



# Protect Yourself Rules

## Webelos Adventure Workbook



No one may add or subtract from the official requirements found in the *Cub Scout Webelos Den Leader Guide*. Requirements were issued in June 2020. This workbook was updated in December, 2020.

<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)  
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/>

This adventure is an preview adventure which can be used while in Webelos 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


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


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4. Describe three ways to get out of a situation with someone who is making you feel unsafe.

1.


2.


3.


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

1.

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2.

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3.

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4.

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5.

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