

# SAFETY IN NUMBERS

## PERSONAL SAFETY AWARENESS



## SNAPSHOT OF ADVENTURE



Your parent(s) or legal guardian is an important part of this Adventure, as you will do most of the requirements with them.

Part of the Scout Law is to be brave. Knowing what to do when you think you are in danger helps you to be brave. In this Adventure, you will learn about the "Protect Yourself Rules" and the things that you can do to keep yourself safe.

### REQUIREMENTS

1. With permission from your parent or legal guardian, watch the "Protect Yourself Rules" video for the Wolf rank.
2. Discuss "safe touch" as seen in the "Protect Yourself Rules" video.
3. Learn about the buddy system and demonstrate how it works.
4. Review common safety rules and demonstrate the proper use of playground equipment.

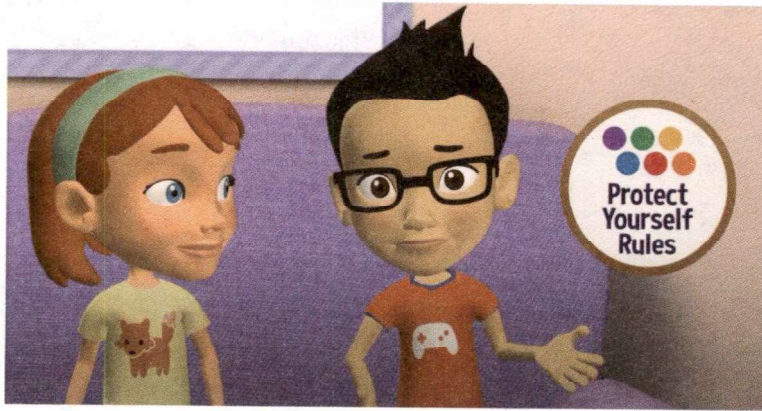


- Required Adventure
- Scan for this Adventure page



## REQUIREMENT 1

With permission from your parent or legal guardian, watch the "Protect Yourself Rules" video for the Wolf rank.



Meet Sara and Lenny as they learn about the six "Protect Yourself Rules."

To watch the video, go to [scouting.org](https://scouting.org) or scan this QR code.



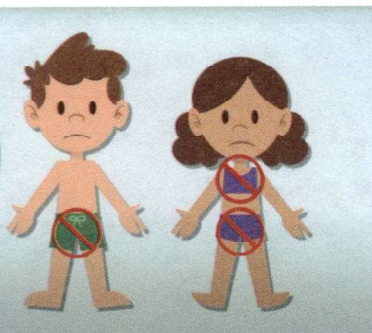
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## REQUIREMENT 2

Discuss "safe touch" as seen in the  
"Protect Yourself Rules" video.

After watching the  
"Protect Yourself  
Rules" video,  
talk with your  
parent or legal  
guardian about  
the difference  
between safe touch  
and unsafe touch.



We know safe touches are like hugs from our family and fist-bumping a friend, but unsafe touches are the times when someone touches you on a private body part that would be covered by a bathing suit.

No one has the right to touch you on your private body parts, and they do not have the right to ask you to touch them on theirs.

You always must tell another grown-up about any unsafe touches.



\_\_\_\_\_ Date

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### REQUIREMENT 3

Learn about the buddy system and demonstrate how it works.

“Two heads are better than one.” You may have heard that saying before, and it is true. Sometimes you may forget a safety rule or be unaware of a hazard up ahead, but if you are with a buddy, it is easier to stay safe.



The buddy system is the way for Cub Scouts to look after each other, especially during outdoor Adventures. When you go on a walk, take a hike, swim, bike, or camp with your den, each Cub Scout is to have a buddy.

You keep track of what your buddy is doing, and your buddy always knows where you are and how you are doing.

A Cub Scout leader might call for a buddy check. That means you must immediately hold up the hand of your buddy. The buddy system is a way of sharing the good times and keeping everyone safe.



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Adult's Signature



## REQUIREMENT 4

Review common safety rules and demonstrate the proper use of playground equipment.



A playground may be outside or inside. It may be in a public park or a place you pay to enter. The rules for playgrounds are not only for your safety, but also to keep everyone else safe.

When you visit a playground, look for posted rules and agree to follow them before playing. Here are some additional things you can do to have fun and stay safe:

- ▶ Check equipment to make sure it is not broken.
- ▶ Play only on equipment that is designed for your age.
- ▶ Use the equipment as designed.
- ▶ Be aware of your surroundings and avoid running into others.



Date

Adult's Signature

# FOOTSTEPS

FAMILY & REVERENCE





## SNAPSHOT OF ADVENTURE



In this Adventure, you are encouraged to learn more about your family's faith traditions. You will complete most of these requirements at home with your family. Faith means having complete trust or confidence in someone or something. "Trustworthy" is the first part of the Scout Law. Through Aesop's fable, you will learn why being trustworthy is so important.

You may earn this Adventure by either completing the requirements below or earning the religious emblem of your choosing. To learn more about available religious emblems, visit [scouting.org](http://scouting.org) or scan this QR code.



