body. As you breathe out, imagine any negative feelings — sadness, fear, anger, confusion— going out through your nose. All the negative thoughts are leaving your body and disappearing. You are safe here in this place.

[Concentration of the Mind]

All your unhappy thoughts are gone. Here you are, in this moment, being yourself. Wonderful, creative, friendly, important YOU! You are standing in nature, surrounded by the prettiest plants, trees and animals you have ever seen. The sun is starting to set. As you journey through this beautiful place, look around and take in all the colours. Can you see all the colours of the rainbow around you, in the plants, in the soil, in the birds, in the sky?

HEAR

Let the red remind you of how very **loved** you are by your friends, your family and your community. So many people care about you and **support** you.

Looking at the orange, feel **proud** of all your achievements. You take huge steps every day. Even when you are afraid, you try new things. You are **successful**.

As you look at the yellow let yourself think about how much you brighten someone's day just by **being yourself**. Tell yourself "I am me and that is always enough!"

Look up into the beautiful blue sky. Remind yourself that **the sky is the limit** – you can do all kinds of wonderful things when you **believe in yourself**. Promise yourself that you will always reach for your dreams.

There is so much green, just like there are so many new things to **learn** every day. As you take in all the green, think about all the **wisdom** that has already been passed on to you. Say to yourself "I am wise".

As you take in the indigo, let your mind see all the people and places you care about. You are so **compassionate**. You really care about people, and about the planet, you live on. Know that your **compassion is your strength**.

Look far into the horizon, there is a beautiful trail of violet guiding your way to the next destination. Let the violet remind you of your incredible **imagination**. With imagination, so much is possible. Tell yourself "I see wonderful things in **my future**. I am a girl on a mission".

Remember this beautiful place is always in your mind, you can visit it whenever you need, you are always welcome here.

[Return to now]

It is time for us to leave the nature and return to now. Bring your attention back to your body. Wiggle your toes and your fingers. Rub your hands together. Move your neck in slow circles. Take a deep breath in, one, two three, and breathe out, one, two, three. Open your eyes.

What a great job you have done!



How did this meditation activity make you feel? Do you find it easy to make time to remind yourself of these positive things in your lives?

Share your thoughts: *If meaningful reflections came up during the meditation or at the end, and you want to share them, now is the time!*

ME

Girl-Led Advocacy encourages girls to stop and think about what matters to them personally. Girls also consider what issues affect their lives, their families and their communities and then decide what issues they want to take action on individually and together.

In this section:

- Girls will identify the causes they are passionate about and why; express their interests; and create a personal emblem reflecting their personality and beliefs.
- Leaders will learn about the variety of causes their girls feel connected to and passionate to act on; explain to girls how they will use that learning to shape future activities; learn how their girls see themselves and their place in the world.

Before you start the game, take advantage of the brave space that was set up in the last section. Ask girls to think about causes they are passionate about. What do they care about? What makes them angry, sad or frustrated about society? What makes them happy, excited, and positive for the future? What would they like to change in the wider world? Once they have all found a cause true to their heart, you can start the game.



WHAT MATTERS TO ME

- A player order is determined: if meeting physically you can stand in a circle, if meeting virtually, you can create a running order to display on screen.
- Each girl or leader will take a turn saying their name and something that matters to them.
- The first player will state her name and the cause she is passionate about. The second player will say the first player's name and her cause and then her own name and cause. Third player will state the name and cause of the first player, second player and then hers. This continues until the last player recalls all the names and causes the group are passionate about.
- After the game is finished, sum up together all the causes girls care about on a piece of paper/online whiteboard/etc. Take a couple of minutes to think about all those causes.
- Explain that it is important for leaders to know what girls care about so they can plan activities that are relevant to them.

Reflection question: Now that you know what everyone is passionate about, how could you use that knowledge in planning future group meetings? Decide together on one thing (or more!) you can do to reflect those interests.





