

Module	Session 10: The Fundamental Principle of Guiding and the AGP: The Promise & Law
Qualification	Unit Leader / Assistant Unit Leader
Proposed length of session	1 ¼ hrs
Learning Objectives	
<p>After the session, Leaders will be able to:</p> <ul style="list-style-type: none"> • Identify their own values and beliefs • Incorporate the Promise and Law into the unit program. • Develop the girls' understanding of the place of the Promise and Law in their lives appropriate to their age and stage of development. 	

General notes: Encourage Leaders/Managers to include the Promise and Law in the whole program, not make it a separate activity. The list of activities is under the heading of the Elements but could be ungrouped or grouped by Fundamentals or aspects of the Promise and Law. There is one Australian Girl Guide Promise and one Law.

Session outline:

Time	Activities	Trainer's notes	Resources
3 mins	Trainer introduction	<p>Girl Guiding provides a framework to develop personal values. This framework is set out in the P&L, which is the fundamental principle of Guiding.</p> <p>This session aims to give you time to reflect on your understanding of the P&L and to help you make the P&L come alive for your girls and fellow leaders.</p> <p>le. How to fit the P&L into the AGP or is it the basis of the AGP?</p>	<p>Posters of Promise and Law</p> <p>Poster of P&L in trainer's profile using wordle</p>
3 mins	Concepts of P&L	<p>The Promise is about ME = who am I?</p> <p>MY Promise to do MY best to be true to MY self to develop MY beliefs to serve MY community and Australia and live by the Guide Law</p> <p>We achieve the concepts in the Australian Guide Promise by living the Guide Law We are all different and at different stages in our lives so our perception on P&L will vary considerably</p>	<p>From Girlguiding UK: Background and concepts of P&L for trainers</p> <p>Leaders Handbook p 58-62</p>
		<u>Take Concepts of Promise one at a time:</u>	
3mins	True to MY self	<p>This is about following what we believe over what other people pressure us to do: Be comfortable with who you are Don't be unduly influenced by others Refer to Gandhi quote: <i>Our beliefs become our thoughts</i> <i>Our thoughts become our words</i> <i>Our words become our habits</i> <i>Our habits become our values</i> <i>Our values become our destiny</i></p>	Bookmark for each trainee of Gandhi's quote

10 mins		<p>What qualities or values are important to you?</p> <p>Activity 1: Choose a picture.....With a partner discuss why this picture appealed to you or represented a value to you. Does it reflect something extremely important to you?</p> <p>Activity 2: Give out a copy of Values spreadsheet and definitions sheet. Check off your top 10 values on the spreadsheet. Prioritize your values 1-10. For each of your top 10 values, ask yourself: "Am I living my life according to this value?" You can use the sheet which defines each value to ascertain if you are living your life to the value. For example, if one of your values is 'family,' ask yourself if you are spending enough quality time with your family. If another value is adventure, ask yourself if you are taking the time to do things that are fun, things that excite you.</p>	<p>Use cards from Picture this set available from St. Luke's Resources or use own</p> <p>Values of Life spreadsheet</p> <p>Values of life 45 definitions</p>
		<p>Being true to oneself is developing one's values – allows your self-esteem to grow</p> <p>Self- esteem is the opinion of oneself, knowing and liking oneself</p>	
10 mins	Beliefs & Spiritual development	<p>As the concept of abstract thought develops we grow in our ability to develop our beliefs and spirituality.</p> <p>Again: We need to talk to girls about what they believe and value. This is much easier if we have had time to reflect on our own values. You need values and self-esteem to develop beliefs. 'What do you believe' is a powerful question to ask.</p> <p>Share some of the beliefs of girls. Compare girls' beliefs to the Promise and Law. Are the girls' beliefs reflected in the words of the Promise and Law? What values do the quotes encompass?</p> <p>Connecting personal beliefs with P&L: Compare girls' beliefs to the Promise and Law. Are the girls' beliefs reflected in the words of the Promise and Law? What values do the quotes encompass? Chose a couple of the girls' beliefs and as a patrol brainstorm how you would continue the conversation.</p> <p>What questions would you ask -</p> <ul style="list-style-type: none"> o Open ended – <i>How is reflected or seen through our Guide Promise?</i> o Closed – <i>Is an aspect of our Promise?</i> o Leading - <i>If you think that, then what actions demonstrate this?</i> 	<p>Refer to Leaders Handbook – charts on girl development</p> <p>Pages 52-56</p> <p>Girl's beliefs as per session notes</p>
		<p>If time permits can get trainees to write their belief on a hand cut-out and place in circle on floor for all to read later after session.</p>	Hand shape
10 mins	Community & Australia = help others and take action	<p>Reaffirm Australian Citizen Oath</p> <p>Look at National Flag Day Promise</p> <p>Buzz groups: what other events fit here?</p> <p>What other organisations provide opportunities to take action or to do service?</p>	<p>Australian Citizenship oath</p> <p>National Flag Day Promise</p> <p>Harmony day info</p> <p>Clean up Australia Day</p> <p>Leaders Handbook p 61</p>

