

GIRL SCOUT GOLD AWARD:  
BREAST VESTS

Millie Grieve



# What is a Gold Award?

- Capstone to Girl Scouting experience
- Create a project to address and make a lasting impact on an important issue in community
- Minimum 80 hours committed
- Educate impacted groups & report to National Council

# Why did I choose this project?

- Lifeguard for COR 3 years
- Heard the question asked all the time:
  - “What if the victim is a woman?”
  - “How is this different on a woman?”
- Massive training disparity on female anatomy

- 71% of COR guards indicated they did not know how to do CPR on females



- 20% increase in comfortability after training

## Statistics

- Women are 43% less likely to receive CPR\*
- Leads to a 23% higher survival rate of men\*
- The implications of these findings are profound, considering that cardiac arrest claims the lives of over 350,000 Americans annually outside of hospital settings.\*

\*University of Pennsylvania study



# Boob Box

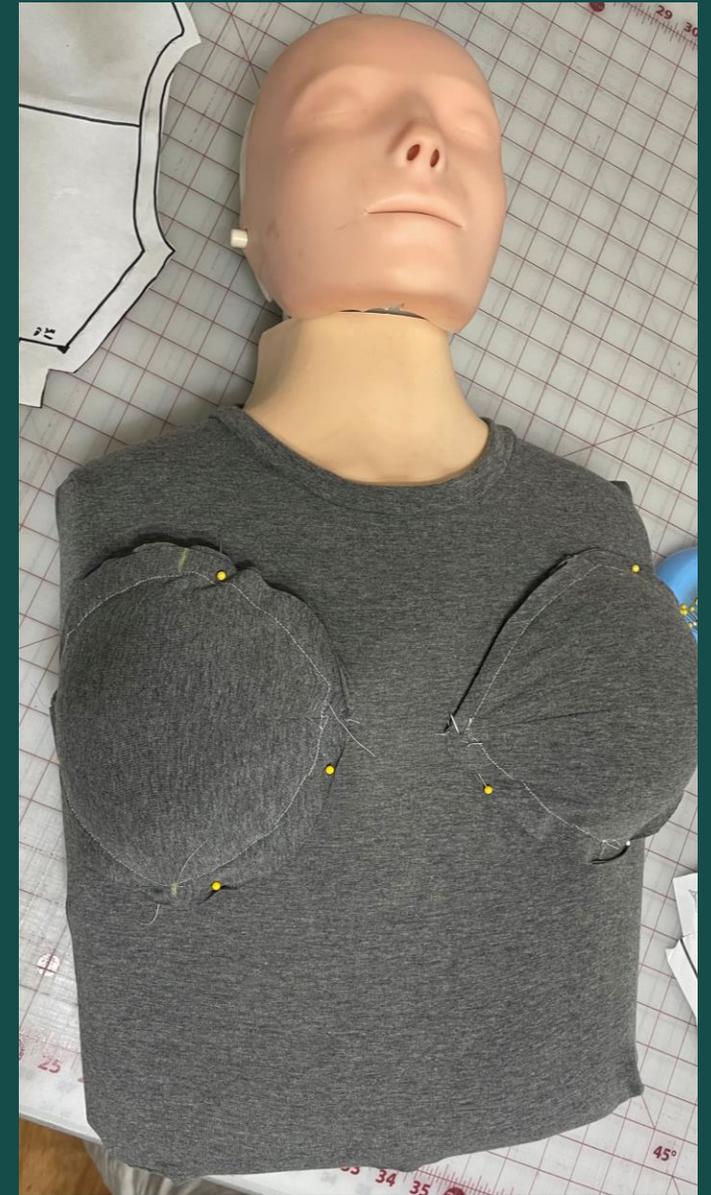
Thank you, anonymous donor

- Local breast augmentation surgery center
- Silicone breast implants of all shapes and sizes
- Gave mannequins a more realistic feel



# First Prototype

- Made of T-Shirt material
- Zipper on bottom, around base
- Copied from open-source instructions

