



ADVENTURE WORKSHEET

Standing Tall

Cub Scouts · Required · Bear rank

Name

Started

Completed

Standing Tall helps you keep yourself safe. You'll learn about personal space, make smart rules for devices, and use the right safety gear. Knowing these things helps you feel confident.

Requirements

Every official requirement, in plain language. Check the official wording when you sign off (scouting.org/cub-scout-adventures/standing-tall/). Tips and examples are ideas, not extra requirements.

- ☐ **1** With your parent or legal guardian's permission, watch the Bear Protect Yourself Rules video

Tip: Watch the video with a parent or guardian and pause to talk about questions.

- ☐ **2** Complete the Personal Space Bubble worksheet from the Protect Yourself Rules resources

Tip: Fill out the worksheet with your grown-up and talk about who is inside your bubble.

Example: On the Personal Space Bubble worksheet, you might put family in your closest bubble, friends and teachers in the next, and people you don't know in the outer ones. Talk about why.

- ☐ **3** Work with your parent or legal guardian to create a family digital device policy

Tip: Agree with your family on screen time, where devices stay, and what to do if something online feels wrong.

Example: Your family's device policy might say: screens off an hour before bed, games after homework, ask before downloading anything, and tell a grown-up if someone online asks for personal information.

- ☐ **4** Identify common safety gear for the head, eyes, mouth, hands, and feet and how each item protects you; show the right way to use safety gear for an activity

Tip: Gather a helmet, goggles, mask, gloves, and sturdy shoes, then show how to wear them for an activity like biking.

Example: For biking: a helmet for your head, sunglasses for your eyes, gloves for your hands, and closed-toe shoes for your feet. For sanding wood: safety glasses and a dust mask.