

Lion's Roar

Required adventure • Personal Safety

If you read nothing else

Two 45-minute meetings. Meeting 1 is the Protect Yourself Rules video and the Shout, Run, Tell practice; meeting 2 is calling 911, five trusted adults, and street and parking lot safety.

The Lion Protect Yourself Rules video runs 13 minutes and requires parent or legal guardian permission in writing. Send the Lion's Roar 1 Parent Notification home at least two weeks ahead and watch it with the adult partners in the room.

Requirement 2 is designed to be done after the video, in the same meeting. Do not split them across weeks — the practice only makes sense while the video is fresh.

A family may prefer to watch the video at home with their Lion. That fully satisfies requirement 1 and no Lion is ever singled out for it.

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 Lion rank.
- ☐ 2. With your Lion adult partner, demonstrate Shout, Run, Tell as described in the Protect Yourself Rules video.
- ☐ 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.

Requirement 1 needs written parent or legal guardian permission, and the video may be watched at home with the family instead of at the den meeting. Have a parallel activity and a second adult ready for any Lion who is not watching.

Meeting 1: Protect Yourself Rules, and Shout Run Tell

Goal: Lions watch the Lion-level Protect Yourself Rules video with permission, and physically practice shouting, running, and telling.

Covers requirements 1 and 2

Before the meeting

- Send home the Lion's Roar 1 Parent Notification — it is in the Additional Resources for requirement 1 on filestore.scouting.org — at least two weeks ahead, and get written permission back. A Lion without permission does something else in another room with a registered adult. No exceptions and no pressure on the family.
- Watch the video yourself first, all 13 minutes. You need to know exactly what is coming so you can handle a Lion who reacts to it.
- Test the screen and the sound in the actual room, at volume, before the meeting. Download the video in advance if the internet at your meeting place is unreliable — vimeo.com/325064485.
- Tell adult partners plainly that they are expected to watch it with their Lion. This is the one meeting where their presence is the requirement, not a convenience.
- Find a safe area free of obstacles where Lions can run about 10 yards.
- 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, tested at volume
- The Lion Protect Yourself Rules video, downloaded as a backup
- Signed parent notifications, checked at the door against a roster
- Lion handbooks — page 19
- Crayons, enough to share
- A safe open area, about 10 yards clear

Run of show

Time	What happens
5 min	Gathering: permission check and settle in
3 min	Opening: Pledge and Scout Law
15 min	Activity 1: Protect Yourself Rules video
15 min	Activity 2: Shout, Run, Tell relay
7 min	Closing

Activity 1 — Protect Yourself Rules video (15 min)

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

Check permission at the door against your roster before anyone sits down. Do it quietly, at the door, not by asking the room.

Every Lion sits with their own adult partner for the video. The video is 13 minutes and it is built to be watched by the pair together — the parent or legal guardian watching with their Cub Scout is the requirement as written.

Afterward, keep the discussion short, calm, and factual. Do not press for personal stories and do not let anyone turn it into a joke. With kindergarteners, three sentences is enough, and the adult partner does most of the follow-up on the drive home.

If a Lion reacts — goes quiet, gets upset, or says something that worries you — do not interrogate them, do not promise to keep a secret, and speak to their adult partner. If a Scout discloses anything, report it to your Scout executive and to local authorities the same day. You do not investigate it yourself.

Activity 2 — Shout, Run, Tell relay (15 min)

Shout Run and Tell Relay — scouting.org/cub-scout-activities/shout-run-tell-relay-lion/

This activity is designed to be done right after the video, and it is the whole reason the video is not the end of the meeting. Watching is passive. Shouting is not.

Start seated. Ask who remembers what to do if someone makes you feel unsafe. Shout, Run, Tell.

Have each Lion work with their adult partner to color page 19.

Then go to the open space. Lions line up single file, each one about 10 yards from their own adult partner. On your signal, the first Lion shouts — “No!” or “Stay away from me!” or whatever they would actually say if somebody made them uncomfortable — then runs to their adult partner and tells them.

Let every Lion pick their own words. Do not give them a script and do not correct the words they choose. The point is that they hear their own voice being loud on purpose, which for a five-year-old is a genuinely new experience.

Repeat until every Lion has had a turn. Two turns each if the time holds. The second one is always louder.

Closing (7 min)

Tell adult partners what is coming next meeting — practicing 911 and building a list of five trusted adults — and ask them to start thinking about who those five adults are for their own family.

Living Circle, and out.

Send home with families

If your family watched the video at home instead of at the meeting, tell the den leader so requirement 1 gets recorded.

Practice Shout, Run, Tell once in your own yard or hallway. It takes ninety seconds and it is different at home than at a meeting.

Start a list of five adults your Lion could talk to about anything. At least one should be outside your household. Bring it next meeting.

Meeting 2: Calling for help, and crossing safely

Goal: Every Lion practices calling 911 with their adult partner, names five trusted adults, and shows how to cross a street and walk in a parking lot.

Covers requirements 3 and 4

Before the meeting

- Set up table space where pairs can work on handbook pages 20 and 21 together.
- Find a safe area free of obstacles, about 25 yards long, for red light green light.
- Learn the red light green light rules cold: everyone starts on the line, the game leader stands at the finish about 25 yards away. On “Green Light” everyone moves toward the finish. On “Red Light” everyone freezes — anyone still moving goes back to the start. When the first person crosses the finish, they become the game leader for the next round.
- Decide in advance what emergency you will use in the 911 practice. One adult in the den grabs their chest and falls to the ground works well: it is serious, it is clear, and it is not frightening.
- Have the five trusted adults explanation ready in words the adult partners will understand. This is really a conversation with the grown-ups.