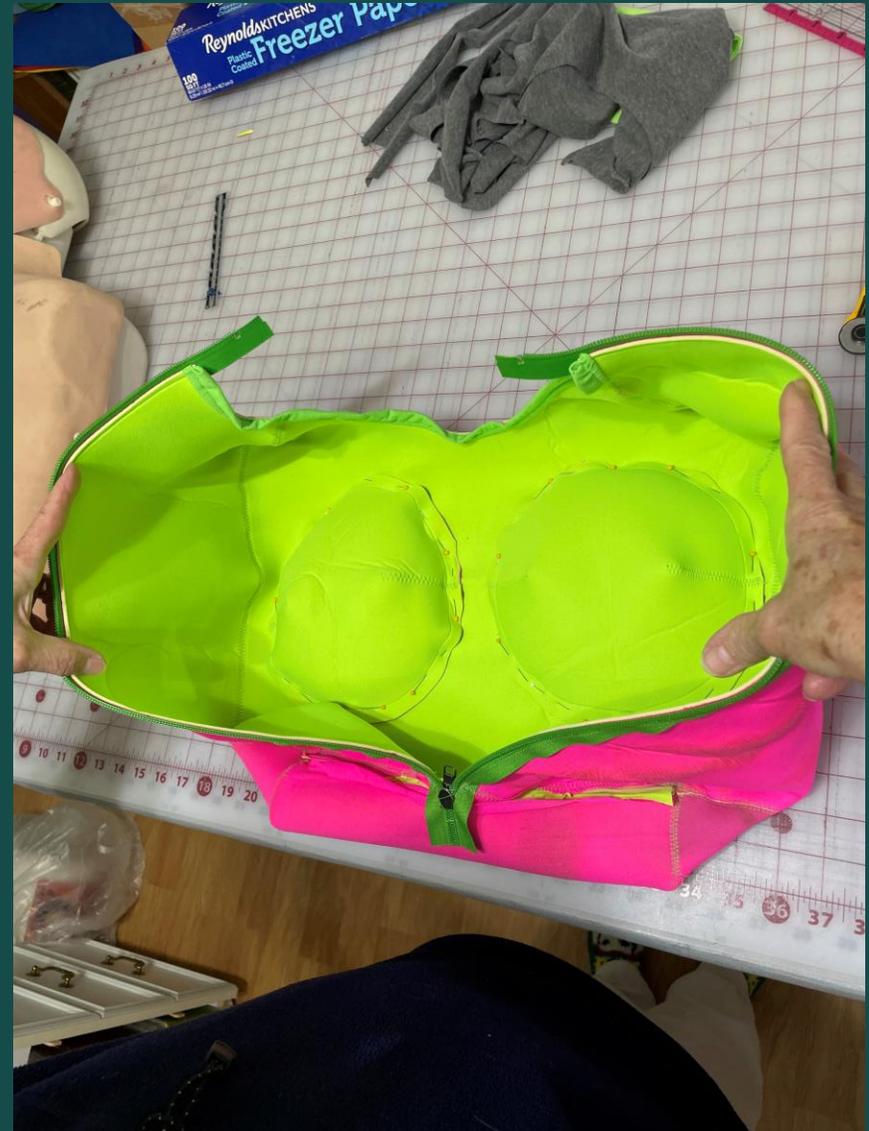


## Neoprene Prototype

- Donated neoprene
- Very expensive and limited materials
- High stakes!



