



Guides is our section for girls aged 10 to 14.



Guides wear a uniform top, which can either be dark blue or blue and white striped. A dark blue uniform hooded top is also available. Some Guide Units also wear neckerchiefs and/or unit hoodies to identify the girls as a part of that Unit. Pin badges, such as the Promise badge, patrol emblems, challenge Badges, etc, are worn on the uniform top, but cloth badges are usually sewn on to camp blankets instead.

Guides are organised in small groups or Patrols, these are often named after animals, birds or flowers, but the girls can also choose their own Patrol names. Each Patrol has a Patrol Leader, who is usually an older or more experienced Guide, and she is supported by a Patrol Second. In their Patrols, and with the support of an adult Leader, the girls can choose and run some of the activities themselves using Go for It! resource packs.

Members can take part in a wide range of exciting activities at their regular meetings and at special events or holidays. Girls can get involved in anything from adventure sports to performing arts, travel and taking part in community action projects. Although the programme is put into practice by the adult Leaders, Guides are expected and encouraged to take the lead in what they would like to do in meetings and elsewhere. This is achieved by holding Patrol Leaders Councils, where Patrol Leaders (and Patrol Seconds) collect ideas from their Patrols and then meet up

The Guide programme is divided into five areas:

- discovery of new experiences and challenges
- healthy lifestyles
- global awareness
- skills and relationships
- celebrating diversity.



These five areas, as well as the Five Essentials common to all guiding sections, are used to ensure that girls have access to a variety of opportunities throughout their time in Guides.

Girls can extend their knowledge and skills by working towards Guide interest badges covering many different hobbies and activities from Film Lover to Independent Living. They can also gain up to four Challenge badges that recognise their participation in, and commitment to, guiding over a period of time. The experience of working for badges takes the girls towards the Baden-Powell Challenge Award, named in honour of the founder of guiding. This is the highest Award that a Guide can achieve and it must be completed before a girl moves on to Senior Section, which they can do from the age of 14.

