



Protect Yourself Rules

Arrow of Light 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
Comments or suggestions for changes to the **requirements** should be sent to: 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 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.

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| 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.

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| 1. | |
| 2. | |