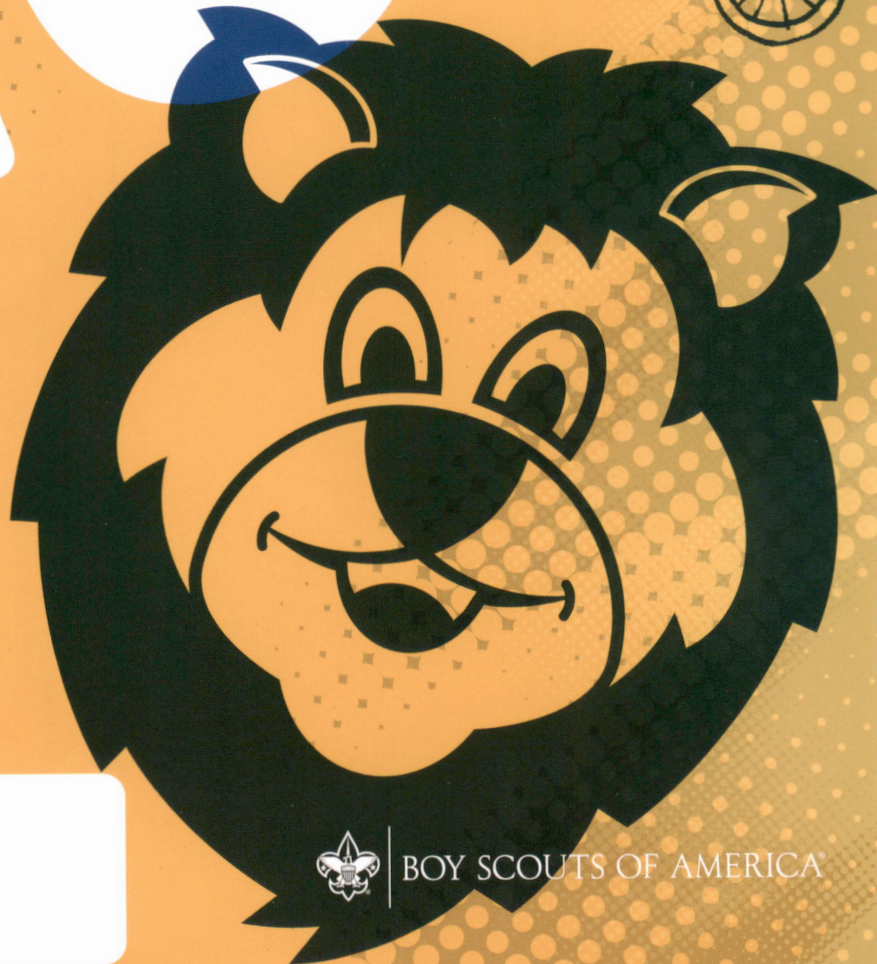




LION
CUB SCOUT

KINDERGARTEN ADULT PARTNER GUIDE



THIS BOOK BELONGS TO



BOY SCOUTS OF AMERICA

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WELCOME TO CUB SCOUTING



Adventures await you and your Cub Scout. Your Cub Scout will have many first moments as the two of you complete the program elements. The best part is that you will be there to share those moments with them.

This handbook is for you, the Lion adult partner. A Lion adult partner is typically a Cub Scout's parent or legal guardian. A child in kindergarten enjoys spending time with the adults who care about them and enjoy sharing experiences with them. In Cub Scouting, there are so many new adventures and experiences, it is hard to tell how a child at this age will react. As the adult partner, you provide social and emotional support for your Lion Cub Scout. In addition, you add an important measure of safety.

FOR THESE REASONS, IT IS A REQUIREMENT FOR YOU, AS AN ADULT PARTNER, TO BE WITH THE LION CUB SCOUT DURING ALL SCOUTING ACTIVITIES.

The Cub Scout program is designed for you to share adventures together. Be active, have fun, and enjoy the moments you have together. You, too, as an adult partner may make new friends and have opportunities to try new things.

GETTING STARTED

1. **Find out who your contact person is for Cub Scouting.** The contact person may have a specific title like **den leader** or **Cubmaster**, or they just may be an active parent. This is the person whom you can contact to ask questions as you are getting started.
2. **Confirm the details of the den meetings**, pack meetings, and other activities. Add them to your personal and family calendars.
3. **Plug into the communication channel** that your pack and your den use. Each Cub Scout pack has different ways to communicate with parents; some have multiple ways. It may be as simple as a text message group, a communications app, or a social media page. Make sure that the contact information you give to the Cub Scout pack is accurate.
4. **Download the free Scouting app** from the Apple App Store® and Google Play™ store. The Scouting app gives parents an easy way to stay connected with their Cub Scout's progress and official records.
5. **Read the remainder of this chapter**, Cub Scout Parent Guide, and the Essential Cub Scout Family Activities chapter.

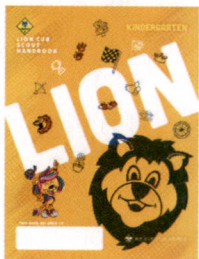
What is Cub Scouting?

Cub Scouting is the youth program of the Boy Scouts of America® (BSA) for kindergarten through fifth grade. The mission of the program is to prepare young people to make ethical and moral choices over their lifetimes by instilling in them the values of the Scout Oath and the Scout Law. This is accomplished through the aims and methods of Scouting — what we want to teach and how we teach.

The four aims are: character development, leadership, citizenship, and personal fitness.

The seven methods of Cub Scouts are: living the ideals, belonging to a den, advancement, family involvement, activities, serving the neighborhood and the uniform.

Your child wanted to join and will stay in Cub Scouting because it is fun. Cub Scouting has been described as “a game with a purpose.” The activities in Cub Scouting serve a purpose deeper than just having fun. Activities are designed to meet the mission of the BSA.



Lion Cub Scout Handbook

The Lion Cub Scout Handbook contains age-appropriate activities that correspond to the different tasks for your Lion Cub Scout to complete called **Cub Scout Adventures**. The handbook is a supplement to Adventure requirements and can be done as a way to introduce or reinforce a topic.

LION CUB SCOUT UNIFORM

The uniform serves two purposes. One is to make everyone feel that they are part of something bigger than themselves, part of the same team. The uniform, when universally adopted, also creates an equal playing ground in which the signs of social or economic background are removed and everyone is simply a Cub Scout.

Lion Cub Scouts have options for their uniform. The families in the den should decide together which option works best for everyone.

OPTION A

- ▶ Lion hat
- ▶ Lion neckerchief
- ▶ Lion neckerchief slide
- ▶ Blue Cub Scout uniform shirt
- ▶ Blue Cub Scout uniform shorts, skort, or pants
- ▶ Cub Scout socks
- ▶ Cub Scout belt



OPTION B

- ▶ Lion hat
- ▶ Lion Cub Scout T-shirt
- ▶ Blue Cub Scout uniform shorts, skort, or pants
- ▶ Cub Scout socks
- ▶ Cub Scout belt



The Cub Scout belt is important, as the recognition pieces your Cub Scout earns will slide onto the belt. The Cub Scout uniform shirt is where your child's Lion badge of rank will be placed when earned, as well as future badges of rank.



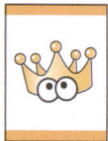
THE AIMS OF THE BSA

The foundation of all Scouting programs is for it to be a game with a purpose. Activities in Cub Scouting have a purpose, or an aim, aside from just being fun. **The aims of Scouting are fourfold: to develop character, leadership, citizenship, and personal fitness.**



BOBCAT

Character & Leadership — Leadership is connected to a person's character. For this reason, we first build a young person's character before we ask them to give leadership. Learning about the Scout Law, practicing being friendly, and adopting the Cub Scout motto of "Do Your Best" are the cornerstones of character and leadership for a Lion Cub Scout. The **Bobcat** required Adventure is focused on character & leadership.



KING OF THE JUNGLE

Citizenship — The concept of citizenship begins at home. Citizenship is about actively participating with those around you to create a community. For Lion Cub Scouts, their community is their home and the people they live with. Learning that they, too, can contribute and have a part in their home is the objective. The **King of the Jungle** required Adventure is focused on citizenship.



FUN ON THE RUN

Personal Fitness — Personal fitness is learning about proper nutrition, hygiene, exercise, and rest. Children who develop habits at an early age are more likely to continue those habits into adulthood. Basic concepts that include eating a variety of foods, keeping hands clean, being active daily, and getting proper rest are the fundamentals of personal fitness for Lion Cub Scouts. The **Fun on the Run** required Adventure is focused on personal fitness.



FOCUS AREAS OF CUB SCOUTING

In addition to the aims of Scouting listed above, there are focus areas of Cub Scouting. The focus areas are the outdoors, personal safety awareness, and family and reverence.



MOUNTAIN LION

Outdoors — The natural environment continues to be the best place for children to learn and discover. Being outdoors has been proven to have benefits for both youth and adults. For Lion Cub Scouts, this means taking opportunities to simply take a walk outside. Lion Cub Scouts will focus on being properly prepared when exploring their local outdoors. Time outside does not need to be in a remote forest; it can be a front yard, a city park, or walking on the sidewalk in an urban neighborhood. The **Mountain Lion** required Adventure is focused on the outdoors.





LION'S
ROAR

Personal Safety Awareness – Helping families keep their children safe in addition to teaching children how to keep themselves safe is an embedded part of the Cub Scout experience. The **Lion's Roar** required Adventure is focused on personal safety awareness.



LION'S
PRIDE

Family & Reverence – Cub Scouting encourages families of all faiths to explore their faith traditions. Some families have formal, structured beliefs, while other families may still be exploring their beliefs. In Scouting, being reverent means you are faithful to your beliefs and respectful of others' beliefs. The **Lion's Pride** required Adventure is focused on family & reverence.



THE METHODS OF CUB SCOUTING

How we achieve the aims of Cub Scouting are called the methods. Using each method as designed makes for the best possible experience. The methods of Cub Scouting are: Living the Ideals, Belonging to a Den, Advancement, Family Involvement, Activities, Serving the Neighborhood, and the Uniform.

Living the Ideals – Scouting values are the values of the Scout Oath and the Scout Law. All interactions in Cub Scouting should reflect the values of the Scout Oath and the Scout Law. This provides a foundation on which your Scouting community can thrive.

Belonging to a Den – Children who are Cub Scout age do better in small groups. The den serves as a peer group and is the method by which the Cub Scout program is delivered.

Advancement – The advancement program refers to the progress your Cub Scout makes toward their badge of rank. This method works best with instant recognition. When a Cub Scout completes an Adventure, they should be awarded their Adventure loop immediately.

Family Involvement – The Lion Cub Scout program is designed for kindergarten-age children to participate with an adult partner. Cub Scouting encourages all members of the family to be involved. **This includes completing home-based Adventure requirements**, as well as inviting those who live with the Lion Cub Scout and extended family members to pack meetings and other pack activities.

Activities – The activities that are part of the Cub Scout program are designed to develop a lifelong love of learning. The activities and requirements for the Lion badge of rank are designed specifically for kindergarten-age children.

Serving the Neighborhood – Through service projects, Cub Scouts will experience what it is like to give back to their community. Service projects should be small in scope and timed to match Lion Cub Scouts' attention span and skill level.

The Uniform – The method of the uniform is twofold. The first is that it is a method to build a team. Just as sports teams have a uniform that identifies them, so does Cub Scouting. The second purpose is that when everyone is in uniform, it covers up differences of social or economic background.

WHAT CUB SCOUTS DO



Each year, the goal of a Cub Scout is to earn their badge of rank specific to their grade. This is referred to as "advancement." To earn their badge of rank, they complete six required and two elective Cub Scout Adventures. Each Adventure is centered on a specific topic. The six required Adventures are focused on the aims and focus areas of the BSA: character and leadership, citizenship, personal fitness, the outdoors, personal safety, and family and reverence. Elective Adventures cover various subjects designed specifically for Lion Cub Scouts.

