

My Safety

Required adventure • Personal Safety

If you read nothing else

Two meetings. Requirement 1 is the Protect Yourself Rules video, which needs parent permission and is best watched with families present.

Requirement 2 happens at home — the Scout walks their own house. Requirement 4 is a worksheet you build in the den for your own region.

Run this early in the 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 Webelos rank.
- ☐ 2. Identify items in your house that are hazardous and make sure they are stored properly. Identify where on the package it describes what to do if someone is accidentally exposed to the product.
- ☐ 3. Identify ways you and your family keep your home or your meeting space safe.
- ☐ 4. Complete a “Be Prepared for Natural Events” worksheet for at least two natural events most likely to happen near where you live.

Meeting 1: Protect Yourself Rules and household hazards

Goal: Scouts watch the Webelos Protect Yourself Rules video with permission, and learn to read a product label for exposure instructions.

Covers requirements 1 and 2, and starts 3

Before the meeting

- Send the permission note home at least two weeks ahead, and get it back in writing. A Scout without permission does something else in another room with an adult — no exceptions, no pressure on the family.
- Invite parents to watch with the den. Many will want to, and the video is designed for it.
- Preview the video yourself. You need to know what is coming so you can handle a Scout who reacts.

- Gather empty, rinsed product containers with real labels: household cleaner, bleach, drain opener, bug spray, paint thinner, a medicine bottle. Empty and rinsed — you are teaching label reading, not handling chemicals.

Supplies

- Screen and sound for the video
- Signed permission slips, checked at the door
- Empty rinsed product containers with intact labels
- Magnifying glasses — the warnings are in tiny print, and that is part of the lesson
- Home hazard hunt checklist to take home

Run of show

Time	What happens
5 min	Gathering: safe or not safe sort
5 min	Opening
20 min	Activity 1: Protect Yourself Rules video and discussion
20 min	Activity 2: read the label
5 min	Activity 3: the home hazard hunt assignment
5 min	Closing

Activity 1 — Protect Yourself Rules (20 min)

Check permission slips at the door. Watch the Webelos-level video together, with parents in the room if they came.

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

- Your body belongs to you, and there are parts no one should touch.
- Secrets that make you uncomfortable are not secrets 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 someone does.

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

If a Scout discloses anything to you, listen, do not interrogate, do not promise confidentiality, and report it immediately to your Scout executive and to local authorities. Know that obligation before you run this meeting.

Activity 2 — Read the label (20 min)

Put the containers out with magnifying glasses. Working in pairs, Scouts find on each label:

- The signal word — CAUTION, WARNING, or DANGER — and what the difference is.

- The first aid or exposure section: what to do if swallowed, if it gets in eyes, if it gets on skin, if inhaled.
- Where it should be stored.

That first aid section is the specific thing requirement 2 asks them to locate, so have every Scout point to it on at least two products.

Teach the Poison Control number and have them say it back: 1-800-222-1222. Free, 24 hours, and you call before you panic.

Then talk storage: high or locked, in the original container, never in a drink bottle, never mixed. Bleach and ammonia together is the one to name explicitly.

Activity 3 — The home hazard hunt (5 min)

Hand out the checklist. Requirement 2 is completed at home, with a parent, in their own house — a den meeting cannot do it for them.

Tell them what to look for: under the kitchen sink, the laundry area, the garage, the bathroom cabinet. Anything reachable by a little kid that should not be.

Ask them to bring back one thing they moved or one label they read.

Send home with families

Walk the house together and find the hazardous products. Check that each is stored properly and read the exposure instructions on two of them. That is requirement 2.

Put the Poison Control number on the fridge: 1-800-222-1222.

Talk about your family's trusted adults, and whether your Scout knows how to reach them.

Meeting 2: Keeping our home and our meeting place safe

Goal: Scouts name the real safety systems in their home and meeting space, and complete Be Prepared worksheets for two natural events likely where they live.

Covers requirements 3 and 4

Before the meeting

- Find out which two or three natural events are actually most likely in your area — tornadoes, hurricanes, wildfire, earthquake, blizzard, flood. Teach the ones that happen where you live, and only those. Hurricane prep is wasted on a den a thousand miles from a coast.
- Print the Be Prepared for Natural Events worksheet, two per Scout.
- Walk your meeting space beforehand and find the exits, extinguishers, first aid kit, and the designated shelter area. You will be surprised what you do not know.
- Get permission from your chartered organization before doing a walk-through with the Scouts.

Supplies

- Be Prepared for Natural Events worksheets, two per Scout

- Clipboards and pencils
- Meeting space safety scavenger hunt sheet
- A sample family emergency kit, or pictures of its contents
- A weather radio if you have one

Run of show

Time	What happens
10 min	Gathering: meeting space safety scavenger hunt
5 min	Opening
15 min	Activity 1: how we keep this place safe
25 min	Activity 2: Be Prepared worksheets
5 min	Closing: the family meeting assignment

Gathering — Safety scavenger hunt (10 min)

In pairs, with clipboards, find and mark on the sheet: every exit, the fire extinguishers, the smoke detectors, the first aid kit, the AED if there is one, the shelter area for severe weather, and the address of the building.

That last one matters more than it sounds. Ask them what address they would give a 911 dispatcher from this room right now. Most will not know it.

Activity 1 — How we keep this place safe (15 min)

Debrief the hunt on the board, then extend it to home. This is requirement 3, and the goal is for Scouts to see safety as things people do, not a list they are handed.

Prompt across four areas and let them fill it in:

- Fire — detectors and when the batteries get changed, an escape plan with two ways out of each room, a meeting place outside, never going back in.
- Weather — the shelter spot, the alert on a phone or radio.
- Everyday — locked doors, who is allowed to answer them, what to do when a Scout is home alone, poisons stored high.
- People — knowing the neighbors, the buddy system, telling a parent where you are going.

Ask directly: does your family have a meeting place outside if the house has to be evacuated? Most will not. That becomes the family assignment.

Activity 2 — Be Prepared worksheets (25 min)

Two events, two worksheets, chosen for where you actually live. Work the first one together as a den on the board, then let them do the second in pairs.

For each event, the worksheet walks the same four questions:

- How would we know it is coming? Sirens, phone alert, weather radio, the sky.
- Where do we go, and how fast do we have to get there?

- What do we need with us? Water, flashlight, radio, medicine, shoes, a whistle.
- What do we do after — how do we tell family we are safe, and who is our out-of-state contact?

Tornado is worth doing as the worked example if you are in tornado country: lowest floor, most interior room, away from windows, cover your head. Have them physically walk to the shelter spot in the building. A drill teaches this; a worksheet alone does not.

Both worksheets go home to be finished with the family — that is the point of them.

Send home with families

Hold a fifteen-minute family safety meeting. Agree on the outside meeting place, the out-of-state contact, and the severe weather shelter spot in your home.

Finish both Be Prepared worksheets together and bring them back signed.

Test the smoke detectors while your Scout watches. Let them push the button.

Leader notes

- Parent permission for the Protect Yourself Rules video is required and must be in writing. A Scout whose family declines is never singled out — have a parallel activity ready.
- Keep the tone calm. The goal is a Scout who feels capable, not a Scout who is frightened of their own house.
- 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.
- Pick your natural events by where you live, not by what is dramatic.

Safety

Before this adventure

Empty, rinsed containers only. Never bring an actual hazardous product to a den meeting.

Get chartered organization permission before walking the building with the den.

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.

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