

Ticks You Off!

Active & Healthy Living



DISCOVER



QUICK

3 GOOD HEALTH
AND WELL-BEING



15 LIFE
ON LAND



What You Will Discover

Explore the characteristics of ticks and find out what to do if you find one on yourself.

The Adventure

Discover how to spot and avoid getting bitten by ticks. Pair up and have your partner face away for a moment. Then, place a small dot sticker somewhere on yourself to represent a tick. Challenge your partner to find the dot sticker and safely remove it using tweezers. Next, it's your turn to try to find the "tick" and safely remove it!



It starts with Scouts.

Plan

- What do you need for this game?
- Where on your body will you most likely find ticks? How can you find out?
- How should you pull a tick off? How can you find out?

Do

Using **#ScoutsDoStuff**, share what your tick awareness with a younger Section, or with your friends and family!

Review

- What was the trickiest tick to find?
- How can you prevent getting ticks?
- Why is it important to prevent ticks?

Safety Note

Why do you practise taking ticks off with tweezers? When a tick bites, it sticks its head right under your skin. If you pull a tick off with your fingers, you can leave its head behind. Ticks should be collected and sent in to check for Lyme disease.

Try this

Keep it Simple

Don't know what a tick looks like? With your Section, explore different ticks and their defining characteristics. From there, practise picking up items of different sizes with your tweezers or tick remover so that you get the hang of it.

Take it Further

Learn more about **Lyme disease**. Support tick and Lyme awareness by showing others how to submit ticks on citizen science apps like **eTick**.

