

Standing Tall

Required adventure • Personal Safety

If you read nothing else

Two meetings. Meeting 1 is a family night — the Protect Yourself Rules video, the Personal Space Bubble worksheet, and the family digital device policy all want a parent in the room.

Requirement 1 needs written parent permission, obtained in advance. Send the Standing Tall 1 Parent Notification home at least two weeks ahead and get it back. A family may decline, and a Scout whose family declines is never singled out — have a parallel activity ready in another room with an adult.

Requirement 3 can be completed at home instead. If you run it at the meeting, parents must attend — a Scout cannot set a family policy alone.

Meeting 2 is a kitchen. Book one, and check allergies before anyone bakes anything.

Run this early in the program year. It is the adventure that pays off if something actually happens.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ☐ 1. With permission from your parent or legal guardian, watch the Protect Yourself Rules video for the Bear rank.
- ☐ 2. Complete the Personal Space Bubble worksheet that is part of the Protect Yourself Rules resources.
- ☐ 3. With your parent or legal guardian, set up a family policy for digital devices.
- ☐ 4. Identify common personal safety gear for your head, eyes, mouth and nose, hands, and feet. List how each of these items protect you. Demonstrate the proper use of personal safety gear for an activity.

Requirement 1 requires parent or legal guardian permission in writing, in advance. Requirement 3 requires a parent or legal guardian to take part, whether it is done at the meeting or at home.

Meeting 1: Family night: the video, the bubble, and the device policy

Goal: Scouts watch the Bear Protect Yourself Rules video with permission, map who belongs in each of their personal spaces, and sign a digital device policy with their own family.

Covers requirements 1, 2 and 3

Before the meeting

- Send the Standing Tall 1 Parent Notification home at least two weeks out. It is in the Bear Standing Tall adventure resources on filestore.scouting.org and it tells families exactly what is in the video. Get written permission back and tick it off a roster.
- Invite parents and legal guardians to attend the whole meeting, and tell them requirement 3 needs them in the room. Many will want to watch the video with their Scout anyway, and the video is designed for that.
- Preview the video yourself. The Bear video runs about thirteen minutes and is at vimeo.com/325064786. You need to know what is coming so you can handle a Scout who reacts.
- Test the screen and the sound before anyone arrives, and download the video if the meeting place has unreliable internet.
- Print the Personal Bubble worksheet, one per Scout, and the Digital Safety Pledge, one per family. Both are in the Bear Standing Tall adventure resources.
- Set the room with tables and chairs so families can sit and write together.
- Know your reporting obligation before you run this meeting. If a Scout discloses anything to you, you report it to your Scout executive and to local authorities the same day.

Supplies

- Screen and speakers, and the Bear Protect Yourself Rules video ready to play
- Signed permission slips, checked at the door against a roster
- Personal Bubble worksheets, one per Scout
- Digital Safety Pledge, one per family
- Pencils, one per Scout, plus pens for the adults
- Colored pencils or crayons, enough to share
- Tables and chairs set for families to write together

Run of show

Time	What happens
5 min	Gathering: permission slips at the door, families seated together
5 min	Opening: Pledge of Allegiance, Scout Oath, Scout Law
20 min	Activity 1: Protect Yourself Rules video and discussion
15 min	Activity 2: Personal Space Bubble worksheet
20 min	Activity 3: family digital device policy
5 min	Closing

Activity 1 — Protect Yourself Rules (20 min)

Protect Yourself Rules Video Bear — scouting.org/cub-scout-activities/protect-yourself-rules-video-bear/

Check permission slips at the door. A Scout without written permission does something else in another room with an adult. No exceptions, no pressure on the family, and no comment about it in front of the den.

Watch the Bear-level video together, parents in the room. It runs about thirteen minutes.

Afterward, keep the discussion short, calm, and factual. Do not press for personal stories and do not let the den turn it into either a joke or a horror session. Three things to land:

- Your body belongs to you, and there are parts no one should touch.
- A secret that makes you uncomfortable is not a secret you have to keep — from anyone, including an adult who tells you to keep it.
- Tell a trusted adult. If they do not listen, tell another one, and keep telling until somebody does.

Have each Scout name three trusted adults, on paper or silently. At least one should be outside their household.

If a Scout discloses anything: listen, do not interrogate, do not promise confidentiality, and report it to your Scout executive and local authorities immediately. That is your obligation and it is not a judgment call.

Activity 2 — Personal Space Bubble (15 min)

Personal Bubble — scouting.org/cub-scout-activities/personal-bubble/

Hand out the worksheet and a pencil each. Explain the four spaces in order, and demonstrate the distances physically rather than describing them — stand at each distance from a volunteer adult so they can see what a foot and six feet actually look like.

