

Beaver Scouts

STAY →
← SAFE

Always ask a grown-up when you are going out and go with a friend.

If you see something you don't like, or it makes you sad, tell a grown-up.

Feeling sad or upset? Not sure who to talk to? You can talk to **Kids Help Phone** at 1-800-668-6868.

Sometimes people might ask you to do things that make you worried or upset or they may even try to trick you. It's ok to say no to people, even grown ups.

Remember, it's ok to say no if you are worried, scared or upset.

If someone you don't know asks you for help or to go with them, say no or I can't help you, then tell a grown-up. You can practice this with your parents or at Beavers.

If someone tells you that something is a secret, you should tell a grown-up that you trust about it. The grown-up you trust can help you. Sometimes secrets can hurt people.

There are lots of people you can talk to if there is something that makes you sad or upset. You can talk to your parents, your teacher, a Scouter at Beaver Scouts or another grown-up that you trust.

[CLICK HERE
TO COLOUR ME IN!](#)

KidsHelpPhone.ca
1800 668 6868

Kids Help Phone

Scouts.ca

SCOUTS CANADA

CUB SCOUTS

STAY →

← SAFE

WHO CAN I TRUST?

A big part of staying safe is knowing adults that you can trust to help you. Adults that care about you and would help you if you need it, like your parents or grandparents, teacher, Scouter or anyone else you trust. Try to think of 5 adults you can trust, one for every finger on your hand.

HOW I STAY SAFE...

...WHEN I'M GOING OUT

I have fun playing with my friends and I go and meet them on my own when I'm allowed to. There are rules that we follow so we can stay safe. We never meet people we have met online because we don't know who they are.

Sometimes people try to trick children into doing things they don't like or that makes them sad or upset. It is ok to say no to someone, even a grown up, if we are not sure. Cub Scouts like to help other people, but you should ask a grown up before helping people you do not know or if they ask you to go with them or give you a gift.

WHAT IF I SEE SOMETHING I DON'T LIKE?

If you see something that upsets you, tell an adult and save any inappropriate messages to show them.

Don't open messages or emails from people you don't know. They might have a virus in them and damage your device.

Some people pretend to be someone else online and it's not safe to meet up with someone you meet online. If you make a friend online and want to meet them, have an adult that you trust come with you.

We always ask permission from an adult to go out and we agree on where we are going. We don't talk to people we don't know and tell an adult if someone is mean or weird to us. If we are going to go somewhere else or get home late, we always phone or text our parents first so they know we are safe.

You could practice saying no or I can't help you with your parents or at Cubs. Remember it is ok to say no if you are not sure, even to an adult. Always tell a grown up you trust what has happened.

REMEMBER...

If I need more help or have a question I can call Kids Help Phone for free at 1-800-668-6868, go to kids helpline.ca, or talk to a trusted adult.

...WHEN I'M ON MY CELL PHONE

I always keep my cell phone with me so I can talk to all my friends and family and to take pictures. I send lots of texts to my friends and also to my parents so they know I am OK when I go out. My parents don't know what messaging is, so I had to teach them about Whatsapp and Snapchat.

Somebody sent me nasty text messages before. I told my teacher and they stopped the person sending them. You should never reply to any texts like that or nasty emails; always tell an adult you trust. I ask my parents for permission before downloading apps. Sometimes they cost a lot of money.



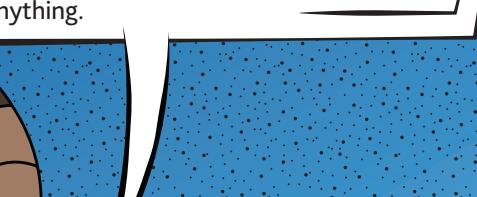
...WHEN I'M ONLINE

I like to use the internet to play games and talk to friends. I've made a list of all the things I do online and how they work so you can have fun online as well.

Social media like Facebook or Twitter let you make a page for yourself online and tell your friends how you are and what you're doing. For social media you need to make a profile or account. Ask an adult you trust to help you do this and get permission before downloading.

Messaging is a way to talk to people online. A message will pop up on your screen right away. You can have private chats with one person, group chats with many people or video chats. You can have a list of all your friends, family or other contacts. For most sites, you need a profile to message other people. Your profile tells other people who you are. Don't put a picture of yourself on your profile or info about where you live and go to school. Don't video chat with people you haven't met in real life.

NEED TO TALK?



If something is making you feel worried or sad, there are lots of people you can talk to. It can help to talk to one of the Leaders in your Cub Scout Pack, and you can always talk to a teacher or a family member. Don't forget — you can call Kids Help Phone. They won't tell anyone you called and it's free, even from your cell phone.

