

Self-Defence, Cyber-Safety and Saving-Cash

~ Guides Name Top Ten Skills for the Modern Girl ~

- Road and cyber safety top skills for the 7-to-10s
- Standing up to boys and rustling-up a healthy meal priorities for the 10-to-15s
- Saving-up and saving-lives: money management and CPR chosen by 16-to- 25s

Wednesday July 25th: Girls in Guiding have named the top skills that every modern girl should have under her belt. The new survey shows today's girls prioritise independence, knowing how to take care of themselves and getting their voices heard. Over a thousand young members of Girlguiding UK - from seven to 25 - took part. *

16-to-25s: Named by 93%, money management comes first for debt-aware 16-25 year olds, followed by performing CPR** (85%), speaking confidently in public (84%) and practicing safe-sex (80%). A career-conscious two-thirds prioritise producing a first-rate CV and holding down a job, while at home, assembling flat-pack furniture was chosen by over half (55%.)

10-to-15: Snubbing snacks and fast-food, four out of five 10-to-15 year olds made cooking a healthy meal their first choice (79%), followed by leading a team (74%),pitching a tent (71%) and knowing how to stand up to boys (68%). A tech-savvy two thirds chose getting to grips with Word and Excel. Meanwhile, a switched on 67%, opted for changing a light-bulb with a similar proportion keen to master some high kicking self defence moves (65%).

7-to-10s: Four out of five street-wise 7-to-10 year olds put knowing your green cross code first (79%), followed closely by safe cyber-surfing (75%). And they showed their caring side with three quarters choosing looking after a pet and knowing basic first aid (74%). Counting to ten in another language came next (60%), with more energetic accomplishments - riding a bike (59%) and swimming 100 meters (58%) - not far behind.

Chief Guide, Liz Burnley, said: 'As the UK's largest youth organisation just for girls and young women we prioritise giving girls the skills, experiences and opportunities they need to reach for new aspirations and succeed in the modern world. But these goalposts don't standstill. Which is why we constantly ask our members what they think, so that we can continue to be truly relevant to tomorrow's young women.'

* Girls were asked to choose their preferences from a long-list of age appropriate options

** Cardiopulmonary resuscitation

Girlguiding UK offers a huge range of exciting activities - badges and beyond - to help girls learn new skills. Modern badges include: Communicator, Computer, Cyclist, Healthy Lifestyles, Independent Living, Outdoor Pursuits, Party Planner and Personal Safety, Road Safety and World Traveller.

The Top-Tens

7-10s

1. Know your Green Cross Code
2. Surf the web safely
3. Care for a pet
4. Clean a cut or graze
5. Count to ten in a foreign language
6. Ride a bike
7. Swim 100 metres
8. Name your favourite book
9. Name the Prime Minister
10. Name 10 counties in Europe

10-15s

1. Cook a healthy meal
2. Lead a team
3. Pitch a tent
4. Stand up to boys
5. Master Microsoft Word
6. Change a light bulb
7. Know self-defence
8. Use a compass
9. Say hello in three languages
10. Take an expert photo

16-25s

1. Manage your money
2. Perform CPR
3. Speak confidently in public
4. Practise safe-sex
5. Produce a top CV
6. Keep down your carbon footprint
7. Hold down a job
8. Assemble flat-pack furniture
9. Cook a roast dinner
10. Plan a holiday with mates

~ Ends ~

For interviews and photos please contact the Becky Hewitt / Laura Brodie on 020 7149 3704 / 07766 017 985 or the Girlguiding UK Press Office on 020 7592 1733 / 07990 553 940.

Notes to Editor

About the Poll

Brownies, Guides and member of the Senior Section were surveyed on the Girlguiding UK website during June and July 2007.

The polling age groups were designed to correspond with the Guiding Sections: Brownies are 7 to 10, Guides are 10 to 14 and Senior Section members are 16 to 25. However, for the purposes of this exercise, Senior Section members under sixteen answered the age-appropriate questions for 10-15 year olds.

About Girlguiding UK

Girlguiding UK is the UK's largest voluntary organisation for girls and young women, with more than 600,000 members. The organisation, which runs Rainbows, Brownies, Guides and Senior Section, is part of a worldwide Movement that enables girls and young women, whatever their background or ability, to realise their full potential and take an active and responsible role in today's society. This is achieved through a distinctive, stimulating and enjoyable programme of activities provided by 68,000 trained adult volunteer Leaders.

With more than 50,000 on the joining list to become a Rainbow, Brownie, Guide or Senior Section member, our Vision is to have sufficient adult volunteer leaders to enable every girl and young woman the opportunity to join Girlguiding UK.

* Girls were asked to choose their preferences from a long-list of age appropriate options

** Cardiopulmonary resuscitation

Girlguiding UK is committed to developing skills and self confidence of girls and women. Adult Leaders receive excellent training and gain transferable skills they can use in the workplace due to the wide range of roles and opportunities available in guiding. Girlguiding UK seeks to work in partnership with other individuals and organisations who share our Vision. Registered Charity No: 306016.

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