MY PERSONAL 'HERO EMBLEM'

Each girl will design a personal hero emblem to represent how she can be a hero in the world. The emblem has four panels and a space to add a personal motto. The different panels echo the activities and games above (but you don't need to have done them all), and prepare the next section. The final panel of the crest will remain blank for completion during the next activity.

Share your thoughts: Give girls the opportunity to share their personal hero emblem if they want to. Take a minute to feel the power of your group of heroes.



Choose a motto that gives you confidence

Something that makes you happy

A personality trait you are proud of

A cause you care about

Leave blank for next activity

NOW

Girl-Led Advocacy helps girls to break their actions into achievable pieces so that they can take action NOW and not wait until they are grown up. It recognises girls as leaders NOW and not just in the future.

In this section:

- Girls will explore the various ways they can influence others to bring about positive change in their community; identify ways they have already been advocates in their lives; and pledge to a personal action to advocate for a cause they care about.
- Leaders will explore the various ways they can influence others to bring about positive change in their community; listen to the actions their girls have pledged to take; and pledge to a personal action to support girls to be advocates.



INFLUENCING BINGO

- Girls will play a classic bingo game, which allows them to explore the wide range of ways they can influence others to change the world.
- Each girl creates a bingo grid with nine boxes.
- The leader displays or reads a list of at least 15 actions that girls can take to influence others to change the world. Each action has a number.
- Girls take some time to think about which one of these actions they think can have the biggest impact on the world and choose nine to put in their bingo grid (they can just use the number of each action).
- The leader calls out all 15 or more actions in a random order. The first person to get all of their nine actions called out wins the game!

Reflection question: Think about all those different actions that you can take to influence others. Identify the ones you have done in the past six months. See? You are already changing the world!



NOW



EXAMPLES OF WAYS GIRLS CAN INFLUENCE OTHERS TO CHANGE THE WORLD

You can adapt these to make these actions more specific, more suited to the age of your group, to your local context and to actions girls in your group might have already done. Make sure that your group understands how these actions can make others change something for the better.

1. Organise or attend a rally at school
2. Hold a meeting with community leaders
3. Speak out at a Girl Guide/Girl Scout meeting or camp
4. Write a letter to the editor of a newspaper or call a radio station when you disagree with something that has been said/printed
5. Explain your opinion to a family member and change their mind
6. Hold a speech at school
7. Communicate with local officials to address an issue in the community
8. Persuade your friend to change a harmful behaviour
9. Sign or create a petition
10. Make a poster to convince the head teacher to make changes in your school
11. Join in community consultations
12. Write a letter to a company when you disagree with their actions
13. Ask for change at work
14. Have a discussion with your parents to make them change a rule you think is unfair
15. Support a friend's cause by joining her action
16. Raise awareness on an issue you care about in your Girl Guiding/Girl Scouting group
17. Hold a protest in front of a local institution



NOW



MY PERSONAL PLEDGE

Girls will decide on a simple action they can do, starting from now, that will influence others to change the world. They will pledge to do their best to complete this action.

Leaders will decide on a simple action they can do, starting from now, to support girls to influence others and change the world.

- Each girl will decide on a clear and practical action they can take, starting from now, that will influence other people to bring about positive change in their life and in their community.
- Once they have decided on their action, ask them to write it or draw it on the final panel of their hero emblem.
- The leaders will decide on a clear action they can take, starting from now, that will support girls to be advocates, influence others and take action on issues they care about.

Share your thoughts: Offer the opportunity for any girl who wishes to share her personal pledge with the rest of the group. Leaders should all share their pledge, so girls understand how leaders can concretely support them.



TAKE PART IN THE #HEARMENOW CAMPAIGN

We want the world to see how girls envision an equal future!

- You have reflected on causes you care about, and you have pledged to take an action to advance this cause. Now, it is time to tell the world what your vision is for the future, so others can help you make it a reality.
- Think about the cause that you chose in the "Me" section. What would the future look like if people had helped you work on this cause?
- Write down what you want for the future on a sign.

