

Tiger's Roar

Required adventure • Personal Safety

If you read nothing else

Two meetings. Meeting 1 is the Protect Yourself Rules video and Shout, Run, Tell; meeting 2 is emergency services and what to do if you get lost.

Requirement 1 needs written permission from a parent or legal guardian in advance. Send the Tiger's Roar 1 Parent Notification home at least two weeks out — it is in the Tiger adventure resources on [scouting.org](https://www.scouting.org) — and preview the video yourself before you show it.

Adult partners come with the names and phone numbers of five trusted adults for meeting 2. Those should be the adults identified during the Bobcat parent booklet, so tell them where to look.

Meeting 2 needs whistles and outdoor space. If you have done Tigers in the Wild, the whistles are already in the Six Essentials.

Run this early in the program year. It is the adventure that matters 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 Tiger rank.
- ☐ 2. With your Tiger adult partner, demonstrate Shout, Run, Tell as explained in the Protect Yourself Rules video.
- ☐ 3. With your Tiger adult partner, demonstrate how to access emergency services.
- ☐ 4. With your Tiger adult partner, demonstrate that you know what to do if you get lost or separated.

The Protect Yourself Rules video may be watched at the den meeting with the adult partner present, or at home with a parent or legal guardian. Either satisfies requirement 1. A family that declines is never singled out — have something else ready in another room with an adult.

Meeting 1: Protect Yourself Rules and Shout, Run, Tell

Goal: Tigers watch the Protect Yourself Rules video with their adult partner and physically practice Shout, Run, Tell.

Covers requirements 1 and 2

Before the meeting

- Send the Tiger's Roar 1 Parent Notification home at least two weeks ahead and get written permission back. Track it by name on a roster.
- Preview the video yourself: Protect Yourself Rules Video Tiger — scouting.org/cub-scout-activities/protect-yourself-rules-video-tiger/. The Tiger video runs about 13 minutes and is at vimeo.com/325064660. You need to know what is coming so you can handle a Scout who reacts.
- Review Scouting America Youth Protection material at scouting.org/training/youth-protection/ before you run this meeting, and know your reporting obligation before a Scout tells you something.
- Test the screen, the sound, and the internet in the actual room. Download the video to a device if the connection there is unreliable.
- Clear a lane about 10 yards long so Scouts can run to their adult partner. At least four Scouts and four adults makes the relay work.

Supplies

- Screen, speakers, and a way to play the video — downloaded if the connection is poor
- Signed parent notifications, checked at the door
- A clear 10-yard lane
- Chairs for adult partners at the far end
- A quiet alternative activity in a second room, with a second adult, for any family that declines

Run of show

Time	What happens
5 min	Gathering: quiet coloring while permissions are checked
5 min	Opening: Pledge of Allegiance, Scout Oath, Scout Law
5 min	Welcome, roll call, announcements
20 min	Activity 1: Protect Yourself Rules video and discussion
15 min	Activity 2: Shout Run Tell Relay
5 min	Closing

Activity 1 — Protect Yourself Rules (20 min)

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

Check permission 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.

Every Scout watches sitting with their adult partner. The video is made to be watched that way and a first grader should have their own adult next to them for it.

Afterward, keep the discussion short, calm, and factual. Do not press for personal stories and do not let it become a joke. Three things to land, in Tiger-sized words:

- Your body belongs to you. There are parts of it nobody should touch.
- If someone tells you to keep a secret and it makes you feel bad inside, that is not a secret you have to keep — not from a grown-up you trust, not from anybody.
- Tell a trusted adult. If they do not listen, tell a different one, and keep telling until somebody does.

Have each Scout name their trusted adults quietly to their adult partner. At least one should be someone outside their own house. Those names come back next meeting with phone numbers.

If a Scout discloses anything to you: listen, do not interrogate, do not promise to keep it secret, and report it to your Scout executive and to local authorities the same day. Know that obligation before you run this meeting, not after.