15 mins	Putting concepts into meaningful practice	<p>Explore the handbooks and recognition system handbooks</p> <p>P&L fits all</p> <p>The Leaders' Handbook gives a good direction on activities in Girls Handbooks which are related to the concepts of Promise pages 59-62</p> <p>Sample Activity:</p> <p>Take a badge from the Look Wide book and discuss as a patrol /table how different clauses sit alongside and enable the Guide to achieve the P&L</p> <p>Use age appropriate handbooks and explore the Discover a Challenge- although sectioned under AGP Elements how do the challenges achieve concepts of Promise?</p> <p>Groups to find where P & L activities are in handbooks for their age group. Discuss in group which ones they have used, was the activity successful and why?</p>	<p>Handbooks 1-5</p> <p>Leader's Handbook</p> <p>Look Wide</p> <p>Aim High</p> <p>WAGGGS Activity Packs</p> <p>Free Being Me</p> <p>GGA packs_ Anzac Day and Environmental badge 2017</p>
5 mins	The Guide Law	<p>BP in the original law chose to use a set of affirmative laws, in contrast to prohibitions</p> <p>Positives all the way- no negatives. This builds self esteem.</p> <p>Follow the Law and you are on target to fulfil the Promise.</p> <p>The Essence of the Law as defined by WAGGGS is:</p> <ul style="list-style-type: none"> • Duty to others • Self-discipline • Respect for all living things. <p>Give trainees a few moments to buzz in groups do they agree with WAGGGS definition?</p>	<p>See Trainer's notes referring to the Essence</p> <p>Poster of Guide Law, or refer to Handbooks</p>
10 mins	When does a new guide make her Promise?	<p>In groups look at pertinent handbook for their age group. Find the section that talks about knowing '7 things' before making Promise.</p> <p>What other resources help in girls understanding of Promise – available from website</p> <p>Each group to share one Promise ceremony they have seen or been part of.</p>	<p>Copies of Up, Up and Away and Girl Guide Promise and Law for guide units</p> <p>Girls Handbooks 1-5</p> <p>Leader Handbook p62</p>
5 mins	Summary of session	<p>Let the girls grow into their Promise</p> <p>Remember you and the Guides may be anywhere on the line from non-belief to secular or values based beliefs to a belief in a force higher than man – alignment with a religion/faith is okay.</p> <p>Exploration of Spirituality is what is required.</p> <p>This is the Journey.</p> <p>Guiding maybe the only organization for youth which demands a search into the spiritual aspect of life and the determination of one's beliefs, as opposed to an organization that imposes a set of beliefs or one that is non-values based.</p> <p>An exciting stand in today's society.</p>	

		<p>The P&L is the basis/platform on which AGP is delivered and achieved</p> <p>Refer to GGA Mission Statement and make link with Promise.</p>	Mission Statement
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Trainer References:

Skills for Life

GGA Website

Discovering Our Promise – Girlguiding Birmingham

WAGGGS Spirituality Kit - Module One explains the Essence of Promise and Law.

EVALUATION of Session 10

Draw your impression of the session to show how you feel now about

- a) Your own P & L journey
- b) Helping the girls develop through the P & L

