

Adulthood 101 Badge Requirements

The patch program is separated into four subject areas: **Skills for Life**, **Personal Life**, **Financial Life**, and **Civic Life**. There are four rockers per subject area for a total of 16 rockers that can be earned. The steps are presented below. To provide flexibility and choice, girls may do any 4 "small tasks" or a single "large task". Girls can choose to earn a rocker either way (by doing the small tasks or the larger task) and not all rockers have to be earned the same way. We want to meet girls where they are - so if they have earned some of the Girl Scout badges below, then they have also earned the Adulthood 101 rocker for that area - it just means they have a head start on gaining their life skills!

Skills for Life - Basic Meals	
Small Tasks (do 4)	Large Tasks (do 1)
Make 4 complete meals (protein, carbohydrate, and vegetable) - can do this 4 times to earn the rocker.	Earn the Cadette Eating for You badge
Learn the basics of a healthy diet	Earn the Cadette New Cuisines badge
Learn how to read a nutrition label	Earn the Senior Locovore badge
Keep a food journal for a week	Earn the Ambassador Dinner Party badge
Learn how to comparison shop at the grocery store (compare prices, quality, quantity, nutrition label, etc.)	
Learn about the 9 essential amino acids (especially important if you are vegetarian or vegan)	
Skills for Life - House Chores	
Small Tasks (do 4)	Large Tasks (do 1)
Do the laundry	Do all the household chores for 1 week
Do laundry at the laundromat (or at least visit one to learn how they work)	
Clean the bathroom (mirrors, shower/bath, toilet, sink, & floor)	

Vacuum the house (including emptying/changing the bag/canister AND cleaning the brush)	
Sweep AND mop the floor	
Mow the lawn	
Unplug a toilet and how to prevent it from happening	
Unplug a kitchen sink and how to prevent it from happening	
Learn how to tell which clothes need to be dry-cleaned, take clothes to the dry cleaner AND pick them up	
Iron a dress shirt/blouse and pair of slacks	
Sew on a button	
Fix a hem on a dress, skirt, or pair of pants (sewn or iron-tape)	
Skills for Life - Car Chores	
Small Tasks (do 4)	Large Tasks (do 1)
Check the oil and learn how to add oil if needed (including how to know what kind of oil)	Earn the Senior Car Care badge
Check the windshield wiper fluid and learn how to add, if needed	
Check the antifreeze and learn how to add, if needed	
Fill the car with gas	
Wash your car including windows and mirrors	
Learn how to jump a car and where to find "how to" instructions in your vehicle's manual	
Change your car's tire and learn where to find your car's spare or tire sealant	

(and how to use it)	
Change the car's oil (ok to take it to have it done)	
Take the car for a smog check (California) or your state's safety check (or other state-required check)	
Learn what to do in an accident and put that list and a pencil in your vehicle	
Learn about car insurance (what is it, what is the minimum coverage, what is the difference between liability, collision, and comprehensive insurance)	
Skills for Life - Other Life Skills	
Small Tasks (do 4)	Large Tasks (do 1)
Learn how to read a map	Take a self defense class
Take care of your families' indoor plants for a month	Earn the Cadette First Aid Badge OR Safety Award Pin
Learn how to compost (kitchen or yard waste)	Earn the Senior First Aid Badge OR Safety Award Pin
Learn how to eat out (get your table, order, request something from the wait staff, calculate tip, and pay the bill)	Earn the Ambassador First Aid Badge OR Safety Award Pin
Learn where your home's fuse box or electrical panel is AND learn how and when you might need it, and who can turn it back on	Get certified in First Aid and CPR
Learn where your home's water shutoff is AND learn how and when you might want to use it, and who can turn it back on	
Learn where your home's gas shutoff is AND learn how and when you might want to use it, and who can turn it back on	
Learn basic first aid	
Take public transit	

Personal Life - A Place to Live	
Small Tasks (do 4)	Large Tasks (do 1)
Make a list of qualities that make a good room-mate and determine how many of those you have	Earn the Ambassador On My Own badge
Learn about renter's insurance (what it is, who should have it, what it covers, what it costs, etc.)	
Learn about the responsibilities of landlords where you live	
Learn what landlords can and can't use to determine if they will rent/lease an apartment to you (e.g. income, credit report, race, gender, pets, etc.)	
What is first/last month's rent for a basic apartment where you live/want to live	
Learn about security deposits (what are they, how much are they in your area, what might cause a landlord to keep it)	
Find three sources for apartment listings in your area/where you want to live	
Personal Life - Health Care	
Small Tasks (do 4)	Large Tasks (do 1)
Fill a prescription	Earn the Senior Women's Health badge
Make a doctor or dental appointment	
Learn what to expect at a gynecological exam	
Learn about HPV and PAP smears (why you should get one, how often, how is it done)	
Learn how to do a breast self exam and how often you should do it	
Learn what is considered "normal" for periods	

Learn about birth control methods and decide which method you prefer (and get it, if appropriate)	
Learn how to be your own Health Care Advocate (and why it is important)	
Learn about your healthcare coverage (what does it cover, is it a PPO or an HMO [what even is that?], what does in/out of network mean, how long will you keep your coverage, etc.)	
Learn about your dental insurance coverage (what does it cover, what does in/out of network mean, how long will you have it, etc.)	
Learn about health savings accounts (who might have one, how do you use one, why would you want one)	
Personal Life - Mental Health	
Small Tasks (do 4)	Large Tasks (do 1)
Learn what you do to reward yourself - decide if it's healthy; if not make a plan to change it	Earn the Cadette Science of Happiness badge
Keep a happiness jar for a month	
Make a list of things that make you happy	
Learn what "self care" means	
Create a time budget - and plan time for self care	
Learn what defines a health relationship	
Find local resources for mental health issues (e.g. depression, suicide, crisis, etc.)	
Personal Life - Physical Health	
Small Tasks (do 4)	Large Tasks (do 1)

