Our plan for the next five years is split into four themes – Excellence, Access, Voice and Capacity – and we need you to help us achieve our aims for each.

#3 Voice: We will listen to girls and promote their voice.

Follow the six simple steps in this checklist to do your bit for ‘Voice’ and you will be helping girls’ voices to be heard in guiding and beyond.

**AIM: Girls will be empowered to take action in their community**
- Find out what ‘social action’ means to Girlguiding and talk to your group about what your next action will be. You’ll be amazed by how much you’ve already done!
- Share your social action stories on Twitter, using @Girlguiding and #socialaction, or help your girls share their stories in local media with our [template press release](#).

**AIM: Girls’ voices will be heard in guiding and beyond**
- Help your girls find ways to speak out - keep an eye on our [opportunities page](#), check local guiding websites or follow what other inspiring organisations are up to in the news and online.
- Download [Participation on a Plate](#) to help girls in your unit shape their activities, or hold regular idea sessions (or start a suggestion box) to let them really take the lead each term.

**AIM: We will be experts on what girls think**
- Read our latest [Girls’ Attitudes Survey](#) and share the finding you find most interesting with a friend, family member or colleague outside guiding to help spread the word.
- With your group, choose an activity from [Girls With Attitude](#) - our resource about the survey - and invite them to ‘show and tell’ on the issues they care about.

Finished? **Congratulations!** Share your achievement with your friends and followers.>>

Look out for ‘Your checklist for… Capacity’ - the next in the series - and take your support for ‘Being our best’ even further.