

CATALYST

RESOURCES FOR CREATIVE LIVING

World Thinking Day, Feb. 22

Girl Scouts pause and ponder pals far away

By Susan Walters

Every year for one day, 10 million Girl Scouts and Girl Guides around the world join in thought. February 22 is World Thinking Day, a day set aside for girls the world over to think about their sisters in other lands. The observance on February 22, 2006 will be the 70th annual event.

The World Association of Girl Guides and Girl Scouts recently completed a global survey on adolescent health in order to focus on the issues that are important to girls and young women everywhere. They came out with seven key messages that girls want to send:

- fight AIDS
- make healthy food choices
- prevent adolescent pregnancy
- it is important to talk about sex
- let's talk about the dangers of drugs
- ban smoking in public places
- discover your potential

Based on these results, the organization has suggested the World Thinking Day theme, Adolescent Health -- Our Rights and Responsibilities. Within that theme, girls may focus on The Right To Be Me and/or The Right To Be Happy.

The comments section of the World Association website is full of people's Thinking Day plans:

"Our Troop has chosen Australia for Thinking Day and would like to start a Pen Pal Project with girls from Australia."

"I have 3 Arab/American troops in the USA. We are representing Palestine on Thinking Day. We would like to contact a group of Girl Scouts or Guides in Palestine or another Arab country."

"This topic is more like it. With the rate of early pregnancy and spread of AIDS, girls should be exposed to this topic so they could prepare for the future. I will involve health practitioners to speak during the Thinking Day week and keep educating ourselves to have a happy life."

"I have 5 year olds. I plan to choose 3 or 4 of our local restaurants such as an Indian cuisine, Greek, and Japanese and pick up a healthy entree from each and discuss how all cultures take care of themselves by good food choices."

"Here in Mexico, some districts plan weekend camps; others gather new and old Guides at a campfire celebration; certain districts march through the city carrying posters on the topic."

It's nice to know that girls in Utah, around the United States and in 144 other countries will spend this month focusing on The Right To Be Me and The Right To Be Happy. There's no reason that adults couldn't participate in World Thinking Day too, taking a moment to think friendly thoughts about the other people in this world.

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