

# YOUTH PROTECTION TRAINING

How Can the Existing Program Be Improved?

A dissertation submitted to  
the Piedmont-Appalachian College of Commissioner Science  
in partial fulfillment of the requirements for the degree of  
Doctor of Commissioner Science

by

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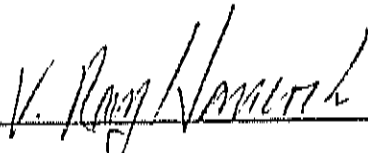
May 16, 1998

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Advisor Approval

  
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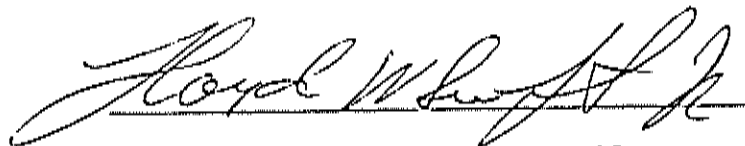
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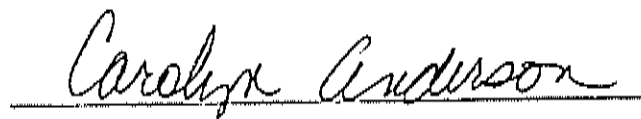
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College of Commissioner Science

Doctoral Thesis

May 16, 1998

Youth Protection Training

Thesis Statement

Organizing and maintaining a formal youth protection program is a necessity for Scouting. Scouts need to be prepared to respond effectively to the dangers posed by child abuse and drug use. My thesis is that the Boy Scouts of America (BSA) has a basic Youth Protection program in place, but the program needs to be improved and carried out more consistently.

## Chapter I

### Overview of Current BSA Training Materials

#### A. Introduction

Adult Youth Protection Training helps protect the youth in the Scouting program by increasing the adults' understanding of child abuse. It teaches adults how to recognize abuse and procedures for reporting child abuse. The training also expresses the Boy Scouts of America (BSA) policies that establish barriers to child abuse. Youth Protection Training alerts adults to the legal requirements of reporting abuse and to the policies that protect him or her from accusations of child abuse.

The Boy Scouts of America uses various videos and accompanying written material in the present Youth Protection program for adults and youth. These videos are award-winning and have been in use for several years.

#### B. Adult Videos

Youth Protection Guidelines: Training for Volunteer Leaders and Parents is the video for adult volunteers. Actually, there are two versions of this video with the same name. The twenty-five minute version is a brief overview of Youth Protection that was the first video concerning training of volunteer leaders and adults. A more in-depth symposium presentation covering the three 'Rs' (Recognize, Resist and Report) of Youth Protection is sixty-five minutes long and was produced more recently than the twenty-five minute version.

There is one video for the Exploring program at this time.

The title of it is Youth Protection Training: Overview for Exploring Basic Training. This video is geared to the leaders, but can be shown to the teenagers if necessary. The video does not keep the attention of teens very well. Youth Protection Training: Overview for Exploring Basic Training deals with situations that would arise in Exploring units that have mixed gender participants, such as date or acquaintance rape.

The Varsity program has no video or training material for Youth Protection at this time that is specific to their age group and type of activities, such as mixed gender events.

#### C. Youth Videos

Some basic, but very important, steps have been taken by the BSA in educating boys to be able to recognize the potential for abuse, to be able to resist abuse, and to be ready to report it, through two videos especially geared to youth. These videos are recommended for showing once a year to each unit.

It Happened to Me is the Youth Protection program geared to the Cub Scout and Webelos age youth for viewing with their parent and/or guardian present. This video shows younger boys the different methods used by adults, teenagers, or other youth to abuse and intimidate younger persons.

The video uses story-type scenarios that Cub Scouts and Webelos can understand and relate to. Youth of this age have an easier time understanding situations shown in a story format, rather than just being talked about. The video stresses to the youth that he is not to blame, and that the fault lies totally

with the abuser or potential abuser. This video shows youth that anybody can be a potential abuser, even caregivers or trusted and loved family members and friends.

The first example of a caregiver's husband molesting children in her care shows how sly some abusers can be - even his wife knew nothing of his actions. Scenario two shows the ten year old boy being bullied by his sixteen year old cousin, which gives an example of how older youth can terrorize and physically abuse younger youth. The next two scenarios deal with trusted adults tricking youth into being molested. The final scenario shows that even young women can be guilty of abuse against boys. Males are not the only abusers.

It Happened to Me also teaches a youth how to resist attempts of abuse by others. This video instructs a child to just say "NO". By being shown any sign of resistance, an abuser will usually give up and cease the attempt. Abusers do not like any hassles. The video instructs children to report any attempts at abuse, no matter what anybody says to the contrary. As shown in the video, the abuser will usually threaten the youth or his family with harm or other actions. If the abuser is a trusted family member, the threat will be, "If you tell, you won't be able to see me anymore". Abusers also threaten a child with, "You're only a kid. Who will they believe, you or me?" The video stresses the fact that the abused are believed, not the abusers.

The Boy Scouts of America has a Cub Scout Meeting Guide for the video, It Happened to Me. This guide instructs the Den Leader how to set up the screening, how to notify families of the



meeting and how to conduct the actual meeting where the video is shown. It has questions for discussion with the youth and their parents and answers to help guide the discussion.