...FROM BULLIES

One of my friends was getting bullied online; this kind of bullying is called "cyberbullying". My friend was very upset when people were being nasty and calling her mean names. My friend told me about it because she did not want to tell an adult. I told her about kidshelpphone.ca

They talked to my friend and helped her feel better. My friend also talked to a teacher who stopped the bully. Kids Help Phone 1-800-668-6868 is a helpful number for kids. You can call them for free from any phone. They won't tell anyone you called and will talk to you about anything.

REMEMBER...

Bullying is never OK and it's never your fault.

If I need more help or have a question I can call Kids Help Phone for free at 1-800-668-6868, go to kids helpline.ca, or talk to a trusted adult.

KidsHelpPhone.ca
1 800 668 6868

Kids Help Phone

...WHEN I GO OUT

- I always ask permission from an adult and tell them where I'm going.
- I don't talk to people I don't know and I tell an adult if someone is mean or weird to us.
- If I am going to be home late, I always phone or text my parents first. I tell them if I'm going somewhere else too.

...WHEN I'M ONLINE

- I don't have pictures of myself online or any info about where I live or go to school.

- I don't video chat with people I don't know in real life.

- I make my profile on social media private so only friends can see it.

- I don't give out my address or phone number.

- I don't open messages or emails from people I don't know.

...WHEN I'M ON MY CELL PHONE

- I only give my number to people I know and never give it to anyone online.
- I only send pictures to my friends and family, but I never send them to strangers or people online.

...IF I GET BULLIED

- I talk to an adult that I trust.

- I can talk to an adult like a parent, teacher or Scouter. They can stop the bully.

Scouts.ca

SCOUTS CANADA

SCOUTS STAY SAFE ...

AND KNOW WHO CAN HELP

It's important to know how to stay safe, but it's also important to know that there are people you can go to to help you stay safe. Try to think of at least 5 adults that you can trust; maybe your parents, teachers or Scouters?



You probably even use your phone at Scouts.

WHAT DO YOU DO ON YOUR PHONE?

- Texting
- Snapchat and taking pictures
- Playing games
- Checking out websites
- Playing music on Bluetooth
- All of them?

You can do all these things and chat with your friends. Here's what you can do to keep yourself and your phone safe.

Report a problem or harassment
Contact your phone company or an adult you trust if you are getting unwanted messages or calls. They can help you block those numbers, or even change your phone number if you have to.

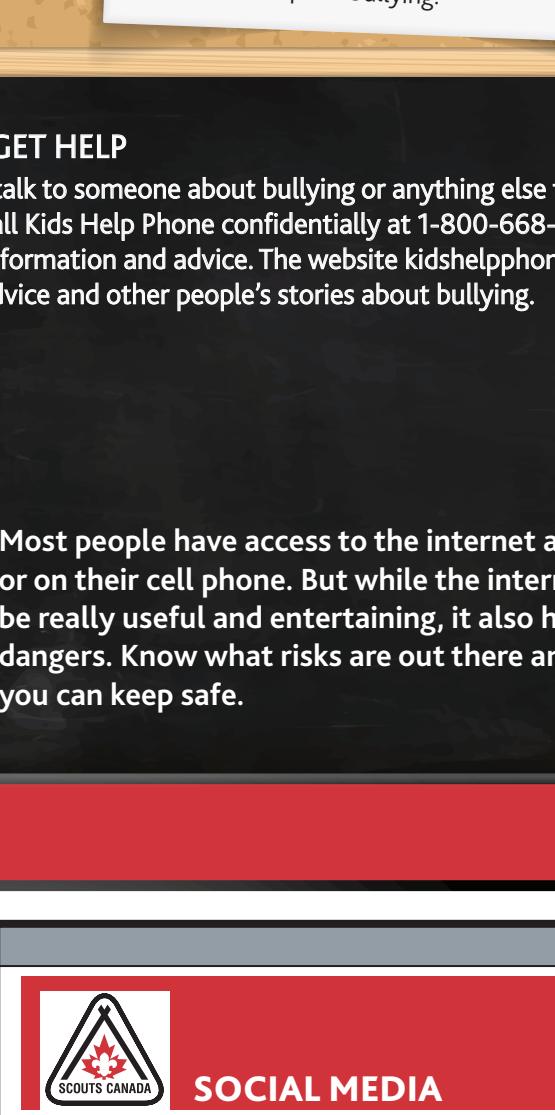
Think about when and where you use your phone
Don't use it when crossing the road, cycling or doing activities where you need to stay focused.

Keep yourself safe
Only give out your number to friends and family, never to someone you don't know.

Keep it safe
Think about when you are off guard and your phone could be stolen.

