



2024 Girl Scout Humanitarian



Eliza Davis

Gold Award Girl Scout
Fox Chapel Area HS

*Harm Reduction, Opioid Overdose
Response, and Naloxone Education*

With a strong sense of justice and a critical eye, Eliza Davis has always been concerned for communities and issues that many find easier to ignore. After noticing that any information widely available regarding drug use and addiction was largely limited to the endorsement of complete abstinence and sobriety, she realized that an entire portion of the population was being neglected—those who already use drugs. But it doesn't have to be this way—seemingly small individual and community efforts can have enormous impacts and save countless lives.

Eliza confronted this complex public health problem through her Girl Scout Gold Award project, educating her peers on harm reduction and opioid overdose response. Her audience gained practical skills like naloxone administration to respond to opioid overdoses while she attempted to shift their perspectives on drug use and substance use disorders to an empathetic, evidence-based, harm reduction

approach. After graduating high school, Eliza intends to further her impact on public health by pursuing a bachelor's degree in public health, after which she hopes to attend an MD/MPH program to become a primary care physician in underserved populations.

As a senior at Fox Chapel Area High School, in addition to taking an academically rigorous course load, Eliza is heavily involved in the music department, participating in three choirs and the spring musical, and serving as treasurer on the inaugural Choir Council. She is an active member of many of her school's student organizations as well as her greater community, earning several honors for her academic and extracurricular excellence. Outside of school, she enjoys scrapbooking with her friends and spending time with her family and dog. Eliza would like to thank her mother for her never-ending support, as well as her community advisor, Dr. Janet Astle, for her integral guidance throughout her project.

From organizing camping trips to hosting an author's workshop for young writers and illustrators, Girl Scouts has empowered me not just to explore the world around me but also to change it." —Eliza Davis