

# Blood Buddies

**Purpose:** To educate girls and adults about blood, its importance and the critical need for blood donations.

**Requirements:** Brownie Girl Scouts do numbers 1, 3, 5, 7, and 8.  
Junior, and Teen Girl Scouts do all.

1. Learn about blood, what it does and how to keep healthy.
2. Find out about some disorders of the blood.
3. Learn why blood donations are needed.
4. Find out who can give blood and what is required of people who wish to donate.
5. Learn how to do a mini-physical exam. Practice taking a temperature, pulse, and blood pressure.
6. Find out about the different blood types. Learn how typing is done and learn your blood type.
7. Find out about blood banks. Discover how they work and what happens to blood after it has been donated. If possible, visit a blood bank or see a film or video about one, Talk with someone who has given or received blood.
8. Participate in a blood drive run by your troop/group, community, council, or another organization.
9. Learn and practice first aid that might be needed for donor reactions.