We have created a sign for you to use if you want - but feel free to create your own!
Scan this QR code to get our template.



Take a picture with your sign and share your vision with other Girl Guides and Girl Scouts by sharing your picture on social media with #HearMeNow, #TeamGirl and by tagging @wagggsworld.



Remember to stay safe online!

- Make sure you have a permission from your Girl Guides/Girl Scouts and their guardians before posting images on social media.
- Talk to your Girl Guides/Girl Scouts about how to stay safe online before encouraging them to post on social media.
- It is okay to keep your account private and post just for your family and friends, or send your pictures to your local organisation to post.
- For more information about staying safe online visit our website and our Surf Smart programme.



WAGGGS
website



Surf smart

GO FURTHER

Join WAGGGS for more IDG actions!



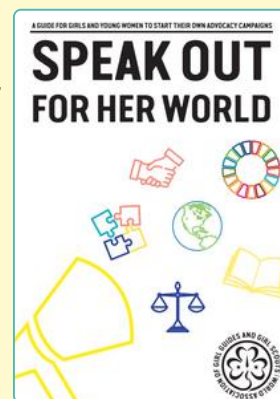
Have you completed the #HearMeNow resource?
Buy your #HearMeNow badge on the WAGGGS shop!

Amplify girls' voices by ordering your
"Girl on a mission" t-shirt.

Take part in the global conversation!
Join our online panel discussion on how
to support girls to be advocates on 11th
October 2020.



Download the "Speak Out for
Her World", our advocacy
toolkit designed to support
girls and young women to
start their own advocacy
campaigns.



WAGGGS WANTS TO HEAR FROM YOU!

WAGGGS and UNICEF have partnered together to provide a safe online space for girls and young women to raise their voices and opinions. For IDG, we want to know what is important for you and what you think should be done to improve girls' lives.

What is U-Report?

U-Report is a social media platform where you can speak out about the issues you care about by answering to our polls on Facebook Messenger.

The polls are made of very short and youth-friendly questions, and it takes only a couple of minutes to complete them!

TAKE PART IN THE INTERNATIONAL DAY OF THE GIRL POLL

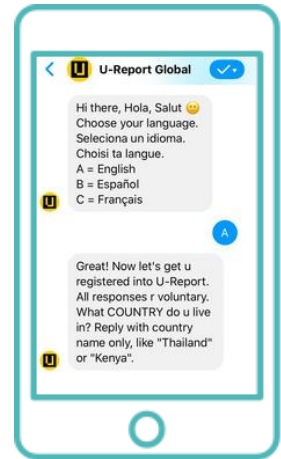
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Search for "U-Report Global" on your Facebook Messenger.
Send the word "Join" or click on "start conversation".

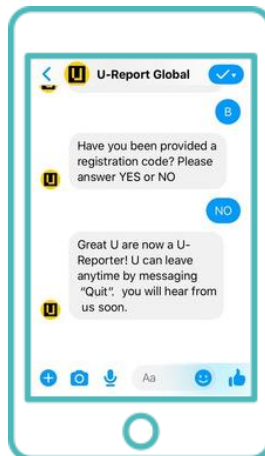
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Fill the initial registration
This information is 100% confidential and all your responses are anonymous.



3

You are now a U-Reporter!
Congratulations, you are part of a youth community who believes that every voice matters!



4

Send the word "IDG"
to start the poll. It will be available in English, French, Spanish and Arabic.

The poll will be launched on and available from the **9th of October.**
Any girl aged 13 years or above is invited to join!

TIME TO LISTEN TO GIRLS

As youth organisations it is not only our duty to listen, but also to give girls a space to tell us about the world they want to see so that we can support them to create that world. We are calling on all 152 Member Organisations to hold a #HearMeNow dialogue to find out what girls and young women in their country want.

LISTEN TO GIRLS IN FOUR STEPS

1

Assemble a group of girls to listen to.