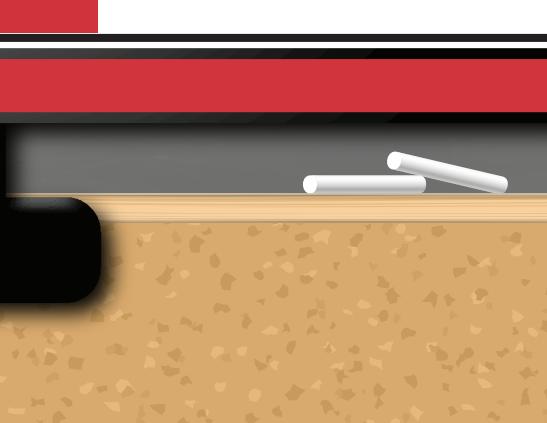
Think before you send pictures to other people
Once you have sent something or put it online you can't get it back. Even if it's just visible for a few seconds, someone can take a screenshot of it and post it online without you knowing about it.

Change the security, NFC and Bluetooth settings on your phone
Set up an unlock code on your phone, and use the fingerprint reader if your phone has one. This will stop people from accessing your phone without your permission. Turn NFC off, and Bluetooth if you are not using it. NFC (short for Near-Field Communication) lets someone get information from your phone just by tapping their phone to it.



I ❤️ SCOUTS

Scouts look out for each other and show respect for one another, which means bullying shouldn't happen. Sometimes bullying can still happen, and affects most people at some point in their life. They could even be bullied by their friends, siblings or cousins. Bullying is unacceptable and it is never the fault of the person being bullied. With messaging and the internet, there are more ways now than ever that bullying can happen.

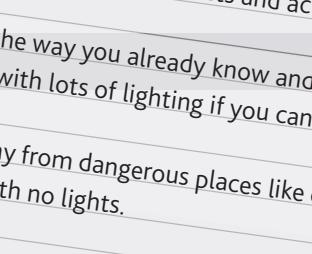


If you or someone you know are being bullied, or even if you think you might be bullying, do something about it. Tell an adult who you trust so they can stop the bullying.

WHERE TO GET HELP

If you want to talk to someone about bullying or anything else that is upsetting you, you can call Kids Help Phone confidentially at 1-800-668-6868, for free at any time, for information and advice. The website kidshelpphone.ca also has information, advice and other people's stories about bullying.

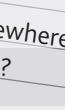
STAY SAFE ...



Most people have access to the internet at home or on their cell phone. But while the internet can be really useful and entertaining, it also has its dangers. Know what risks are out there and how you can keep safe.

DMS, GROUP CHATS & MESSAGING

This allows people to chat to each other privately or in a group; you type a message and it whoever you're talking to sees it instantly.



1. Before you add someone to a chat or message them directly, ask yourself: "Do I really know this person?"

2. If you have a profile online, it's a good idea to change the settings so they are private. With a private account, strangers can't "creep" on you, and you can only connect with your friends.

3. Do not put any personal details about yourself or include any pictures of yourself. Never give out details like where you live, where you go to school and what your phone number is.

4. If you enter a video chat, you should only have them with people you know in real life. This is because people can record it and send it to other people you don't know.

SOCIAL MEDIA

These are websites such as Facebook, Snapchat, Instagram or Twitter that allow you to keep in touch with friends, share pictures with them and let them know how you're doing. You can choose what kind of info you want to share, and who is able to see it.

1.

Restrict your profile to people you already know in your privacy settings. Otherwise anyone can look at everything you have about yourself on your profile. Would you want to see your picture, address and phone number on a billboard?

2.

It's a bad idea to meet someone in person if you have only met them online. People online might pretend to be someone younger so they can talk to you. Take a trusted adult with you if you decide to meet up.

3.

If you are worried about something that you see or are sent online, tell a trusted adult.

USEFUL WEBSITES AND PHONE NUMBERS

kidshelpphone.ca

• Talk to someone confidentially
• Help, advice and support

1-800-668-6868

helpcentre@scouts.ca

• Scouts Canada's help line

1-888-726-8876

deal.org

• Advice and information on issues affecting young people
• Access to other resources for more information

Scouts.ca



• If you can, go out in a group or at least with another friend.

• Stay alert and pay attention to everything happening around you.

• If you feel strange about someone or something, don't ignore it. Trust your instincts and act on it straight away.

• Travel the way you already know and stay on busy streets with lots of lighting if you can.

• Stay away from dangerous places like quiet areas or places with no lights.

• What is on the way home? Is there somewhere safe you can go if something goes wrong?

• Have your keys in your hand so you can get in the house quickly.

You might be allowed to go out with your friends without any adults now. You probably also go out with your Patrol. Parents often want you to keep in touch with you so they know you are safe. Send them texts letting them know where you are and that you're safe. This will avoid getting embarrassed in front of your friends when you get a phone call from your parents!