

FACT SHEET #10

Personal Growth Badge

Personal Growth is obtained through new challenges that explore your personal beliefs, challenge your thinking or develop skills.



THE PERSONAL GROWTH BADGE

The Personal Growth Badge is worn on the right sleeve below the St George Award progress badge diamond.

The Crew awards the Personal Growth Badge after completion of the badge's requirement.

THE TWO PROJECT BADGES

To be awarded the Baden-Powell Scout Award a Rover Scout must complete the St George Award and two project badges, the **Personal Growth Badge** and the other being the Community Development Badge (see Factsheet #9).

THE REQUIREMENTS OF THE BADGE

Undertake a **significant and worthwhile project** that **challenges and enhances the skills of the Rover Scout**.

Through new challenges explore your personal beliefs, challenge your thinking or develop new or existing skills.

The project can be something new to the Rover Scout rather than a continuation of an existing skill. If it is a continuation of an existing skill, there must be clear evidence of significant development in that skill or knowledge area.

WHAT IS A PROJECT?

A project is commonly understood to mean a planned enterprise designed to achieve an aim. Projects in the Baden-Powell Scout Award follow this concept.

A project should include the following steps:

Come up with and develop your idea – in consultation with your Crew and the BPSA Support Team, create a project plan, timeline or mark out your primary goals drawn from your initial idea. There is a wide range of projects that you could undertake to achieve your Personal Growth Badge. It is therefore very important that you discuss in detail your proposal with your Crew and if you necessary the BPSA Support Team prior to commencing the project.



You may choose a personal growth project from any of the areas of personal growth – spiritual, physical, intellectual, emotional or social.

For the Personal Growth Badge, you should consider your *objective*, your *existing skill level*, the *steps you need to take to get there* and how much *time* you require. You can break your project into a number of smaller goals.

Pitch your project idea – your idea will then need to be presented to and agreed by your Crew. The Crew should consider whether this project is an appropriate challenge to you as an individual.

Undertake your project – undertake the project in accordance with your project plan. Remember that good project management includes reviewing and modifying your project if required. You should record your progress along the way to help you put together your final report. This report does not have to be written.

Wrap up your project – in ending your project you should make sure that the work you have begun is finalised. Check that you've completed all the tasks you set out to do.

Present your report – present your final project report to your Crew and your BPSA Support Team and reflect upon how you have grown and developed personally. See *RSAS Fact Sheet #11* on reporting requirements.

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SOME PROJECT IDEAS

- Learn to dance (salsa, ballroom, swing, hip hop)
- Create and produce a documentary or short film
- Improve your educational or professional qualifications
- Learn a language
- Obtain a Rover Wood Badge / Certificate III or IV in Leadership or Management
- Obtain a Certificate III or IV in Outdoor Recreation
- Develop skills in photography, song writing, carpentry, cooking, welding, sewing etc.
- Do something outside of your comfort zone or address a personal fear (heights, public speaking etc.)
- Learn to play an instrument
- Train as counselor for Lifeline/Kids Help Line/Beyond Blue
- Start a youth group at your local religious centre
- Develop a health care plan for yourself and do it (diet, fitness program etc).

The *Rover Award Scheme Handbook* contains further details regarding the Personal Growth Badge and how it applies to Rover Scouts.

For more information contact the Baden-Powell Scout Award Support Team in your Branch.

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