

Safety in Numbers

Required adventure • Personal Safety

If you read nothing else

Two meetings. Meeting 1 is the Protect Yourself Rules video and the safe touch discussion; meeting 2 is the buddy system and playground safety.

Requirement 1 needs written permission from a parent or legal guardian before the Scout watches the video, and the notification has to go out ahead of time. Send the Safety in Numbers 1 Parent Notification home at least two weeks before meeting 1.

Invite parents to watch the video with the den. Many will want to, and the video is built for it. A family who would rather watch it at home can do that instead — both satisfy the requirement.

Meeting 2 needs an actual playground. Requirement 4 says demonstrate proper use of playground equipment, and you cannot demonstrate a slide in a church basement.

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 Wolf rank.
- ☐ 2. Discuss “safe touch” as seen in the Protect Yourself Rules video.
- ☐ 3. Learn about the buddy system and demonstrate how it works.
- ☐ 4. Review common safety rules and demonstrate the proper use of playground equipment.

Requirement 1 requires parent or legal guardian permission in writing before the Scout watches the video. A Scout whose family declines is never singled out — have an alternative activity and another adult ready in a separate room, and say nothing about it to the den.

Meeting 1: Protect Yourself Rules, and No — Go — Tell

Goal: Scouts watch the Wolf Protect Yourself Rules video with permission, and can use a strong voice to say no, go and tell.

Covers requirements 1 and 2

Before the meeting

- Send the Safety in Numbers 1 Parent Notification home at least two weeks ahead — it is in the Additional Resources for requirement 1 — and get written permission back. Follow up with the families who do not reply.

- Watch the whole video yourself first. It runs about 13 minutes: Protect Yourself Rules Wolf, vimeo.com/325064564. You need to know what is coming so you can handle a Scout who reacts to it.
- Test the screen and the sound in the actual room. If the internet at your meeting place is unreliable, download the video onto a device beforehand.
- Print the scenarios — Wolf Safety in Numbers 2 I Know What to Say Scenarios, in the Wolf adventure resources.
- Invite parents to stay and watch with the den. Say in the invitation that they are welcome and that a family may watch at home instead.
- Have a parallel activity and a second adult ready for any Scout without permission, in another room, arranged quietly beforehand.

Supplies

- Computer or smart device, screen and speakers
- Internet, or the video downloaded onto the device beforehand
- Signed permission slips, checked at the door
- Printed I Know What to Say scenarios
- Chairs arranged so everyone can see, with room to stand up afterward

Run of show

Time	What happens
10 min	Gathering: strong voice warm-up
5 min	Opening: Pledge, Scout Oath, Scout Law
5 min	Welcome, roll call and announcements
15 min	Activity 1: Protect Yourself Rules video
25 min	Activity 2: I Know What to Say
5 min	Closing

Gathering — Strong voice warm-up (10 min)

Check permission slips at the door as families arrive. This is the one meeting where you do not let it slide.

While you wait for everyone, get the room used to being loud on purpose. Ask what a strong voice is and let them show you. Show me a silly voice. Now show me a strong voice. Now a whisper. Now a strong voice again.

Ask when a person might need a strong voice. Take every answer. Then land the one that matters: we use a strong voice to keep ourselves safe.

This is deliberately playful and it is doing real work. The video is calm and serious; the Scouts need to have already practiced being loud before you ask them to use their voice for something that matters.

Activity 1 — Protect Yourself Rules (15 min)

Protect Yourself Video Wolf — scouting.org/cub-scout-activities/protect-yourself-video-wolf/

Watch the Wolf-level video together, all the way through, with parents in the room if they came. Sit where you can see the Scouts' faces rather than the screen.

Do not pause it to comment and do not add to it. It is written for this age and it is enough on its own.

A family who watched it at home with their Scout has completed requirement 1. Confirm it with the parent, not by asking the Scout in front of the den.

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

Activity 2 — I Know What to Say (25 min)

I Know What to Say — scouting.org/cub-scout-activities/i-know-what-to-say/

Everyone stands up. Give them the three steps and have them chant it back:

- Say NO — hand out like a stop sign.
- GO away — turn and run in place.
- TELL a grown-up you trust — hand to mouth like you are calling.