6 required

2 elective



BOBCAT

Character & Leadership



MOUNTAIN LION

Outdoors

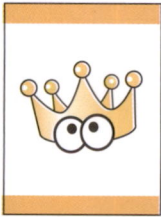


FUN ON THE RUN

Personal Fitness



Elective Adventure



KING OF THE JUNGLE

Citizenship



LION'S ROAR

Personal Safety Awareness



LION'S PRIDE

Family & Reverence



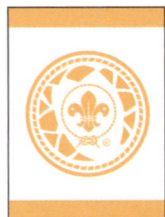
Elective Adventure

Once your Lion Cub Scout has completed the six required and at least two elective Adventures to earn their Lion badge of rank, they can continue to earn more elective Adventures until they complete kindergarten. Once your Cub Scout completes kindergarten, they begin working on the next rank in Cub Scouts, the Tiger badge of rank.

Electives



Build It Up, Knock It Down



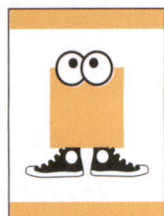
Champions for Nature



Count on Me



Everyday Tech



Gizmos and Gadgets



Go Fish



I'll Do It Myself



Let's Camp



On a Roll



On Your Mark



Pick My Path



Race Time



Ready, Set, Grow



Time to Swim



Archery *



Slingshot *

* Range and target sports Adventures are special Adventures that can only be completed at approved events with qualified instructors.



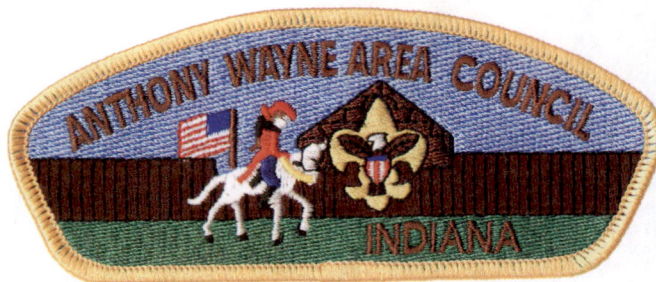
Scan this QR code to learn more about earning the Lion badge of rank.

HOW CUB SCOUTING IS ORGANIZED

Think of the BSA as an upside-down pyramid. At the base of the pyramid — the smallest part — is the national organization of the BSA. It is designed to support the sections above it. The **National Council** of the BSA is led by a volunteer group called the National Executive Committee along with the chief executive officer, or the **Chief Scout Executive**. Additional volunteers and staff members make up the National Council, which includes departments such as Scout shops, program development, information technology, and safety.



The next part of the pyramid is your local council, a geographic territory that the National Council has granted permission to deliver Scouting programs within that area. The local council is also led by a volunteer group and a council executive committee, along with a chief executive officer called the **Scout executive**.



On the left sleeve of the Cub Scout uniform is a patch that identifies your local council.

Some councils create geographic areas called **districts**. Districts are designed to provide service and support to local Scouting programs in the designated area. A district committee made up of volunteers does

this work and is often supported by a staff member called a **district executive**.

At the top of the pyramid — the largest part — are the local Scouting programs. Local councils partner with community organizations, called chartered organizations, to deliver Scouting programs. Chartered organizations have an annual agreement with the local council to sponsor one or more Scouting programs.

If a chartered organization wants to have a Cub Scout program, it organizes what is called a Cub Scout **pack**. Packs are organized to best serve the families to whom the chartered organization is looking to deliver the program. Often, this is a school, neighborhood, or community. Your Cub Scout pack is identified with a number. On the Cub Scout uniform, you put your pack number on the left sleeve under the council patch.

The **chartered organization representative** is just that: the person designated to represent the organization that has an agreement with the local council to deliver the Scouting program. The chartered organization approves all those who volunteer to be leaders in the pack, usually parents of Cub Scouts. Each pack has a pack committee made up of leaders and parents led by the **pack committee chair**. This volunteer, usually a parent, organizes the adults to plan and deliver the Cub Scouting program.

The **Cubmaster** is a volunteer, usually a parent, who coordinates the delivery of the program to the youth of all ages at the pack level with the help of **assistant Cubmaster(s)** and other parents.



A Cub Scout pack is made up of small groups called **dens**. How dens are formed is up to the pack. Packs ultimately form dens in a way that best serves the families in the pack. Ideally, a den has about eight Cub Scouts who are all in the same grade and are working on the same rank together. Dens can also be formed with different grades. A Cub Scout pack with three second-graders (Wolves) and two third-graders (Bears) may form a multi-rank den with those five Cub Scouts. Regardless of how dens are formed, Cub Scouts earn Adventures and the badge of rank only for their grade level.

The den is led by a volunteer **den leader** and **assistant den leader**, usually a parent. The den leader coordinates meetings and activities centered around Cub Scout **Adventures**. Adventures are made up of a group of activities. When the required activities for each Adventure are completed, the Cub Scout receives an **Adventure loop** that slides onto their Cub Scout belt as recognition for completing an Adventure.

Advancement refers to the progress your Cub Scout is making toward their badge of rank. Cub Scouts work only on the badge of rank associated with their grade level. For kindergarten, this is the Lion badge of rank. Your Cub Scout earns their **Lion** badge of rank by completing the six required Adventures and two elective Adventures. When they complete a badge of rank, they may not work on the next badge of rank until they have completed the grade level associated with that badge of rank. Cub Scouts may not work on a badge of rank for an earlier grade level.



YOUR CUB SCOUT DEN

Your Cub Scout Den

In Cub Scouting, a den is a small group of Cub Scouts. Cub Scouting uses different animals as mascots for different grade levels. There is no requirement for den size. We recommend that a den is no larger than 10 Cub Scouts. A den larger than 10 Cub Scouts is acceptable as long as everyone is working together and no one is left out.



Kindergarten



First Grade



Second Grade



Third Grade



Webelos
Fourth Grade



Arrow of Light
Fifth Grade



Your Lion den will meet on a regular basis to have fun and complete Cub Scout Adventures together. The time, date, and location of den meetings are determined by the families in your den. How often you meet is also up to the families in your den. Den meetings for Lion Cub Scouts should last between 45 minutes and an hour.

In your den, two adults who are 21 years of age or older will need to serve as the den leader and assistant den leader. If your den has girls, then one of the two adult leaders must be female. The Lion den leader and assistant den leader serve as team leaders and coordinate den meetings with the families in the den. Each Lion adult partner is expected to help the den leader and assistant den leader by either hosting meetings, running an activity, or assisting with other tasks.



A den meeting is simple: a quick opening, some fun activities that help your Cub Scout earn an Adventure, and a closing.



Scan this QR code for suggested activities for required and elective Adventures.



Scan this QR code to learn more about leading a den meeting.

LION DEN LEADER AND ASSISTANT DEN LEADER

Cub Scout den leaders and assistant den leaders work directly with Cub Scouts and their parents, legal guardians and adult partners to execute the Cub Scouting program in the den.

Dens must have two registered leaders: a den leader and assistant den leader or two den co-leaders. In all situations, den leaders work with parents, legal guardians and adult partners as a team to deliver the program.

Qualifications for adult leaders:

- ▶ At least 21 years old.
- ▶ Typically, a parent or legal guardian of a child in the den.
- ▶ Recommended by the Cubmaster after consultation with the parents or legal guardians of the involved Cub Scouts and approved by the pack committee and chartered organization.
- ▶ Registered as an adult leader of the BSA and completed Youth Protection training.



Den leader responsibilities:

- ▶ Carry out the activities listed for each rank in the handbook for Cub Scouts in the den to earn their badge of rank.
- ▶ Work directly with other den and pack leaders to ensure that the den is an active and successful part of the pack.
- ▶ Plan and conduct den meetings with the assistant den leader and Lion adult partners.
- ▶ Attend the monthly pack committee meetings.
- ▶ Lead the den at pack activities.
- ▶ Coordinate shared leadership among the adult partners in the den.
- ▶ Ensure that each child and their Lion adult partner have the opportunity to be the host team, planning and executing the den activities. Rotate responsibilities monthly.
- ▶ Complete den leader position-specific training.

Core to succeeding with these responsibilities is the concept that every Cub Scout deserves a trained leader. Being a trained leader helps you deliver the program in a way that is effective and efficient with a focus on the core objectives of Scouting. Becoming a trained leader requires completion of the following:

- ▶ Youth Protection Training (required to be a registered leader)
- ▶ Leader position-specific training

Both training courses are available online at my.scouting.org and offered in person through your local council service center. Leaders who have completed these two trainings qualify to wear the Trained Leader emblem.



my.scouting.org

LION DEN MEETINGS



Meeting Place
Inspection
Checklist

Den Meeting Location

Den meetings should be held in a safe location that the den has permission to use. This can be a private residence, a public facility, or another location. All den meeting locations are to be inspected annually using the Meeting Place Inspection Checklist.

Den Meeting Schedule

Together, the den leader and the families in the den decide when and how often the den should meet. A typical den meeting schedule is once a week or twice a month.

Your pack may have access to a meeting location that may determine den meeting dates and time.

Your den should meet as frequently as required to meet the needs of the families in the den and provide an opportunity for each Cub Scout to earn their Lion badge of rank.

For Lion den meetings, it is recommended to keep the meeting to an hour.

In addition to den meetings in a given month, your pack will likely have a pack meeting or activity once a month.

Tip: It is best to be consistent with date, time, and location of your den meetings.



Guide to
Safe Scouting

Den Meeting Safety

In conducting activities, Cub Scout den leaders must maintain adequate and active adult supervision. As a Lion adult partner, you have a primary responsibility to keep yourself and your Cub Scout safe.

Keeping your Cub Scout safe includes both physical and emotional safety. There may be things that you allow at home that are not approved activities in Scouting. The BSA has developed the

Guide to Safe Scouting for information on policies relating to the many activities in which your den may participate. The *Guide to Safe Scouting* is available on the National Council website at www.scouting.org/health-and-safety/gss/.

SHARED LEADERSHIP



Lion den meetings work best with a shared leadership model. Each Lion adult partner should agree to help with either hosting a meeting, conducting an activity at a meeting, or assisting with other tasks.

The Lion den leader and assistant den leader coordinate den meetings, but the den will be at its best when every Lion adult partner is helping to the best of their ability. This can be as simple as working with the den leader to gather materials, contacting families to remind them of meetings, leading a game or a craft, or planning for the den to visit a special location. The idea is to work with the Lion den leader and share the load. What that looks like will be different for each den.

PLANNING ADVENTURES FOR DEN MEETINGS

As you plan your den's program for the year, there are a few important points to consider.

Bobcat Adventure

Bobcat is designed to be the first required Adventure that a Cub Scout earns each year. The Adventure is designed to be the first meeting with your den.

The Bobcat Adventure does not have to be the first Adventure that is earned, it is just designed to be. After finishing the Bobcat Adventure, plan to complete the other five required Adventures and any two elective Adventures. You may complete these in any order to ensure each Cub Scout has the opportunity to earn their Lion badge of rank.

Required Adventures

All six required Adventures and two elective Adventures must be completed to earn the Lion badge of rank. The required Adventures are based on the aims and focus areas of the BSA: character, leadership, citizenship, personal fitness, the outdoors, personal safety, and family and reverence. Elective Adventures may be completed prior to completing required Adventures.

Tip: Place the required Adventures on the den calendar first to ensure adequate time to complete.

Elective Adventures

Elective Adventures add to the fun of Cub Scouting. Two elective Adventures are required for the Lion badge of rank. Some elective Adventures may be planned by your pack, such as fishing, cycling, or the Pinewood Derby®. You may also find that some elective Adventures can be done as an activity with other dens. Elective Adventures may also be done at home, working with the Lion Cub Scout's family.

Before starting an elective Adventure at home, check with the den and pack to ensure that the Adventure is not already on the den or pack calendar. Cub Scouts who miss a den meeting for an elective Adventure may complete the Adventure at home.

When working on elective Adventures at home, check with the den and pack to know how the purchase of Adventure loops will be handled. Packs may have a budget for recognition pieces. The budget may allow for an unlimited number of Adventure loops or may limit the number that the pack will purchase.

Important: When planning the den calendar, keep in mind that six required Adventures and at least two elective Adventures are required for the Lion badge of rank.

