

Guides  
for girls age 10 to 14 years

**We make things happen!**

Guides work together in small groups or 'Patrols' and, with the support of an adult Leader, choose and run some of the activities themselves using Go for It! resource packs.

Guides 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 and taking part in community action projects.

Guides enjoy camping and weekends away. They love the Big Gig - a massive pop concert for 20,000 Guides. They are interested in campaigns affecting girls and young women like the campaign against air brushing and the "No more page 3" campaign.

Guides have their own website with news and activities.

A Guide chooses what to wear from the range of Guide wear.

All Guide units would welcome volunteers who want to get involved running games and activities for girls and young women.

To volunteer or just to find out more please visit  
[www.girlguiding.org.uk/interested](http://www.girlguiding.org.uk/interested) or call 0800 1 69 59 01