### REQUIREMENTS

1. With your parent or legal guardian, talk about your family's faith traditions. Identify three holidays or celebrations that are part of your family's faith traditions. Make a craft or work of art of your favorite family faith tradition, holiday, or celebration.
2. With your family, attend a religious service or other gathering that shows how your family expresses reverence.
3. Carry out an act of kindness.
4. Listen to or read Aesop's fable "The Boy Who Cried Wolf." With your den or family, discuss why being truthful is important.



- Required Adventure
- Scan for this Adventure page



## REQUIREMENT 1

**With your parent or legal guardian, talk about your family's faith traditions. Identify three holidays or celebrations that are part of your family's faith traditions.  
Make a craft or work of art of your favorite family faith tradition, holiday, or celebration.**

Americans enjoy many freedoms. One of those freedoms is that the American government cannot establish a religion for all citizens to follow. This allows people from all faiths and backgrounds to be Americans.

Following the traditions, customs, and teachings of your faith is how you show reverence. Respecting others who do not have the same traditions, customs, or faith as you is another way a Cub Scout follows the point of the Scout Law that tells us to be reverent.

Sometimes a family has a tradition that may not be an official part of their religion or faith. A tradition is a way that a family celebrates what they believe. It makes being part of that family special. For example, making tamales during the Christmas season is a tradition for some families. Decorating your home is a tradition many have for various celebrations throughout the year.

Discuss your faith traditions with your family. What are some of the things your family does as part of your faith tradition?

Pick your favorite tradition and make a craft or work of art.



Date

Adult's Signature

## REQUIREMENT 2

With your family, attend a religious service or other gathering that shows how your family expresses reverence.



With a member of your family or your entire family, attend a religious service. The service can be of your own faith or of a faith about which you are interested in learning more.

You may choose to attend a gathering during which everyone is expected to show reverence. This may be a gathering of several different faiths in support of a community project or an event such as placing flags on the graves of veterans during Memorial Day.



Date

Adult's Signature



### REQUIREMENT 3

Carry out an act of kindness.



A Scout is kind when they treat others the way they like to be treated. Many faiths and societies have a common and simple rule when it comes to how we treat others.

Over time, this has come to be known as the Golden Rule:

It simply means, "Don't do something to someone if you wouldn't want them to do it to you."

"Do unto others as you would have them do unto you."

Think of the things that others have done for you that made you feel good. Did someone say "good job" to you? Maybe someone opened a door for you when your hands were full, or someone made you feel welcomed at a place that was new to you.

Now think of something that you could do for someone else that would make them feel good.

You could make a kindness jar. Take an empty jar or box. On small pieces of paper, write acts of kindness that you could do for your family and place them in the jar or box. Each day, take a piece of paper out and do that act of kindness.

Here are some examples:

Tell someone that they look nice.

Tell someone something that you like about them.

Open the door for someone.

Ask someone if there is something you can do to help them.

Remember, a Cub Scout is kind because it is the right thing to do. Cub Scouts do not accept payments, gifts, or other rewards for following the Scout Oath and the Scout Law.



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## REQUIREMENT 4

Listen to or read Aesop's fable "The Boy Who Cried Wolf." With your den or family, discuss why being truthful is important.

Some stories are about something that happened in real life. Some stories are made up and are just for entertainment. Then there are some stories that are made up to teach a lesson. The story may not be real, but the lesson is.

Aesop was a famous Greek storyteller believed to have lived from 620 to 564 Before the Common Era (BCE). He is credited with several stories that taught lessons about different values like being kind, honest, treating others with respect, and more. "The Boy Who Cried Wolf" is about what happens when you do not tell the truth.

### 'The Boy Who Cried Wolf'

A shepherd boy was watching his family's sheep in a pasture near a dark forest not far from their village. Soon he found life in the pasture very dull. All he could do for fun was talk to his dog or play on his shepherd's pipe.

One day as he sat watching the sheep in the quiet forest, he was thinking about what he would do if he saw a wolf. Wolves attack sheep, and the boy was there to protect the sheep. He was so bored he thought of a plan to play a trick on everyone.

His family had told him to call for help should a wolf attack the flock, and the villagers would come running to help drive it away.



He had not seen anything that even looked like a wolf but decided it would be fun to run toward the village shouting at the top of his voice, "Wolf! Wolf!"

As he expected, the villagers who heard the cry dropped their work and ran in great excitement to the pasture. But when they got there, they found the boy doubled up with laughter at the trick he had played on them.

A few days later the shepherd boy again shouted, "Wolf! Wolf!" Again, the villagers ran to help him, only to be laughed at again.

Then one evening as the sun was setting behind the forest and the shadows were creeping out over the pasture, a wolf really did spring from the underbrush and start to attack the sheep.

In terror, the boy ran toward the village shouting, "Wolf! Wolf!" The villagers heard the cry, but they did not run to help him as they had before. "He cannot fool us again," they said.

The wolf killed a great many of the family's sheep and then slipped away into the forest.

**Liars are not believed, even when they speak the truth.**

Watching sheep to keep them from being attacked by a wolf is something that was done long ago, but it is not a common thing today. How would you change this story as if it happened today?



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