Activity 2 — Shout Run Tell Relay (15 min)

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

Line the Scouts up single file. Adult partners stand about 10 yards away, each facing their own Scout.

On your signal, the first Scout shouts — “No!” or “Stay away from me!” or whatever they would actually say if someone did something that made them uncomfortable. Let them pick their own words. That is Shout.

They run to their adult partner. That is Run.

When they get there they say “I need to tell you something.” That is Tell. The adult partner says something back — “I hear you, I believe you, thank you for telling me” — and means it.

Next Scout goes. Everybody has a turn.

The point of doing this as a physical relay rather than a discussion is that a scared six-year-old does not reason, they do what their body has practiced. Loud, fast, and out loud. Run it twice if you have time.

Do not correct a Scout's shout for being too loud or too silly. Loud is the requirement.

Alternatives: Police Officer Visit — scouting.org/cub-scout-activities/police-officer-visit/ · Shout Run and Tell Worksheet — scouting.org/cub-scout-activities/shout-run-and-tell-worksheet/

Closing (5 min)

Tell the adult partners two things they must bring next meeting: the names and phone numbers of five trusted adults, and a whistle for their Scout.

Point them at the Bobcat parent booklet for where the trusted adults came from. Most of them will have done that work already and forgotten it.

Send home with families

Talk about the video together. Ask your Scout who their trusted adults are and listen to the answer.

Write down the names and phone numbers of five trusted adults and bring them to the next

meeting.

Bring a whistle. If your Scout has their Cub Scout Six Essentials, the whistle is already in there.

Meeting 2: Getting help, and what to do if you are lost

Goal: Every Tiger can show how to reach emergency services on their adult partner's phone, and can stay, answer, and whistle if they get separated.

Covers requirements 3 and 4

Before the meeting

- Remind adult partners the day before to bring the five trusted adults' names and numbers, and a whistle.
- Find a large outdoor area with places to hide and no obstacles, and walk it beforehand for hazards and boundaries.
- Have the emergency services questions ready to read — the yes-or-no list below works and it is what keeps a first grader engaged in a 911 lesson.
- Set up space for Scouts and adult partners to work on pages 23 and 24 of the handbook.
- Have a spare whistle or two. Somebody will forget.

Supplies

- Tiger handbooks, pages 23 and 24
- Pencils or pens, one per Scout
- A whistle for each Scout, plus spares
- Adult partners' smartphones
- The five trusted adults list each family brings
- A large, obstacle-free outdoor area with hiding places

Run of show

Time	What happens
10 min	Gathering: Smart Phone Emergency Services, page 23
5 min	Opening: Pledge of Allegiance, Scout Oath, Scout Law
5 min	Welcome, roll call, announcements
15 min	Activity 1: calling for help
20 min	Activity 2: Stay, Answer, Whistle — hide, seek, and found
5 min	Closing

Activity 1 — Calling for help (15 min)

Smart Phone Emergency Services — scouting.org/cub-scout-activities/smart-phone-emergency-services/

Handbooks open to page 23. Ask the Scouts if they know how to reach emergency services on a phone. Some will; most will not.

Adult partners take out their phones and show their own Scout how to get to emergency services on that specific phone — the lock screen emergency button, the keypad, whatever their phone actually does. An adult partner without a smartphone has their Scout dial 911 on the activity sheet instead. The requirement says demonstrate with the adult partner, and it matters that it is the phone that will actually be in the room.

Then talk about when. Police officers, firefighters, and EMTs are busy helping people in real emergencies, so you never call 911 unless it is one. And if it is one, you call, every time, with no hesitation.

Four things to remember if they ever do call:

- Always know where you are.
- Do not hang up.
- Answer all the dispatcher's questions. The dispatcher is the person who answers the phone.
- Never be afraid to call for a real emergency. Somebody is there any time of the day or night.

