



4Her Commitment

There are only so many hours in a day, and girls and their families have to balance many interests, commitments and responsibilities. That's why Girl Scouting today is more flexible than ever!

Girl Scout troops rely on volunteer support for girls to receive the best experience possible. Your troop leaders have committed to provide primary guidance and support, but all families are asked to give what they can.

We're asking for your promise of 4 hours per family per year — 4Her.



What can a 4-hour promise really do?



- The 4Her Promise is an open door to participation for parents and family members.
- It can build a solid support base, and strengthen a girl's chances of longevity with the troop.
- You'll witness the positive effect your participation has on the troop and your daughter.
- Your troop can accomplish so much more with just a little help.
- Communication between you and other troop families significantly increases.
- You build future volunteers as children witness parent volunteerism firsthand.

Customize Your Role

On the back of this flyer is a list of ways you can support the troop this year. Please indicate how you plan to help, and return the top portion of this flyer to your troop leader. Fill out the tear-off below and keep it for your reference. All family members may participate!



Note: All adults who help the troop regularly, have regular contact with girls, transport girls, or handle troop funds must complete the GSSD volunteer application and background check process. Begin at sdgirlscouts.org/join.



4Her Commitment

Please complete this section and keep it with you as a reminder of your commitment to support the troop this year!

I promise to contribute to the success of Girl Scout Troop _____ this year by volunteering at least 4 hours of my time.

Name: _____ Girl's name: _____

How I'll help: _____



Yes! I can help!

Place a checkmark in the boxes next to the things that you can do to help make this a great Girl Scout Leadership Experience for all the girls in the troop! Please return this section to the troop leader.

Name: _____ Girl's name: _____

Phone: _____ Email: _____

Yes, I can do this!	Positions * Training available	Quick description
	Troop treasurer*	<ul style="list-style-type: none"> Helps with budgeting, collections, deposits and payments. Keeps accurate troop records and submits financial reports in a timely manner. Signer on the troop checking account.
	Troop fall manager (TFM)*	<ul style="list-style-type: none"> Manages and coordinate troop participation in the Fall Product Sale. Attends service unit product program training. Trains girls and parents/guardians at a troop meeting. Reviews and distributes product orders.
	Troop cookie manager (TCM)*	<ul style="list-style-type: none"> Manages and coordinates troop participation in the Girl Scout Cookie Program. Attends service unit cookie program training. Trains girls and parents/guardians at a troop meeting. Confirms orders with parents/guardians and enters all data into Cookie Program database (eBudde)
	Cookie program booth chaperone	<ul style="list-style-type: none"> Sets up booth table and chaperone shifts of girls during direct sales. Collects money from booth sale and returns to troop cookie manager.
	Service project coordinator	<ul style="list-style-type: none"> Helps troop leaders and girls plan and complete community service projects.
	Outdoor experience coordinator, a.k.a. "camping parent"*	<ul style="list-style-type: none"> Helps plan camp outing(s) or other outdoor experiences with girl and adult input.
	Driver	<ul style="list-style-type: none"> Transports group of girls to field trip locations. Must have valid driver's license and vehicle insurance.
	Shopper or prepper	<ul style="list-style-type: none"> Shops for troop supplies, including badges, or preps needed materials.
	Ceremony/recognition coordinator*	<ul style="list-style-type: none"> Works with leaders to plan troop ceremonies, such as investiture at start of year, bridging at end of year, and awards at end and/or middle of year.
	Game leader	<ul style="list-style-type: none"> Researches and teaches girls group games to play.
	Song expert	<ul style="list-style-type: none"> Shares a musical gift with girls by researching and teaching them Girl Scout songs or others appropriate for their troop activities.
	Child care	<ul style="list-style-type: none"> Watches leaders' other children while the troop leaders focus on the girls.
	Other	

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