

BLOOD BUDDIES - JUNIOR LEVEL

GSCSNJ PATCH PROGRAM

Purpose: To help Girl Scouts learn about blood, the circulatory system, and the lifesaving importance of blood donation. Scouts will explore how blood keeps our bodies healthy, discover how donated blood helps people in need, and learn ways they can support blood donation efforts in their communities.

To earn this Patch, Juniors must complete 6 activities, including the starred activities that are required.

01.



Learn about the four main components of blood: red blood cells, white blood cells, platelets, and plasma. Discover the important job each part performs and discuss how healthy habits—including eating nutritious foods, staying active, getting enough sleep, and drinking plenty of water—help keep your blood healthy.

02.



Discover why blood donation is so important. Learn how donated blood is used to help people during surgeries, emergencies, cancer treatments, childbirth, organ transplants, and for people living with blood disorders. Discuss why volunteer blood donors are essential and why blood cannot currently be manufactured.

03.

Learn about the eight common blood types (A+, A-, B+, B-, AB+, AB-, O+, and O-). Discover what the Rh factor is and why matching blood types is important before a transfusion. Find out how blood is typed and tested before it is given to a patient.

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04.

Research one or more blood disorders or diseases such as anemia, sickle cell disease, hemophilia, leukemia, or another condition that affects blood. Learn how the condition affects the body and how doctors help treat people living with it.

05.

Find out what happens when someone donates blood today. Learn who may be eligible to donate, what happens during a donation appointment, how donated blood is tested for safety, separated into components, and delivered to hospitals. If possible, visit a community blood center or invite a healthcare professional or blood donation representative to speak with your troop.

06.

Learn how to take a pulse and understand why heart rate changes during exercise. Practice taking your resting pulse and then compare it to your pulse after a few minutes of physical activity. Discuss what your results tell you about your circulatory system.

07.

Learn basic first aid skills involving blood and circulation. Practice controlling minor bleeding using direct pressure and learn how to respond if someone feels dizzy or faint. Discuss when it is important to seek help from an adult or call emergency services.

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08.

Visit a community blood drive or learn how one is organized. Discover the many volunteer roles that help make a blood drive successful, such as greeting donors, providing refreshments, creating educational materials, or helping with registration (when appropriate).



09.

Complete a community service activity that supports blood donation awareness. Ideas include:

- Creating thank-you cards for blood donors or healthcare workers.
- Designing posters or social media graphics encouraging eligible adults to donate blood.
- Collecting individually wrapped snacks or bottled water for a local blood drive (with organization approval).
- Helping promote an upcoming community blood drive through your troop, school, or community organization.

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Reflection: What have you learned about blood and blood donation? What surprised you the most about how blood helps our bodies or how donated blood saves lives? How can you encourage others to support blood donation or other acts of service that help people in your community?



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