

American
Heritage Girls

JOINING
AWARD
GUIDEBOOK

for
Pioneers & Patriots

Welcome to

AMERICAN HERITAGE GIRLS

We are so glad you are a member of our troop!

Before you can begin earning badges, you must first complete the requirements for your Joining Award. Earning this award will help you learn what it means to be an American Heritage Girl. The Joining Award badge will be worn in a special place on your vest or sash.

Pioneers & Patriots

You may be able to read and complete most of this guidebook on your own. Please ask an adult family member or leader for help if you need it.

Use your AHG Girl Handbook to find any answers you do not know.

When you finish this guidebook, return it to your Unit Leader who will present you with your Joining Award!

Have fun!

All About **ME**

My name is _____

My family members:

My pets:

My hobbies:

Something special about me:

Why I want to be an American Heritage Girl:

The **AHG** Oath

Fill in the AHG Oath on the following lines.

I promise to _____ God,
_____ my family,
_____ my country,
and _____ in my community.

I have memorized the AHG Oath. Date: _____

The **AHG** Creed

Fill in the AHG Creed. The first letter of each word has been given to you.

As an American Heritage Girl I promise to be

C _____

H _____

H _____

L _____

P _____

P _____

R _____

R _____

R _____

R _____

I have memorized the AHG Creed. Date: _____

Understand and agree to live by the AHG Oath and Creed.

The Pledge of Allegiance

Memorize the Pledge of Allegiance and recite it to a leader or family member.

I pledge allegiance to the flag
of the United States of America,
and to the Republic for which it stands,
one nation under God,
indivisible,
with liberty and justice for all.

I have memorized the Pledge of Allegiance. Date: _____

The **AHG** Mission Statement

“Building women of integrity through service to God,
family, community and country.”

*What is Integrity? Circle the 3 words below that describe integrity.
Use a dictionary if you need help.*

Honest

Immoral

Goodness

Wicked

Dishonest

Honorable

The **AHG** Sign

The AHG Sign is made by raising four fingers on your right hand (bending back the thumb). This sign stands for the four parts of the AHG Oath.

You give the AHG Sign when you say the AHG Oath and Creed.

Trace your right hand on colored paper with your four fingers close together and your thumb out.

Cut out your traced hand.

Fold the thumb across the palm of the hand. This is the AHG Sign.

Glue your hand to this page on top of these directions.

The **AHG** Salute

The AHG Salute is made by raising four fingers on your right hand (bending back your thumb) and bringing that hand just above your right eyebrow.

You give the AHG Salute when:

- 1. You are in full AHG uniform and see the Flag pass by or move up the pole.*
- 2. You are in full AHG uniform and are in the Color Guard.*

The **AHG** Uniform

The AHG Uniform shows that you are a member of the American Heritage Girls. It should be worn to all troop meetings and when you are out representing the troop in our community. Color each girl's uniform to match her level.

Pathfinder

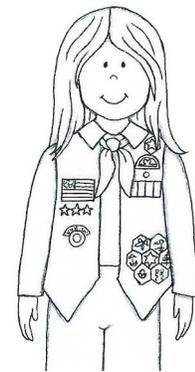
Official Pathfinder T-shirt (light blue)
Pathfinder Necklace
Navy skort or slacks



Kindergarten

Tenderheart

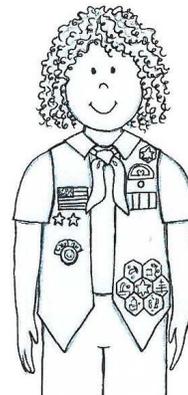
White Polo or Mock Turtleneck
Navy Neckerchief
Red Vest
Navy skort, skirt or slacks



1st, 2nd, 3rd

Explorer

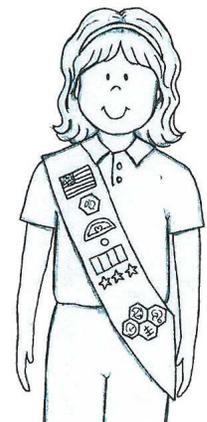
White Polo or Mock Turtleneck
Red Neckerchief
Navy Vest
Khaki skort, skirt or slacks



4th, 5th, 6th

Pioneer

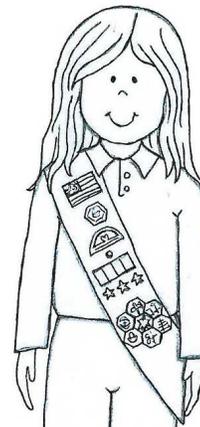
White Polo or Mock Turtleneck
Navy Sash
Khaki skirt or slacks



7th, 8th

Patriot

Red Polo or Mock Turtleneck
Navy Sash
Khaki skirt or slacks.



9th, 10th, 11th, 12th

The History of **AHG**

Read the following poem and answer the questions at the bottom.

It was the summer of '95,
That AHG first came alive.