Now run the hands-up game. Read each one and have Scouts raise a hand if they think you should call 911:

- You see someone breaking into a car. (Yes)
- Your brother or sister breaks your toy. (No)
- You are with a friend and they fall and are bleeding a lot. (Yes)
- You fall down and scrape your elbow. (No)
- You see a building on fire. (Yes)
- You cannot find your homework. (No)
- You see a car get into an accident. (Yes)
- A stranger walks up to you and asks you to get in their car. (Yes)

Finish with the trusted adults. Adult partners talk through the five names with their Scout and write the phone numbers on page 23. Say plainly that most of the time when something is wrong, it is one of those five you call, not 911.

Alternatives: Emergency Services 911 Relay Race — scouting.org/cub-scout-activities/emergency-services-911-relay-race/ · Voice Activated Devices Emergency Services — scouting.org/cub-scout-activities/voice-activated-devices-emergency-services/

Activity 2 — Stay, Answer, Whistle (20 min)

Hide and Seek — scouting.org/cub-scout-activities/hide-and-seek/

Outside. Tell them there are three things to do if they ever get lost or separated, and give them the word: S.A.W.

- Stay. Do not wander and do not go looking. The people looking for you will go back to the last place they saw you, so be there.

- Answer. When you hear your name, shout back.
- Whistle. Three short blasts, over and over, until somebody finds you.

Then play hide, seek, and found. One Scout and their adult partner hide, with 30 seconds to find a spot. Everyone else searches in Scout-and-adult pairs. If they are found, the finders hide next.

If nobody has found them after three minutes, you blow your whistle once. That is the signal for the hiders to start doing S.A.W. — stay put, answer when they hear their name, and blow three short blasts repeatedly. The den will find them almost immediately.

Then ask the question that makes the whole thing land: was it easier to find someone when they were staying, answering, and whistling? They will tell you it was, and they will have proved it to themselves rather than been told.

Set your boundaries before anyone hides and make sure every hiding place is inside them. An adult stands at the edge of the area.

Come back in and finish the activity on page 24 of the handbook with the adult partners.

Alternatives: Emergency Whistle Testing — scouting.org/cub-scout-activities/emergency-whistle-testing/ · Pinewood Derby Drivers License — scouting.org/cub-scout-activities/pinewood-derby-drivers-license/

Closing (5 min)

One last thing before they leave: tell the Scouts to keep the whistle with them whenever they go outside with the den, and tell the adult partners to check it is in the pack.

Then read this:

Say something like

Today you learned how Tigers stay safe and strong — by speaking up, knowing when to run, and always telling a trusted adult. You practiced how to call for help and what to do if you ever feel lost or unsure. Those skills show courage, awareness, and smart thinking. Keep using your Tiger roar to stay safe, help others, and face every adventure with confidence.

Send home with families

Practice reaching emergency services on the phone your Scout would actually use, and practice saying your home address out loud.

Put the five trusted adults' numbers somewhere your Scout can find them.

Pick your family's meeting spot for when you get separated in a store, a park, or a parking lot, and use it the next time you go.

Keep the whistle in the pack.

Leader notes

- Parent permission for the Protect Yourself Rules video is required and must be in writing. A family that declines completes requirement 1 at home; never single that Scout out or ask why.
- Keep the tone calm all the way through. The goal is a Tiger who feels capable, not a Tiger who is frightened of the world.

- 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 do not talk it over with other parents.
- Shout, Run, Tell has to be physical. A Tiger who discussed it has not demonstrated it.
- The whistle from Tigers in the Wild does real work here. If you have not done that adventure yet, tell families the whistle is coming back and is worth keeping.

Safety

Before this adventure

Two registered adults with current Safeguarding Youth Training at every meeting, and especially at the Protect Yourself Rules meeting.

Written parent permission before the video, checked at the door by name.

A quiet alternative activity, in a separate room with its own adult, ready for any family that declines the video.

Set and state the boundaries of the hide-and-seek area before anyone hides, and post an adult at the edge. No hiding inside vehicles, sheds, dumpsters, or anywhere with a door that latches.

Whistles get blown outside, three blasts at a time, and go back in the pack afterward.

Annual Health and Medical Record parts A and B if the outdoor meeting is away from your normal location.

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

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