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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 Bear program .** |

**Complete each of the following:**

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

**⬜ 2. Explain the difference between a safe touch and an unsafe touch.**

**⬜ 3. Identify five trusted adults,**

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

**and share this list with your parent or legal guardian.**

**⬜ 4. Describe "personal space." and complete the Personal Space Bubble.**

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**⬜ and complete the Personal Space Bubble.**

**⬜ 5. Come up with three different ways to say no to someone who touches you on a private body part.**

|  |  |
| --- | --- |
| **1.** |  |
| **2.** |  |
| **3.** |  |