

PROTECT YOURSELF RULES



BOY SCOUTS OF AMERICA®



THE PROTECT YOURSELF RULES



RATIONALE FOR ADVENTURE

In this adventure, the important topic of youth protection is presented to Lion Scouts and their adult partners. Learning how to recognize, respond, and report is the best way for children to keep themselves safe, experts say.

TAKEAWAYS FOR CUB SCOUTS

- Shout, Run, and Tell
- Safe touch and unsafe touch
- Understanding that “who it is” does not matter
- Identifying trusted adults

ADVENTURE REQUIREMENTS

Complete each of the following:

1. Watch the Protect Yourself video lessons for this adventure.
2. Identify the difference between a safe touch and an unsafe touch.
3. With your adult partner, practice Shout, Run, and Tell.

NOTES TO DEN LEADER

The Boy Scouts of America is committed to creating safe environments for Scouts and leaders. Child abuse is an uncomfortable topic but an important one for us to cover to ensure the safety and well-being of our Scouts. The Boy Scouts of America has partnered with subject-matter experts from the Barbara Sinatra Children’s Center Foundation to present the “Protect Yourself Rules” that help children recognize, respond to, and report abuse.

Before this adventure, the den leader should review Scouting’s Barriers to Abuse online (www.scouting.org/health-and-safety/gss/gss01/#) because parents may have questions about what the BSA does to provide a safe environment. Once parents know and understand these barriers to abuse, they can help ensure the barriers are in place.

Also, in advance, send a notice to parents, legal guardians, and adult partners that this adventure will be about ensuring a youth’s personal safety from abuse. Give them the link to the Protect Yourself Rules for Lions so that, if desired, they can review the material prior to the den meeting. Parents should also be encouraged to once more review “How to Protect Your Children from Child Abuse: A Parent’s Guide,” found in the front of their Cub Scout’s handbook.

Be prepared that this adventure may lead some Cub Scouts to realize that they have been or are being abused. The parent’s guide includes information on what to do if this situation occurs. Remember, when speaking with a child who discloses or indicates abuse, your role is to become a trusted adult. A good approach includes the following:

- Be an upstander—get involved. If you see something, stop it. If you know or suspect something, report it. If you are not sure, seek advice from an expert.
- If you suspect abuse of any child, you are required to report it to the authorities right away. If the suspicion involves a registered adult leader, after you contact the authorities, you must contact the local Scout executive.

REMEMBER, YOUTH PROTECTION BEGINS WITH YOU!

MEETING 1 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- A projector or large monitor so everyone in the den can watch the "Protect Yourself Rules" video.
- A downloaded copy of the **Lion** version of the "Protect Yourself Rules" video found at www.scouting.org/programs/cub-scouts/preview-adventures/protect-yourself-rules OR the ability to stream the video with an internet connection.
- A proper audio system so everyone in the den can hear the video.
- Copies of the Protect Yourself Rules worksheet (one per Scout)
- Paper plates (one for each Lion Scout)
- Crayons, colored pencils, or magic markers

GATHERING

Scouts will use the paper plates to draw faces of trusted grown-ups like parents, relatives, teachers, police officers, etc. This will develop their understanding of who they can go to if they think they've experienced an unsafe situation.

OPENING

Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.

TALK TIME

- Introduce the adventure to the den. Build interest by describing the goals of the adventure and some of the activities that are planned.
- Carry out business items for the den.
- Allow time for sharing among Lion Scouts.
- Discuss what a trusted grown-up is. Who are some grown-ups we can trust besides family members? Who is a trusted grown-up in your life? Have each Lion share their paper plate and who they decided to draw and why.

ACTIVITIES

◆ Activity 1: Watch the "Protect Yourself" Videos (Requirement 1)

- Make sure that everyone in the den can see the monitor you are showing the video on. Make sure to check the sound so everyone can hear.

◆ Activity 2: Private Parts (Requirement 2)

- Have a copy of the Protect Yourself Rules worksheet for each Lion Scout. Say the following: "In the video we just watched, we learned about what parts our bodies are considered private parts. A private part is one that is covered by a bathing suit. Now draw and decorate a bathing suit for the paper doll on the worksheet."
- Some of the Scouts may draw a face, shoes, etc. However, the real purpose of this exercise is for the Lions to know what parts of their bodies are considered private. For boys, the drawings should have a bathing suit covering below the waist and above the knee. For girls, the drawings should cover that same area in addition to the chest.

◆ **Activity 3: Trusted Adults (Requirement 3)**

- Say to the adults: “Adult partners, who are other adults you trust and what makes you trust those adults?” Encourage every adult partner to name at least one other adult out loud that they trust and describe the things they look for in a trustworthy person.
- Say to the Lions: “A trusted adult is someone that both you and your parents know, and a trusted adult would never ask you to keep secrets from your parents.”
- Have each adult partner and their Lion Scout identify five people they feel are trusted adults.

◆ **Activity 4: “Shout, Run, and Tell” Game (Requirement 3)**

- Have the Lion Scouts line up single file with each youth about 10 yards away from their adult partner. When the den leader signals “Go,” the first Lion in line will yell something like “Help!” or “Don’t Touch Me!” or “Help! I don’t know this person!” or “I don’t want to be touched!”
- The first Lion will then run to their adult partner. When this is done, the next Lion gets a turn. Repeat until all the Lions have had a chance to practice how they would shout, run, and tell.
- During this activity, allow each Lion to come up with what they want to shout.

CLOSING

- Gather the whole den together and form a living circle. The den leader asks, “What do you do if someone does something that makes you feel uncomfortable?” The den should reply, “Shout, run, and tell!”
- Review the details of this den meeting and adventure.

AFTER THE MEETING

- Serve refreshments, if desired.
- Record completion of requirements 1, 2, and 3.
- Work together to clean up the meeting place.