Once a Cub Scout has moved (graduated) to their next den level (grade level), **a Cub Scout may not earn Adventures or the rank of their previous grade.**

LION DEN MEETING PLANS

The den meeting is critical to the Cub Scout's success and enjoyment of the Scouting program. It is in and through the den that the aims of the BSA are delivered. Along the way, Cub Scouts make social connections and enjoy exploring a wide variety of ideas.

Den meetings that are fun, organized, and interesting provide a great experience for youth. The structured but fun nature of den meetings sets the tone for a Cub Scout experience in which youth thrive.

When planning Lion den meetings, Lion adult partners are active participants with their Lion Cub Scouts. Den meetings should be fun for both the Cub Scouts and Lion adult partners.

Each den meeting consists of three basic elements:

Opening (five minutes)

Den meetings should begin on time and with an opening. The opening serves as a clear indication that the meeting has started. Youth and adults stand respectfully for the opening.



Den Flag
Ceremony

- ▶ Opening flag ceremony
- ▶ Pledge of Allegiance
- ▶ Recite the Scout Oath and the Scout Law together
- ▶ Introduce the Adventure for the meeting

Adventures (45 minutes or more)



Lion Badge
of Rank Page

Most Adventures can be completed in 60 to 90 minutes.

Go to the Lion badge of rank page on [Scouting.org](https://www.scouting.org) and pick the Adventure you are working on for the meeting. Select one activity for each requirement to complete the Adventure. At times, the den may complete the activities faster or slower than expected. Just be flexible and adjust the next den meeting.

Closing (five minutes)

A closing serves as a clear indication that the meeting is officially over.

- ▶ Present Adventure loop if Adventure is completed
- ▶ Reflection
- ▶ Reminder of next Cub Scout activity
- ▶ Closing flag ceremony

PREPARING FOR A DEN MEETING



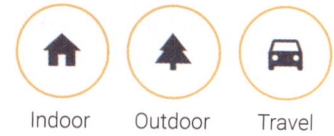
Lion Badge
of Rank Page

From the list of Adventures on pages 5-6, determine the Adventure to be worked on during the den meeting. Requirements to complete the Adventure can be found online. Use the QR code or go online to [Scouting.org](https://www.scouting.org) and locate the Lion badge of rank page. Click on the desired Adventure for your den meeting. This will take you to the Adventure page that contains the requirements to complete the Adventure. Each requirement will have one or more activities to choose from and is completed by doing a single activity. For more information about the activity, click on it.

Picking Activities

Each activity has four icons designed to help you identify the activity that is right for your den.

The first icon indicates the meeting space: indoor, outdoor, or an outing for which travel is required. Indoor activities are marked with a house, outdoor activities with a tree, and outings with travel display a car.



The second icon indicates the level of energy Cub Scouts will use on a scale of 1 to 5.

1. Very low energy – talking, listening, sharing, and sitting
2. Low energy – arts and crafts, sitting
3. Moderate energy – skilled crafts, hand tools, sitting or standing
4. High energy – walking, moving, and active movements
5. Very high energy – walking or moving long distances, or running



The third icon indicates the supplies needed for the activity.

1. None – no supplies are needed
2. Very little – common household items
3. Average – recycled items or low-cost craft supplies
4. Above average – common craft supplies
5. Custom – items for the activity are custom or uncommon



The fourth icon indicates the time required to prepare for the activity.

1. Minimal prep time needed
2. Something needs to be done one to three days ahead of time
3. Something needs to be done three to five days ahead of time
4. Something needs to be done a week ahead of time
5. Something needs to be done more than a week ahead of time



REVIEW EACH ACTIVITY FOR THE MEETING

Safety Moment

This is the first part of the Adventure page for each activity. Read this section to identify the things to have in place to keep the Adventure safe and in accordance with BSA guidelines.

Supply List

This will provide a list of supplies needed for the meeting. Note the items, such as art supplies, which might be needed for each Cub Scout, or that might be shared.

Directions

Written directions on how to conduct the activity.

Additional Resources

Some activities will have additional images, PDF files, or even videos to help either the adult leading the activity or to help instruct the Cub Scouts.

Most Adventures can be completed in 60 to 90 minutes; however, based on your den size and other factors, it may take more or less time. Review each activity prior to the den meeting. It may take some trial and error to determine how many activities your den can do in a typical meeting.

Tips and Tricks for Running a Den Meeting

► Gathering activities

Gathering activities are things for the Scouts to do while they are waiting for everyone to arrive and the meeting to officially start. These can be games, puzzles, crafts, or anything that takes only a few minutes and keeps the Lion Cub Scouts busy. Gathering activities can relate to the Adventure or just be something fun. The Lion Handbook contains gathering activities for some of the Adventures.

► Adventure requirements take less time than you planned

Have a game or activity ready to go for those occasions when the Adventure is completed quicker than anticipated. These do not have to be related to the Adventure, simply a little extra fun.

► Backup plan

Have a backup plan in the event that a den meeting cannot take place as planned. For example, the den meeting was to take a walk outside and a sudden downpour occurs. This could be moving onto another Adventure that is designed to be done indoors or just do a fun game or activity with the Scouts.

YOUR FIRST DEN MEETING

Your first den meeting should be working on the Bobcat Adventure.

You may be the den leader or a parent or legal guardian who is helping with an activity; you are going to do great!

The first den meeting is designed to get to know each Lion Cub Scout and their family. Have a conversation with the other Lion adult partners and discuss what volunteering looks like for your den.

Here are some tips for your first meeting. This will help set a positive atmosphere for everyone.

- Make a personal phone call and text reminder to each family about the meeting date, time, and location.
- If you are the den leader or assistant den leader, wear your adult uniform to all meetings and remind Scouts to wear their uniforms.
- Be organized before the start of the meeting.
- Set clear behavior expectations with the Lion Cub Scouts and Lion adult partners.



Marble Jar

The BSA provides some ideas on how to help create a positive atmosphere. Check out the **"marble jar"** idea. Another option is to develop a den code of conduct with the Lion Cub Scouts and their Lion adult partners. The den code of conduct can be handwritten on poster board. Or use the den code of conduct poster, No. 32068, which may be purchased at your local Scout shop.

When setting expectations:

- ▶ Be consistent and friendly but firm.
- ▶ Explain that Scouts should bring their handbooks to each meeting.
- ▶ Remember to set high expectations, so the Cub Scouts in your den can learn how to achieve them. Setting low expectations will lower everyone's performance and not meet the expectations families have of the program.
- ▶ If you are the den leader, ask the assistant den leader(s) to arrive at least 15 minutes before the meeting is to begin. They can help you with final preparations before everyone else arrives.
- ▶ Have something constructive for those who arrive early to do (known as a gathering activity) while you are making final preparations for the den meeting; you might even have them help set up some parts of the meeting.

DEN OUTINGS

Den outings are an important part of the Cub Scout experience. Outings are a time not only for fun, but also for learning. It is important that you plan in advance for these den outings. At a minimum, planning should include the following:

- ▶ Arrange for the visit with the point of contact at your destination (if needed).
- ▶ Work with the parents or legal guardians in the den to arrange transportation or get an adult to carry out the planning.

An activity consent form is available to use at the den level, which parents or legal guardians can sign to indicate that they allow their children to attend the outing. The activity consent form is available at www.scouting.org/programs/cub-scouts/leaders/forms.



Activity Consent Form



Annual Health and Medical Record

Everyone who participates in a Scouting activity, including adults, is to complete a BSA Annual Health and Medical Form. This does not require a doctor's visit. It is a form that is kept by the pack that contains emergency information and other critical health information such as allergies. To learn more about the BSA Annual Health and Medical Form, go to <https://www.scouting.org/health-and-safety/ahmr/>.

YOUR CUB SCOUT PACK



Family Talent Survey

Cub Scouting can build a community of support for you and your Cub Scout. Parents and legal guardians come together to deliver the Cub Scouting program. Everyone has a talent they can apply to support the den and the pack. When you and your Cub Scout are active members, you will start to see opportunities to provide your talents to make the program the best it can be.

What are your talents? Letting the other parents and leaders in your pack know your talents helps to match the right people with the right tasks. If you have not already done so, complete the Family Talent Survey and submit it to your pack committee.

ESSENTIAL CUB SCOUT FAMILY ACTIVITIES



One of the methods of delivering the Cub Scouting program is family involvement. There are some Adventure requirements that will engage your family either with a discussion or an activity to do together. If you miss a den meeting or activity, you can do it together at home.

In Cub Scouting, parents or legal guardians can approve their Cub Scout's completion of any requirement.

Most Adventure requirements will be completed with your den or pack. There are some Adventure requirements that your den leader will ask you to do at home with your Cub Scout. These requirements are designed to be done specifically with the Cub Scout's family or in their home environment.

The requirements on the following pages are designed to be done at home. Let your den leader know what you have completed with your Cub Scout. You may also record the completed requirement using the Scouting app.





BOBCAT

The first required Adventure is Bobcat. Bobcat is focused on character and leadership, and introduces the values of Scouting to you and your Lion Cub Scout. To learn more about the Bobcat Adventure and activities that you can do with your Lion Cub Scout at home, follow the QR code for the Lion Bobcat Adventure.

Here are the requirements for the Bobcat Adventure that you should be familiar with or will need to do at home with your Cub Scout.

Requirement 2 – Have your Lion adult partner or den leader read the Scout Law to you. Demonstrate your understanding of being friendly.

A Scout is: Trustworthy, Loyal, Helpful, Friendly, Courteous, Kind, Obedient, Cheerful, Thrifty, Brave, Clean, and Reverent.

The values of Scouting are outlined in the Scout Oath and the Scout Law. As a Lion adult partner, read the Scout Law to your Cub Scout and look for ways to discuss why each point is important.

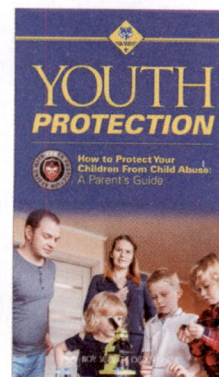


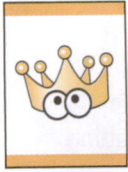
Requirement 3 – Share with your Lion adult partner, during a den meeting or at home, a time when you have demonstrated the Cub Scout motto “Do Your Best.”

At the center of the Cub Scouting program is the motto “Do Your Best.” As a Lion adult partner, keep in mind that sometimes it may be scary for children to try new things and to understand that they may not be good at something the first time they do it. Look for ways at home to recognize and reinforce the motto that a Cub Scout does their best.

Requirement 4 – At home, with your parent or legal guardian, do the activities in the booklet “How to Protect Your Children From Child Abuse: A Parent’s Guide.”

Keeping youth safe takes a layered approach. The brochure that came with this handbook titled *How to Protect Your Children From Child Abuse: A Parent’s Guide* is required reading for all parents and legal guardians. After you read the brochure, there are topics toward the back to discuss with your child. The questions and activities in the guide were developed by national experts in the field and will empower you as a parent or legal guardian to give your Cub Scout the support and guidance they need to help keep themselves safe.





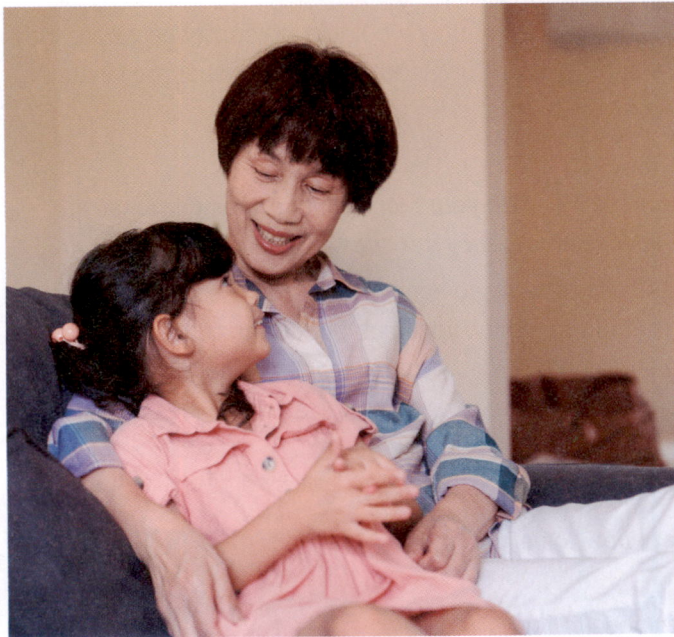
KING OF THE JUNGLE

The King of the Jungle Adventure is focused on citizenship. For Lion Cub Scouts, citizenship starts with family. To learn more about the King of the Jungle Adventure and the activities that you can do with your Cub Scout at home, follow the QR code for the King of the Jungle Adventure.

