

Personal Safety

CUB CHAT LIVE!

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DECEMBER 5, 2025





PACK MEETING RESOURCES



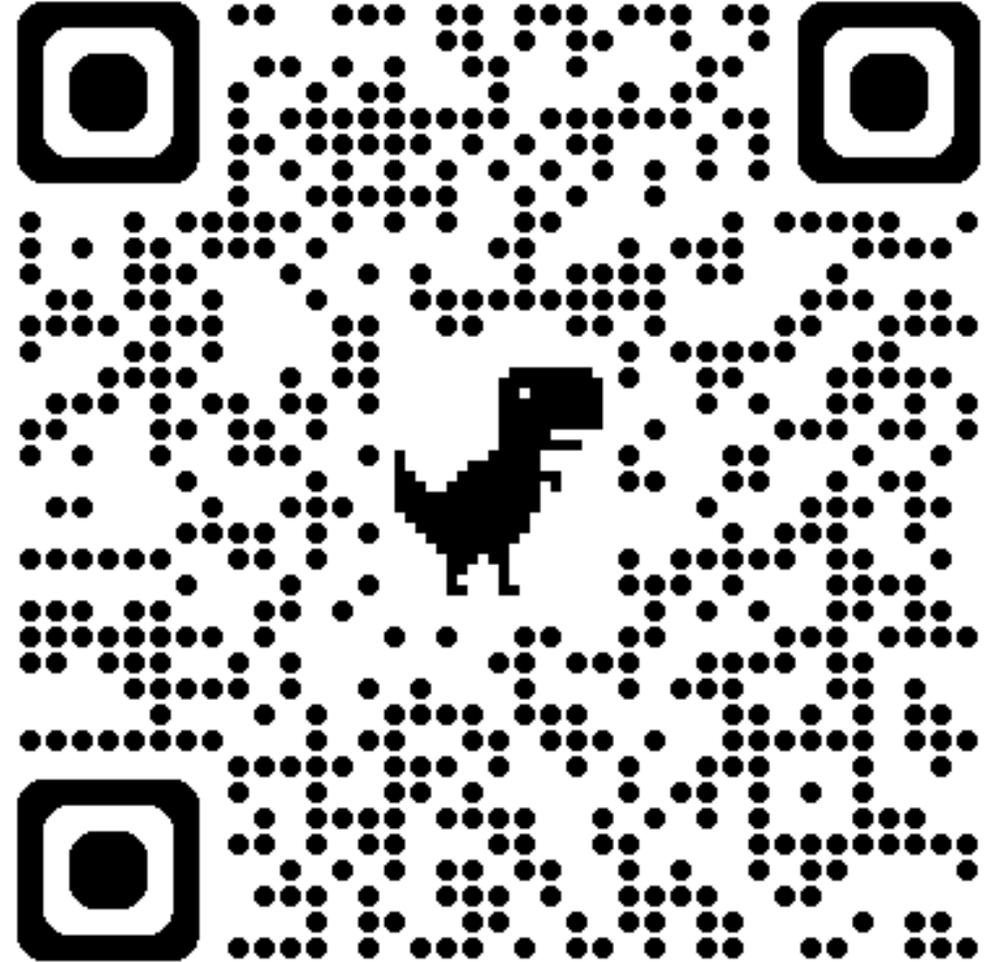
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Pack Meeting Resources

The Pack Meeting is a time to build positive relationships among the families in the pack. The Cubmaster is the lead in organizing pack meetings and utilizes Assistant Cubmasters, Pack Committee Members, and parents in the pack. Pack meetings should be fun for parents, leaders, and Cub Scouts. Pack meetings can be a special event, based on a Cub Scout Adventure, a time to celebrate, or a time to build your pack community.



Conducting a Pack Meeting



Pack Meeting Plans

For Adventure Based Meetings. These meeting plans are designed to earn Cub Scout Adventures that are available for all grades/ranks as a pack.