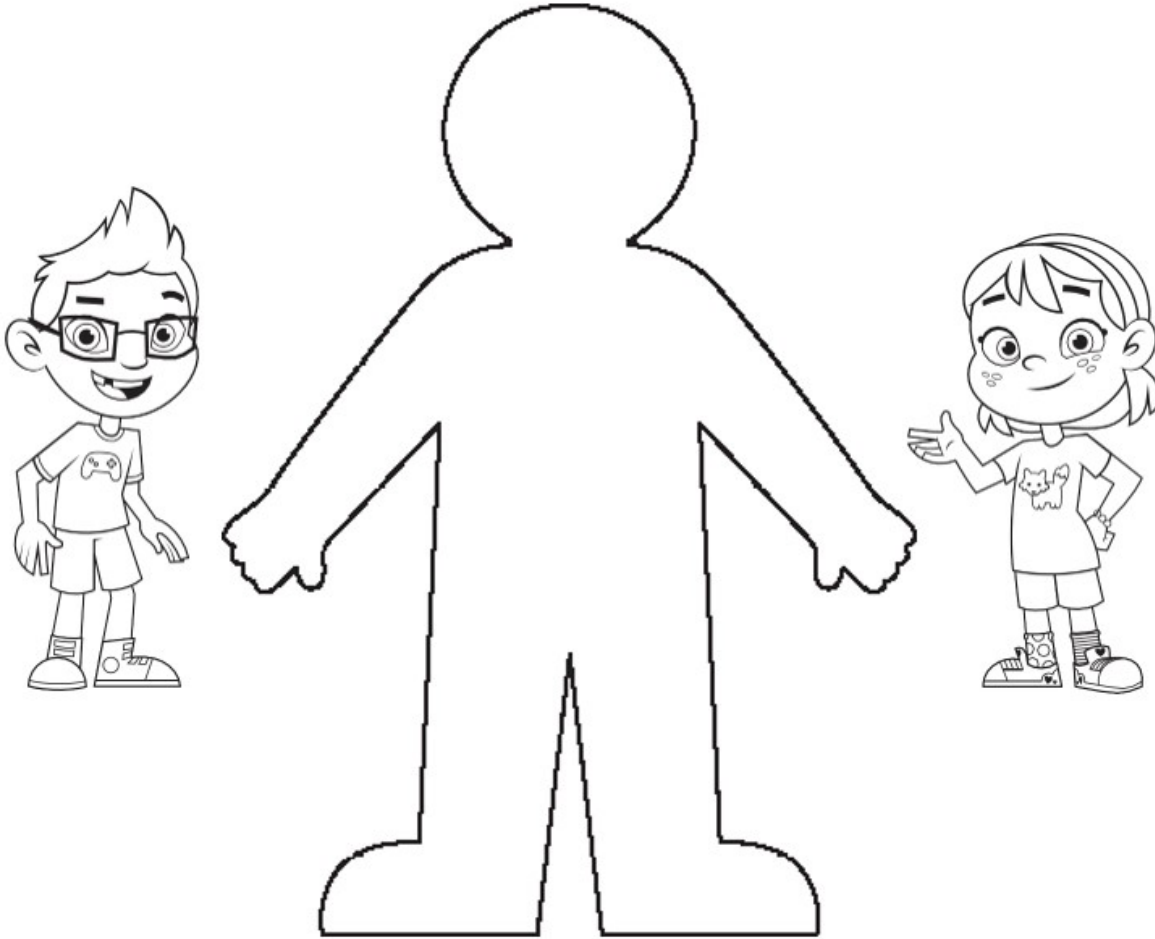
ACTIVITY 2

THE PROTECT YOURSELF RULES

Name: _____ Date: _____

◆ Paper Dolls

Draw your favorite bathing suit or one you would like to wear. The areas of your body that are covered by the bathing suit are your private body parts.



THE BARBARA SINATRA CHILDREN'S CENTER FOUNDATION

Extension lessons produced in collaboration with WonderGroveLearn.com

Grade 1, Lesson 3 - v01



THE PROTECT YOURSELF RULES



RATIONALE FOR ADVENTURE

In this adventure, the important topic of youth protection is presented to Tiger Scouts and their adult partners. Learning how to recognize, respond, and report is the best way for children to keep themselves safe, experts say.

TAKEAWAYS FOR CUB SCOUTS

- Shout, Run, and Tell
- Safe touch and unsafe touch
- Understanding that “who it is” does not matter
- Identifying trusted adults

ADVENTURE REQUIREMENTS

Complete each of the following:

1. Watch the Protect Yourself video lessons for this adventure.
2. Identify the difference between a safe touch and an unsafe touch.
3. With your adult partner, make a list of five trusted adults.
4. With your adult partner, practice Shout, Run, and Tell.

NOTES TO DEN LEADER

The Boy Scouts of America is committed to creating safe environments for Scouts and leaders. Child abuse is an uncomfortable topic but an important one for us to cover to ensure the safety and well-being of our Scouts. The Boy Scouts of America has partnered with subject-matter experts from the Barbara Sinatra Children’s Center Foundation to present the “Protect Yourself Rules” that help children recognize, respond to, and report abuse.

Before this adventure, the den leader should review Scouting’s Barriers to Abuse online (www.scouting.org/health-and-safety/gss/gss01/#) because parents may have questions about what the BSA does to provide a safe environment. Once parents know and understand these barriers to abuse, they can help ensure the barriers are in place.

Also, in advance, send a notice to parents, legal guardians, and adult partners that this adventure will be about ensuring a youth’s personal safety from abuse. Give them the link to the Protect Yourself Rules for Tigers so that, if desired, they can review the material prior to the den meeting. Parents should also be encouraged to once more review “How to Protect Your Children from Child Abuse: A Parent’s Guide,” found in the front of their Cub Scout’s handbook.

Be prepared that this adventure may lead some Cub Scouts to realize that they have been or are being abused. The parent’s guide includes information on what to do if this situation occurs. Remember, when speaking with a child who discloses or indicates abuse, your role is to become a trusted adult. A good approach includes the following:

- Be an upstander—get involved. If you see something, stop it. If you know or suspect something, report it. If you are not sure, seek advice from an expert.
- If you suspect abuse of any child, you are required to report it to the authorities right away. If the suspicion involves a registered adult leader, after you contact the authorities, you must contact the local Scout executive.

REMEMBER, YOUTH PROTECTION BEGINS WITH YOU!

MEETING 1 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- A projector or large monitor so everyone in the den can watch the "Protect Yourself Rules" video.
- A downloaded copy of the **Tiger** version of the "Protect Yourself Rules" video found at www.scouting.org/programs/cub-scouts/preview-adventures/protect-yourself-rules OR the ability to stream the video with an internet connection.
- A proper audio system so everyone in the den can hear the video.
- Copies of the Protect Yourself Rules worksheet (one per Scout)
- Crayons, colored pencils, or magic markers
- Pens or regular pencils for writing a list on the back of the worksheet (one per Scout)
- Items such as chairs or cones for making a small obstacle course

GATHERING

- Lay out a small obstacle course, which can be done inside by moving chairs and tables around or outside by placing items such as chairs or cones in the way of a straight-line path. The obstacles should not require stepping over, jumping, or bending down, but simply stepping from left or right to avoid them.
- As Scouts arrive, show them the path of the obstacle course (limit it to 15–20 feet in length), where to begin, and where to end.
- One at a time, have each adult partner and Tiger Scout pair stand at the place where the course begins and face each other, with the youth's back turned away from the course. The object is for the Tiger Scout to walk backward through the course with the adult partner providing assistance with hand motions or verbal directions.

OPENING

Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.

TALK TIME

- Introduce the adventure to the den. Build interest by describing the goals of the adventure and some of the activities that are planned.
- Carry out business items for the den.
- Allow time for sharing among Tiger Scouts.
- Remind everyone that "a Scout is trustworthy." Read the description of Trustworthy in the *Tiger Handbook*.

ACTIVITIES

◆ Activity 1: Watch the "Protect Yourself" Videos (Requirement 1)

- Make sure that everyone in the den can see the monitor you are showing the video on. Make sure to check the sound so everyone can hear.

