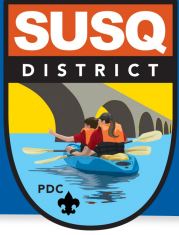


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Hot Topic

Personal Safety: “Protect Yourself”





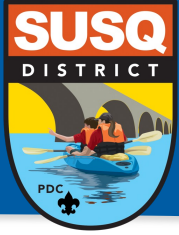
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Hot Topic

Personal Safety: “Protect Yourself”

- Takes the place of CyberChip
 - CyberChip promoted Internet Safety for Cubs and Scouts
- This is a natural extension of existing Youth Protection policies
- **Protect Yourself Rules** for Cub Scouts
- **Protect Yourself** for older Scouts



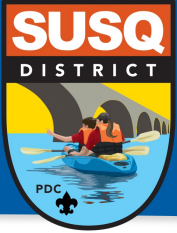


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- **Cub Scouts**
- Bobcat required for each rank
 - Complete the activities in “How to Protect Your Children from Child Abuse: A Parent’s Guide”
- Protect Yourself Rules Elective Adventure for each rank
- A full set of Den Meeting plans are provided for each rank’s adventure
- Adventure can be conducted as a [Pack Activity](#)

<https://www.scouting.org/programs/cub-scouts/preview-adventures/protect-yourself-rules/>



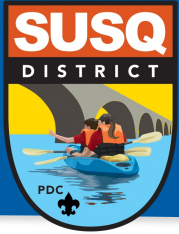


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- **Cub Scouts**

The Protect Yourself Rules





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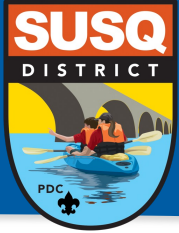
- **Wolf**



1. Watch the Protect Yourself video lessons for this adventure.
2. Demonstrate how you would say “No!” to someone who is doing something that makes
3. you feel uncomfortable.
4. Identify five trusted adults, and share this list with your parent or legal guardian.
5. Describe the characteristics of a “safe stranger.”

<https://www.scouting.org/programs/cub-scouts/preview-adventures/protect-yourself-rules/>





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- **Arrow of Light**



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.

<https://www.scouting.org/programs/cub-scouts/preview-adventures/protect-yourself-rules/>



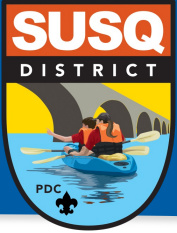


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- **Scouts BSA**
- Personal Safety Awareness Videos
- View videos after scouts complete the exercises in “How to Protect Your Children from Child Abuse: A Parent’s Guide” in their Scout Handbook
- Protect Yourself requirements for Scout and Star Ranks replace previous CyberChip requirements
- Videos are linked in Scout Book for easy access by youth
- [Follow this link for all updated Rank and Award Requirements](#)

<https://www.scouting.org/training/youth/scouts-bsa/>





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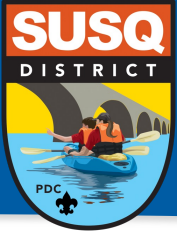
- **Scout Rank (#6)**

- View all 4 videos:
 - Digital Safety
 - Abuse
 - Bullying
 - Youth Protection Policies



<https://www.scouting.org/training/youth/scouts-bsa/>





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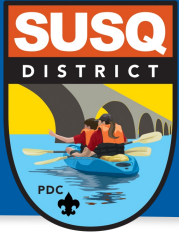
- **Star Rank (#6)**

- Review the 4 videos from Scout Rank
- View all 4 videos:
 - Persistence for Pictures
 - Sexual Abuse in the Family
 - Grooming & Sexual Abuse
 - Friends Should Never Look the Other Way



<https://www.scouting.org/training/youth/scouts-bsa/>





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- **Supplemental Resources**

- Suicide Prevention Training
[Discussion Guide Download](#)



- Camp Leadership – [Guide for Camp Staff and Unit Leaders](#)



- **Non-BSA Resources**

- [Safe2Say Something](#) anonymous reporting program
- [Aevidum](#) - peer mental health support program