# Final Product-Neon Green



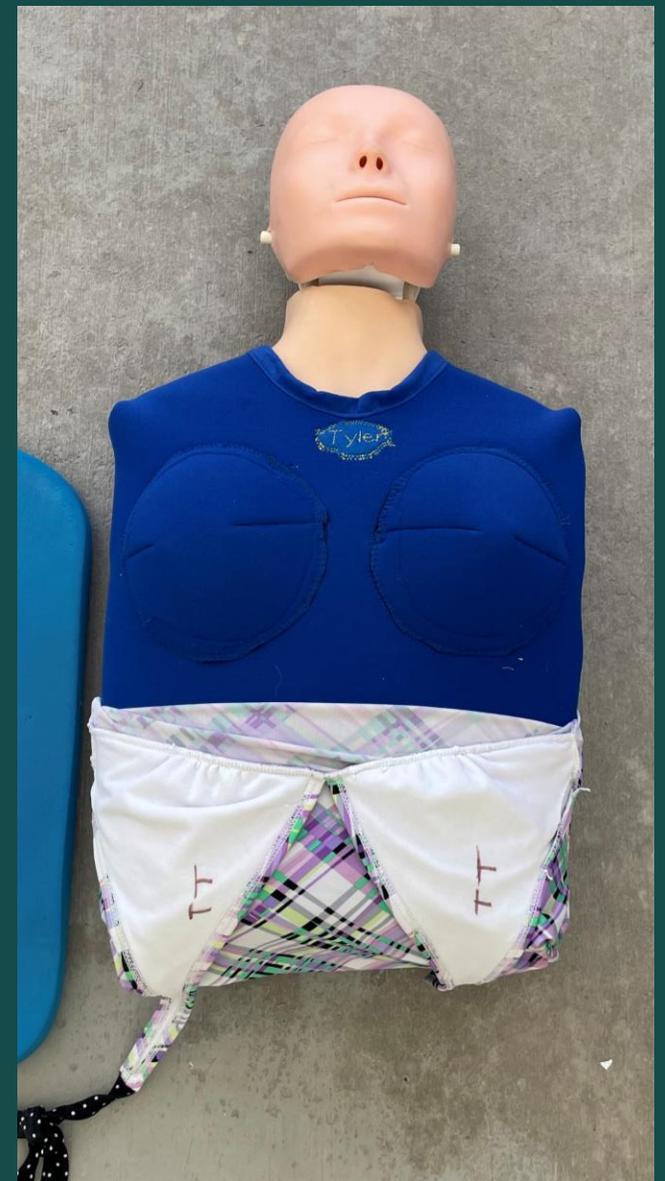
# Blue Neoprene

- Thicker fabric
- More difficult to sew
- Less material
- Even higher stakes!



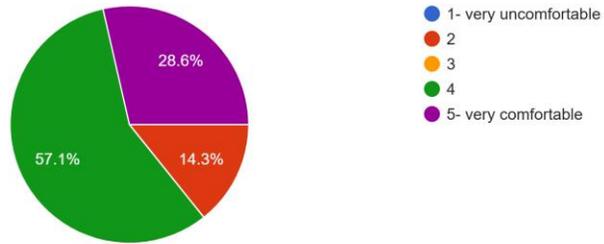
# Making Swimsuits

- Decided to give the dummies some clothes
- Custom cut swimsuits
- Recycled old donated swimsuits
- Good practice for lifeguards
- Disrobing



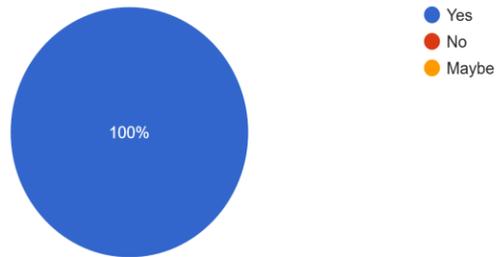
What was your comfortability with performing CPR on women before this in service

7 responses



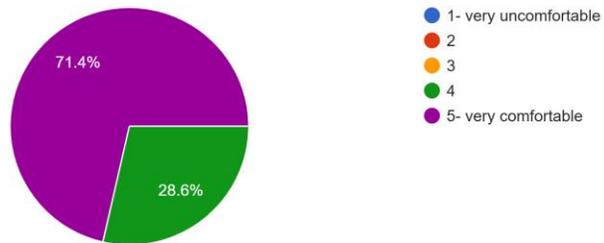
Do you feel more confident in your abilities after receiving more training and exposure

7 responses



Rate your comfortability after this in service.