Run the call and response, faster each round: "What do we say?" — NO. "What do we do?" — GO. "Then what?" — TELL.

Then work the printed scenarios one at a time. Keep the tone light and empowering rather than frightening — a scared second grader freezes, a confident one shouts. Never make a Scout act one out; let them volunteer, and praise the effort every time: "That was a strong voice."

Talk about safe touch in the words the video used. Your body belongs to you. There are parts of your body no one should touch. It is always okay to say no to a touch you do not want, even from someone you know, even from a grown-up.

Finish with the two questions that matter most, and take real answers:

- Who are the trusted adults you could tell? Get each Scout to name more than one, and at least one who does not live in their house.
- What if the first person does not listen?

The answer to the second one is the thing they must leave with: keep telling until someone helps you.

Alternatives: Safe Touch Poster — scouting.org/cub-scout-activities/safe-touch-poster/ · Run Shout and Tell Relay — scouting.org/cub-scout-activities/run-shout-and-tell-relay/

Closing (5 min)

Close calmly and normally. Do not end this meeting on a heavy note — say what is happening next week, do your usual closing, and send them out.

Tell parents at pickup, in one sentence, what the den talked about and what the three words were, so the conversation can continue at home.

Send home with families

Ask your Scout to teach you No — Go — Tell. They will do the motions.

Agree on who your family's trusted adults are, and make sure your Scout can name at least one outside your household.

Next meeting is at the playground. Send closed shoes.

Meeting 2: Buddies and the playground

Goal: Every Scout can demonstrate the buddy system, and can show and explain the safe way to use a slide, a swing and climbing equipment.

Covers requirements 3 and 4

Before the meeting

- Book a playground. Your meeting place, a school, or a park — walk it beforehand and check the equipment for anything broken, hot metal, or a surface that is worn through.
- Identify a start and finish line for the buddy race and ask another adult or a den chief to stand at the finish.
- Print the Heads Down Thumbs Up trivia questions. The set below is the one from the activity.
- Bring a neckerchief for each buddy pair — an old one, not a Scout's good one.
- If the playground is not your regular meeting place, you need Annual Health and Medical Records and the usual off-site adult ratio.

Supplies

- A neckerchief for each buddy pair
- Printed trivia questions
- Cones or two markers for the start and finish line
- Den first aid kit
- Water, and shade on a warm day

Run of show

Time	What happens
5 min	Gathering: buddy up and buddy check
5 min	Opening: Pledge, Scout Oath, Scout Law
15 min	Activity 1: Buddy Legged Race
20 min	Activity 2: Heads Down Thumbs Up
20 min	Activity 3: on the playground, for real
5 min	Closing

Activity 1 — Buddy Legged Race (15 min)

Buddy Legged Race — scouting.org/cub-scout-activities/buddy-legged-race/

Pair every Scout with a buddy and make them say their buddy's name out loud. Give one Scout in each pair a neckerchief.

Then scatter them — skipping and hopping around the space, away from their buddy. When you shout “Go,” each Scout finds their buddy, they run together to the start line, tie the neckerchief around their two adjacent ankles, and three-legged walk or run to the finish where the other adult is waiting.

Help the pairs who cannot manage the knot rather than letting them give up on it. Nobody is racing until everyone is tied.

The game is funny and it teaches the actual thing, so name it at the end: the first thing you did when I shouted go was find your buddy. That is the buddy system. You go together, you stay together, you come back together.

Then say what a buddy does when it stops being a game: if your buddy is hurt or lost, you stay with them and you shout for an adult. You never go looking on your own. That, with the demonstration, is requirement 3.

Alternatives: Buddy Check Game — scouting.org/cub-scout-activities/buddy-check-game/ · Buddy Games — scouting.org/cub-scout-activities/buddy-games/

Activity 2 — Heads Down Thumbs Up (20 min)

Heads Down Thumbs Up — scouting.org/cub-scout-activities/heads-down-thumbs-up/

Read a question, give them a moment to think, then call “heads down, thumbs up.” Walk around and tap three Scouts, then call “heads up, thumbs down” and have the three you picked come to the front and give their answers. Reveal the right answer and say briefly why. From then on, any Scout who got it right picks the next three.

