girl scouts

Girl Scout Gold Award | Project Proposal

Your Name: Larissa Shirley

NOTE: BEFORE COMPLETING THIS FORM, CHECK WITH YOUR COUNCIL TO DETERMINE IF THEY REQUIRE GOLD AWARD TRAINING AND/OR ONLY ACCEPT APPLICATIONS ONLINE. IF YOUR APPLICATION MUST BE SUBMITTED ONLINE, PLEASE GO TO: HTTPS://GOGOLD.GIRLSCOUTS.ORG.

Prior to starting your project, submit this proposal to:

Council Name: Girl Scouts of Greater Los Angeles

Street Address: 423 N. La Brea Ave.

City: Inglewood **State:** CA **Zip Code:** 90302

Email: Gogold@girlscoutsla.org **Phone:** (213)213-0123

NOTE: BE SURE TO SUBMIT YOUR PROPOSAL BY THE DATE ESTABLISHED BY YOUR COUNCIL

Your Name: Larissa Shirley **Country:** United States

Street Address: 4429 Dawes Ave

City: Culver City **State:** CA **Zip Code:** 90230

Email: larissashirley10@gmail.com **Phone:** (310)347-8122

Age: 15 **Grad Year:** 2028 **School:** Culver City High School

Troop/Group Number: 07955 **Troop/Group Volunteer:** Summer Bowen

Troop/Group Volunteer's Phone: (310)883-8646 **Email:** summerleabowen@gmail.com

Girl Scout Gold Award Project Advisor:

Project Advisor's Organization:

Project Advisor's Phone: **Email:**

Gold Award Girl Scout gogold

Your Name: Larissa Shirley

Prerequisite: You must have completed the Girl Scout Silver Award, a Senior/Ambassador Leadership Award, or a Senior/Ambassador Journey. Please list the prerequisite you completed below and obtain your troop/group volunteer's signature.

Girl Scout Silver Award Completion Date	4/1/2025
Council Where You Earned The Award	Girl Scouts of Greater Los Angeles
Troop/Group Leader Approval Date	

Your Team: List the names of individuals and organizations you plan to work with on your Gold Award project. This is a preliminary list that may grow over the course of your project.

Individual (if applicable)	Organization	How my team will help

Proposed Project Description

Gold Award Title: Building Strong Minds - Teen Sports Mental Awareness Project

Proposed Start Date: 2/10/2026 **Proposed Completion Date:** 8/1/2026

The theme(s) my Gold Award will address is/are:

☑ Children's Issues

☑ Health

☑ Sports

My Gold Award aims to address this issue:

Young athletes often experience stress, performance pressure, low confidence, and emotional overwhelm. However, many youth sports programs do not include mental-wellness education or provide accessible guidance on coping skills. **As a result, athletes may lack tools to support a healthy mindset**

and emotional well-being.

The reason I selected my issue are:

I often deal with these stresses, which have negatively impacted my performance.

As I try to fix my own well being, I want to share what I've learned and help others.

Root Cause

The root cause of my issue is:

Youth sports often prioritize physical performance and competition over emotional well-being. Many coaches and parents/guardians do not receive mental-health education, which can limit their ability to support athletes' emotional needs. This gap contributes to a lack of structured mental-wellness education within youth sports programs and leaves athletes without consistent, reliable resources.

I will address the root cause by:

I will design a Mental Wellness Toolkit for Young Athletes that focuses on education, awareness, and skill-building, not therapy or clinical treatment. The toolkit will compile research-based strategies and professionally developed materials related to:

- Confidence-building techniques
- Stress and pressure coping strategies
- Emotional regulation tools
- Positive self-talk exercises
- Guided breathing and mindfulness activities
- Links to professional and crisis resources
- A parent/guardian section with guidance on how to support student athletes

All content will be age-appropriate, non-clinical, and clearly sourced from licensed mental-health professionals, sports psychologists, and reputable organizations.

I will share this toolkit through interactive workshops or club meetings, where I will facilitate discussions, introduce the educational tools, and encourage open conversation in a safe, supportive, and non-judgmental environment. Participants will be reminded that the workshops are educational and peer-support focused, not therapy.
Printed mini toolkits will also be distributed to community partners for continued use.

Your Name: Larissa Shirley

Target Audience

The target audience(s) for my Gold Award project is/are:

Teens age 13-18, especially students athletes and high school students who experience stress.

