

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 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

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 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

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