Work through the questions:

- What should you do before going down a slide? (Look — make sure the bottom is clear.)
- Where should you sit on a swing? (In the middle of the seat, holding on with both hands.)
- What is the safest way to climb playground equipment? (Both hands on, facing the equipment, one person at a time on a ladder.)
- What should you do if someone falls and gets hurt? (Stay with them, shout for an adult, do not move them.)
- How many people should go down the slide at one time? (One.)
- What should you do before running on the playground? (Look where you are going, and check what is behind you.)
- What kind of shoes are best for the playground? (Closed toes, tied laces. No flip-flops, no bare feet.)
- If playground equipment is broken, what should you do? (Do not use it, and tell an adult.)
- Is it safe to walk in front of someone who is swinging? (No. Walk well around, behind or wide.)
- What should you keep to yourself on the playground? (Your hands and feet.)

- Is it safe to slide down feet first? (Yes — feet first, sitting up, never head first and never standing.)
- What should you throw on the playground? (Nothing — not mulch, not sand, not rocks.)
- There is a playground away from where your grown-up is and you really want to play on it. What do you do? (Ask first, and take a buddy. Never go where an adult cannot see you.)

That last question is the one worth spending an extra minute on. It is the one that comes up in real life.

Alternative: Playground Rules — scouting.org/cub-scout-activities/playground-rules/

Activity 3 — On the playground, for real (20 min)

Requirement 4 says demonstrate, so go out and do it. Walk the den to the equipment and take it one piece at a time, with buddies still paired.

- Slide — check the bottom is clear, climb the ladder one at a time with both hands, sit down, feet first, and get out of the way at the bottom.
- Swings — sit in the middle, hold both chains, and walk wide around anybody who is swinging. Have every Scout walk the safe path around an occupied swing once.
- Climbing equipment — face it, both hands, one at a time, and come down the way you went up rather than jumping off the top.

Every Scout does each one while you watch. That is what demonstrate means, and it is the difference between this requirement and the trivia game.

Then let them play for the last few minutes with the rules in force, and correct the first violation out loud and cheerfully so everyone hears it.

Say something like

Today you learned one of the most important lessons in Scouting: we are safer and stronger when we look out for one another. By practicing the buddy system, learning who safe adults are, and paying attention to your surroundings, you showed responsibility and courage. Keep staying aware, keep sticking with your buddy, and keep making choices that help everyone stay safe. That's how Wolves lead the way.

Send home with families

Next time you are at a playground, let your Scout tell you the rules before they run off. They will remember more than you expect.

Practice a buddy check at the store or the park — call it and see how fast they find their person.

Leader notes

- Parent permission for the Protect Yourself Rules video is required, in writing, before the Scout watches. A family may decline, and a family may prefer to watch at home. Both are fine and neither is discussed in front of the den.
- Keep the tone of meeting 1 light and empowering. The goal is a Scout who feels capable of speaking up, not a Scout who is frightened.

- Never make a Scout act out a scenario. Volunteers only, and praise the ones who try.
- You are a mandatory reporter in practice. If a Scout tells you something, report it the same day to your Scout executive and to local authorities. Do not investigate it yourself and do not tell other parents.
- Requirements 3 and 4 both say demonstrate. A Scout who answered trivia correctly but never went down a slide has not completed requirement 4.

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 or legal guardian permission before any Scout watches the Protect Yourself Rules video.

Walk the playground before the Scouts arrive. Check for broken equipment, hot metal on a sunny day, worn surfacing under the swings, and anything sharp in the mulch.

Annual Health and Medical Record parts A and B on file if the playground is away from your regular meeting location, plus your usual off-site adult ratio.

Water and shade on a warm day. Metal slides in direct sun burn.

Den first aid kit within reach of the equipment, not in a car.

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

Scout	1	2	3	4