◆ Activity 2: Safe Touch and Unsafe Touch (Requirement 2)

- Ask the Tiger Scouts what parts of the body are considered private. The proper answer will be that a private part is one that is covered by a bathing suit.

- Ask the Tigers to give examples of safe touches. These can include the following:
 - High fives
 - Most games
 - Hugs with a trusted person
 - Doctor visits
 - When people are helping you after you have been hurt
- Tell them that unsafe touches include touches on our private body parts or the private parts of other people, or touches that make us feel uncomfortable anywhere on our body.
- Say: “Your body belongs to you, and you can tell other people if you don’t want to be touched. Everyone has the right to tell others that they don’t want to be touched. If someone touches you in a way they shouldn’t, you can tell them to stop.”

◆ **Activity 3: Trusted Adults (Requirement 3)**

- Say: “At the beginning of our meeting we described the word Trustworthy, which is part of the Scout Law. What makes someone trustworthy?” Listen for appropriate answers such as “telling the truth,” “being honest,” and “not lying.”
- Ask the adult partners: “Who are other adults you trust, and what makes you trust those adults?” Encourage every adult partner to name at least one other adult out loud that they trust and then describe the things they look for in a trustworthy person.
- Tell Tigers the following: “A trusted adult is someone that both you and your parents know, and a trusted adult would never ask you to keep secrets from your parents.”
- Have the den work on the activity:
 - On the back of the Protect Yourself Rules worksheet, have adult partners and their Tigers list five people that they feel are trusted adults. When everyone has completed the list, say: “The people on your list are those you can go to if anyone ever does something that makes you feel uncomfortable.”
 - On the front of the worksheet, and have each Scout draw one of their trusted adults.

◆ **Activity 4: “Shout, Run, and Tell” Game (Requirement 4)**

- Have the Tiger Scouts line up single file with each youth about 10 yards away from their adult partner. When the den leader signals “Go,” the first Tiger in line will yell something like “No!” or “Stay away from me!” or anything else they would say if someone did something that made them feel uncomfortable.
- The first Tiger will then run to their adult partner. When this is done, the next Tiger gets a turn. Repeat until all the Tigers have had a chance to practice how they would Shout, Run, and Tell.
- During this activity, allow each Tiger to come up with what they want to shout.

CLOSING

- Gather the whole den together and form a living circle. The den leader asks, “What do you do if someone does something that makes you feel uncomfortable?” The den should reply, “Shout, run, and tell!”
- Review the details of this den meeting and adventure.

AFTER THE MEETING

- Serve refreshments, if desired.
- Record completion of requirements 1, 2, 3, and 4.
- Work together to clean up the meeting place.

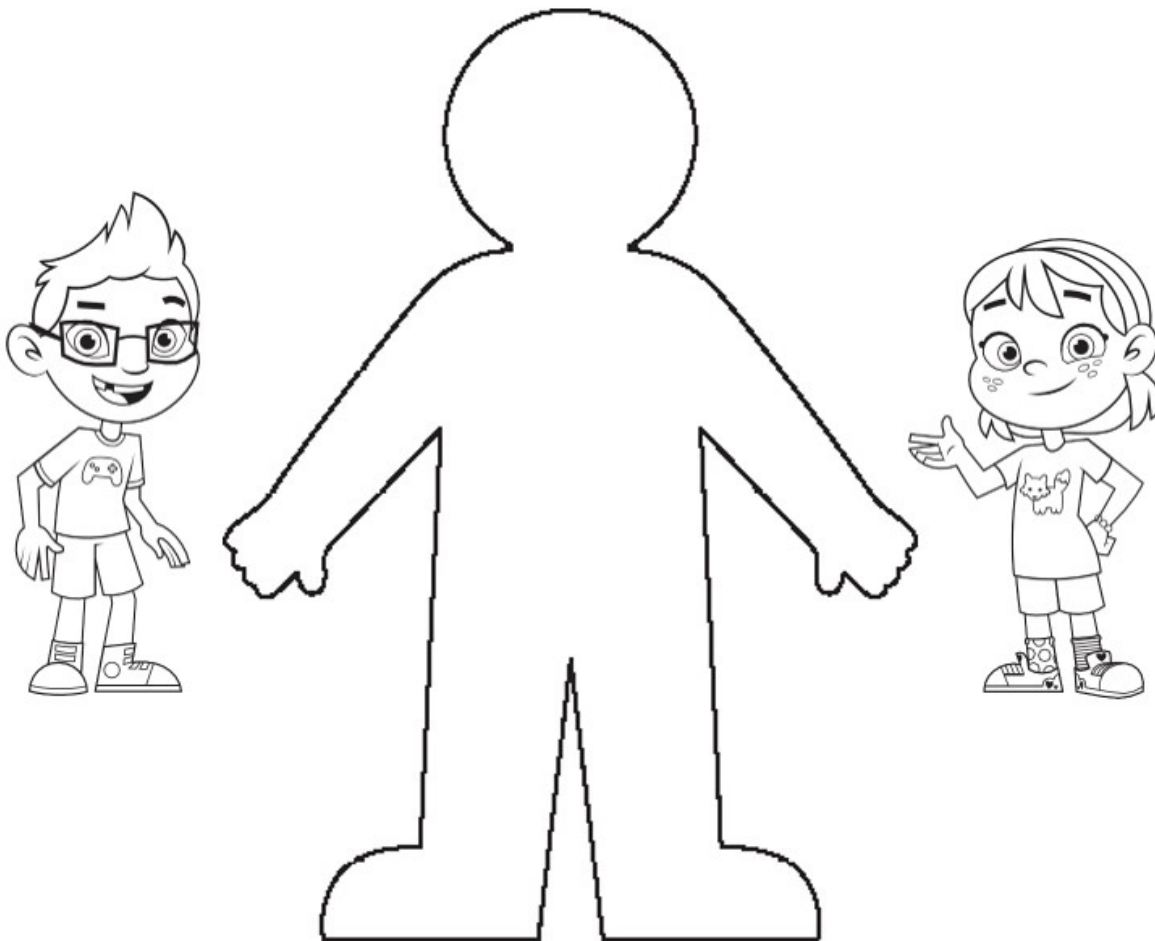
ACTIVITY 3

THE PROTECT YOURSELF RULES

Name: _____ Date: _____

◆ Paper Dolls

Draw your favorite bathing suit or one you would like to wear. The areas of your body that are covered by the bathing suit are your private body parts.



THE BARBARA SINATRA CHILDREN'S CENTER FOUNDATION

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Grade 1, Lesson 3 - v01

Who is a grown-up that you can go to when you need help—such as when you get a scrape and need a Band-Aid? It could be your mom or your dad, or an aunt, uncle, brother, sister, grandparent, or maybe a teacher. Imagine that person, and then use crayons or pencils to draw them on your paper doll.



THE PROTECT YOURSELF RULES



RATIONALE FOR ADVENTURE

In this adventure, the important topic of youth protection is presented to Wolf Scouts. Parents and legal guardians should be encouraged to attend this meeting. Learning how to recognize, respond, and report is the best way for children to keep themselves safe, experts say.