Learn about the core muscle groups and how opposing muscles groups work	Earn the Senior Cross-Training badge
Learn how to stretch your core muscle groups	Develop an exercise plan and stick to it for 1 month
Learn about the links between exercise and mental health	Take a yoga or other fitness class for at least 1 month
Try different types of exercise for a week (each exercise you try can count as a "task") with the goal of finding one you like	
Financial Life - Finances	
Small Tasks (do 4)	Large Tasks (do 1)
Learn how to file a basic tax return AND what the deadlines for filing taxes are	Earn the Cadette Financing My Dreams badge
Look at a paycheck - see what taxes are taken out and what each are for	Earn the Senior Financing my Future badge
Learn what a 401k is, why you might want one, and what a company match is	Earn the Senior My Portfolio badge
Learn about different types of insurance (auto, life, home, renters, umbrella, etc.)	
Open a bank account	
Review your family's bills (learn how to check them for accuracy, how to pay them, what the deadlines are, and what happens if you are delinquent)	
Learn at least three ways YOU can send money (e.g. check, money order, e-check, PayPal, Venmo, etc.)	
Get the online banking app for your credit and/or debit card and learn to use them	
Financial Life - Getting a Job	
Small Tasks (do 4)	Large Tasks (do 1)

Write a resume	Get a job that requires you to apply for it and do an interview
Write a cover letter	Earn the Senior Business Etiquette badge
Do practice interview	
Learn how to write a business email and how and when to respond to one	
Learn what an employer factors into whether to hire you (resume, cover letter, credit report, social media, etc.)	
Find 3 online job boards; review the pros and cons of each	
Learn about the importance of your "network" in finding a job	
Learn about the starting salaries for positions you are considering	
Find tips on salary negotiations	
Fill out a job application (even if it's for a job you don't really want)	
Financial Life - Budgeting	
Small Tasks (do 4)	Large Tasks (do 1)
Make a list of wants vs. needs	Earn the Cadette Budgeting badge
Make a list of all the things that cost money to live on your own and guess how much each is	
Do research to find actual numbers for each item	
Make a personal budget for living on your own (include costs for food, rent, insurance, transportation, clothing, entertainment)	
Find out how much it costs to own a car by making a list of all the costs (e.g. car payment, insurance, registration, gas, repairs, maintenance, etc.)	
Make a record of everything you spend for one month	

Make a budget for your families' monthly expenses	
Financial Life - Credit vs. Debit	
Small Tasks (do 4)	Large Tasks (do 1)
What a credit rating is, how it is calculated, and why it is important	Earn the Ambassador Good Credit badge
The difference between revolving debt and installment debt	
How a credit card works (including payment plans, minimum payments, interest, and protections provided to the consumer by Federal law)	
How a debit card works (including how payments work and protections provided to the consumer by Federal law)	
How to calculate interest on a credit card purchase	
How to calculate interest on installment debt (e.g. car loan, student loan, etc.)	
Monitor a debit or credit card statement for 3 months to make sure it is accurate	
How to report a fraudulent charge on your statement, report a card lost/stolen, and to protect your card from fraud	
Public Life - Civic Life	
Small Tasks (do 4)	Large Tasks (do 1)
Learn about the Girl Scout Alumnae organization in your Council	Earn your Cadette, Senior or Ambassador Democracy badge
Learn about five place you might like to volunteer	
Learn who represents you at the school, city, county, state and federal levels	
Learn what your congress-person can help you with	

Watch a school, city, or county-level public meeting	
Find your non-profit - a group whose passion you share and that you might want to volunteer with or donate items or money to	
Contact a local government official about an issue you care about	
Public Life - Media Savvy	
Small Tasks (do 4)	Large Tasks (do 1)
What is phishing? Learn how to not get caught.	Earn any badge from the Cadette, Senior, and/or Ambassador Cybersecurity Badge Suite
What is spam? Learn how to avoid it.	Earn the Senior Truth Seeker badge
What is identity theft? Learn how to avoid it.	
What is malware? Learn how to avoid it.	
Learn how to create a secure password and how to protect it	
Find your trusted news source (review sources of news, learn how to vet them for accuracy, and determine what sources you trust to get your news from)	
Scrub your online presence so it is appropriate for a job/apartment seeker	
Public Life - Voting	
Small Tasks (do 4)	Large Tasks (do 1)
Learn how to/or register to vote	Earn the Senior Behind the Ballot badge
Learn how to vote (where is your precinct, mail-in/absentee voting, early voting, ID requirements, etc.)	Earn the Ambassador Public Policy badge
Make your mail-in ballot count (where can you drop it off, how many stamps does it take, how early before election day should it be mailed, etc.)	Earn the GSUSA Suffrage Centennial Patch

Find out and read the documents the state/county provide to help you decide how to vote (in California you receive a county and state Voter Guide)	
Educate yourself on the issues as if you'll be voting in the upcoming election - what resources are available online?	
Visit a polling place on election day	
Learn how to confirm that your vote was counted	
Public Life - Manners & Etiquette	
Small Tasks (do 4)	Large Tasks (do 1)
Learn how to speak in public	Earn the Cadette Finding Common Ground badge
Learn what makes a good thank you note and when written notes are appropriate/expected	Earn the Cadette Public Speaker badge
Learn how to make a phone call and how to receive one	Earn the Cadette Netiquette badge
Learn to politely give and receive a compliment	
Learn the basics of conflict resolution	
Learn manners for a business dinner	
Learn business attire for different industries	