- Intimate space — right against us. This one is just for us, though we may also let family in.
- Personal space — out as far as our fingertips reach. Usually friends and family.
- Social space — where we are comfortable hanging out and talking in a group.
- Public space — where we are comfortable with strangers and people out in public.

Scouts write names into each circle. Friends and family in the personal circle; the mail carrier, a neighbor, a stranger in the public one.

Then ask the question the worksheet exists for: why are we more comfortable with some people closer than others? Let everyone who wants to answer.

Then say the part that makes it a safety requirement, plainly: knowing where your bubbles are is what lets you tell someone they are too close. If someone comes into your personal space and you do not want them there, you can tell them politely to move away — and if they do not listen, you can be forceful about it. Everyone has the right to feel safe, and everyone has to respect everyone else's bubble.

That is requirement 2. The worksheet goes home with the Scout.

Activity 3 — Family digital device policy (20 min)

Family Digital Device Policy — scouting.org/cub-scout-activities/family-digital-device-policy/

Parents or legal guardians sit next to their own Scout and each family gets a Digital Safety Pledge.

Have Scouts take turns reading the items aloud, one at a time. After each one, three questions to the room:

- Why do you think it is important to have a rule about this?
- Does your family already have a rule about it?
- What should you do if somebody asks you for personal information?

Then each family fills in the form and signs it. This is their policy, not yours — a family that wants stricter rules or different ones than the sheet suggests is doing the requirement correctly.

The signed pledge goes on the refrigerator when they get home. Say that out loud; it is the difference between a worksheet and a policy.

A family who could not attend does this at home this week and sends the signed sheet back. Requirement 3 says with your parent or legal guardian, and there is no den-only version of it.

Closing (5 min)

Tell families what meeting 2 needs: closed-toe shoes, hair tied back, and let you know about food allergies this week if you do not already have them.

Thank the parents for coming. This meeting does not work without them and they should hear that.

Send home with families

Put the signed digital device pledge on the refrigerator where everyone can see it.

Talk about your family's trusted adults and whether your Scout knows how to reach them without a phone.

If the digital policy did not get done at the meeting, do it this week and send the signed sheet back. That is requirement 3.

Meeting 2: Safety gear, and using it for real

Goal: Scouts name safety gear for head, eyes, mouth and nose, hands and feet, say what each one protects, and then use real safety gear properly in a real activity.

Covers requirement 4

Before the meeting

- Book a kitchen with an oven — a chartered organization kitchen, a school teaching kitchen, or a family home with two registered adults present.
- Ask every family in writing about food allergies at least a week ahead, and check the cookie dough packaging against the answers. Nut and dairy are the ones that catch people out.
- Print the Kitchen Safety worksheet, one per Scout, from the Bear Standing Tall adventure resources, and have the answers sheet to hand.
- Gather the demonstration props: bowl, spoon, a piece of produce, an empty milk jug, meat thermometer, oven mitts, potholders.

- Also gather safety gear that is not kitchen gear — a bike helmet, safety glasses, a dust mask, work gloves, closed-toe boots. The requirement covers five body areas and a kitchen only naturally covers two of them.
- Decide before the meeting who handles the oven. Third graders can put a tray in and take it out with an adult at their shoulder; they should never be alone with a hot oven.

Supplies

- Kitchen Safety worksheets, one per Scout, plus the answer sheet
- Pencils, one per Scout
- Bike helmet, safety glasses, dust mask or particle mask, work gloves, closed-toe shoes or boots
- Bowl, spoon, a piece of produce, empty milk jug, meat thermometer
- Oven mitts and potholders
- Refrigerated cookie dough, enough for two cookies per Scout
- Cookie sheet, parchment paper, spatula, cooling rack
- Knife and cutting board if the dough is a log
- Soap and towels
- First aid kit

Run of show

Time	What happens
10 min	Gathering: Kitchen Safety worksheet
5 min	Opening and announcements
15 min	Activity 1: gear for head, eyes, mouth and nose, hands, feet
10 min	Activity 2: name that rule
25 min	Activity 3: bake, with the gear on
5 min	Closing

Gathering — Kitchen Safety worksheet (10 min)

Kitchen Safety Gear — scouting.org/cub-scout-activities/kitchen-safety-gear/

Worksheet and pencil to each Scout as they arrive. Let them work it while the den assembles, then go over the answers together.

Activity 1 — Safety gear for five body areas (15 min)

Lay the gear out on a table and work through the five areas the requirement names, one at a time. For each, the Scouts name the gear and then say what it protects them from — the second half is the requirement, so do not let them stop at naming it.