TAKEAWAYS FOR CUB SCOUTS

- Shout, Run, and Tell
- Safe touch and unsafe touch
- Understanding that “who it is” does not matter
- Identifying trusted adults

ADVENTURE REQUIREMENTS

Complete each of the following:

1. Watch the Protect Yourself video lessons for this adventure.
2. Demonstrate how you would say “No!” to someone who is doing something that makes you feel uncomfortable.
3. Identify five trusted adults, and share this list with your parent or legal guardian.
4. Describe the characteristics of a “safe stranger.”

NOTES TO DEN LEADER

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Before this adventure, the den leader should review Scouting’s Barriers to Abuse online (www.scouting.org/health-and-safety/gss/gss01/#) because parents may have questions about what the BSA does to provide a safe environment. Once parents know and understand these barriers to abuse, they can help ensure the barriers are in place.

Also, in advance, send a notice to parents, legal guardians, and adult partners that this adventure will be about ensuring a youth’s personal safety from abuse. Give them the link to the Protect Yourself Rules for Wolves so that, if desired, they can review the material prior to the den meeting. Parents should also be encouraged to once more review “How to Protect Your Children from Child Abuse: A Parent’s Guide,” found in the front of their Cub Scout’s handbook.

Be prepared that this adventure may lead some Cub Scouts to realize that they have been or are being abused. The parent’s guide includes information on what to do if this situation occurs. Remember, when speaking with a child who discloses or indicates abuse, your role is to become a trusted adult. A good approach includes the following:

- Be an upstander—get involved. If you see something, stop it. If you know or suspect something, report it. If you are not sure, seek advice from an expert.
- If you suspect abuse of any child, you are required to report it to the authorities right away. If the suspicion involves a registered adult leader, after you contact the authorities, you must contact the local Scout executive.

REMEMBER, YOUTH PROTECTION BEGINS WITH YOU!

MEETING 1 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- A projector or large monitor so everyone in the den can watch the "Protect Yourself Rules" video.
- A downloaded copy of the **Wolf** version of the "Protect Yourself Rules" video found at www.scouting.org/programs/cub-scouts/preview-adventures/protect-yourself-rules OR the ability to stream the video with an internet connection.
- A proper audio system so everyone in the den can hear the video.
- Copies of the Safe Stranger worksheet (one per Scout)
- Crayons, colored pencils, or magic markers
- Pens or regular pencils for writing a list on the back of the worksheet (one per Scout)
- Items such as chairs or cones for making a small obstacle course

GATHERING

- Lay out a small obstacle course, which can be done inside by moving chairs and tables around or outside by placing items such as chairs or cones in the way of a straight-line path. The obstacles should not require stepping over, jumping, or bending down, but simply stepping from left or right to avoid them.
- As Scouts arrive, show them the path of the obstacle course (limit it to 15–20 feet in length), where to begin, and where to end.
- Have Wolf Scouts buddy up, have each Wolf Scout pair stand at the place where the course begins and face each other, with one of the Scout's back turned away from the course. The object is for the Wolf Scout to walk backward through the course with their buddy providing assistance with hand motions or verbal directions.

OPENING

Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.

TALK TIME

- Introduce the adventure to the den. Build interest by describing the goals of the adventure and some of the activities that are planned.
- Carry out business items for the den.
- Allow time for sharing among Wolf Scouts.
- Remind everyone that, in Scouting, we should always have another Scout with us as a buddy if we are going anywhere away from the den or the pack. We call this the buddy system, and the purpose of it is to keep you safe. If something happens to you, your buddy can run to get help.

ACTIVITIES

◆ Activity 1: Watch the “Protect Yourself” Videos (Requirement 1)

- Make sure that everyone in the den can see the monitor you are showing the video on. Make sure to check the sound so everyone can hear.

◆ Activity 2: Safe Stranger (Requirement 4)

- Discuss the roles of different people who have the job of protecting us (police, firefighters, doctors, etc.)

- Say: “If we ever need help from a stranger, we have to go by what they look like. Most safe strangers are people whose official job is to protect us—people like police, firefighters, doctors, and paramedics. These people all wear official uniforms or badges that we can recognize.”
- Discuss other strangers who can be considered safe in certain situations (workers in uniform, parents with children, etc.).
- Pass out the Safe Stranger worksheet. Ask Wolf Scouts to draw someone on the front of the sheet that they would consider a safe stranger. After they finish, have each Scout describe their drawing and why this person is a safe stranger.

◆ **Activity 3: Trusted Adults (Requirement 3)**

- Say the following: “The word Trustworthy is part of the Scout Law. What makes someone trustworthy?” Listen for appropriate answers such as “telling the truth,” “being honest,” and “not lying.”
- Say: “A trusted adult is someone that both you and your parents know, and a trusted adult would never ask you to keep secrets from your parents.”
- On the back of the Safe Stranger worksheet have each Wolf Scout list five people that they feel are trusted adults. These should be different people from the ones they see all the time and know by name.
- When everyone has finished, say: “The safe strangers on your list should be people you can go to if anyone ever does something that makes you feel uncomfortable. Show this list to your parents and see if they agree with your choices.”

◆ **Activity 4: “Shout, Run, and Tell” Game (Requirement 2)**

- Have the Wolf Scouts line up single file with each youth about 10 yards away from the den leader, the assistant den leader, or another adult at the meeting. When the den leader signals “Go,” the first Wolf in line will yell something like “No!” or “Stay away from me!” or anything else they would say if someone did something that made them feel uncomfortable.
- The first Wolf will then run to that adult. When this is done, the next Wolf gets a turn. Repeat until all the Wolves have had a chance to practice how they would Shout, Run, and Tell.
- During this activity, allow each Wolf to come up with what they want to shout.

CLOSING

- Gather the whole den together and form a living circle. The den leader asks, “What do you do if someone does something that makes you feel uncomfortable?” The den should reply, “Shout, run, and tell!”
- Review the details of this den meeting and adventure.

AFTER THE MEETING

- Serve refreshments, if desired.
- Record completion of requirements 1, 2, 3, and 4.
- Work together to clean up the meeting place.

ACTIVITY 2

SAFE STRANGER

Name: _____ Date: _____

Draw someone that you would consider a safe stranger.



THE BARBARA SINATRA CHILDREN'S CENTER FOUNDATION

Extension lessons produced in collaboration with WonderGroveLearn.com

Grade 1, Lesson 3 • v01



THE PROTECT YOURSELF RULES



RATIONALE FOR ADVENTURE

In this adventure, the important topic of youth protection is presented to Bear Scouts. Parents and legal guardians should be encouraged to attend this meeting. Learning how to recognize, respond, and report is the best way for children to keep themselves safe, experts say.

