<http://www.USScouts.Org> • <http://www.MeritBadge.Org>

Please submit errors, omissions, comments or suggestions about this **checklist** to: [Workbooks@USScouts.Org](mailto:Workbooks@usscouts.org?subject=Cub%20Scout%20Workbooks)

Comments or suggestions for changes to the **requirements** should be sent to: [Advancement.Team@Scouting.Org](mailto:Advancement.Team@Scouting.Org)

Cub Scout’s Name: Pack No. :

**Source for requirements:** [**https://www.scouting.org/programs/cub-scouts/preview-adventures/protect-yourself-rules/**](https://www.scouting.org/programs/cub-scouts/preview-adventures/protect-yourself-rules/)

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| **This adventure is an preview adventure which can be used**  **while in the Arrow of Light program** |

**Complete each of the following:**

**⬜ 1. Watch the Protect Yourself video lessons for this adventure.;**

**⬜ 2. Know the six Protect Yourself Rules.**

|  |  |
| --- | --- |
| **1.** |  |
| **2.** |  |
| **3.** |  |
| **4.** |  |
| **5.** |  |
| **6.** |  |

**⬜ 3. Describe what cyberbullying is**

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**⬜ and identify things you should never tell about yourself to others when online.**

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**⬜ 4. Explain what you would do if you or a friend felt unsafe at home..**

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**⬜ 5. List five safe adults you could tell if someone has made you feel unsafe.**

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| --- | --- |
| **1.** |  |
| **2.** |  |
| **3.** |  |
| **4.** |  |
| **5.** |  |

**⬜ 6. Name two of Scouting's Barriers to Abuse that adults are to follow.**

|  |  |
| --- | --- |
| **1.** |  |
| **2.** |  |