7 responses



# Impact and Reception

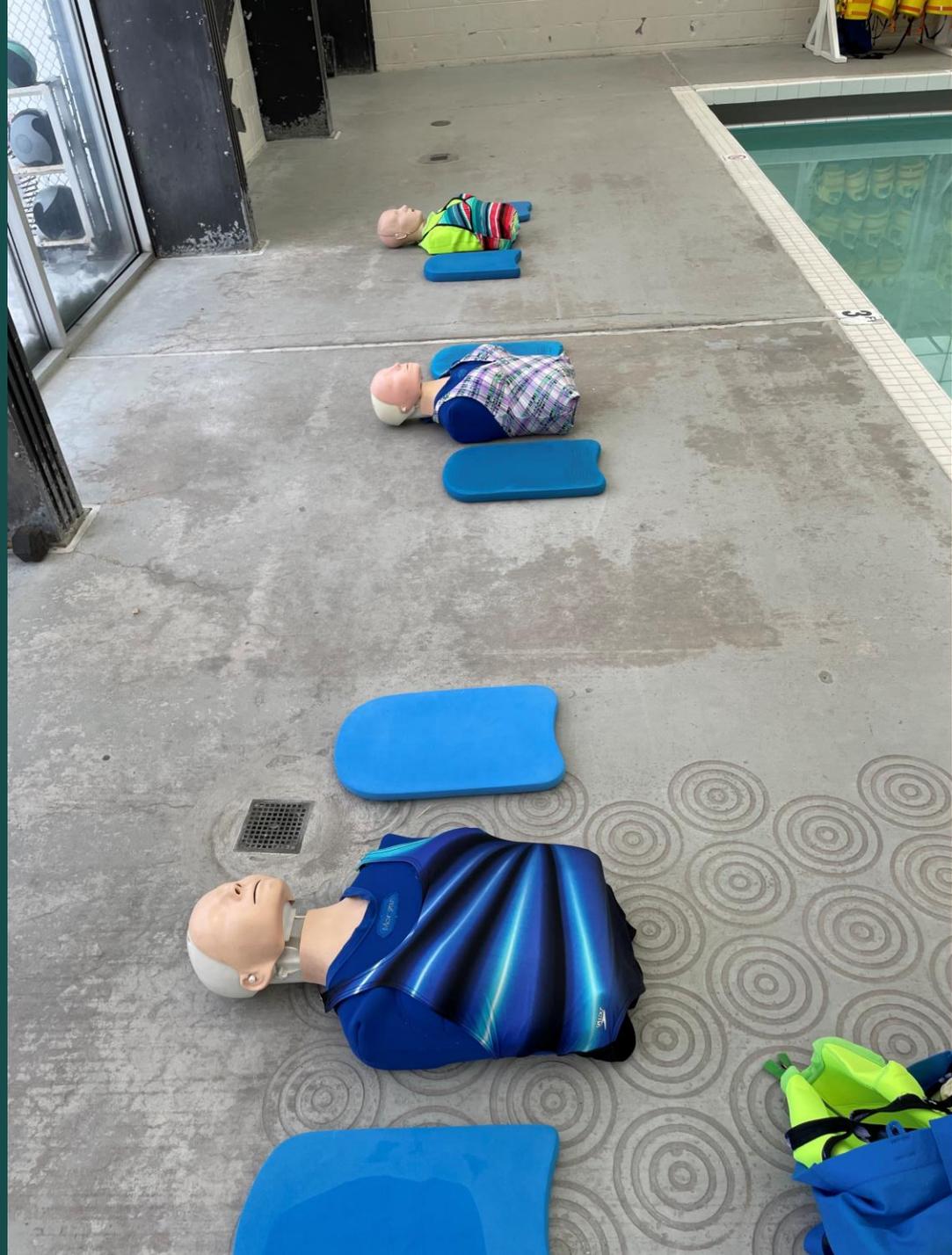
- Wonderful reception from guards
- Curious to touch and see how it felt
- Excited to try it out
- Lots of engagement and questions
- Obvious increased comfortability over time
- Breast Vests spotted in the wild!

Spotted in Use!