TAKEAWAYS FOR CUB SCOUTS

- Shout, Run, and Tell
- Safe touch and unsafe touch
- Understanding that “who it is” does not matter
- Identifying trusted adults

ADVENTURE REQUIREMENTS

Complete each of the following:

1. Watch the “Protect Yourself” video lessons for this adventure.
2. Explain the difference between a safe touch and an unsafe touch.
3. Identify five trusted adults and share this list with your parent or legal guardian.
4. Describe “personal space,” and complete the Personal Space Bubble.
5. Come up with three different ways to say no to someone who touches you on a private body part.

NOTES TO DEN LEADER

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REMEMBER, YOUTH PROTECTION BEGINS WITH YOU!

MEETING 1 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- A projector or large monitor so everyone in the den can watch the "Protect Yourself Rules" video.
- A downloaded copy of the **Bear** version of the "Protect Yourself Rules" video found at www.scouting.org/programs/cub-scouts/preview-adventures/protect-yourself-rules OR the ability to stream the video with an internet connection.
- A proper audio system so everyone in the den can hear the video.
- Blank sheets of paper (one per Scout)
- Copies of the Personal Space Bubble worksheet (one per Scout)
- Crayons, colored pencils, or magic markers
- Pens or regular pencils for writing a list on the back of the worksheet (one per Scout)
- Two pieces of rope at least 24 inches in length
- Items such as chairs or cones for making a small obstacle course

GATHERING

- As Bear Scouts arrive, have the den chief or assistant den leader lead this game. Place the two pieces of rope parallel to each other and about 1 foot apart. This game is similar to Limbo, but instead of going under a pole, each Scout will have to jump across the space between the ropes. (You might tell them to imagine the space is a stream they have to jump over to get to the other side.)
- Once everyone has jumped across, move one piece of rope farther away and start over again. As Scouts take their turns, if they don't make it to the other side in one jump, they have to sit it out. With each round, the ropes will be farther and farther apart until the last Scout can't make the jump.

OPENING

Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.

TALK TIME

- Introduce the adventure to the den. Build interest by describing the goals of the adventure and some of the activities that are planned.
- Carry out business items for the den.
- Allow time for sharing among Bear Scouts.
- Remind everyone that, in Scouting, we should always have another Scout with us as a buddy if we are going anywhere away from the den or the pack. We call this the buddy system, and the purpose of it is to keep you safe. If something happens to you, your buddy can run to get help.

ACTIVITIES

◆ Activity 1: Watch the "Protect Yourself" Videos (Requirement 1)

- Make sure that everyone in the den can see the monitor you are showing the video on. Make sure to check the sound so everyone can hear.

◆ Activity 2: Safe Touch and Unsafe Touch (Requirement 2)

- After watching the video, Bear Scouts should be able to understand the difference between a safe touch and an unsafe touch.

- On a blank sheet of paper, have each Bear Scout write down three types of safe touches, and then have all of them read their lists out loud to the rest of the den.
- After everyone has shared their list, say: “Now that we have talked about safe touches, remember that *unsafe* touches are those touches that make us feel uncomfortable such as touches that are on our private body parts.”

◆ **Activity 3: Personal Space (Requirement 4)**

- On the front of the Personal Space Bubble worksheet, have the Bear Scouts write the name of someone they feel comfortable being close to in each circle. “Intimate” should only be for close family or friends, “Personal” is for friends and relatives, “Social” is for people they don’t know well, and “Public” should be for strangers. Then have them color each circle a different color!
- Have each Cub Scout share their Personal Space Bubble.

◆ **Activity 4: Trusted Adults (Requirement 3)**

- Say: “The word Trustworthy that is part of the Scout Law. What makes someone trustworthy?” Listen for appropriate answers such as “telling the truth,” “being honest,” and “not lying.”
- Say: “A trusted adult is someone that both you and your parents know, and a trusted adult would never ask you to keep secrets from your parents.”
- On the back of the Personal Space Bubble worksheet, have each Bear Scout list five people they know that they feel are trusted adults. When everyone has completed the list, say: “The people on your list should be people you know that you can go to can go to if anyone ever does something that makes you feel uncomfortable. Show this list to your parents and see if they agree with your choices.”

◆ **Activity 5: “Shout, Run, and Tell” Game (Requirement 5)**

- Have the Bear Scouts sit down in a circle. The purpose of this game is to come up with different ways to say no. Have one Scout start by sharing what they would say to someone who made them feel uncomfortable or tried to touch them on a private body part. This could be as simple as shouting “No!”
- Have the Scout to their left suggest another thing to say, and continue around the circle until everyone has had a turn. Then start over, and keep going to see how many times they can go through the circle without repeating the same thing.

CLOSING

- Gather the whole den together and form a living circle. The den leader asks, “What do you do if someone does something that makes you feel uncomfortable?” The den should reply, “Shout, run, and tell!”
- Review the details of this den meeting and adventure.

AFTER THE MEETING

- Serve refreshments, if desired.
- Record completion of requirements 1, 2, 3, 4, and 5.
- Work together to clean up the meeting place.

