



# Protect Yourself Rules

## Tiger Adventure Workbook



No one may add or subtract from the official requirements found in the *Cub Scout Tiger 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 the Tiger program .

Complete each of the following:

- 1. Watch the Protect Yourself video lessons for this adventure.;
- 2. Identify the difference between a safe touch and an unsafe touch.
- 3. With your adult partner, make a list of five trusted adults.

- 1.
- 2.
- 3.
- 4.
- 5.


- 4. With your adult partner, practice Shout, Run, and Tell.

Checklist © Copyright 2020 - U.S. Scouting Service Project, Inc. - All Rights Reserved  
Requirements © Copyright, Boy Scouts of America (Used with permission.)

This checklist may be reproduced and used locally by Scouts and Scouters for purposes consistent with the programs of the Boy Scouts of America (BSA), the World Organization of the Scout Movement (WOSM) or other Scouting and Guiding Organizations. However it may NOT be used or reproduced for electronic redistribution or for commercial or other non-Scouting purposes without the express permission of the U. S. Scouting Service Project, Inc. (USSSP).