

STAY SAFE... Scouts



STAY SAFE...

WHEN YOU'RE GOING OUT

You may have started going out with your friends without any adults. You probably also do things with your Patrol.

Parents often want you to keep in touch with them. But who wants a call from Mom or Dad when they're out? Why not stay in touch by text? You won't receive an embarrassing phone call and your parents will know you are OK!

Top Tips

- If possible, travel with a friend – a group of you would be even better.
- Stay alert – keep an eye on everything that is happening around you.
- Trust your instincts – if you have a “funny feeling” about someone or something, don't ignore it. Act on it straight away.
- Take the route you know best and stick to well-lit, busy streets. Avoid danger spots like subways or badly lit areas.
- Think about your route home. Where would be a safe place to go if something went wrong?
- Have your keys ready so you can get into your home quickly.

Need more advice? Go to www.KidsHelpPhone.ca

STAY SAFE...

KNOW WHAT TO DO ABOUT BULLYING

In Scouts, we respect and look out for each other – that means bullying should be rare. However, a lot of people are bullied at some stage of their life. They might be bullied by their friends, brothers or sisters. Bullying is never OK and it is never the fault of the person being bullied. Today people can be bullied in lots of ways; at school, by text or on the internet.

What is bullying?

- Being called names
- Being teased
- Having money, cell phones or other possessions taken
- Being hit, pushed, pulled, pinched or kicked
- Receiving abusive or threatening text messages or emails
- Being ignored or left out
- Being attacked or abused because of their religion, gender, sexuality, disability or appearance.

Tell someone

If you are being bullied, know a friend who is being bullied, or even if you think you could be a bully, do something about it. Tell an adult who you trust. The adult can then stop the bullying and everyone involved.

Where to get help

If you want someone to talk to about bullying, you can call Kids Help Phone, 1-800-668-6868, toll free, at any time, for information and confidential advice. The website www.KidsHelpPhone.ca has information, advice and true stories about bullying.



It starts with Scouts.

STAY SAFE... ONLINE

Most people have access to the web at home or on their cell phone. But while the web can be really useful and great fun, it also has its dangers. Know what's out there and how to use it safely.

IM or Instant Messaging

This allows people to chat to each other privately; you type a message and it appears almost instantly.

1. To use IM, you need to have people in a contact list. Before you add someone, ask yourself: "Do I really know who they are?"
2. If you have a profile online, it's a good idea to change the settings so they are private.
3. Do not include pictures of yourself, your school, photos, cell number or where you live.
4. If you use a webcam with IM, you should only use your webcam with people who you know offline. This is because people can record it and send it to people you don't know.

Social Networking Sites

These are websites such as Facebook™ or Myspace™ that allow you to share information and keep in touch with friends. You can choose what information to share and who can see it.

1. Restrict your profile to people you already know. Otherwise anyone can look at information about you. Would you want your picture, address and phone number on the side of a bus?
2. It's a bad idea to meet someone in real life if you have only met them online. People online are not always who they say they are. They may pretend to be younger than they really are so they can talk to you.

Report things you don't like

Tell a parent if someone is saying things or showing you stuff that you don't like. To find out more about staying safe online, check out www.KidsHelpPhone.ca.



STAY SAFE... ON YOUR CELL PHONE

What do you use your cell for? Text, taking pictures, sending video clips, playing games, surfing the web or sharing ringtones on Bluetooth™ – all of them? You can do all these things and chat to your friends. You probably even use your phone at Scouts. Here are few things you can do to keep yourself and your phone safe.



1. **Think before you send pictures to other people:**
Once you have sent something or put it online you can't get it back.
2. **Change the security and Bluetooth™ settings on your phone:**
This will stop people accessing your phone.
3. **Report a problem or a nuisance:**
Contact your cell company if you are receiving unwanted messages or calls.
4. **Think about when and where you use your phone:**
Don't use it when crossing the road, cycling or doing activities.
5. **Keep it safe:**
Think about when you are off guard and your phone could be stolen.
6. **Keep yourself safe:**
Don't give out your number to people you don't know.

STAY SAFE... USEFUL WEBSITES & NUMBERS

www.KidsHelpPhone.ca

- Talk in confidence
- Help, advice and support for when you go online

www.deal.org

- Sound advice on drugs
- Sex and relationships
- All issues affecting young people

helpcentre@scouts.ca or 1-888-726-8876

- Scouts Canada's help line