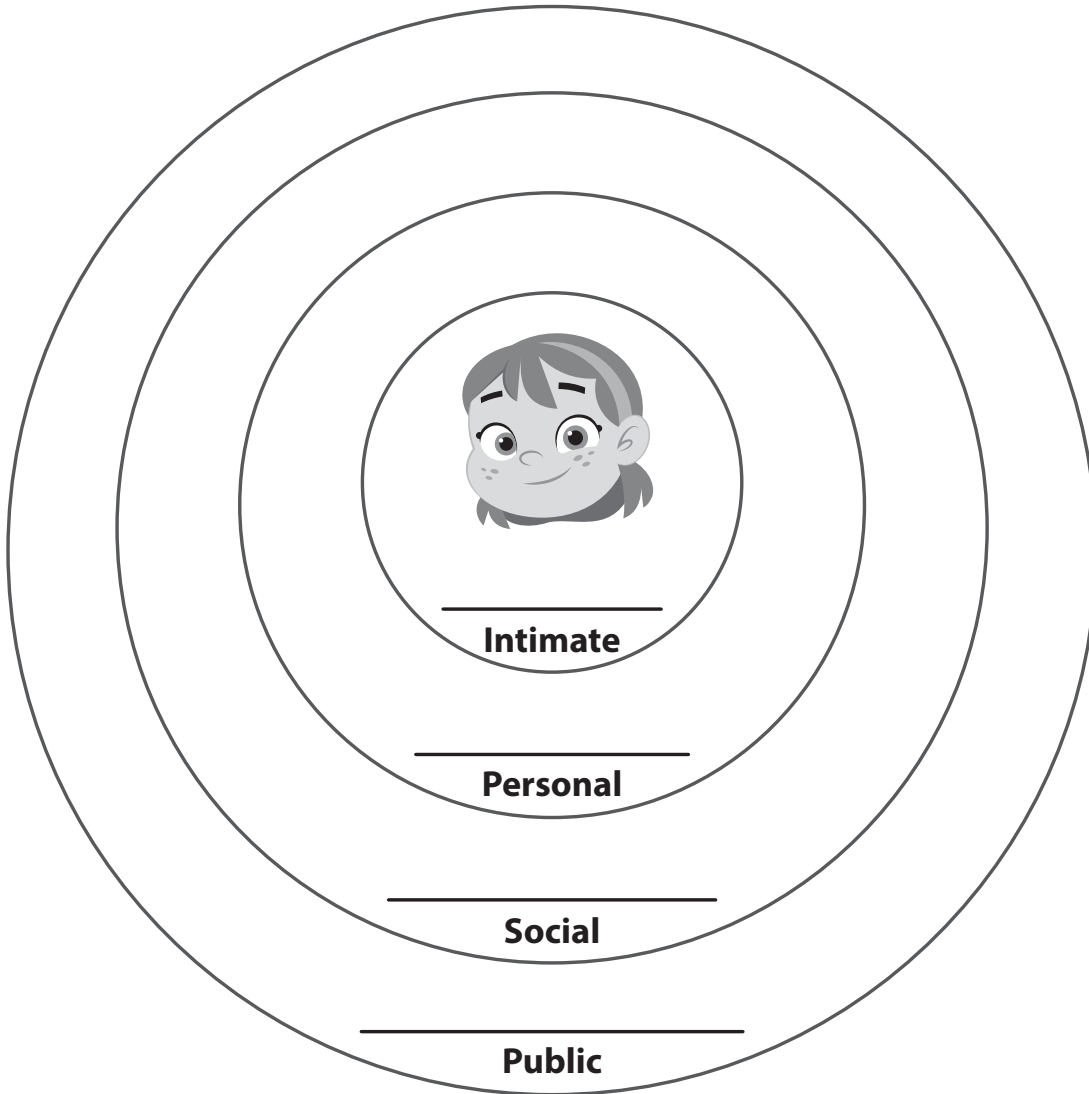
ACTIVITY 3

PERSONAL SPACE BUBBLE

Name: _____ Date: _____

Write the name of someone you feel comfortable being close to in each circle. "Intimate" should only be for close family or friends, "Personal" is for friends and relatives, "Social" is for people you don't know well, and "Public" should be for strangers.

Color each circle a different color when you're done!



THE BARBARA SINATRA CHILDREN'S CENTER FOUNDATION

Extension lessons produced in collaboration with WonderGroveLearn.com

Grade 3, Lesson 1 • v01



RATIONALE FOR ADVENTURE

In this adventure, the important topic of youth protection is presented to Webelos Scouts and any parent or legal guardian that would like to participate. Learning how to recognize, respond, and report is the best way for children to keep themselves safe, experts say.

TAKEAWAYS FOR CUB SCOUTS

- Shout, Run, and Tell
- Safe touch and unsafe touch
- Understanding that “who it is” does not matter
- Identifying trusted adults

ADVENTURE REQUIREMENTS

Complete each of the following:

1. Watch the “Protect Yourself” video lessons for this adventure.
2. Know the six Protect Yourself Rules.
3. Describe what cyberbullying is and identify things you should never tell about yourself to others when online.
4. Describe three ways to get out of a situation with someone who is making you feel unsafe.
5. List five safe adults you could tell if someone has made you feel unsafe.

NOTES TO DEN LEADER

The Boy Scouts of America is committed to creating safe environments for Scouts and leaders. Child abuse is an uncomfortable topic but an important one for us to cover to ensure the safety and well-being of our Scouts. The Boy Scouts of America has partnered with subject-matter experts from the Barbara Sinatra Children’s Center Foundation to present the “Protect Yourself Rules” that help children recognize, respond to, and report abuse.

Before this adventure, the den leader should review Scouting’s Barriers to Abuse online (www.scouting.org/health-and-safety/gss/gss01/#) because parents may have questions about what the BSA does to provide a safe environment. Once parents know and understand these barriers to abuse, they can help ensure the barriers are in place.

Also, in advance, send a notice to parents, legal guardians, and adult partners that this adventure will be about ensuring a youth’s personal safety from abuse. Give them the link to the Protect Yourself Rules for Webelos Scouts so that, if desired, they can review the material prior to the den meeting. Parents should also be encouraged to once more review “How to Protect Your Children from Child Abuse: A Parent’s Guide,” found in the front of their Cub Scout’s handbook.

Be prepared that this adventure may lead some Cub Scouts to realize that they have been or are being abused. The parent’s guide includes information on what to do if this situation occurs. Remember, when speaking with a child who discloses or indicates abuse, your role is to become a trusted adult. A good approach includes the following:

- Be an upstander—get involved. If you see something, stop it. If you know or suspect something, report it. If you are not sure, seek advice from an expert.
- If you suspect abuse of any child, you are required to report it to the authorities right away. If the suspicion involves a registered adult leader, after you contact the authorities, you must contact the local Scout executive.

REMEMBER, YOUTH PROTECTION BEGINS WITH YOU!

MEETING 1 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- A projector or large monitor so everyone in the den can watch the "Protect Yourself Rules" video.
- A downloaded copy of the **Webelos** version of the "Protect Yourself Rules" video found at www.scouting.org/programs/cub-scouts/preview-adventures/protect-yourself-rules OR the ability to stream the video with an internet connection.
- A proper audio system so everyone in the den can hear the video.
- Pens or pencils (one per Scout)
- Sheets of paper for completing requirement 5 (one per Scout)
- Copies of the Protect Yourself Rules worksheet (one per Scout)
- Copies of the Build Your Profile! Worksheet (one per Scout)

GATHERING

- Have the den chief or assistant den leader lead this game of telephone. When the first Webelos Scout arrives for the meeting, give that Scout this sentence to remember: "Today was Thursday with yellow bananas on a blue steamboat." Say the sentence only one time.
- When the next Scout arrives, the first one will tell that Scout the same sentence, just one time.
- Continue the game until all the Scouts have arrived and heard the sentence.

OPENING

Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.

TALK TIME

- Introduce the adventure to the den. Build interest by describing the goals of the adventure and some of the activities that are planned.
- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.
- Remind everyone that, in Scouting, we should always have another Scout with us as a buddy if we are going anywhere away from the den or the pack. We call this the buddy system, and the purpose of it is to keep you safe. If something happens to you, your buddy can run to get help.

ACTIVITIES

◆ Activity 1: Watch the "Protect Yourself" Videos (Requirement 1)

- Make sure that everyone in the den can see the monitor you are showing the video on. Make sure to check the sound so everyone can hear.

◆ Activity 2: The Protect Yourself Rules (Requirement 2)

- Pass out copies of the Protect Yourself Rules worksheet to each Webelos Scout.
- Review the purpose of the six Protect Yourself Rules: to help us recognize abuse and protect ourselves from unsafe situations. Webelos Scouts will write the name of each Protect Yourself Rule above the appropriate definition.

