

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.

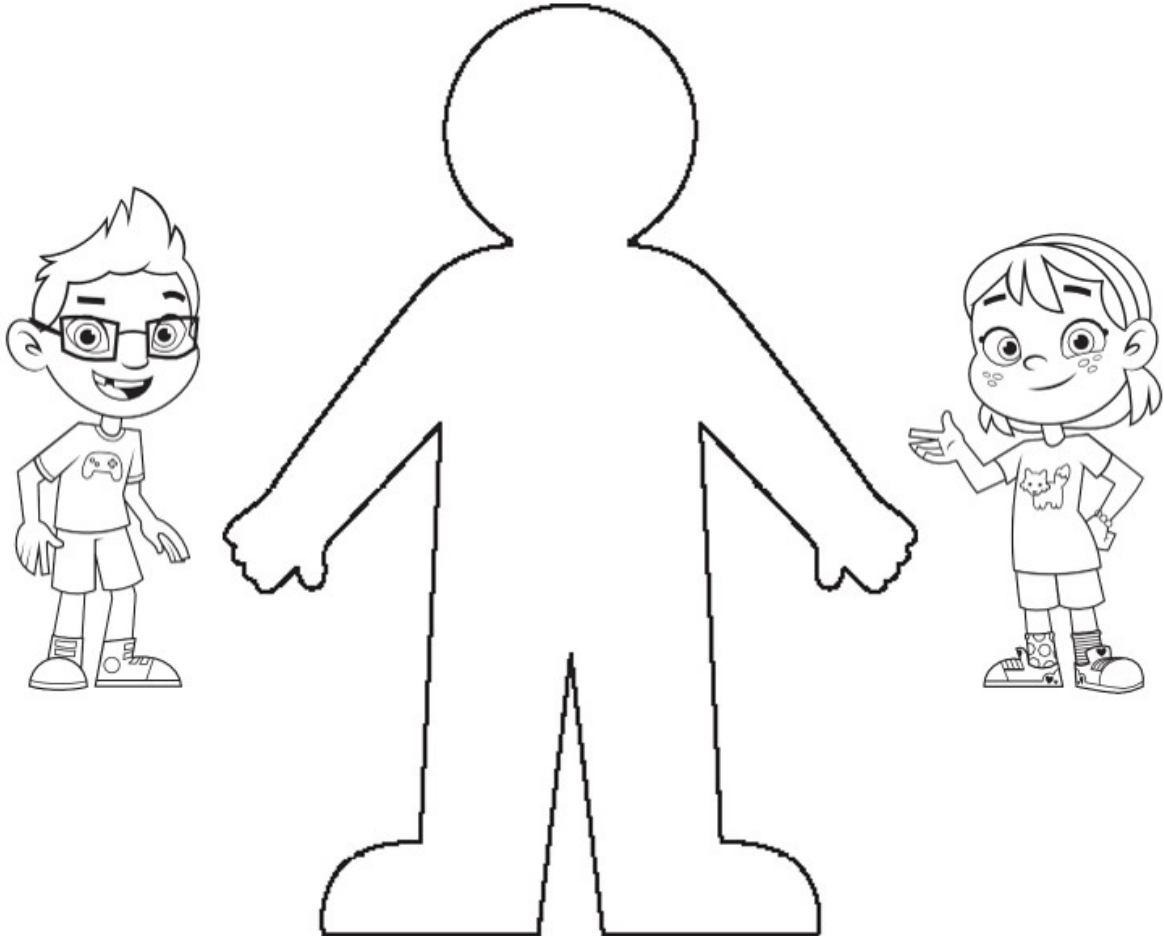
ACTIVITY 2

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

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