Supplies

- Lion handbooks — pages 20 and 21
- Crayons, including red and green, enough to share
- Pencils, one per Lion
- A safe open area about 25 yards long

Run of show

Time	What happens
5 min	Gathering: free coloring
5 min	Opening: Pledge, Scout Oath, Scout Law
15 min	Activity 1: Practice 911 and Five Trusted Adults
15 min	Activity 2: Green Means Go and Red Means Stop
5 min	Closing

Activity 1 — Practice 911 and Five Trusted Adults (15 min)

Practice 911 and Five Trusted Adults — scouting.org/cub-scout-activities/practice-911-and-five-trusted-adults/

Gather everyone and tell them that when they are in trouble, or when they see somebody else in trouble, it is important to call emergency services. Ask if anyone knows the number.

Then ask when you should call 911, and listen for these:

- There is a fire where there is not supposed to be one.
- Someone is unconscious — they look like they are asleep but they will not wake up.
- Someone is having trouble breathing, or has stopped.
- Someone is choking.

- They see a crime happening.
- They see a car accident and no emergency vehicles are there yet.

We do not call 911 to practice, so we practice on page 20. Each Lion pushes the numbers on the handbook page while their adult partner plays the dispatcher and asks the real questions. Give them the scenario you chose — one of the adults here grabbed their chest and fell down.

- Where are you? Where is the emergency? The location, including the street address.
- Who is involved? Is anyone hurt? Names or descriptions of the people there.
- When did it happen? Is it happening right now?

The address is the part that will catch them out, and it is worth the extra minute. Ask each Lion what address they would give a dispatcher from this room, right now. Most will not know. Send that home as a job for the family.

Then the five trusted adults. Each pair makes a list of five adults on page 20. Explain to the adult partners why five, and use these words:

Say something like

Every young person should have at least five adults, picked with their parent or guardian, who they can talk to freely about their feelings and their problems, and who give them healthy attention. A child with a network like that is much harder for someone who abuses children to groom. The list can change as your circumstances change — that is fine. What matters is that it exists and your Lion knows the names.

At least one of the five should be outside the household. Say that plainly.

Also works: Home Security Emergency Services — scouting.org/cub-scout-activities/home-security-emergency-services/

Activity 2 — Green Means Go and Red Means Stop (15 min)

Green Means Go and Red Means Stop — scouting.org/cub-scout-activities/green-means-go-red-means-stop/

Sit everyone down and tell them the rule that this whole requirement rests on: always pay attention when you are crossing a street or walking in a parking lot. Look all the way around you, and look at every car you can see.

Say something like

Just because you can see the car does not mean the car can see you. A driver backing out of a parking space is looking behind their own car, and you are shorter than the trunk. So you look at them, and you wait until you know they have seen you.

Then the crossing rule: use a crosswalk, and wait for the signal that says you can walk.

Adult partners work with their Lion on the activity on page 21.

Then take everyone outside and play red light, green light. Adult partners play too. Everyone starts on the line, the leader stands about 25 yards away. Green Light and they move; Red Light and they freeze, and anyone still moving goes back to the start. First one to the finish becomes the leader for the next round.

The game is not decoration. Stopping instantly on a word, over and over, with your body already moving, is the exact reflex you want at the edge of a parking lot. Say that to the adult partners so they play it like it matters.

Also works: Make Believe Parking Lot — scouting.org/cub-scout-activities/make-believe-parking-lot/

Closing (5 min)

Say something like

Today you learned one of the most important parts of being a Lion: how to stay safe and speak up when something does not feel right. By practicing Shout, Run, Tell, learning how to get help in an emergency, and understanding how to stay safe around streets and parking lots, you showed courage, awareness, and responsibility. Keep using these skills wherever you go — because a Lion who knows how to stay safe can explore the world with confidence.

Living Circle. Then the den leader and assistant den leader talk through next week while the host adult partner and the Lions put the room back in order.

Send home with families

Teach your Lion your home address until they can say it without help. Then teach them a phone number for a parent.

Finish the five trusted adults list and put it somewhere your Lion can see it. Tell each of those five adults they are on it.

Walk to the car in a parking lot holding hands and narrate what you are looking at. Say out loud which cars might be about to move and why.

Leader notes

- Written permission for the Protect Yourself Rules video is required, and it is not a formality. A Lion whose family declines is never singled out — have a parallel activity and a registered adult ready in another room.
- The video is built to be watched by the Scout and their parent or guardian together. Invite the adult partners to watch and expect them to. Several will thank you for it.
- Keep the tone calm. The goal is a Lion who feels capable, not a Lion who is frightened of parking lots and strangers.
- You are a mandatory reporter in practice. If a Scout tells you something, report it to your Scout executive and local authorities the same day. Do not investigate it yourself, and never promise a Scout you will keep it secret.
- Requirement 4 says demonstrate. A Lion who watched an adult cross a street has not completed it — they have to do it, even if the crossing is a taped line on the floor.

Safety

Before this adventure

Two registered adults with current Safeguarding Youth Training at every meeting, 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 or legal guardian permission on file before any Lion watches the Protect Yourself Rules video.

Preview the video yourself before showing it. Know what is in it.

Never practice street crossing on a live street with kindergarteners. Use a taped crosswalk indoors or a closed parking area with adult spotters at every entrance.

Check the running area for obstacles before Shout, Run, Tell and before red light green light.

If a Scout discloses abuse, report to your Scout executive and to local authorities the same day.

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