This can be at any scale - anyone can hold a #HearMeNow dialogue. When choosing your group, reflect on how you can listen to all girls in your Association and consider reaching out to girls you don't usually talk to. Explain to them how you will use the data you gather. This is up to you! We want you to use this data to ensure that you are offering the best girl-led experience you can.

2

Hold a focus group discussion.

Start the conversation with some background information on International Day of the Girl, and why you are asking girls about their opinions.

As a conversation starter, you can talk about the mega-trends for the next 25 years identified by the United Nations.

These are: climate and environmental degradation; gender; health; new technologies; poverty and inequality; population changes; security threats; breakdown of trust between governments and people.

[Visit the UN website to read more about these issues.](#)

Use the questions below as a guide, adapting them for your dialogue. Don't forget to take notes!



- Do you think in 2045 girls and young women under 30 will be better off than, worse off than or about the same as today? Why?
- What are the biggest changes you want to see in the lives of girls and young women in your country?
- What are the biggest opportunities for girls and young women in your country?
- What do you think the biggest threat will be to the wellbeing of girls and young women in your country?
- What vision do you have for girls and young women under 30 in your country?
- What are the main obstacles and challenges that will block this vision?
- How can [name of your Association] respond to these challenges?
- How can global cooperation, for example the World Association of Girl Guides and Girl Scouts, WAGGGS, better manage these challenges? What would you advise?

These questions were adapted from the UN75 dialogue campaign. [Help shape the future of the United Nations by joining the conversation.](#)

3

Analyse the data gathered and take action.

Summarise the key points, see if you can identify trends. Use this data to create truly girl-led experiences for your members. It can go from creating activities that are more relevant to girls' interests for your next camp to creating new girl-led strategies for your Association.

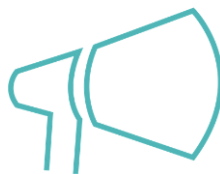
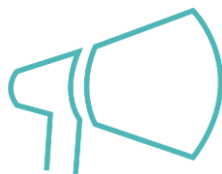
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Share your data.

If you want to share your findings with us, we would love to know what your girls want and add this to the voices of girls and young women from around the world. Share your results with WAGGGS on social media using #HearMeNow and tagging @WAGGGSworld.

Participate to our global U-Report competition to mobilise more girls to answer the IDG poll, take part in a #HearMeNow dialogue and join U-Report. The winner will represent WAGGGS and speak out for girls' rights in a global advocacy event!

Take a look at <https://www.waggs.org/en/what-we-do/u-report/global-competition/> to know how to participate and amplify girls' voices.



SIX TIPS TO HOLD A SUCCESSFUL FOCUS GROUP

1. Make sure participants discuss the question

A focus group discussion is not an interview: participants need to discuss amongst themselves, and your role is to facilitate that discussion, keep them engaged and focussed on the questions.

2. Create a brave discussion space

Build a rapport with participants so they feel comfortable with you. Explain the goal of your focus group discussion and be mindful of the level of understanding of your participants. Smile, be friendly, and use your body language to make everyone feel that they can express their opinions freely.

3. Know your questions!

To make the discussion feel natural, you need to know your questions so you can easily go from one to another, follow the flow of the conversation and keep the participants focussed on the questions if needed. Participants should not feel like it is strictly a Q&A activity.

4. Stay neutral

This is a research activity: you must remain neutral at all times. Remain objective by sticking to the guide questionnaire, do not give your opinion and do not ask leading questions!

5. Give everyone a chance to speak

In a group, there is usually one or more dominant respondents - someone who answers all the time. As a facilitator, you need to ensure that all participants can voice their opinions. For example, you can address different participants for different questions.

6. Get clear quality answers

If you're not getting deep quality answers, or the answers aren't very clear, a common technique is to ask probing questions, such as "why do you think so?", "what do you mean by that?" or "how does everyone feel about that?". Do not probe if the question answered adequately and clearly, otherwise your participants might get annoyed.



For more tips on how to hold a successful focus group discussion, watch [this video](#).