# In-Service Trial Runs

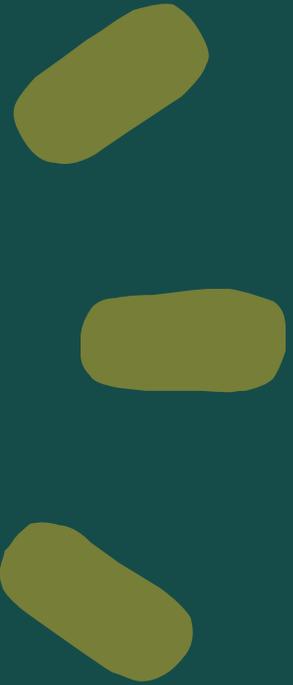
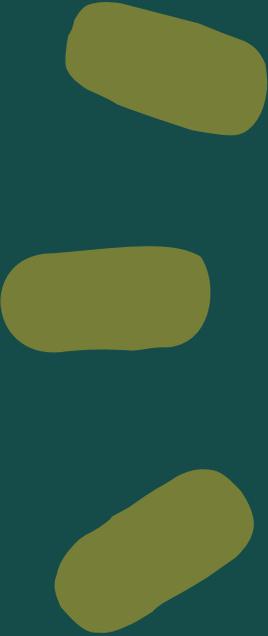
- Reception went very well!
- Initial hesitation to touch
- Had to get over awkwardness and jump in
- Lots of questions and comments
- Excited to learn new skills
- Ran four in-service presentations
- Talked to almost every guard in COR
- Goal to have the vests available at all in-services and other trainings
- Sourced at each COR pool
- Become part of regular curriculum to make a lasting impact











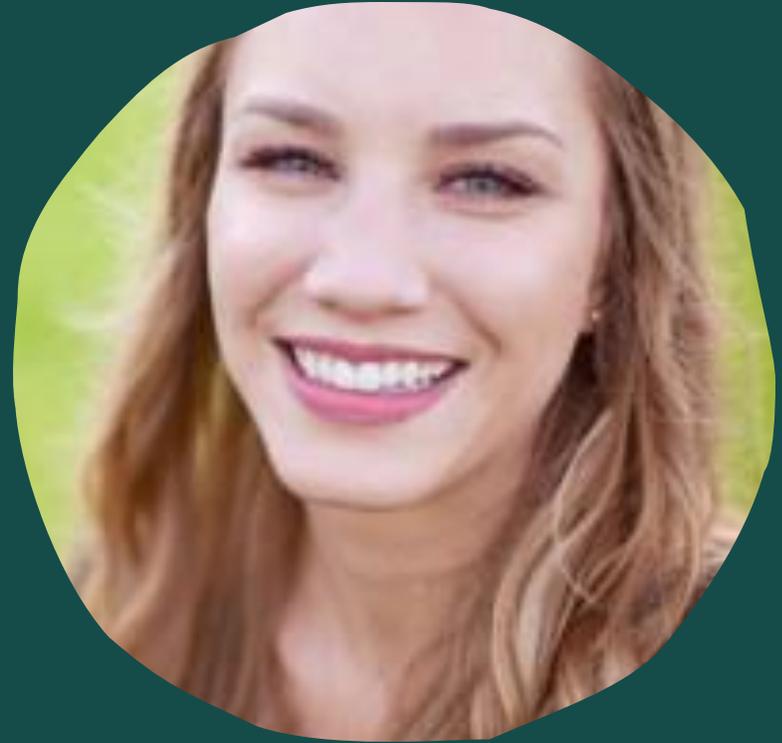
THANK YOU'S

A shoutout for my team



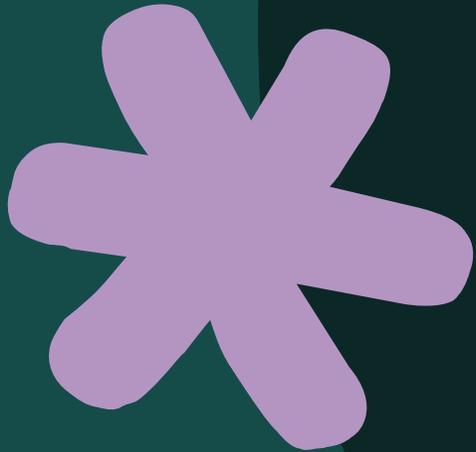
Cecelia Hill-Cromer

Lauren Roberts



# Resources

Lauren Howell & Christina Healy



# Credit to Troop 40191



## Girl Scouts

📍 When Silver Award Girl Scouts Jam and Mila discovered that people with breasts are 27% less likely to receive CPR, they came together to create a slip-on breast vest for CPR dummies in their community to teach others how to provide comfort and life-saving care when administering aid. Mila and Jam were also recognized by their state for their incredible work. 🌍💚 Way to

# Questions