Here are the requirements for the King of the Jungle Adventure that you should be familiar with or will need to do at home with your Cub Scout.

Requirement 2 – With your Lion adult partner, choose a job that will help your family. Follow through by doing that job at least once.

Your Cub Scout can contribute to the family by taking on responsibilities. When reviewing possible responsibilities, choose a simple task that can be done more than once. This will help strengthen the concept that your Cub Scout is contributing. Using a chore chart or other positive reinforcement will help.



Requirement 3 – Talk with a grandparent or other older adult about what citizenship means to them.

The purpose of this requirement is for the child to learn how to interact with someone of an older generation than their parent or legal guardian. Since you will be with your Lion Cub Scout when they do this interaction, it is expected for you to help guide the conversation or to ask questions yourself.



LION'S ROAR

This Adventure is designed to be done completely at home. If the families in the den want to do this Adventure together, they may do so in a den meeting. The topic of this Adventure is personal safety awareness. It has been developed by leading experts in the field of child safety.

To learn more about the Lion's Roar Adventure and the activities that you can do with your Cub Scout at home, follow the QR code for the Lion's Roar Adventure.

Following are the requirements for the Lion's Roar Adventure that you should be familiar with or will need to do at home with your Cub Scout.

The Protect Yourself Rules



Requirement 1 – With permission from your parent or legal guardian, watch Protect Yourself Rules for the Lion rank.

Protect Yourself Rules was developed by the Barbara Sinatra Children's Center Foundation and has been adopted by the BSA. This is a difficult subject, as no one wants to think about their child being harmed by someone. This video will help your child understand how they can help protect themselves.



Protect Yourself Rules Video

Requirement 2 – With your Lion adult partner, demonstrate Shout, Run, Tell as described in Protect Yourself Rules.

The purpose of this requirement is to have your Cub Scout shout out what they would say to someone whom they fear may harm them. Practicing this will increase the confidence of your Cub Scout in knowing what they would say if they found themselves in a situation in which someone may harm them.



Requirement 3 – With your Lion adult partner, demonstrate how to access emergency services.

There are several ways to access emergency services. Focus on the method for which your Cub Scout has access. This may be showing them how to make an emergency call with a smartphone, or how to use voice-activated services or alarm systems.

Requirement 4 – With your Lion adult partner, demonstrate how to safely cross a street or walk in a parking lot.

Situational awareness is a child's ability to know when they need to focus and pay attention to their surroundings. Help your child understand this by practicing what they should do before crossing a street or walking in a parking lot. This may include holding hands with an adult, using the designated crossing areas, and looking both ways when crossing.





LION'S PRIDE

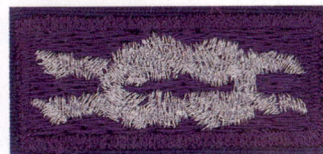
This Adventure is designed to be done completely at home. If the families in the den choose to do this Adventure together, they can do so in den meetings. The topic of this Adventure is family and reverence. The focus is for Cub Scouts to explore their family's faith traditions.

To learn more about the Lion's Pride Adventure and the activities that you can do with your Cub Scout at home, follow the QR code for the Lion's Pride Adventure.

Below are the requirements for the Lion's Pride Adventure that you should be familiar with or will need to do at home with your Cub Scout.

There are special emblems and awards associated with some faiths that Scouts may earn. To learn about these emblems and awards, follow the QR code to the right.

As an option, your Cub Scout may choose to earn the religious emblem of your faith mentioned above or complete the requirements below.



Religious Emblems Program



Requirement 1 — With your parent or legal guardian, talk about your family's faith traditions. What are the major holidays or celebrations your family participates in on an annual basis? Draw a picture of your favorite family faith tradition, holiday, or celebration.

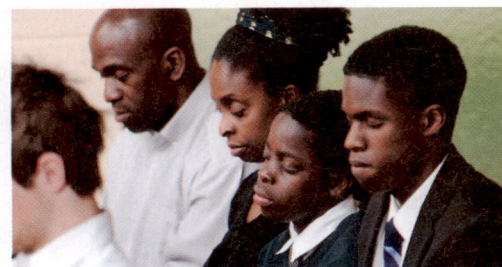
The BSA is nonsectarian and recognizes that families have a variety of beliefs. Faith traditions can be formal religious celebrations or traditions that are specific to your family and how you express your family values and beliefs.

Requirement 2 — With your family, attend a religious service or another gathering that shows how your family expresses reverence.

The purpose of this requirement is for the Cub Scout and adult partner to experience reverence, a part of the Scout Law, together.



There are formal and informal services that are offered by religious and faith-based organizations for both members and/or the public. There may be community gatherings that are solemn in nature, such as memorial services where people express reverence.



Requirement 3 — Make a cheerful card or a drawing for someone you love and give it to them.

Have your Lion Cub Scout make a card for someone and give it to them. Focus on how doing something kind is not only part of the Scout Law, but also fits into your family's faith and traditions.



LION REQUIRED ADVENTURES

The following six Adventures are required for each Lion Cub Scout to complete to earn their Lion badge of rank. In addition to these six required Adventures, a Lion Cub Scout must also earn at least two elective Adventures.

Click on the QR code next to the required Adventure to access the requirements and resources for activities to complete the requirements to earn the Adventure.

Bobcat – (Character & Leadership)



The first Adventure everyone starts with in Cub Scouting is Bobcat. Bobcat is focused on character and introducing the values of Scouting to you and your Cub Scout. To learn more about the Bobcat Adventure and activities that you can do with your Cub Scout at home, follow the QR code for the Lion Bobcat Adventure.

1. Get to know the members of your den.
2. Have your Lion adult partner or den leader read the Scout Law to you. Demonstrate your understanding of being friendly.
3. Share with your Lion adult partner, during a den meeting or at home, a time when you have demonstrated the Cub Scout motto "Do Your Best."
4. At home, with your parent or legal guardian do the activities in the booklet "How to Protect Your Children from Child Abuse: A Parent's Guide."

Mountain Lion – (Outdoors)



The natural environment continues to be a great place to learn and discover. The value of being outdoors has been proven to have benefits for both youth and adults. For Lion Cub Scouts, this means simply taking a walk outside and noting what they see.

1. Identify the Cub Scout Six Essentials. Show what you do with each item.
2. With your den, pack, or family, take a walk outside spending at least 20 minutes exploring the outdoors with your Cub Scout Six Essentials. While outside, identify things that you see with your Lion adult partner that are natural and things that are manmade.
3. Describe what S.A.W. means.
4. Identify common animals that are found where you live. Separate those animals into domesticated and wild.

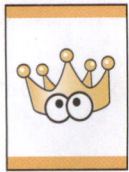


Fun on the Run – (Personal Fitness)

Personal fitness is learning about proper nutrition, hygiene, exercise, and rest. Children who develop habits at an early age are more likely to continue those habits into adulthood.

1. Identify the five different food groups.
2. Practice hand washing. Point out when you should wash your hands.
3. Be active for 20 minutes.
4. Practice methods that help you rest.

King of the Jungle – (Citizenship)



Citizenship is about actively participating with those around you to create a community. For Lion Cub Scouts, their community is their home and the people they live with. Learning that they, too, can contribute and have a part in their home is the objective of this Adventure.

1. Draw a picture of the people you live with.
2. With your Lion adult partner, choose a job that will help your family. Follow through by doing that job at least once.
3. Talk with a grandparent or other older adult about what citizenship means to them.
4. Participate in a service project.

Lion's Roar – (Personal Safety Awareness)



With world-leading experts in the field, this Adventure will introduce you and your child to *Protect Yourself Rules*.

1. With permission from your parent or legal guardian, watch *Protect Yourself Rules* for the Lion rank.
2. With your Lion adult partner, demonstrate Shout, Run, Tell as described in *Protect Yourself Rules*.
3. With your Lion adult partner, demonstrate how to access emergency services.
4. With your Lion Adult Partner, demonstrate how to safely cross a street or walk in a parking lot.

Lion's Pride – (Family & Reverence)



Cub Scouting welcomes families of all faiths. This Adventure is about exploring your family's faith traditions. In Scouting, being reverent means you are faithful to your beliefs and that you are respectful of others' beliefs.

This Adventure may be earned by completing the requirements below **OR** by completing a religious emblem of the Cub Scout's family's choosing.



Religious Emblems Program

1. With your parent or legal guardian talk about your family's faith traditions. What are the major holidays or celebrations your family participates in on an annual basis? Draw a picture of your favorite family faith tradition holiday or celebration.
2. With your family, attend a religious service or other gathering that shows how your family expresses reverence.
3. Make a cheerful card or a drawing for someone you love and give it to them.

LION ELECTIVE ADVENTURES

Lion Cub Scouts have 16 elective Adventures to choose from. Your Cub Scout may earn as many as they want but need at least two to earn their badge of rank.

Build It Up, Knock It Down



Basic concepts of building with various materials.

1. With your Lion adult partner, build a structure.
2. With your den or family, build a structure.
3. Build something that is designed to be knocked down.

Champions for Nature



Discover natural resources and human-made items and how to recycle.

1. Discover the difference between natural resources and man-made items.
2. Discover the difference between organic, paper, and glass waste.
3. Discover recycling.
4. Participate in a conservation project.

Count on Me



Work with and identify geometric shapes.

1. Make a Lion using only squares, triangles, and circles.
2. Play a game with your Lion adult partner or den that is based on counting or numbers.
3. Organize a group of items based on shape, then based on color, and one other category. Count how many shapes are in each category. After organizing them build anything using only one category.

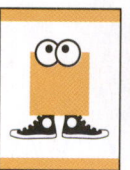
Everyday Tech



Identify and learn to use technology that is part of everyday life.

1. Discover technology around your home, meeting place, or neighborhood.
2. Discover ways that digital technology can make life easier.
3. Identify an item of digital technology you use at home. Demonstrate to your Lion adult partner how you use it safely.

Gizmos and Gadgets



Introduction of concepts of physics, motion, and force.

1. Explore properties of motion.
2. Explore properties of force.
3. Use household materials to create a useful object.

Go Fish



Go fishing with your family, den, or the whole pack!

1. With your Lion adult partner, learn the rules of fishing safely.
2. Draw a picture of the type of fish you think lives in the water where you are going fishing.
3. Go fishing with your Lion adult partner.

I'll Do It Myself



Learn about personal responsibility.

1. Make and use a "lion bag" for personal Scouting gear.
2. Construct a personal care checklist.
3. Put on your shoes without help. Take them off and put them away.

Let's Camp



Learn about the basics of camping on this overnight Adventure.

1. Learn about the buddy system and how it works in the outdoors.
2. Before going on the overnight campout, discuss what type of weather is expected and what type of clothes you should wear.
3. Pack up your Cub Scout Six Essentials for the campout.
4. Attend a council or district Cub Scout overnight camp or attend a campout with your pack.

On a Roll



With the den or pack, get out and ride a bike.

1. With your den or Lion adult partner, learn about the safety gear you should use while riding a bicycle.
2. With your den or Lion adult partner, learn the safety rules to follow when riding a bicycle.
3. With your Lion adult partner or family, ride a bicycle wearing appropriate safety gear and follow safety rules.

On Your Mark



Building and racing a box derby are opportunities to teach sportsmanship.

1. Play a game with your den.
2. Participate in an obstacle course relay.
3. Build a box derby and participate in a race.

Pick My Path



Practice good decision-making such as doing a Good Turn or following the rules of a game.

1. Explain that choices have consequences.
2. Perform a Good Turn for another person.
3. Learn the basic rules of a game and play the game.

Race Time



The most iconic activity in Cub Scouting: build, race, and have fun.