◆ Activity 3: Online Safety (Requirement 3)

- Ask the Webelos Scouts to describe what cyberbullying is. After they have shared their descriptions, read out loud the following definition:

- *Cyberbullying is bullying that takes place over digital devices like cell phones, computers, and tablets. Cyberbullying can occur through SMS, texting, and apps. It can also happen online with social media, forums, or gaming—any place where people can view, participate in, or share content. Cyberbullying includes sending, posting, or sharing negative, harmful, false, or mean content about someone else. It also includes sharing personal or private information about someone else that could cause them embarrassment or humiliation. Some cyberbullying crosses the line into unlawful or criminal behavior.*
- Hand out the Build Your Profile! worksheet.
- Instruct Webelos Scouts to fill in all the information they can for their profiles. They should draw an appropriate profile picture in the photo square.
- Once everyone has finished, have each Scout circle any information in their profile that could make them vulnerable to catfishing (someone using it to create a fake profile in their name) or other dangerous situations.

◆ **Activity 4: When You Feel Unsafe (Requirement 4)**

- Say: “The word Trustworthy is part of the Scout Law. What makes someone trustworthy?” Listen for appropriate answers such as “telling the truth,” “being honest,” and “not lying.”
- Say: “A trusted adult is someone that both you and your parents know, and a trusted adult would never ask you to keep secrets from your parents. Think about a trusted adult that you could go to if you or one of your friends felt unsafe, even at home.” Emphasize that youth should always go to a trusted adult if they feel unsafe. Under no circumstances should they keep abuse a secret.
- As a den, work together to come up with the best way to handle these situations:
 - An older sibling routinely attacks you physically, but your parents or caregivers don’t take what your sibling does seriously.
 - A group of students make offensive posts on your social media account, or spreads rumors about you on the internet.
 - A sports coach is sometimes physically rough with you and your teammates, and it makes the whole team uncomfortable.
- Each of the above situations should end up with going to a trusted adult to tell what is happening.

◆ **Activity 5: Trusted Adults (Requirement 5)**

- Say: “A trusted adult would never ask us to keep secrets from our parents. Think about the Scout Law and adults that you know in and outside of Scouting who live and act by the Scout Law.”
- Have each Webelos Scout make a list of five adults they feel they could go to if they needed to report something like bullying or abuse. Ask them to share the lists with their parents.

CLOSING

- Gather the whole den together and form a living circle. The den leader asks, “What do you do if someone does something that makes you feel uncomfortable?” The den should reply, “Shout, run, and tell!”
- Review the details of this den meeting and adventure.

AFTER THE MEETING

- Serve refreshments, if desired.
- Record completion of requirements 1, 2, 3, 4, and 5.
- Work together to clean up the meeting place.

ACTIVITY 2







THE PROTECT YOURSELF RULES

Name: _____ Date: _____

Using the Rule Bank at left, write the correct Protect Yourself Rule above each definition below.

RULE BANK

- 
Tell an Adult
- 
Unsafe Touches
- 
Doesn't Matter Who It Is
- 
Tell Them to Stop
- 
Smart Choices

 1. If you think someone has made you feel unsafe or touched you in a way they shouldn't, you have to get help right away.	 2. Touches to private body parts are never allowed.	 3. No one is allowed to hurt you or touch you on a private body part, even friends or family members.
 4. You have the right to tell others when they don't want to be touched. If someone makes you feel unsafe, you have the right to tell them to stop.	 5. Hitting, kicking, pinching, biting, and yelling are all abuse, and should never happen to anyone. It is never your fault if someone hurts you.	 6. Abuse is never your fault, but you can make choices to avoid situations that would be unsafe online and in real life.



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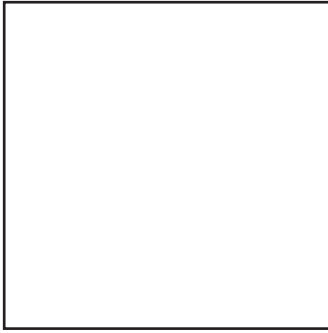
ACTIVITY 3

ONLINE SAFETY

Name: _____ Date: _____

BUILD YOUR OWN PROFILE!

Fill out this profile as though you were building an actual social-media profile. Fill out ONLY the parts you would feel comfortable putting online, and sketch a profile picture that you might use.



[Photo]

Username: _____

Address: _____

School name: _____

Birthday: _____

Phone number: _____

Email: _____

Social Security #: _____

Pet's names: _____

Favorite food: _____

Share my current location: _____

Privacy Settings:

Anyone can see my profile.

Only people I friend can see my profile.

Anyone can see my profile, but it's just my name and photo that are visible.



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THE PROTECT YOURSELF RULES



RATIONALE FOR ADVENTURE

In this adventure, the important topic of personal safety awareness is presented to Webelos Scouts who are earning the Arrow of Light rank and any parent or legal guardian that would like to participate. Learning how to recognize, respond, and report is the best way for children to keep themselves safe, experts say.

TAKEAWAYS FOR CUB SCOUTS

- Shout, Run, and Tell
- Safe touch and unsafe touch
- Understanding that “who it is” does not matter
- Identifying trusted adults

ADVENTURE REQUIREMENTS

Complete each of the following:

1. Watch the “Protect Yourself” video lessons for this adventure.
2. Know the six Protect Yourself Rules.
3. Describe what cyberbullying is and identify things you should never tell about yourself to others when online.
4. Explain what you would do if you or a friend felt unsafe at home.
5. List five safe adults you could tell if someone has made you feel unsafe.
6. Name two of Scouting’s Barriers to Abuse that adults are to follow.

NOTES TO DEN LEADER

The Boy Scouts of America is committed to creating safe environments for Scouts and leaders. Child abuse is an uncomfortable topic but an important one for us to cover to ensure the safety and well-being of our Scouts. The Boy Scouts of America has partnered with subject-matter experts from the Barbara Sinatra Children’s Center Foundation to present the “Protect Yourself Rules” that help children recognize, respond to, and report abuse.

Before this adventure, the den leader should review Scouting’s Barriers to Abuse online (www.scouting.org/health-and-safety/gss/gss01/#) because parents may have questions about what the BSA does to provide a safe environment. Once parents know and understand these barriers to abuse, they can help ensure the barriers are in place.

Also, in advance, send a notice to parents, legal guardians, and adult partners that this adventure will be about ensuring a youth’s personal safety from abuse. Give them the link to the Protect Yourself Rules for Webelos Scouts earning the Arrow of Light rank so that, if desired, they can review the material prior to the den meeting. Parents should also be encouraged to once more review “How to Protect Your Children from Child Abuse: A Parent’s Guide,” found in the front of their Cub Scout’s handbook.

Be prepared that this adventure may lead some Cub Scouts to realize that they have been or are being abused. The parent’s guide includes information on what to do if this situation occurs. Remember, when speaking with a child who discloses or indicates abuse, your role is to become a trusted adult. A good approach includes the following:

- Be an upstander—get involved. If you see something, stop it. If you know or suspect something, report it. If you are not sure, seek advice from an expert.
- If you suspect abuse of any child, you are required to report it to the authorities right away. If the suspicion involves a registered adult leader, after you contact the authorities, you must contact the local Scout executive.

