



Protect Yourself Rules

Bear Adventure Workbook



No one may add or subtract from the official requirements found in the *Cub Scout Bear 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 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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5. Come up with three different ways to say no to someone who touches you on a private body part.

1.	
2.	
3.	