

PROTECT YOURSELF RULES



BOY SCOUTS OF AMERICA®



RATIONALE FOR ADVENTURE

In this adventure, the important topic of youth protection is presented to Webelos Scouts and any parent or legal guardian that would like to participate. 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. 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. Describe three ways to get out of a situation with someone who is making you feel unsafe.
5. List five safe adults you could tell if someone has made you feel unsafe.

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 Webelos Scouts 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 **Webelos** 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.
- Pens or pencils (one per Scout)
- Sheets of paper for completing requirement 5 (one per Scout)
- Copies of the Protect Yourself Rules worksheet (one per Scout)
- Copies of the Build Your Profile! Worksheet (one per Scout)

GATHERING

- Have the den chief or assistant den leader lead this game of telephone. When the first Webelos Scout arrives for the meeting, give that Scout this sentence to remember: "Today was Thursday with yellow bananas on a blue steamboat." Say the sentence only one time.
- When the next Scout arrives, the first one will tell that Scout the same sentence, just one time.
- Continue the game until all the Scouts have arrived and heard the sentence.

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 Webelos 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: The Protect Yourself Rules (Requirement 2)

- Pass out copies of the Protect Yourself Rules worksheet to each Webelos Scout.
- Review the purpose of the six Protect Yourself Rules: to help us recognize abuse and protect ourselves from unsafe situations. Webelos Scouts will write the name of each Protect Yourself Rule above the appropriate definition.

◆ Activity 3: Online Safety (Requirement 3)

- Ask the Webelos Scouts to describe what cyberbullying is. After they have shared their descriptions, read out loud the following definition:

- *Cyberbullying is bullying that takes place over digital devices like cell phones, computers, and tablets. Cyberbullying can occur through SMS, texting, and apps. It can also happen online with social media, forums, or gaming—any place where people can view, participate in, or share content. Cyberbullying includes sending, posting, or sharing negative, harmful, false, or mean content about someone else. It also includes sharing personal or private information about someone else that could cause them embarrassment or humiliation. Some cyberbullying crosses the line into unlawful or criminal behavior.*
- Hand out the Build Your Profile! worksheet.
- Instruct Webelos Scouts to fill in all the information they can for their profiles. They should draw an appropriate profile picture in the photo square.
- Once everyone has finished, have each Scout circle any information in their profile that could make them vulnerable to catfishing (someone using it to create a fake profile in their name) or other dangerous situations.

◆ **Activity 4: When You Feel Unsafe (Requirement 4)**

- Say: “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. Think about a trusted adult that you could go to if you or one of your friends felt unsafe, even at home.” Emphasize that youth should always go to a trusted adult if they feel unsafe. Under no circumstances should they keep abuse a secret.
- As a den, work together to come up with the best way to handle these situations:
 - An older sibling routinely attacks you physically, but your parents or caregivers don’t take what your sibling does seriously.
 - A group of students make offensive posts on your social media account, or spreads rumors about you on the internet.
 - A sports coach is sometimes physically rough with you and your teammates, and it makes the whole team uncomfortable.
- Each of the above situations should end up with going to a trusted adult to tell what is happening.

◆ **Activity 5: Trusted Adults (Requirement 5)**

- Say: “A trusted adult would never ask us to keep secrets from our parents. Think about the Scout Law and adults that you know in and outside of Scouting who live and act by the Scout Law.”
- Have each Webelos Scout make a list of five adults they feel they could go to if they needed to report something like bullying or abuse. Ask them to share the lists with their parents.

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





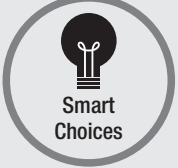







- Serve refreshments, if desired.
- Record completion of requirements 1, 2, 3, 4, and 5.
- Work together to clean up the meeting place.

ACTIVITY 2

THE PROTECT YOURSELF RULES

Name: _____ Date: _____

Using the Rule Bank at left, write the correct Protect Yourself Rule above each definition below.

RULE BANK  <p>Tell an Adult</p>  <p>Unsafe Touches</p>  <p>Doesn't Matter Who It Is</p>  <p>Tell Them to Stop</p>  <p>Smart Choices</p>  <p>Hitting Is Wrong</p>	 1. If you think someone has made you feel unsafe or touched you in a way they shouldn't, you have to get help right away.	 2. Touches to private body parts are never allowed.	 3. No one is allowed to hurt you or touch you on a private body part, even friends or family members.
 4. You have the right to tell others when they don't want to be touched. If someone makes you feel unsafe, you have the right to tell them to stop.	 5. Hitting, kicking, pinching, biting, and yelling are all abuse, and should never happen to anyone. It is never your fault if someone hurts you.	 6. Abuse is never your fault, but you can make choices to avoid situations that would be unsafe online and in real life.	



THE BARBARA SINATRA CHILDREN'S CENTER FOUNDATION

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Grade 1, Lesson 3 - v01

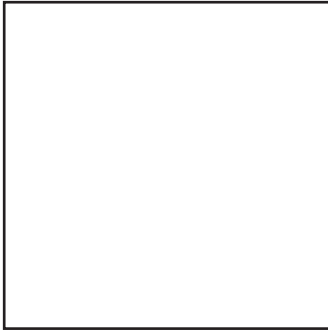
ACTIVITY 3

ONLINE SAFETY

Name: _____ Date: _____

BUILD YOUR OWN PROFILE!

Fill out this profile as though you were building an actual social-media profile. Fill out ONLY the parts you would feel comfortable putting online, and sketch a profile picture that you might use.



[Photo]

Username: _____

Address: _____

School name: _____

Birthday: _____

Phone number: _____

Email: _____

Social Security #: _____

Pet's names: _____

Favorite food: _____

Share my current location: _____

Privacy Settings:

Anyone can see my profile.

Only people I friend can see my profile.

Anyone can see my profile, but it's just my name and photo that are visible.



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