1. With your Lion adult partner, assemble and decorate either a Pinewood Derby® car or a Raingutter Regatta™ boat.
2. Learn the rules of the race for the vehicle chosen in requirement 1.
3. Before the race, discuss with your Lion adult partner how you will demonstrate good sportsmanship during the race.
4. With your Lion adult partner, participate in a Pinewood Derby or a Raingutter Regatta.

Ready, Set, Grow



Plant a small garden and watch it grow.

1. Discover where the food we eat comes from.
2. Plant a small garden outside or in a container.
3. Visit with an individual who can demonstrate different ways to garden (outside, greenhouse, container, etc.) and the basic skills needed to garden.

Time to Swim



Learn the basics of being safe in and around the water.

1. Learn about the swimming safety rules that you need to follow.
2. Demonstrate how to enter the swimming area properly.
3. With your Lion adult partner as your buddy, be active in water depths matching your ability for 20 minutes.
4. Place your face in the water and blow bubbles.
5. Demonstrate how to exit the swimming area properly.

THE FOLLOWING ADVENTURES CAN ONLY BE COMPLETED AT A COUNCIL OR DISTRICT ACTIVITY.

Special Elective Adventures

These Adventures may be done only at a council-supported activity. A council is the local affiliate of the BSA. It requires certified instructors to deliver the Adventure in a safe environment. Contact your Cubmaster or local council to learn about the next available opportunity to earn these Adventures.



Archery

Learn how to be safe on an archery range and how to properly use a bow.



Slingshot

Learn how to be safe on a range and how to properly use a slingshot.

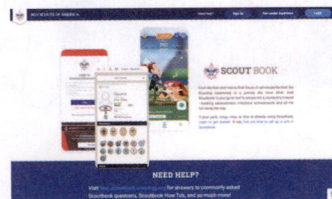
ONLINE RESOURCES

Here are the additional resources for you as a Lion adult partner.



Scouting.org – The official website of the BSA and Cub Scouting contains resources for parents and leaders and is always the source of accurate and up-to-date information.

Scoutbook.com – Scoutbook is an administrative tool for parents and leaders. In Scoutbook, leaders can create the pack calendar, communicate with parents, and do all the official recordkeeping. <https://scoutbook.scouting.org/>



**Scouting app
on Apple
App store**



**Scouting app
on Google
Play**



The Scouting app – Is a must for parents or legal guardians, providing an easy way to keep track of den and pack calendars, as well as their Cub Scout's accomplishments. This free app can be found in the Google Play store or the Apple App Store.

Scouting magazine app – This digital magazine for adults and families in Scouting features stories that inspire and inform, and it provides notifications for national announcements. The free app can be found in the Google Play Store or the Apple App Store.



**Scouting
magazine
on Apple
App store**



**Scouting
magazine on
Google Play**



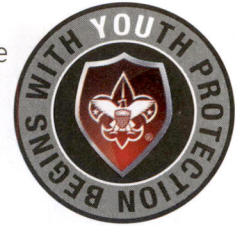
Cub Chat Live! – A weekly Facebook Live event hosted on the *Scouting* magazine Facebook page every Friday at 2 p.m. Central time. The show is all about Cub Scouting and features a different topic each week. Questions are answered live, and ideas from others across the country are shared. Episodes are recorded and posted for later viewing on *Scouting* magazine's official blog post, Aaron on Scouting.

GET INVOLVED



Millions of parents or legal guardians like you have served as volunteer leaders in Cub Scouting, many of them as den leaders.

We encourage you to continue the adventure and become a Cub Scout volunteer leader. The first step is to inform your Cubmaster or pack committee chair of your interest in becoming a volunteer leader. You will then be required to complete an adult application. During this time, you will need to complete the mandatory Youth Protection Training. This training is completed online at my.scouting.org.



In Cub Scouting, there are three key areas of volunteer leadership: den leaders, Cubmasters, and the pack committee.



Den leaders and assistant den leaders work together to deliver the Lion Cub Scouting program to a small group of families.



Cubmasters and assistant Cubmasters work together to support den leaders and provide activities for all dens such as pack meetings.



The pack committee consists of volunteers who work together to take care of the administration, such as record-keeping, budgeting, annual program planning, and identifying and recruiting volunteer leaders.

Check out these resources to learn more about the volunteer leadership opportunities available.

Welcome New
Lion/Tiger Den Leader

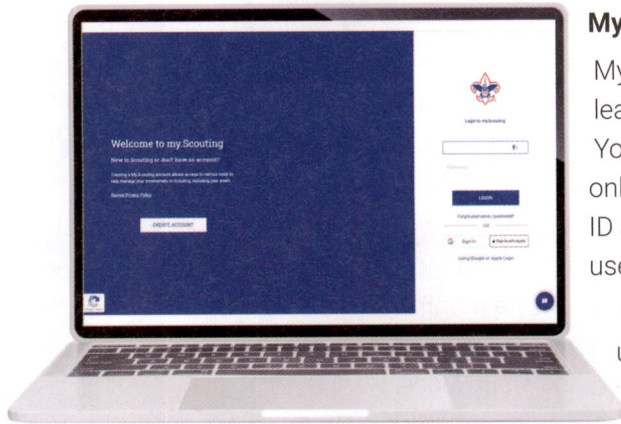


Welcome New
Cubmaster



Welcome New
Pack Committee Member





My.Scouting.org

My.Scouting.org is a portal for adults and leaders that provides access to account data, Youth Protection Training, volunteer leader online training, and other BSA links. Your user ID and password for my.scouting.org will be used for Scoutbook and the Scouting app.



my.scouting.org

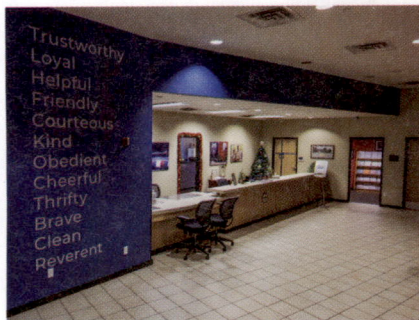
Once your account is set up, you may choose to log in using Facebook or Google.

Set up an account as a parent or legal guardian. This will give you access to Scoutbook and other resources,

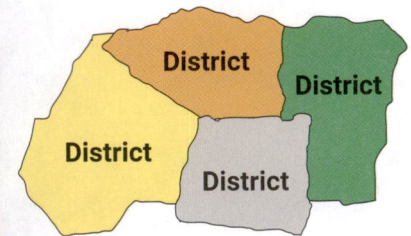
including online training courses. If later you become a registered adult leader, all training you took as a parent or legal guardian will carry over to your registered leadership position.

If you signed up as a registered leader, your my.scouting account gives you access to Scoutbook and other resources, including online training courses, pack rosters, and advancement records.

LOCAL RESOURCES



LOCAL BSA COUNCIL



Council/District – A council refers to the regional BSA Scouting organization where professional staff and volunteer leaders conduct administrative support functions for BSA Scouting programs in a designated geographical area. The office of the council may also have a Scout shop where uniforms, handbooks, and other BSA Scouting program supplies are purchased. Many councils also own camp properties where events and activities are conducted. Often, councils will create smaller geographical areas called districts to decentralize support.



Council/District Volunteers – Both a council and district have volunteers who give leadership to a variety of functions to support and grow BSA Scouting programs. There are two major groups of volunteers at this level: commissioners and committee members.



Commissioners – These are volunteers who serve as a coach and guide to Cub Scout leaders working mainly with the pack committee chair, Cubmaster, and chartered organization representative. They help provide support and tools to your pack leadership and keep them informed of upcoming events and activities.



District Committee Members — Just as your pack has a committee of parents who come together to deliver the Cub Scouting program to your families, there is a committee of volunteers on a local level that provides support to your pack. Whereas a commissioner has general knowledge, committee members can provide specialized support.



Roundtable — Ask about your local roundtable. It may be a virtual or in-person meeting and is usually held once a month. Roundtable is an opportunity for local Cub Scout leaders to get together and learn about upcoming events and activities, receive updates, and share ideas.

<https://www.scouting.org/commissioners/roundtable-support/roundtable-planning-resources/#bsaCSBreakout>

MORE FUN



Council/District-Hosted Cub Scout Camping — Most councils and/or districts conduct camping events just for Cub Scout families. It is important to know that these events require that each Cub Scout has a parent or legal guardian attend with them.



National Family Adventure Camps — You and your whole family can attend a fun-filled adventure at three of the nationally owned and operated facilities: Philmont Scout Ranch in New Mexico, Summit Bechtel Reserve in West Virginia, and Sea Base in the Florida Keys. Each of these locations has special family facilities.



OUR CUB SCOUT PACK

Name of our council: _____

Name of our district: _____

Pack number: _____

Pack meetings are held (date): _____ at (time): _____

Location of pack meeting: _____

My contact person for the pack is: _____

The best method to contact that person is: _____

The pack uses (circle all that apply – inset names of other methods not listed)

text / Facebook / email / _____ / _____ to communicate

OUR LION DEN

Name of our den leader: _____

Contact information of den leader: _____

Our den meetings are held (date): _____

at (time): _____

Location of den meetings: _____

MEMBERS OF OUR DEN

CUB SCOUT	PARENT/ADULT PARTNER /LEGAL GUARDIAN	CONTACT INFORMATION
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Special Thank You

On behalf of the BSA, a special thank you to the more than 25,000 volunteers and parents who provided feedback and guidance in developing the updates for the Cub Scout program that are reflected in this handbook.

A special thank you to Lisa Wylie, who served as the national Cub Scouting chair from 2019 to 2022 and continued as the project manager for the Cub Scouting program updates. She gave exceptional leadership to the committee, to subject matter experts, and to staff. These revisions would not have happened without her leadership.

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A special thank you to members of the National Cub Scouting Committee who have worked together in various groups and projects to make these revisions a reality.

Members of the National Cub Scouting Committee

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Tamara Christensen	Barb Perez
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Janet Griffin	Shelley Sprouffske
Lionel Jellins	Mike Tharp
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Eddie Lovett	Erica Worthy

Acknowledgments

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Brandon Hersey	Seattle School Board member
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Angela Schlegel	Registered dietician
Brian Christianson	Physical education teacher
Missy Kilbey	Physical education teacher
Warren Franke	Professor, Department of Kinesiology
Teayre Klosterman	Physical education teacher
Heather Oster	BSA volunteer
Jason Nolan	President, P.R.A.Y.
Kevin Litt	UCP Heartland
Shirin Hamraei	Special education teacher
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Debra Hinterbrand	Jason Kralj
Jacque Alvernaz	Ryan Larson
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Scouts BSA Content for Arrow of Light

Angelique Minett – Scouts BSA chair
Jeff Bostwick – Scouts BSA chair (2019-2023)
Laurie Champion
Dale Rae
CC Hardin

BSA Volunteer Committees

Program Development Committee: Pat Noack – chair, Jennifer Hancock – chair 2019-2022, and members of the Program Development Committee.

Outdoor Programs Committee: Dan Segersin – chair, and Andrea Watson – national director of Outdoor Programs, and the members of the Outdoor Programs Committee.

Camping and Trekking Committee: Russ and Rose Hunsaker – co-chairs and members of the committee.