- Head — bike or sports helmet, hard hat. Protects the skull and the brain from an impact you do not see coming.

- Eyes — safety glasses, goggles, a face shield. Protects against splashes, dust, and anything that flies off what you are working on.
- Mouth and nose — a dust or particle mask, a mouthguard. Protects your lungs from what is in the air, and your teeth from an impact.
- Hands — work gloves, oven mitts, kitchen gloves. Protects against heat, cuts, splinters, and chemicals.
- Feet — closed-toe shoes, work boots, cleats. Protects against dropped things, sharp things, and slipping.

Have each Scout write their list — the gear and what it protects. That is the “list how each of these items protect you” half of requirement 4, and it is easy to skip past.

Then ask them to name the gear for three activities they actually do: riding a bike, playing a sport, helping in the garage. They will find that the answer changes with the job, which is the real lesson.

Activity 2 — Name that rule (10 min)

Fast round. You hold up an item or do something, and the Scouts call out which kitchen safety rule it represents:

- Set the bowl on the edge of the table — keep items away from the edge of the counter.
- Hold up your hands — wash hands often.
- Lick the spoon and hold it up — wash a utensil if it has touched your mouth.
- Hold up the milk jug — perishable items have a two-hour limit out of the refrigerator.
- Hold up the produce — wash produce before you use it.
- Hold up the meat thermometer — cook meat fully before eating.
- Hold up the oven mitt — use a mitt for anything hot.

It moves fast and it sticks, which is why it is here rather than a second worksheet.

Activity 3 — Bake, with the gear on (25 min)

This is the demonstration half of requirement 4: proper use of personal safety gear for an activity. The activity is baking, and the gear gets used properly or the requirement is not met.

Everyone washes hands first, soap, twenty seconds. Hair tied back, sleeves up.

Have a Scout read the package directions aloud, and another turn the oven on to preheat. Parchment on the cookie sheet.

If the dough is a log, Scouts take turns slicing on the cutting board with an adult at their shoulder. If it breaks apart, they take turns breaking it. Dough onto the sheet.

A Scout puts the sheet in the oven carefully, with an adult right there. When the timer goes, a Scout takes it out wearing the oven mitt and sets it on the potholders. Say the two things out loud as they do it: mitt on both hands, and the sheet is still hot when it is on the counter.

Scouts take turns lifting cookies off with the spatula onto the cooling rack. Remind them the sheet is hot. Then, when the cookies are cool, they eat them.

Check the allergy list one more time before anybody eats. Every time, no exceptions.

Alternatives if a kitchen is not available — both cover the same requirement with different gear:
Science Safety Gear — scouting.org/cub-scout-activities/science-safety-gear/ · Sport Safety Gear — scouting.org/cub-scout-activities/sport-safety-gear/

Closing (5 min)

Say something like

Standing tall is not about being the biggest. It is about being brave enough to use your voice, make good choices, and treat other people with respect. When you speak up, when you help somebody, when you choose what is right even though it is hard — that is real strength. Keep standing tall in your den, at home, and everywhere you go.

Record attendance and advancement. Everything cleaned and put away by the Scouts, not by you.

Send home with families

Ask your Scout to name the safety gear for something they do this week, and why it matters.

Let them help with something in the kitchen using the rules they learned. Supervised, and with the oven mitt.

Leader notes

- Parent permission for the Protect Yourself Rules video is required and must be in writing, in advance. A family that declines is respected without comment and their Scout does something else with an adult.
- Keep the tone of meeting 1 calm. The goal is a Scout who feels capable of speaking up, not a Scout who is frightened.
- You are a mandatory reporter in practice. If a Scout tells you something, report it to your Scout executive and to local authorities the same day. Do not investigate it yourself.
- Requirement 3 has no den-only version. A parent or legal guardian takes part, at the meeting or at home.
- Requirement 4 asks for five body areas: head, eyes, mouth and nose, hands, and feet. A kitchen activity alone will not naturally produce a helmet or safety glasses, so bring them.

Safety

Before this adventure

Two registered adults with current Safeguarding Youth Training, always, and especially at the Protect Yourself Rules meeting. If your den includes girls, one of those adults must be a registered female 21 or over.

Written parent permission before the video. No permission, no viewing.

Food allergies in writing before the baking meeting, checked against the dough packaging and checked again before anyone eats.

An adult at the oven at all times. Kid-safe knives, cutting on a board, and no Scout carrying a hot tray across a room.

First aid kit in the room, and know where the nearest burn-appropriate cold water is.

Closed-toe shoes in the kitchen, hair tied back, sleeves up.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4