

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 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

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 **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.

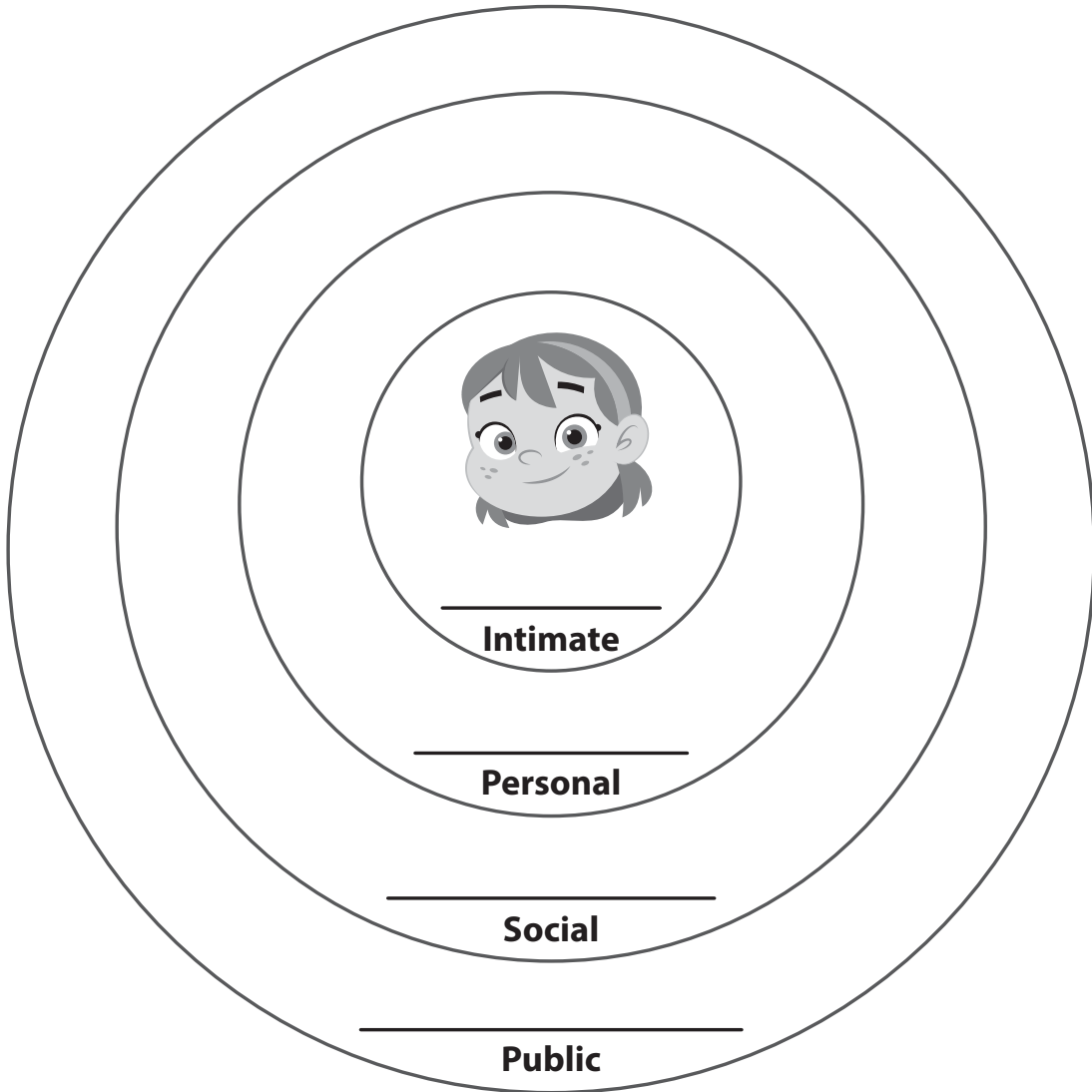
ACTIVITY 3

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