

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 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.

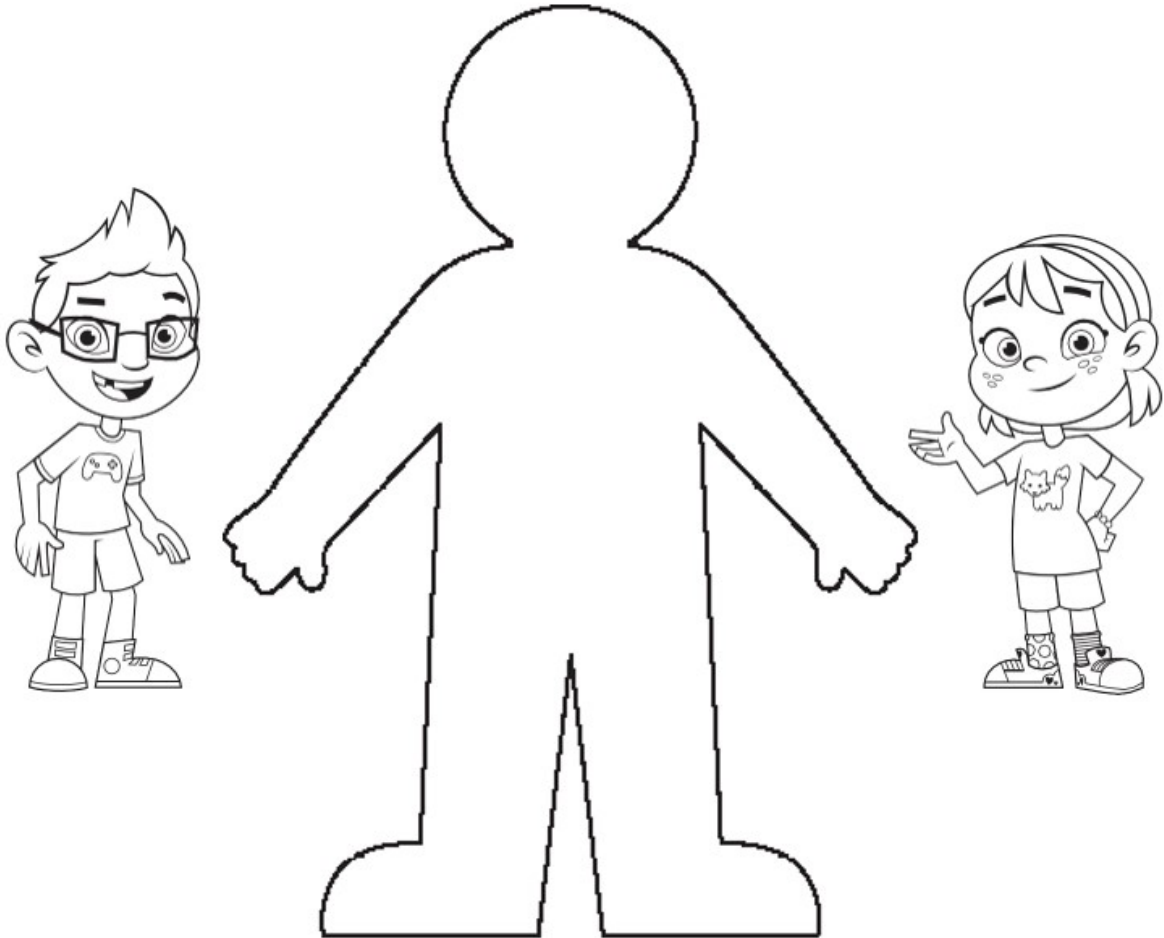
ACTIVITY 3

THE PROTECT YOURSELF RULES

Name: _____ Date: _____

◆ Paper Dolls

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.



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