REMEMBER, YOUTH PROTECTION BEGINS WITH YOU!

MEETING 1 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- A projector or large monitor so everyone in the den can watch the "Protect Yourself Rules" video.
- A downloaded copy of the **Webelos** version of the "Protect Yourself Rules" video found at www.scouting.org/programs/cub-scouts/preview-adventures/protect-yourself-rules OR the ability to stream the video with an internet connection.
- A proper audio system so everyone in the den can hear the video.
- Pens or pencils (one per Scout)
- Copies of the Protect Yourself Rules worksheet (one per Scout)
- Copies of the Refusal Skills worksheet (one per Scout)

GATHERING

- Have the den chief or assistant den leader lead this game of telephone. When the first Scout arrives for the meeting, give that Scout this sentence to remember: "Today was Thursday with yellow bananas on a blue steamboat." Say the sentence only one time.
- When the next Scout arrives, the first one will tell that Scout the same sentence, just one time.
- Continue the game until all the Scouts have arrived and heard the sentence.

OPENING

Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.

TALK TIME

- Introduce the adventure to the den. Build interest by describing the goals of the adventure and some of the activities that are planned.
- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.
- Remind everyone that, in Scouting, we should always have another Scout with us as a buddy if we are going anywhere away from the den or the pack. We call this the buddy system, and the purpose of it is to keep you safe. If something happens to you, your buddy can run to get help.

ACTIVITIES

◆ Activity 1: Watch the "Protect Yourself" Videos (Requirement 1)

- Make sure that everyone in the den can see the monitor you are showing the video on. Make sure to check the sound so everyone can hear.

◆ Activity 2: The Protect Yourself Rules (Requirement 2)

- Pass out copies of the Protect Yourself Rules worksheet to each Webelos Scout.
- Review the purpose of the six Protect Yourself Rules: to help us recognize abuse and protect ourselves from unsafe situations. Webelos Scouts will write the name of each Protect Yourself Rule above the appropriate definition.

◆ Activity 3: Online Safety (Requirement 3)

- Ask the Webelos Scouts to describe what cyberbullying is. After they have shared their descriptions, read out loud the following definition:
- *Cyberbullying is bullying that takes place over digital devices like cell phones, computers, and tablets. Cyberbullying can occur through SMS, texting, and apps. It can also happen online with social media,*

forums, or gaming—any place where people can view, participate in, or share content. Cyberbullying includes sending, posting, or sharing negative, harmful, false, or mean content about someone else. It also includes sharing personal or private information about someone else that could cause them embarrassment or humiliation. Some cyberbullying crosses the line into unlawful or criminal behavior.

- Hand out the Refusal Skills worksheet. Each scenario represents a privacy or safety situation that a youth could run into online. For each scenario, have the Scouts write an appropriate response or strategy to protect their privacy.

◆ **Activity 4: When You Feel Unsafe (Requirement 4)**

- Say: “The word Trustworthy is part of the Scout Law. What makes someone trustworthy?” Listen for appropriate answers such as “telling the truth,” “being honest,” and “not lying.”
- Say: “A trusted adult is someone that both you and your parents know, and a trusted adult would never ask you to keep secrets from your parents. Think about a trusted adult that you could go to if you or one of your friends felt unsafe, even at home.” Emphasize that youth should always go to a trusted adult if they feel unsafe. Under no circumstances should they keep abuse a secret.
- As a den, work together to come up with the best way to handle these situations:
 - You get into an argument with another student at school. The argument escalates, and they push you.
 - A grandparent has a habit of cursing. Sometimes they verbally attack you, and it makes you feel awful.
 - A parent or caregiver sometimes goes too far when they punish you, even hitting you. You got a bad grade on a school assignment, and you’re afraid you’ll get hurt if they find out.
- Each of the above situations should end up with going to a trusted adult to tell what is happening.

◆ **Activity 5: Safe Adults (Requirement 5)**

- Say: “A trusted adult would never ask us to keep secrets from our parents. Think about the Scout Law and adults that you know in and outside of Scouting who live and act by the Scout Law.”
- Have each Webelos Scout make a list of five adults they feel they could go to if they needed to report something like bullying or abuse. Ask them to share the lists with their parents.

◆ **Activity 6: Scouting’s Barriers to Abuse (Requirement 6)**

- Say: “Just like you are learning methods to protect yourself, there are rules in place in Scouting that adults also follow to keep you safe. These are known as the Barriers to Abuse, and every adult in Scouting is required to follow them. You should also be familiar with these barriers:
 - Two-deep leadership is required.* This means that two adults over the age of 21 who are registered leaders in Scouting are required for all meetings and activities.
 - No one-on-one.* At no time is an adult allowed to be alone with a youth that is not their child. If an adult and child need to have a conversation it must be done within view of another adult leader. This includes online conversations; if social media, email, or text messages are being used for contact between an adult leader and a Scout, at least one other registered adult or parent must be part of the communication.
- If you witness an adult not following these rules, you are to notify another adult as soon as possible.

CLOSING

- Gather the whole den together and form a living circle. The den leader asks, “What do you do if someone does something that makes you feel uncomfortable?” The den should reply, “Shout, run, and tell!”
- Review the details of this den meeting and adventure.

AFTER THE MEETING





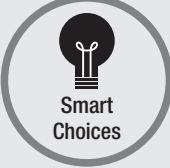






- Serve refreshments, if desired.
- Record completion of requirements 1, 2, 3, 4, 5, and 6.
- Work together to clean up the meeting place.

ACTIVITY 2

THE PROTECT YOURSELF RULES

Name: _____ Date: _____

Using the Rule Bank at left, write the correct Protect Yourself Rule above each definition below.

RULE BANK  Tell an Adult  Unsafe Touches  Doesn't Matter Who It Is  Tell Them to Stop  Smart Choices	 1. If you think someone has made you feel unsafe or touched you in a way they shouldn't, you have to get help right away.	 2. Touches to private body parts are never allowed.	 3. No one is allowed to hurt you or touch you on a private body part, even friends or family members.
	 4. You have the right to tell others when they don't want to be touched. If someone makes you feel unsafe, you have the right to tell them to stop.	 5. Hitting, kicking, pinching, biting, and yelling are all abuse, and should never happen to anyone. It is never your fault if someone hurts you.	 6. Abuse is never your fault, but you can make choices to avoid situations that would be unsafe online and in real life.



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ACTIVITY 3

ONLINE SAFETY

Name: _____ Date: _____

REFUSAL SKILLS

Each scenario below represents a privacy or safety situation that you could run into online. For each scenario, write an appropriate response or strategy to protect your privacy.

1. You receive an email on your school's mailing account asking you to reply with your name and address. You do not recognize the name of the sender.

2. A person that you play games with regularly online asks you to send them pictures of yourself.

3. You click on a link to a website, and lots of pop-ups come up all over the screen. You can't get rid of the pop-ups or get back to the page you were on.

4. A website asks you to put in your name and birthdate before you can go on.

5. A student or group of students makes mean posts about you or someone you know.



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