



PROTECT YOURSELF RULES



Barbara Sinatra Children's Center
FOUNDATION

ARROW OF LIGHT 'PROTECT YOURSELF RULES' ADVENTURE

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.