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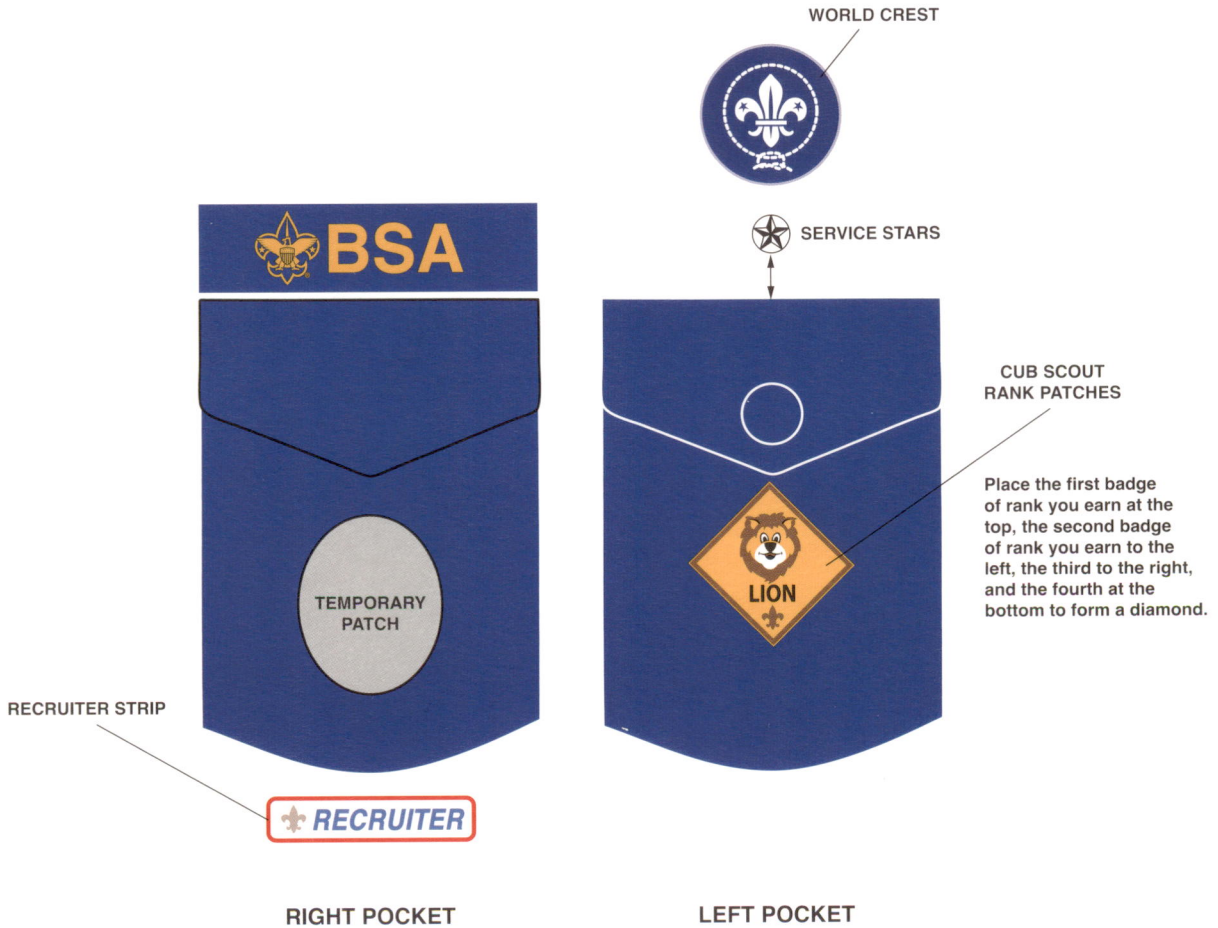
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OFFICIAL PLACEMENT OF INSIGNIA



Scout Oath

On my honor I will do my best
To do my duty to God and my country
and to obey the Scout Law;
To help other people at all times;
To keep myself physically strong,
mentally awake, and morally straight.

Scout Law

Trustworthy

Loyal

Helpful

Friendly

Courteous

Kind

Obedient

Cheerful

Thrifty

Brave

Clean

Reverent



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YOUTH *PROTECTION*



**How to Protect Your
Children From Child Abuse:
A Parent's Guide**



BOY SCOUTS OF AMERICA®



DEAR PARENT

Welcome to SCOUTING! We are so pleased that you have decided to join our movement, and we look forward to working together with your family to raise leaders of character who will shape our future in a positive way.

Through Scouting, youth can develop strong connections and make important contributions to their families, their community, and society at large. We would like to congratulate you for choosing a program with the key ingredients for helping youth grow into competent, caring, and confident adults. Research about highly effective programs has shown that these ingredients are:

- Positive and sustained adult-youth relationships
- Youth activities that build life skills
- Youth participation in and leadership of valued community activities

The Scouting program significantly enhances opportunities for personal development, including higher grades, school engagement, self-esteem, and resilience. The program provides a safe environment where relationships are built with caring and competent adults, where youth are encouraged to take leadership of their development, and where useful life skills are acquired.

The programs of the BSA focus on developing leaders of character. We do this by presenting and reinforcing the values found in the Scout Oath and Scout Law. It is enormously



important for our members to have a moral compass and a strong work ethic to go along with it. For more information on the benefits of Scouting, go to www.scouting.org/programs/.

To realize the potential of Scouting, it is critical that we take all possible steps to create and maintain a safe environment for all who participate. That involves understanding personal boundaries and knowing what appropriate behaviors are in Scouting.

Research indicates one of the best deterrents against child abuse is an open and continuous conversation between parents and their children. The following information is offered to help your family establish and maintain a safe environment where you can prevent your child or another child from being abused. This information can also empower you to stop abuse as soon as possible and seek the necessary help. The Committee for Children recommends having the Hot Chocolate Talk to begin the conversation. (See “National Resources.”)

Child abuse is something we would rather not talk about, or even think about, but we must. Many of us find it challenging and difficult to begin this conversation with our children, and the risk is that we might never get around to it. There are numerous factors that can lead to abuse. Together, you and your program leader must work together to ensure all Youth Protection and Health and Safety policies are understood and followed. For additional information, see “Additional BSA Resources” on page 26. **Your child is that important.** In fact, all of our children are that important. **Youth Protection Begins With YOU.**

The information you will read is not meant to scare you. It is meant to raise your awareness about many forms of abuse and how to recognize it and report it. It is part of the BSA’s commitment to creating safe environments for all youth. The Centers for Disease Control, the Vision for Violence Prevention, and youth-serving medical facilities committed to preventing child maltreatment refer to child abuse as a public health epidemic. The BSA and other youth-serving organizations are committed to investing resources and engaging their top experts to end all forms of child abuse and maltreatment.

Using This Booklet

This booklet can't address all threats to personal safety for our children in and out of Scouting, but it will inform and empower you to better **recognize, respond to, and report** most forms of abuse and begin the conversation. The first section contains information for parents about child abuse and some tips for talking with your child about child abuse. In the second section, we put that knowledge to work with exercises for you to share with your child. Research shows that children whose parents talk to them about preventing abuse are better able to protect themselves and are more likely to tell if they are experiencing abuse or have been abused.

This conversation is the start of a dialogue between you and your child about personal safety awareness. As your child grows, look for opportunities to strengthen open communication and give them the reassurance that no matter how frightening something may be, you and other trusted adults are there to help.

WHAT EVERY PARENT SHOULD KNOW

Before we can understand what to do about abuse, we must understand what we mean by *abuse*. Children can experience abuse in many ways: neglect, physical abuse, sexual abuse, or emotional abuse. Often a child who is abused in one way is abused in multiple ways. When we protect a child from one form of abuse, such as neglect, we are often protecting the child from additional forms of abuse.

Abuse often occurs in the home by parents, stepparents, siblings, and other youth and/or caretakers. It also occurs in schools, churches, and youth-serving organizations. Regardless of what you have heard, there is no known profile of an abuser or child molester. However, there are behaviors that children exhibit that may be an indicator that the child is being abused. Abuse can occur despite our screening process, which includes criminal background checks, reference checks, and checks against the Volunteer Screening Database. For more information on the BSA's screening protocol, see the *Guide to Safe Scouting*, found at www.scouting.org.



The overall safety of your child is important to us. If you have any concerns about the safety of your child or the actions of leaders or parents, contact your local council Scout executive immediately.

In an emergency, when you are unable to reach the Scout executive, the BSA provides a 24-hour helpline: 1-844-SCOUTS1 (1-844-726-8871).

The Scouts First Helpline is a resource for incidents involving child abuse or serious risk of harm to children only. It is not for general information or questions.

For questions about training, policy interpretation, program, etc., please contact your Scout executive.

Sexual Abuse

When an adult or older youth uses his or her authority to involve a child in any type of sexual activity, it is child sexual abuse. Sexual abuse is unwanted sexual activity, with persons using force, making threats, or taking advantage of victims not able to give consent. Another type of sexual abuse occurs when an adult or youth crosses clear boundaries in communications, or exposes the youth to alcohol, drugs, or pornography. Children can be at risk of sexual abuse anywhere there is access or opportunity, such as at home; at a neighbor's house; at school, field trips, and public events; and even in Scouting.

A common misconception about sexual abuse is that children are most likely to be abused by strangers. In fact, the abuser is usually someone the child knows and trusts, and most likely is known to you, the parent. These adults or youth are most often male, but females also can be offenders.

Sexual Abuse by Adults

Adults who abuse children often start by grooming the adults around them to gain trust before moving on to their intended victims.

Adults who abuse children may manipulate, bribe, coerce, threaten, or force a child into feeling like a partner in the sexual

activity. They most often use a multistep “grooming” process that focuses on the child’s needs and possibly on the child’s parents as well. Adults who may sexually harm your child might offer free babysitting services or overnight trips, for example, or make friends with you to gain enough trust to be alone with the child.

Once the potential abuser has identified the target child, characteristically, the grooming process moves to what looks like harmless touching—such as hugging and massages—or exposure, and looking for chances to be alone with the child. The person usually seeks a child who craves affection or attention and makes that child feel special by spending a lot of time with them and giving gifts and money. All children are vulnerable to sexual abuse because of their innocence, naivete, and total trust in and dependence upon adults.

A red flag is a leader who violates the BSA’s Youth Protection policy of no one-on-one contact in Scouting and seeks one-on-one contact with youth, especially outside of the Scouting program and utilizing digital and social media for such contact.

When the individual senses that the child has become comfortable with physical contact and has an emotional bond, the physical contact becomes more intense. The individual may prey on the child’s natural curiosity about sexuality and may say that they are helping or teaching them sex education. The individual may suggest playing inappropriate games. The grooming may involve violating rules, drinking alcohol, smoking cigarettes—all to create a “special relationship.”

Most children don’t know they are being groomed until it is too late.

Many abusers are clever enough to trick the victim into believing that they are equally to blame or will not be believed if they tell. Other abusers will manipulate the emotional bond and threaten to withhold love and attention if the child tells anyone. Many children feel trapped, overwhelmed, or ashamed and are afraid to tell.

Some children find it difficult to immediately report or disclose the abuse because of fear or love of the individual abusing them.



Sexual Abuse by Other Youth

It is also possible for a child of similar age or older to abuse another through force, position of authority, or manipulation. About a third of sexual abuse occurs at the hands of other children, including siblings, relatives, older youth, and youth in positions of authority and supervision who manipulate through bullying behavior using their size or authority. Overnight activities pose a greater risk of abuse including sleepovers, campouts, etc. Any peer activity, such as a club initiation or hazing, in which sexual activity is included, is a form of sexual abuse and should be addressed and reported immediately.

Adults who learn or discover that youth-on-youth abuse has occurred or who have concerns about youth exhibiting questionable, problematic, or illegal sexual behaviors must take immediate steps to stop it and report. Refer to www.ncsby.org as a resource for additional information.

Responding/Reporting

If you suspect a child has experienced sexual abuse or has sexually abused other children inside or outside of Scouting, call 911 immediately and make a report *as required by your state and child protective services, or CPS*. Additional reporting may be required by your state.

Additionally, contact your local council Scout executive. If the Scout executive is unavailable, contact the Scouts First Helpline at 1-844-SCOUTS1 (1-844-726-8871).

Physical Abuse

Physical abuse is the deliberate injury of a child by a person responsible for the child's care.

Physical abuse injuries can include bruises, broken bones, burns, and scrapes. Children experience minor injuries as a normal part of childhood, usually in places such as the shins, knees, and elbows. When injuries do not seem to be the typical "bumps and bruises" of childhood or do not match the explanation given, it is possible that the child is being or has been abused.

Blows to the stomach may result in abdominal bruises, even if you can't see a mark. When a child complains of pain or says that they

have been punched in the stomach, this should be taken seriously, because there may be internal injury.

The following signs are commonly associated with abuse but are not absolutes:

- Explanations of an injury, provided to you by a child or parent, that don't make sense
- Injuries on a child who has been absent from school or youth activities
- Complaints of soreness when moving
- Fear of going home with or to parents

Neglect

Neglect often involves depriving a child of food, clothing, shelter, medical care, or other necessities of life. Neglect can also involve exposing a child to harmful substances or materials, such as drugs, alcohol, or pornography, or to harmful practices such as violent behavior.