The skills, knowledge, and/or attitudes my target audience will gain are:

Increased awareness of mental health and emotional well-being.

I will know that my audience has gained the desired skills/knowledge because:

I will measure impact through student feedback, participation, and engagement. By asking the students to complete anonymous surveys to share what they learned and whether the information was helpful. I will track the number using the website tools.

I will also ask students to identify at least one strategy or resource they learned from the project. If students report increased understanding of mental health, greater confidence in asking for help.

Additionally, I will work with a school counselor or advisor to ensure the materials are appropriate and helpful.

Proposed Impact-National and/or Global Link

My Gold Awards's national and/or global link is:

Mental health in sports is a national and global issue. Around the world, professional athletes are increasingly speaking out about the importance of emotional well-being and mental resilience. While sports psychology and mental-health awareness are growing globally, youth sports programs often lag behind in providing preventative, educational mental-wellness resources.
This project addresses this broader issue by creating accessible, educational mental-wellness resources for teen athletes that can be shared and adapted in different communities.

Proposed Impact-Measurable Goals

Measurement of my project's success:

What my audience will learn/gain	**How** I will measure impact	**When** I will measure impact
Basic mental-health awareness, coping strategies, and knowledge	Website visits, podcast listens, number of	Monthly after the website and after workshops.

of support resources.	participants/workshops, and short feedback surveys.	

My Gold Award project goals are:

- Create a Mental Wellness Website for Young Athletes that includes coping strategies, confidence exercises, mindfulness activities, and a parent/guardian section by September 2026.
- Lead at least 3 educational workshops for teen athletes, reaching a minimum of 20 participants.
- Measure impact using short surveys, with at least 70% of participants reporting they learned new mental-wellness skills.
- Distribute the website to at least 3 community partners and provide a facilitator guide so the program can continue after my project is completed.

Proposed Impact-Sustainability

My Gold Award will be sustained beyond my involvement by:

My project will be sustained through the guide allowing the workshop to continue being run, digital access to the toolkit, and spread of knowledge (**Knowledge and continued availability to online toolkit**).

Create Your Plan

I will put my plan into action by:

Date	Activity	Teammate(s) Needed	Resources Needed	Hours of Work
2/1/2026	Planning and Researching	3	Books/meetings with CCHS athletic staff/ department, Santa Monica Tennis Collective, LA84	7.00
2/1/2026	Write agreements and sign	3	Participation of CCHS athletic staff/ department, Santa Monica Tennis Collective, LA84	4.00
2/1/2026	Write and all the books	1	Books and links for the toolkit	3.00
3/1/2026	Create the website	1	gather all the information online	15.00

3/1/2026	Buy domain	1	Set up domain	2.00
4/1/2026	Working on the Website	1	all the recourses I gather to add to the website	30.00
4/1/2026	Review website	1	Send to the Partners to review it	15.00
5/1/2026	Create Surveys	1	1	5.00
5/1/2026	Soft Launch	1	1	3.00
6/1/2026	Send Surveys	1	students to complete the survey	2.00
7/1/2026	Analyze and Improve	1-2	data	5.00
8/1/2026	Implement and Celebrate	Everyone involved	Review the project and data - to celebrate ht success of it	3.00

Total Hours: 94.00

Estimate your project expenses and how you plan to meet those costs (e.g., donations, cookie proceeds, money-earning project):

Item	Source of Funding	Amount
Domain, Site Host and Podcast	my own (Help Tennis and tutor elementary school)	$200.00

Total Expenses: $200.00

The strengths, talents and skills I currently have and will put into action are:

☑ Character

☑ Empathy

Your Name: Larissa Shirley

- [x] Collaboration
- [x] Research
- [x] Community Building
- [x] Implementation
- [x] Organization

The skills I plan to develop as I work towards earning my Gold Award are:

Leadership

Public Speaking

Bugeting

Tme Management

Courage & confidence

Tell the World!

I will let others know about my Gold Award (the impact of my project, what the Gold Award is, and what I learned in earning it) by promoting via :

Note: This is NOT about your Gold Award's sustainability.

- [x] Website
- [x] Social Media
- [x] Presentations
- [x] Posters
- [x] Workshops

Project Advisor Name: **Date of Validation:**

Date of Proposal Submission: