

STANDING TALL

PERSONAL SAFETY AWARENESS



SNAPSHOT OF ADVENTURE



In this Adventure, the Protect Yourself Rules will give you guidance on keeping yourself safe. You will also identify ways to use electronics responsibly and ways to protect your body when you're playing or working. When bears feel they are in danger, they may stand on their back legs, standing tall, to let the danger know that they are brave and know how to keep themselves safe.

REQUIREMENTS

1. With permission from your parent or legal guardian, watch the "Protect Yourself Rules" video for the Bear rank.
2. Complete the Personal Space Bubble worksheet that is part of the Protect Yourself Rules resources.
3. With your parent or legal guardian, set up a family policy for digital devices.
4. Identify common personal safety gear for your head, eyes, mouth and nose, hands, and feet. List how each of these items protect you. Demonstrate the proper use of personal safety gear for an activity.



- 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 Bear rank.

In the "Protect Yourself Rules" video, you will meet Sara and Lenny, who are Cub Scouts just like you. They will guide you through the six Protect Yourself Rules.



To watch the video, go to scouting.org or follow this QR code.



The Protect Yourself Rules



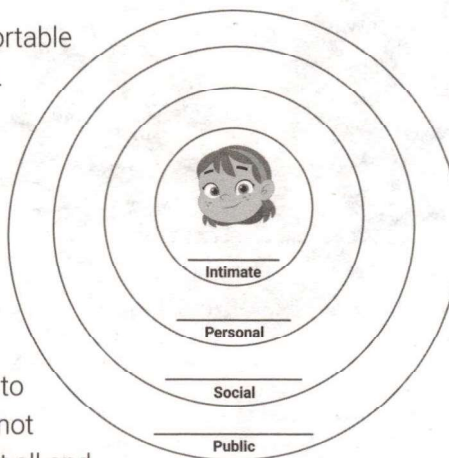
Date

Adult's Signature

REQUIREMENT 2

Complete the Personal Space Bubble worksheet that is part of the Protect Yourself Rules resources.

Everyone feels more comfortable with people they know well. There are some people we are comfortable with, and we allow them to be physically closer to us. Our personal space bubble helps us identify those we are comfortable with being physically close to us and those who we may not know as well or not know at all and the distance we want them to stay from us.



- ▶ The space directly around us is our intimate space. This space is just for us, although we may also allow family in this space.
- ▶ Next is our personal space, which goes all around us as far as the ends of our outstretched fingertips. We are usually comfortable with friends and family in this space.
- ▶ After that is social space. We're most comfortable hanging out with friends or talking in groups in this space.
- ▶ Last is public space, which is where we're most comfortable with strangers or people out in public.



_____ Date

_____ Adult's Signature

REQUIREMENT 3

With your parent or legal guardian, set up a family policy for digital devices.



With your parent or legal guardian, take a look around where you live and identify the digital devices that are part of your home. These may be toys or

devices that you have permission to use. When setting a family policy, here are some things to consider:

- ▶ How early in the day will you be allowed to use the device?
- ▶ How late will you be allowed to use the device?
- ▶ Will these times be different on weekdays, weekends, or during school breaks?
- ▶ Does the device have access to the internet? Are there content controls in place?
- ▶ Are there age restrictions to content on electronic devices?
- ▶ Where should the device(s) be stored when not being used?
- ▶ Are there responsibilities that need to be completed before using the device(s), such as homework or chores?
- ▶ What happens when the policies are followed?
- ▶ What happens when the policies are not followed?



Date

Adult's Signature

REQUIREMENT 4

Identify common personal safety gear for your head, eyes, mouth and nose, hands, and feet.

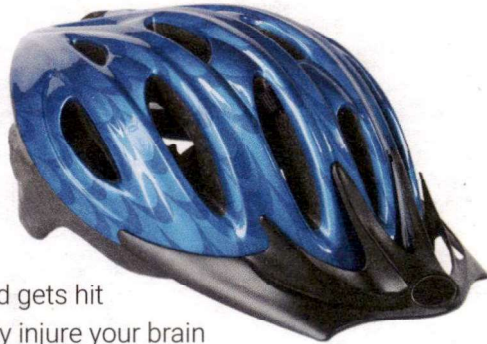
List how each of these items protects you.

Demonstrate the proper use of personal safety gear for an activity.

Safety gear is designed to keep you safe while playing a sport, riding a bike, or building a project. Always use the appropriate safety gear for each activity. Here are some examples to think about. Before doing an activity, discuss with your parent or another adult what type of safety equipment you should use. Always use gear that is designed for the activity and fits you correctly.

Head

Helmets are designed to protect your head. You should wear a helmet when there is a chance that you could fall down or something may fall down on you. If your head gets hit by something hard, it may injure your brain or fracture (break) your skull. Wearing a helmet greatly reduces the chances of serious brain injury or damage to your skull.



Eyes



Safety goggles and glasses protect your eyes from flying objects. Glasses designed to help you see are not designed

to protect your eyes. You need to wear goggles or glasses that are specifically designed to protect your eyes. In some circumstances, you might even wear a face mask.

Sunglasses are another form of safety gear for your eyes. The sun can damage your eyes and make it hard to see. Sunglasses block out ultraviolet rays and reduce the damage the sun can cause to your eyes.



Mouth and Nose

Wearing a mask that covers your mouth and nose and still allows you to breathe can protect you from diseases, things that smell bad, and fumes that may cause you to feel ill. When properly worn, masks filter out things that are so small you can see them only with a microscope.

Hands

Gloves can keep your hands warm on a cold day and prevent frostbite. Work gloves protect your hands from plants that may irritate your skin or that have sharp thorns or needles. They can also prevent your hands from getting blisters when using hand tools.





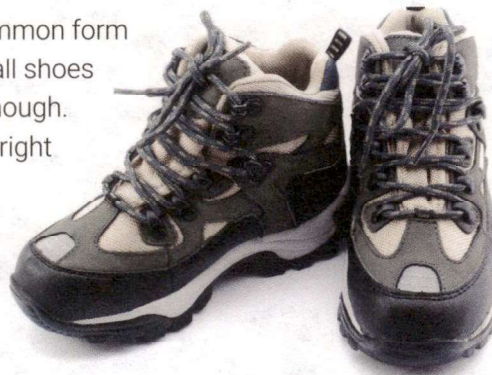
Latex gloves or nitrile (an alternative to latex) gloves can protect your hands when using chemicals that can irritate, damage, or stain your skin. They can also be used to keep your hands clean, like when painting.

Feet

Shoes are the most common form of foot protection. Not all shoes can protect your feet, though.

Remember to wear the right shoes for the activity. If you're going to walk on a path that has loose rocks, you want to have boots that have sturdy soles to protect

the bottoms of your feet. Boots should provide ankle support to prevent twisting your ankle if you misstep.



Date

Adult's Signature