A number of clues suggest that a child might be neglected. The child who frequently comes to meetings with body odor, the child who is frequently unkempt, the child who is living in a dangerous environment, and the child with an obvious medical need that goes unattended all are showing signs that they could be neglected. So is the child who is always hungry or who hoards or steals food, the child who is seldom dressed appropriately for the weather, and the child who regularly talks of seeing a parent drunk or bruised from being hit.

Any time a child shows a need or condition that a reasonable parent would attend to—especially when failure to provide for the need harms the child's physical or emotional well-being—the child is likely being neglected.

Emotional Abuse

A child suffers from emotional abuse when continually ridiculed, blamed, humiliated, or compared unfavorably with others.

Emotional abuse damages the child's self-esteem. Studies find that emotional abuse is just as harmful as, if not more harmful than, other forms of abuse. It can lead to developmental



problems, speech delays, depression, anxiety, and conditions such as low empathy and difficulty with friends.

Emotional abuse can occur when a parent completely ignores, rejects, or regularly threatens to beat a child, or when a child struggles to meet a parent's unreasonable expectations in academics, athletics, or other areas. Emotional abuse can also result if an adult or older youth provides a child with alcohol, drugs, pornography, or other harmful substances or materials.

Spiritual Abuse

An often-overlooked form of child maltreatment is spiritual abuse—the incorporation of religion into the abuse of a child. Some studies suggest that adults who abuse children are particularly attracted to faith communities because they find clergy and other faith leaders to be very trusting. If your child is active in a faith community, make sure to ask about what youth protection policies they have in place.

Youth With Developmental Disabilities/Special Needs

Children with disabilities or behavioral problems are at greater risk of abuse than other children. Adults who abuse children believe that youth with disabilities will be least likely to report the abuse. Accordingly, while it is important to teach all children to recognize would-be abusers and to tell a trusted adult about abuse, this message is particularly important for children with disabilities.

Special Considerations

It is vital that parents be forthcoming with unit leaders about any concerns or expectations you have about your child, as well as medication that may influence behavior.

Signs Your Child Might Have Been Abused

The clearest sign of abuse is that your child tells you that someone hurt or scared them or made them feel uncomfortable or you uncover evidence of abuse. Unfortunately, many children never speak of abuse, so it is important for you to maintain communications where your child can openly discuss matters of personal safety. Remember, reassuring them that they can tell you anything needs to be a continuous message you deliver.

If your child has been abused by a parent, relative, sibling, Scout, Scout leader, or someone else close to you, it may be particularly difficult for the child to disclose the abuse to you and also difficult

for you to accept. Studies show that children rarely lie about sexual abuse or other maltreatment. So if your child tells you that they have been abused, or if your child is especially uncomfortable with a particular person or situation, always take the behavior as your sign to act. Remember, children communicate with us through their words, actions, and feelings. Communication about abuse is often subtle and indirect. A child may not come right out and say something; instead they may say, “I have a friend who ...,” to see how an adult will react. The child who receives a helpful, thoughtful, and sympathetic response is more likely to reveal that they are not actually talking about their friend and tell you about abuse experiences. Listen carefully.

Each child’s response to abuse is unique. Signs of stress frequently accompany abuse, but stress can have many causes. Other possible indicators of abuse include

- Sudden withdrawal from activities the child previously enjoyed
- Reluctance to be around or, especially, alone with a particular individual, adult or youth
- Changes in behavior or in school performance, including lower grades
- Inability to focus or learning problems with no known cause
- Hypervigilance (excessive watchfulness as if anticipating something bad happening)
- Overly compliant behavior or an excessive desire to please

In addition, a child currently being sexually abused may

- Have difficulty sitting or walking
- Complain of pain or itching in the genital or anal areas
- Use sexually explicit language or act out sexual behavior inappropriate for their age

For more information, take the BSA’s Youth Protection Training at <https://my.scouting.org>.

Responding/Reporting

It is OK to ask a child about suspicious injuries or behaviors. In fact, you should. If the child tells of abuse or gives an answer that doesn’t make sense and you feel the child is in danger, you should



immediately contact the local law enforcement agency or state department of children and family services. You also need to contact your local council Scout executive. If your local council Scout executive is not available, contact the Scouts First Helpline at 1-844-SCOUTS1 (1-844-726-8871).

Scouts First Helpline

As part of its “Scouts First” approach to the protection and safety of youth, the BSA has established a dedicated 24-hour helpline to receive reports of known or suspected abuse or behavior that puts a youth at immediate risk.

In an emergency, when you are unable to reach the Scout executive, the BSA provides a 24-hour helpline: 1-844-SCOUTS1 (1-844-726-8871).

The Scouts First Helpline is a resource for incidents involving child abuse or serious risk of harm to children only. It is **not** for general information or questions.

For questions about training, policy interpretation, program, etc., please contact your Scout executive.

1-844-SCOUTS1 (1-844-726-8871)

When to use it:

- Anytime you believe a youth has been harmed or their safety and well-being is at risk, and you cannot immediately reach your local council Scout executive or local council.
- If a Scout is bullied because of race, color, national origin, religion, sexual orientation, or disability, and local efforts are unable to resolve the problem.

If someone is at immediate risk of harm, always call 911.

For more information about reporting requirements, call 911 or see the Child Welfare Information Gateway website at www.childwelfare.gov for your state hotline number.

Bullying/Cyberbullying

Bullying is any intentional, aggressive behavior, often involving an imbalance of power or strength, that usually is repeated over a period of time. Bullying can take many forms, including hitting or punching, teasing or name calling, intimidating use of gestures

or social exclusion, or sending insulting messages by phone or computer (cyberbullying). If your child is being targeted, do not blame your child or tell them to ignore the behavior or engage in physical retaliation. Instead, listen carefully and report the bullying behavior to the people responsible for the program where bullying is occurring. For more information, please see the BSA's Bullying Awareness webpage at www.scouting.org/training/youth-protection/bullying or www.stopbullying.gov.

Victims of bullying behavior are more likely to be depressed, have low self-esteem, be absent from school or other activities, feel sick, or think about death by suicide.

Any information indicating a youth has mentioned or talked about suicide must be taken seriously and reported to the Scout executive so appropriate actions may be taken. If unable to reach the Scout executive, contact the Scouts First Helpline at 1-844-SCOUTS1 (1-844-726-8871).



Internet/Social Media Safety

Today's youth are spending more time than ever using digital media for education, research, socializing, and fun. Unfortunately, abusers know this, too. Parents play a crucial role in keeping children safe from those who use the internet and social media to access and harm children. Your child will normally be keen to show and tell you about their favorite game; that's when you can find out whether it has a messaging feature or a way to send pictures, both of which are red flags. If they can't tell you who they're gaming with in real life, then you may wish to stop the use of that game or application.



Parents can limit the danger by setting basic guidelines such as when children go online, what sites they can visit, and having regular check-ins to see and discuss the choices that are being made with technology.

Barbara Sinatra Children's Center Foundation

The BSA is proud to partner with the Barbara Sinatra Children's Center Foundation to provide additional resources to parents and volunteers to keep youth safe. These resources include the Protect Yourself Rules videos that are a requirement for Cub Scouts to earn their badge of rank each year. To learn more about the Protect Yourself Rules visit <https://fightchildabuse.org/>.

The BSA's Barriers to Abuse

Our goal in the BSA is to create and maintain a safe environment so that all can benefit from the program. The greatest positive step that we can take together is to put us all in a position to succeed by having rules that we all agree to follow. You should expect your child's Cub Scout pack to follow the Youth Protection policies put in place by the BSA to provide additional safety for your child and all who are involved in Scouting. These policies are helpful for anyone who works with or spends time with children who are not theirs, and not just in Scouting. They are practices used by teachers, doctors, camp counselors, coaches, and other adults who professionally work with children. Youth Protection policies and Health and Safety procedures continue to be updated regularly. For the most up-to-date information and changes or additions to policies and procedures, go to www.scouting.org/health-and-safety/gss.

You should discuss these policies with your child so that you, your child, and leaders have a shared understanding of what is expected in Scouting.

Leader Registration Requirements

The chartered organization representative, or in their absence the executive officer of the chartered organization, must approve the registration of the unit's adult leaders.

Registration includes:

- Completion of application including criminal background check and mandatory Youth Protection training
- Volunteer Screening Database check

Youth Protection training is required for leaders when renewing their registration or at unit charter renewal.

Adult program participants must register as adults and follow Youth Protection policies. Up-to-date Youth Protection and Health and Safety information is available at www.scouting.org/health-and-safety/gss.

Adult Supervision

Two registered adult leaders 21 years of age or over are required at all Scouting activities, including meetings. There must be a registered female adult leader 21 years of age or over in every unit serving females. A registered female adult leader 21 years of age or over must be present for any activity involving female youth. Notwithstanding the minimum leader requirements, age- and program-appropriate supervision must always be provided.

All adults accompanying a Scouting unit who are present at the activity for 72 total hours or more must be registered as leaders. The 72 hours need not be consecutive.

One-on-one contact between adult leaders and youth members is prohibited both inside and outside of Scouting.

- In situations requiring a personal conference, the meeting is to be conducted with the knowledge and in view of other adults and/or youth.
- Private online communications (texting, phone calls, chat, IM, etc.) must include another registered leader or parent.
- Communication by way of social media (Facebook, Snapchat, etc.) must include another registered leader or parent.

Discipline must be constructive.

- Discipline must reflect Scouting's values.
- Corporal punishment is never permitted.
- Disciplinary activities involving isolation, humiliation, or ridicule are also prohibited.

Responsibility

Leaders must ensure that all participating in Scouting activities abide by the Scout Oath and Scout Law.



Adult leaders and youth members share the responsibility for the safety of all participants in the program, including adherence to Youth Protection and Health and Safety policies.

- Adult leaders are responsible for monitoring behavior and intervening when necessary.
- Physical violence, sexual activity, emotional abuse, spiritual abuse, unauthorized weapons, hazing, discrimination, harassment, initiation rites, bullying, cyberbullying, theft, verbal insults, drugs, alcohol, and pornography have no place in the Scouting program and may result in revocation of registration.

All leaders are required to adhere to the Scouter Code of Conduct located in the *Guide to Safe Scouting*: www.scouting.org/health-and-safety/gss.



Accommodations

Separate accommodations for adult males and females and youth males and females are required.

Tenting

- Separate tenting arrangements must be provided for male and female adults as well as for male and female youth.
- Youth sharing tents must be no more than two years apart in age.
- In Cub Scouting, parents and guardians may share a tent with their family.
- In all other programs, youth and adults tent separately.
- Spouses may share tents.

Lodging/Cabin Accommodations

Whenever possible, separate cabins or lodging should be provided for male and female adults as well as for male and female youth. Where separate accommodations cannot be provided due to group size or limited availability, modifications may be made. Where completely separate accommodations are not available, additional supervision is required.

- If adults and youth of the same gender occupy single-room accommodations, there must be a minimum of two adults and four youth, with all adults being Youth Protection trained.
- Physical separation by other means, including temporary barriers or space, should be used only when no other arrangements are possible.
- These modifications are limited to single-gender accommodations.

Restrooms

Separate shower and latrine facilities should be provided for male and female adults as well as for male and female youth. If separate facilities are not available, separate times should be scheduled and posted.

Privacy of youth is respected.

- Adults and youth must respect each other's privacy, especially in situations such as changing clothes and taking showers at camp.
- Adult leaders should closely monitor these areas but only enter as needed for youth protection or health and safety reasons.

Program Requirements

The buddy system should be used.

The use of smartphones, cameras, mirrors, drones, etc., in places or situations where privacy is expected is prohibited.

All aspects of the Scouting program are open to observation by parents and leaders.

The BSA does not recognize any secret organizations as part of its program.

Hazing and initiations are prohibited and have no part during any Scouting activity.



All forms of bullying and harassment including verbal, physical, and cyberbullying are prohibited.

Inappropriate public displays of affection are prohibited.

Sexual activity is prohibited.

Appropriate attire is required for all activities.



Reporting Requirements

Adult leaders and youth members have a responsibility to recognize, respond to, and report Youth Protection violations and abuse.