Character & Leadership

Outdoors

Personal Fitness

Citizenship

Personal Safety

Family & Reverence

Cycling

Fishing

Camping

Paddle Craft

Pinewood Derby

Raingutter Regata

Personal Safety Pack Meeting Planner

Pack Meeting Planner

Pack Meeting Theme / Adventure – Personal Safety

Pack Meeting Date: _____ Time: _____ Location: _____

Before the Meeting		
Action	Description	Assignment Accepted By
Confirm location	Confirm the meeting location and access	
Meeting Reminders	Meeting reminders to families, 7 days, 3 days, and the day of the meeting.	
Purchase Adventures	Purchase the Adventure loops and pins, and any other recognition	
Gathering Supplies	Purchase or gather the supplies needed for the pack meeting	
At Home Requirements	Notice to parents about any at-home requirements that need to be completed before the pack meeting	
During the Meeting		
Action	Description	Assignment Accepted By
Gathering activity	Watch the Protect Yourself Rules Videos Lions, Tigers, Wolves, and Bears https://vimeo.com/325064485 Webelos and Arrow of Light https://vimeo.com/901242653	
Opening Flag Ceremony	Traditional Flag Ceremony	
Opening Remarks		
Den Break Outs or Den Meetings		
Lion	Shout, Run, Tell Relay	
Tiger	Shout, Run, Tell Relay	
Wolf	Playground Rules	
Bear	Personal Bubble Personal Bubble worksheet Sport Safety Gear	
Webelos	Safe Home Safety Checklist Be Prepared for Natural Events Be Prepared for Natural Events worksheet	
Arrow of Light	Hurry Cases	
Activity Stations		
Station 1	Buddy Game	
Station 2	First Aid Kit	
Station 3	Mixed – crossing the street, getting lost, and First Aid	
Station 4	911 and First Aid	
Fun and Games	Cups and Downs	
Presentations and Ceremonies	Personal Safety Ceremony	
Cubmaster Minute		
Closing Ceremony	Traditional Flag Ceremony	
After the Meeting		
Clean Up Meeting Space	Put the meeting space back in the proper order. Clean up activity stations. Check bathrooms. Take out trash.	
Meeting Space Lock Up	Check all rooms in the meeting location to make sure everyone has left the building. Secure the meeting space.	

Adventures



Lion's Roar

Personal Safety



Tiger's Roar

Personal Safety



Safety in Numbers

Personal Safety



Standing Tall

Personal Safety



My Safety

Personal Safety



First Aid

Personal Safety

Keys to this Adventure

- This Adventure teaches Cubs how to keep themselves safe
- Works best when Parents and/or Legal Guardians take an active part
- It is important to prepare the Parents on what to expect
- Allow Parents to do some of the activities at home, if that makes them more comfortable with the content
- Videos were developed with the help of world leading experts and the Barbara Sinatra Children's Center Foundation
- Two separate videos: One for Tigers, Wolves and Bears and the other for Webelos and AOLs
- Our survey of over 7000 parents and leaders has resulted an over 90% approval rating

At Home Requirements

The following requirements are completed at home before the pack meeting.



Bear Rank

ACTIVITIES AND REQUIREMENTS

Family Digital Device Policy

Standing Tall Requirement 3



Webelos Rank

ACTIVITIES AND REQUIREMENTS

Hazard Labels

My Safety Requirement 2

Gathering Activity

Watch the Protect Yourself Rules Videos:



Lions, Tigers, Wolves, and Bears



For Webelos and Arrow of Light

Den Break Outs

Dens may meet individually or they may be combined to complete similar or the same requirements.

WOLF SCOUTS – The Wolf Scouts have a requirement regarding the use of playground equipment. If there is not a playground at your meeting location, have the Scouts discuss common playground equipment and rules to follow. If there is a playground at your meeting location allow Scouts to discuss rules and demonstrate the proper use.



Lion Rank

ACTIVITIES AND REQUIREMENTS
Shout, Run, Tell Relay
Lion's Roar Requirement 2



Tiger Rank

ACTIVITIES AND REQUIREMENTS
Shout, Run, Tell Relay
Tiger's Roar Requirement 2



Wolf Rank

ACTIVITIES AND REQUIREMENTS
Playground Rules
Safety In Numbers Requirement 4



Bear Rank

ACTIVITIES AND REQUIREMENTS
Personal Bubble
Requirement 2
Personal Bubble worksheet
Standing Tall
Sport Safety Gear
Requirement 4

Activity Stations

Set up 3 activity stations, each station is led by an adult who has been given the resources ahead of time to prepare for the activity or activities. Cub Scouts rotate to each station either by den or mulit-rank dens. Each station has an activity for each Cub Scout rank.



STATION 1

Buddy Game Station

ACTIVITIES AND REQUIREMENTS

Learn about the Buddy System and demonstrate how it works via a Buddy-Legged Race.

Lion Den

Tiger Den

Wolf Den - Req. 3

Bear Den

Webelos Den

AOL Den



STATION 2

First Aid Kit Station

ACTIVITIES AND REQUIREMENTS

Make a personal first aid kit.

Lion Den

Tiger Den

Wolf Den

Bear Den

Webelos Den

AOL Den - Req. 7

Explain what to do if you encounter someone who needs first aid.

AOL Den - Req. 2

Resources

Cub Scout Leader Resources:

<https://www.scouting.org/programs/cub-scouts/leader-resources/>

Multi-rank Den Guide:

<https://drive.google.com/drive/folders/1YWnFC89pRIOIXb1Hsym4iG8Bc3EiliK1?usp=sharing>

Facebook Groups:

Cub Scouting Tips and Tricks

Cub Scout Volunteers

Cub Scout Leaders Scouting Cubmasters Den Leaders