Starting with 13 girls in Cincinnati,
Led by moms named Laurie and Patti,

AHG grew to 100 and more,
Who were determined to keep God as their core.

Since then AHG has grown and grown,
And in 2013 we started our own.

Now AHG is in almost every state,
And we all think it is really great!

We're blessed to be part of this wonderful group,
And seek to always glorify God in our troop.

1. In what YEAR did AHG begin? _____
2. In what CITY did AHG begin? _____
3. How many girls were a part of the first troop? _____
4. In what YEAR did Our Troop begin? _____

Flag Etiquette

Read this page and color the American Flag shown below.

Carrying the American Flag:

- *When carried in a procession, the flag should be at the right of the marchers.*
- *When other flags are carried, the American Flag may be centered in front of the others or carried to their right.*
- *Carry the flag aloft and flying free.*
- *Never dip the flag for anything or anyone.*
- *Never allow the flag to touch the ground.*

When to Salute the Flag:

- *You see it raised or lowered.*
- *You pass it or it passes you.*
- *Reciting the Pledge of Allegiance.*
- *During the National Anthem.*

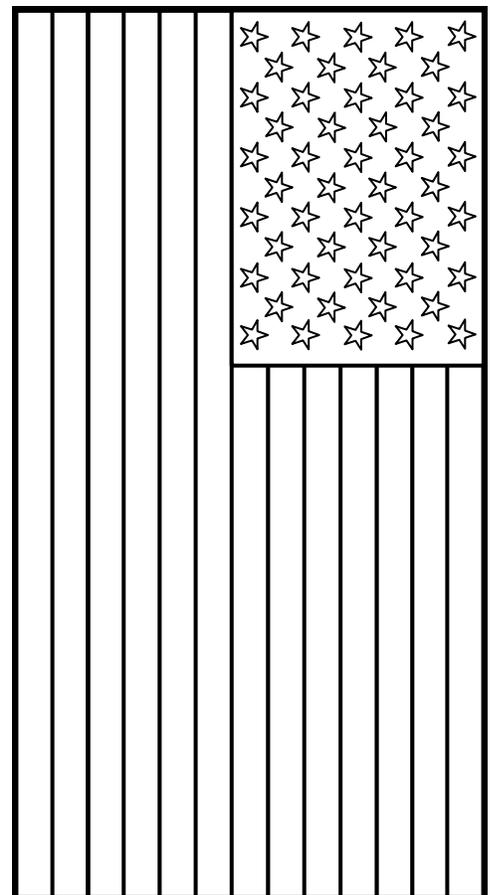
How to Salute the Flag:

- *AHG Salute - when in full uniform.*
- *Hand Over Heart - when not in uniform.*

Displaying the American Flag:

- *Where a number of flags are grouped, the American flag should be at the center and at the highest point.*
- *The American Flag should always be at the peak when flags are flown on the same pole.*
- *From a staff projecting horizontally, the union of the flag should be placed at the peak of the staff.*
- *From a staff in a church or public auditorium, the American Flag should be at the speaker's right as she faces the audience.*