Mandatory Report of Child Abuse

If you see or suspect a child is being abused, stop the abuse immediately and report it. All persons involved in BSA programs must report any instance of child abuse to local law enforcement and, in some states, also to the state's child protective services, or CPS. This includes any good-faith suspicion or belief that a child is or has been physically or sexually abused, physically or emotionally neglected, exposed to any form of violence or threat, or exposed to any form of sexual exploitation including the possession, manufacture, or distribution of sexually exploitive images, online solicitation, enticement, or showing of obscene material.

This duty cannot be delegated to any other person. After reporting to law enforcement, the matter must also be reported to the Scout executive so appropriate actions may be taken. If

unable to reach the Scout executive, contact the Scouts First Helpline at 1-844-SCOUTS1 (1-844-726-8871).

Ensure notification has been made to parents/guardian. Failing to report suspected child abuse may be a criminal law violation in your state. It is important to note that all states allow immunity from criminal and civil liability for good-faith reporting of suspected abuse, even if it is later determined to be unfounded.

For more information, please see your state's reporting statutes on the Child Welfare Information Gateway website at www.childwelfare.gov.

Additional BSA Reporting

Youth Protection Policy Violations

- Serious Youth Protection policy violations or behaviors that put a youth's safety at risk must be reported to the local council Scout executive.
- Alternatively, policy violations may be reported to the Scouts First Helpline when the local council Scout executive is not available.
- Online reporting is also available at www.scouting.org/health-and-safety/incident-report.

Speaking With a Child Who Discloses or Indicates Abuse

When speaking with a child who discloses or indicates abuse, your role is to become the *trusted adult*. A trusted adult is someone with whom a child can talk freely about their feelings and problems and who provides healthy guidance and support.

When informed about abuse, a trusted adult

- Gets actively involved.
- Sees something and stops it.
- Suspects something and reports it.

Seek advice from an expert when you are unsure.

Adults should recognize that talking with children about abuse, especially sexual abuse, is not comfortable for anyone; however, a child's first time telling someone—and your response—may have lasting effects. If a child reports that they have been abused, it is important that you listen to all that they have to say. Then, respond



calmly and support the child through the reporting process. Tell the child it wasn't their fault and express belief in the child's disclosure by simply stating, "I believe you." This will further support and validate the child's statement. You do not need details from the child. However, you should get the following information:

- Name and address of the child alleging abuse, if known
- Name and address of the alleged offender, if known
- Location of the alleged abuse
- Nature (e.g., sexual, physical, emotional) and extent of the alleged abuse
- Approximate date of the last incident (if an older child)

Parents Reporting Violations of BSA Youth Protection Policies

If an adult leader or someone else in Scouting is trying to convince your child that their advancements or awards are solely dependent on that person's approval, or if that person is asking your child to do anything that seems inappropriate, contact your local council Scout executive immediately.

EXERCISES ON PERSONAL SAFETY AWARENESS

Now that you understand the types of abuse, the barriers that we have put in place to minimize abuse, and the steps to take when you suspect abuse has occurred, let's focus on helping you empower your child. Concerned and connected parents and caregivers are a strong component of all child abuse prevention strategies. You have an important role to play in prevention!

Many parents find it difficult to talk with their child about abuse. However, it is important to provide a foundation for a child to understand personal safety and encourage them to come to you with questions and concerns. The personal safety exercises in this section, to be used in conversations with your child, will help you with this process. They focus on five very important areas that can minimize the chances of abuse for your child:

- Why should I check with a parent first?
- Who are my *trusted adults*?
- What are my personal boundaries?
- What if someone asks me to keep a secret?
- How do I talk about touches and private parts?

Five Topics to Cover With Children

NOTE: Completing the exercises described in these pages fulfills the requirements for your Cub Scout to earn their badge or rank and must be completed for each rank earned. The BSA recommends that these exercises be conducted on a regular basis throughout the year.

Why should I check with a parent first?

Many abusers are known to the child as a family friend, relative, Scouter, or older youth, so it is important to focus safety messages on the behavior of a person, not the relationship to the child. Teach your child to check with you first before agreeing to go anywhere with another person. Tell your child never to go anywhere with anyone who will not let them check with you first. If the person refuses, your child has the right to step back from the person, make noise, say “No,” run away, and tell someone.

Tell your child that your permission is required before they may accept an invitation from a Scout leader or another parent to an activity outside of Scouting and that all such invitations must be reported to you. The BSA recommends that parents not allow one-on-one contact and insist that two adults are present (two-deep leadership) at any Scouting activities for their children.

Try this exercise to help your child remember to check first. Brainstorm times and situations in which your child should always come to you before going somewhere with someone. Include such situations as going into a house or vehicle, changing plans, being offered gifts, and being asked for help.



Talk through and role-play the following scenarios:

“What if a neighbor asks you to come into his house to see his new puppy?” *I would tell him that I need to check with you first. I would come home and check first before I went over to their house.* Ask the child about other responses.

“What if you are playing in the park and a nice person asks you to come to a different part of the park to help him or her find something they lost?” *I need to check first before changing my plans so that my parents know where I am.* Ask the child what other ways they could respond.

“What if an older youth friend of your brother is spending the night and wakes you up to sneak outside?” *I also need to check first before helping an adult or teenager. Adults and teenagers usually ask other adults for help. I can help if I check first and you come with me to ask my parents for permission.*

What are my personal boundaries?

Try this exercise to help your child learn to create and maintain personal boundaries that make them feel safe. This exercise is designed to empower kids to tell people that they are uncomfortable and want another person to leave their personal space immediately. Discuss what private parts are and where they are located. Lessons on personal boundaries should begin early in a child’s development and should cover belongings, emotions, and their body. Focus on asking permission and receiving consent. Tell your child that any time someone touches them in a way that they do not want to be touched, they have your permission to take some big steps back and say “NO,” and then go tell a *trusted adult* what happened. Explain that stepping back can give them room to think and move. Then have your child practice taking big steps away from a person and saying “NO” in a firm voice. Explain to the child that regardless of what the adult or teenager says—or what your child was doing or has done—you will believe and protect them.

Talk through the following scenarios. Ask them how they could use “NO” to create space for themselves in these situations.

“What if someone drives up, gets out of their car, and starts walking toward you to ask you for directions?”

“What if another kid your age continues to hug you even though you have asked them to stop?”

“What if you are spending the night or on a campout and someone touches your body while you are sleeping?”



How do I talk about touches and private parts?

Young people should be told that the parts of their body covered by their swimsuit are their private parts, and they have the right to say no to being touched there. Body parts should be called by their appropriate names to assist in developing a healthy and positive body image. Encourage your child to say no and then tell you if someone tries to touch or look at the child’s private parts, or wants your child to touch or look at their private parts.

It is important to remind children that if they get tricked into a scary or confusing touch or if they freeze and are unable to say no, it is OK and not their fault. Children should be encouraged to tell as soon as they feel comfortable doing so. Keep the lines of communication open by reminding them that they can talk to you about touches, even a long time after something happened.



Try this exercise to help your child resist someone who is trying to touch their private parts. Pose these scenarios, and then discuss the solutions.

“What if your friend’s babysitter or another youth asks you to wrestle without clothes on?”

“What if that same friend asks you to keep the touching games secret?”

“What if your Scout leader touches your private parts or shows you their private parts?”

For more information, see “Hot ChocolateTalk” under “National Resources.”

Who are my trusted adults?

Young people should have at least five adults you have identified with whom they can talk freely about their feelings and problems and who provide healthy attention and affection. A child who has such a network of *trusted adults* will be more difficult for an adult who abuses children to groom. The list of five adults might change depending on the child’s circumstances. Prior to Scouting or other activities, parents should discuss with their child who they will turn to if someone is violating a rule or making them uncomfortable.

Try this exercise to help your child identify trusted adults. Explain that a trusted adult is someone the child knows well who is willing to listen and offer advice when needed. Trace your child’s hand on a piece of paper. Ask your child to write or draw a person on each finger that they can go to for help or advice. Help your child determine the trusted adults. Explain that if a situation occurs where a trusted adult is needed, your child needs to remember this list. And if one of the people on the list cannot help, or is the one causing the problem, your child should go to another person on the list. Remind them that they can also say “NO” if a trusted adult is making them feel uneasy or uncomfortable.

Ask your child these questions, making sure the options are understood. Ask who their trusted adult would be and how they could talk to them about what happened.

“What if something happens on a camping trip (or at a neighbor’s house, or at a friend’s house) that makes you feel afraid or confused?”

“What if someone is making you feel uneasy or uncomfortable, and the first person you tell can’t, doesn’t, or won’t help you?”

“What if one of your *trusted adults* is making you feel unsafe or uncomfortable?”

What if someone asks me to keep a secret?

Adults who abuse children often try to groom children by convincing them to keep secrets about activities that they would not want their parents to know about (drinking, smoking, pornography, etc.). A child wanting to keep those activities secret might also see any abuse as something to keep secret. Your child must feel like they can come to you and be heard about little concerns as well as big problems. Tell your child it is not OK for people to ask them to keep a secret from you or another caregiver. Give your child a simple, automatic solution. Let your child know that they can come to you about anything and that you will still love and support them.

Try this exercise to help your child understand the difference between *secrets* and *surprises*. Tell your child that a secret is something that is hidden from others. A surprise is something that we keep quiet about for a short period of time and then everyone finds out together, like what you bought someone for their birthday. Surprises are usually OK, but secrets can be harmful if they cover up something unsafe or scary. Say that if your child is not sure whether something is a secret or a surprise, they can always ask you or a trusted adult.



Ask your child what to do in the following situations. Ask them how they could determine whether this is a surprise or a secret.

“What if a bigger kid says he will give you \$20 if you play a secret touching game with him?”

“What if an adult says that you don’t need to bring a buddy because they have a surprise that is just for you?”

“What if someone you know asks if he can email you a secret picture or asks you to pose for naughty pictures?”

For additional information, please see the BSA’s Cyber Chip tool and resources at www.scouting.org/training/youth-protection/cyber-chip and the NetSmartz Scouting Portal at www.netsmartz.org/scouting/.

Putting It Together

Reviewing these five personal safety rules and allowing your child to design their own “What If” games can help make personal safety awareness less scary and more accessible for your child and the whole family. The most important points to make sure your child knows are as follows:

- Check with a parent first.
- Have a buddy with you at all times.
- Maintain your personal space.
- Avoid secrets.
- Know who your *trusted adults* are.

Consider having a “Family Safety Night” at the beginning and the end of every school year or new activity. Reviewing rules about bike helmets, fire escape plans, and calling 911 should lead into conversations about abuse, bullying, personal safety awareness, and online safety so that they can be treated like any other concern.

The BSA's Youth Protection program is based on

- Parental involvement
- Chartered organizations
- Leader selection and monitoring
- Each leader's knowledge of and adherence to BSA Youth Protection and Health and Safety policies
- Commitment of all adults to the safety of youth
- Recognizing, responding, and reporting
- Youth Protection Begins With YOU



ADDITIONAL BSA RESOURCES

Youth Protection webpage:

www.scouting.org/training/youth-protection

Youth Protection Training: <https://my.scouting.org>

Youth Protection policies and Health and Safety procedures continue to be updated regularly. For the most up-to-date information and changes or additions to policies and procedures, go to www.scouting.org/health-and-safety/gss.

Guide to Safe Scouting: www.scouting.org/health-and-safety/gss

Scouts First Helpline: 1-844-SCOUTS1 (1-844-726-8871)

Scouter Code of Conduct: https://filestore.scouting.org/filestore/HealthSafety/pdf/Scouter_Code_of_Conduct.pdf

BSA incident reporting:

www.scouting.org/health-and-safety/incident-report

State-by-state mandatory reporting information:

www.childwelfare.gov

NATIONAL RESOURCES

National Center for Missing and Exploited Children—information on digital/online safety and reporting

Netsmartz: www.netsmartz.org.

CyberTipline: 800-843-5678

www.childhelp.org: 800-4-A-Child (800-422-4453)

www.preventchildabuse.gov

Committee for Children: www.cfchildren.org

Hot Chocolate Talk: www.cfchildren.org/blog/2018/03/the-hot-chocolate-talk/

www.stopbullying.gov

www.suicidepreventionlifeline.org: 800-273-8255



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