

# PROTECT YOURSELF RULES



BOY SCOUTS OF AMERICA®



# THE PROTECT YOURSELF RULES



## RATIONALE FOR ADVENTURE

In this adventure, the important topic of personal safety awareness is presented to Webelos Scouts who are earning the Arrow of Light rank 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. 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.

### 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/#](http://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 earning the Arrow of Light rank 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](http://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)
- Copies of the Protect Yourself Rules worksheet (one per Scout)
- Copies of the Refusal Skills worksheet (one per Scout)

## GATHERING

- Have the den chief or assistant den leader lead this game of telephone. When the first 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 Refusal Skills worksheet. Each scenario represents a privacy or safety situation that a youth could run into online. For each scenario, have the Scouts write an appropriate response or strategy to protect their privacy.

#### ◆ **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:
  - You get into an argument with another student at school. The argument escalates, and they push you.
  - A grandparent has a habit of cursing. Sometimes they verbally attack you, and it makes you feel awful.
  - A parent or caregiver sometimes goes too far when they punish you, even hitting you. You got a bad grade on a school assignment, and you’re afraid you’ll get hurt if they find out.
- Each of the above situations should end up with going to a trusted adult to tell what is happening.

#### ◆ **Activity 5: Safe 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.

#### ◆ **Activity 6: Scouting’s Barriers to Abuse (Requirement 6)**

- Say: “Just like you are learning methods to protect yourself, there are rules in place in Scouting that adults also follow to keep you safe. These are known as the Barriers to Abuse, and every adult in Scouting is required to follow them. You should also be familiar with these barriers:
  - Two-deep leadership is required.* This means that two adults over the age of 21 who are registered leaders in Scouting are required for all meetings and activities.
  - No one-on-one.* At no time is an adult allowed to be alone with a youth that is not their child. If an adult and child need to have a conversation it must be done within view of another adult leader. This includes online conversations; if social media, email, or text messages are being used for contact between an adult leader and a Scout, at least one other registered adult or parent must be part of the communication.
- If you witness an adult not following these rules, you are to notify another adult as soon as possible.

### **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, 5, and 6.
- 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



**Tell an Adult**



**Unsafe Touches**



**Doesn't Matter Who it Is**



**Tell Them to Stop**



**Smart Choices**



**Hitting is Wrong**

<div style="border: 1px solid gray; width: 100%; height: 80px; margin-bottom: 10px;"></div> <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.</p>	<div style="border: 1px solid gray; width: 100%; height: 80px; margin-bottom: 10px;"></div> <p>2. Touches to private body parts are never allowed.</p>	<div style="border: 1px solid gray; width: 100%; height: 80px; margin-bottom: 10px;"></div> <p>3. No one is allowed to hurt you or touch you on a private body part, even friends or family members.</p>
<div style="border: 1px solid gray; width: 100%; height: 80px; margin-bottom: 10px;"></div> <p>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.</p>	<div style="border: 1px solid gray; width: 100%; height: 80px; margin-bottom: 10px;"></div> <p>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.</p>	<div style="border: 1px solid gray; width: 100%; height: 80px; margin-bottom: 10px;"></div> <p>6. Abuse is never your fault, but you can make choices to avoid situations that would be unsafe online and in real life.</p>



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# ACTIVITY 3

## ONLINE SAFETY

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### REFUSAL SKILLS

Each scenario below represents a privacy or safety situation that you could run into online. For each scenario, write an appropriate response or strategy to protect your privacy.

1. You receive an email on your school's mailing account asking you to reply with your name and address. You do not recognize the name of the sender.

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2. A person that you play games with regularly online asks you to send them pictures of yourself.

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3. You click on a link to a website, and lots of pop-ups come up all over the screen. You can't get rid of the pop-ups or get back to the page you were on.

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4. A website asks you to put in your name and birthdate before you can go on.

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5. A student or group of students makes mean posts about you or someone you know.

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