Color the Red Stripes and Blue Field on this American Flag

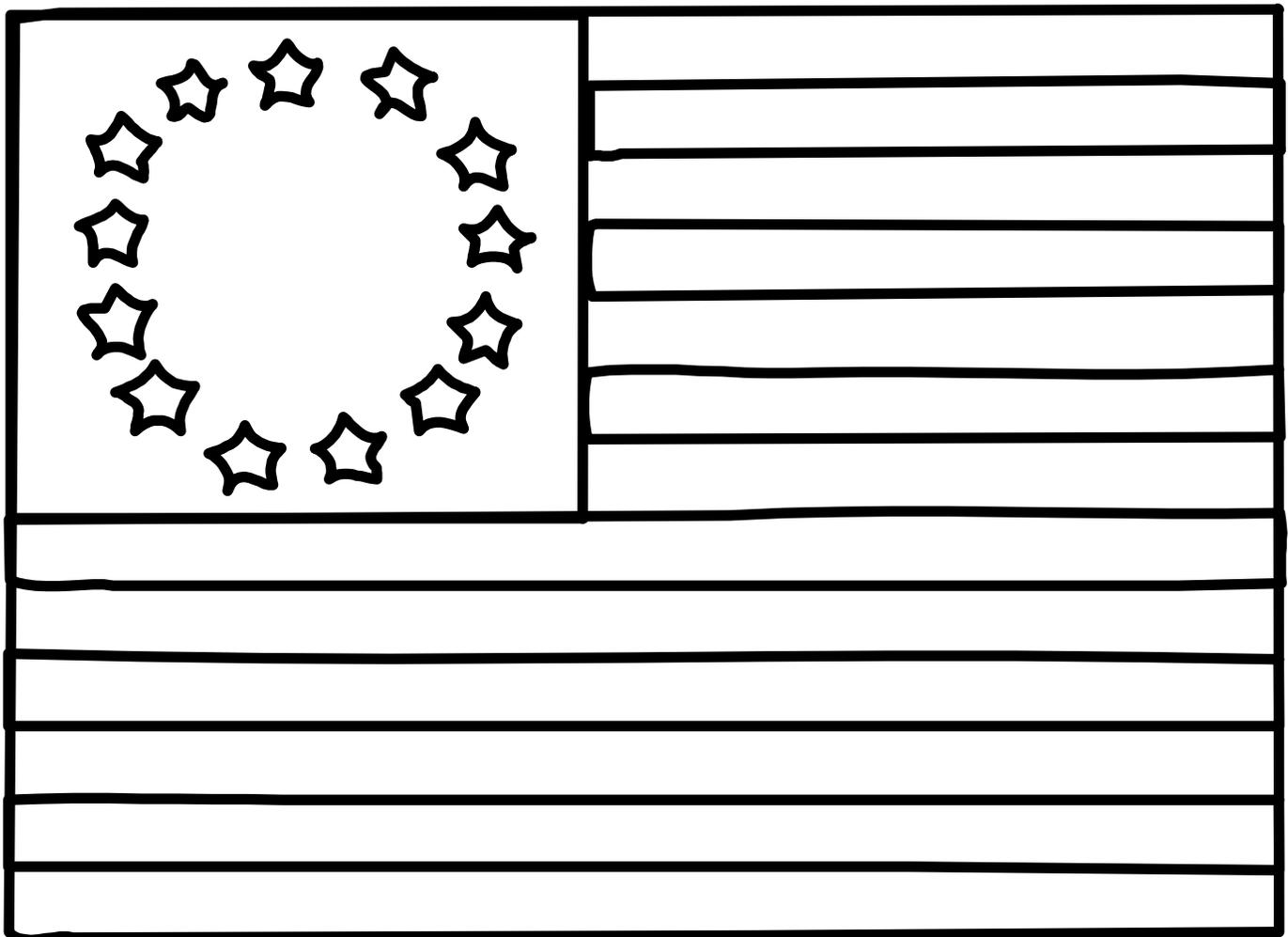


Betsy Ross Flag

The flag with 13 stars and 13 stripes is the Betsy Ross flag, an early design for the American flag. The Continental Congress passed the Flag Act of 1777, which established the flag's design during the American Revolutionary War:

- 13 stripes: Alternating red and white stripes to represent the original 13 colonies and their struggle for independence
- 13 stars: White stars in a blue circle in the canton to represent the new nation's birth and the idea that all colonies were equal
- Colors: Red for valor, white for purity, and blue for loyalty and vigilance

The flag's name comes from the story that Betsy Ross, an upholsterer and flag maker, created a flag of this design shortly after the act was passed. As the United States expanded westward, more stars were added to the flag for each new state, eventually reaching 50 stars by 1960



Troop Safety

Read this page and answer the question at the bottom.

Buddy System:

The Buddy system is a great way to look after each other and keep you safe. You can keep track of what your buddy is doing and she can do the same for you. Never go anywhere alone. Always take a buddy.

If you Get Lost—S.T.O.P.

- **S**tay Calm—Stop what you are doing and stay where you are. You may need to sit down and take a breath.
- **T**hink—Try and remember how you got to where you are.
- **O**bserve—Look around for familiar landmarks, signs, or footprints if you are outside. Look for clues about your location.
- **P**lan—If you are confident about your route, then retrace your steps. If you have no idea where you are, stay put. Most likely people will start looking for you as soon as someone realizes you are missing.

Bullying:

Unfortunately, some of us might find ourselves facing a bully one day. Some bullies use hurtful words, others use physical violence. Both are very serious situations.

- Never try to handle a bully alone.
- Always go to a person with authority over the bully such as a teacher, principal, Troop Leader, or parent.
- Ignoring bullies does not make them stop. Only adult intervention and awareness can end the harassment.

Think of another way to stay safe and write it on the lines below.

Final QUIZ

Don't worry, it's easy! Circle the correct answer.

1. Which flag should be flown highest on a flag pole?

The American Flag

The AHG Flag

2. The American Flag should never touch:

My hands

The ground

3. What should you wear to AHG meetings?

My full uniform

My pajamas

4. The AHG Sign is made by holding up:

2 fingers

4 fingers

5. Circle the correct words in the AHG Oath.

I promise to LOVE / PRAISE God,

CHERISH / TRUST my family,

SUPPORT / HONOR my country,

And LIVE / SERVE in my community.

6. What should you do first if you are being bullied?

Ignore the bully

Tell the adults in authority

7. If you need to use the restroom, you should:

Go by yourself

Tell your leader and take a buddy with you

8. If you get lost you should:

Stay calm, Think, Observe, Plan

Scream, Tremble, Overreact, Panic