BSA recommends having the discussion follow the showing of the video in a meeting with the youth and parents. Many units prefer not to hold the discussion period following the video showing. These units send the youth and parents home for more intimate private discussions, where, hopefully, the youth might be more comfortable. A youth is more likely to tell his parents of an instance of abuse if he's in the privacy of his own home, rather than in a group setting of other youth and adults, some of whom he might not know. For these units, parents and/or guardians should be given a copy of the Cub Scout Meeting Guide to guide them in the discussion with their child. There is no rule of thumb concerning which is the best way to do this, but it seems to depend on the Pack and its families, and how they feel about talking among people they may not know very well. Most youth and their parents feel more relaxed and able to open up in the privacy of their own homes, rather than in front of people who may be strangers.

Even before the showing of It Happened to Me, parents of Wolf, Bear, and Webelos Scouts are to go over the Boy Scouts of America publication that is in the front of each handbook, How to Protect Your Children from Child Abuse and Drug Abuse: A Parents' Guide, with their children. This booklet gives parents and youth more information regarding child abuse. They also have some scenarios that the youth and their parents or guardians can play

out to reinforce the lessons taught in the booklet.

A Time to Tell is a video geared to Boy Scout age youth, eleven to fourteen, which deals strictly with the problem of sexual abuse of teenage males. This video does not require the attendance of the parents or guardians, but they are welcome to the viewing. Boys will usually be restless and talkative when the video starts, but it only takes a few minutes and they settle down and pay close attention to what is going on in the video.

A Time to Tell stresses the three 'Rs' of Youth Protection - Recognize, Resist, and Report. The video uses several scenarios to show youth how to recognize what strategies and situations molesters use to attempt molestations. These scenarios also show what a youth can do to resist attempts at abuse. If a youth resists an attempt of molestation, the abuser will very seldom resort to force to continue the abuse.

The first scenario deals with a youth, Gary, whose father has died and whose mother has remarried. Unbeknownst to her, her new husband is a sexual abuser. He attempts to molest her son while she is out of town. Gary is comfortable with his stepfather until his stepfather shows him a sexually explicit video. At that time, Gary starts to get uncomfortable and starts to worry, with good cause as it turns out. Gary's stepfather then attempts his molestation. Gary gets away from him as fast as possible and tells the stepfather that he is sick and that Gary wants no part of what he was attempting to do. Gary then tells his neighbor, who calls Gary's mother. She then kicks her husband out and reports him to the authorities. Gary's mother also takes Gary for

counseling to help him deal with the attempt.

This scenario also shows that even the most innocent-seeming people can be abusers. It stresses that by yelling - "No! Stop!" the potential victim can usually prevent the molestation from occurring.

Scenario two shows that even long-time trusted friends are capable of abuse. David, the abuser, hangs out with Jeff and his friends to set up a seduction. By pretending to need help at his home, David convinces Jeff to come to his home. After working for a time, David suggests they remove their shirts to cool off. He then tells Jeff to take a shower before going home. While Jeff is in the shower, David attempts to join him. Jeff tells David to "Get out of here!" David does stop his attempt; but when taking Jeff home, David threatens Jeff. Jeff's parents do not want to believe the attempted abuse by their friend, but they know their son would not lie. Even though parents do not want to think bad of their friends, they will do right by their children.

The third scenario involves abuse by an older boy of a group of younger ones and shows how he uses peer pressure from the younger boys to gain more recruits for him to abuse. Tony uses money, a flashy car, drugs and alcohol, among other things, as inducements for the younger teens to join in his sexual activities. Carlos is attracted to this crowd at first. But when he realizes what it is all about, he wants nothing to do with it. He also wants to tell his parents about it so that the abuse can be reported to the proper authorities and stopped. Carlos does not want any more boys to be abused and taken advantage of.

Carlos's father does not have time to listen and keeps putting him off. But fortunately for Carlos, even though his mother is busy, she takes time to listen to him. She then gets her husband to listen also. Together the three of them go to the authorities. After the authorities have handled the situation, we find out that Tony had been abused when he was younger and never got help to get him through the ordeal. He was just repeating the cycle. If Tony had reported his abuse, and gotten help, he probably would never have become an abuser himself.

The need to report attempts at abuse to a trusted adult is stressed throughout the video. A youth should never give up trying to get an adult to listen to his story, no matter how long it takes to get an adult to listen. If the youth cannot get a parent and/or guardian to listen, he should go to a trusted teacher, a relative, pastor, or a law enforcement officer.

Youth who watch A Time to Tell and take part in the discussion following the video are better prepared to prevent abuse from happening to them and, if they have been abused, to know what they can do about it. The discussion guidelines reinforce what the youth are shown in the video.

#### D. Drug Abuse

There is one other area of Youth Protection that the Boy Scouts of America covers. This is the area of drug abuse. The BSA requires drug abuse awareness education for the Second Class rank for Boy Scouts.

Drugs: A Deadly Game! is a video that the Boy Scouts of

America has prepared for use in the Boy Scout program. It is the video's intention to warn youth of the dangers of drug use and abuse.

## Chapter II

### BSA National Requirements and Guidelines

#### A. General Information

Youth Protection Training protects councils, their chartering organizations and leaders by reducing their chances of having a suit filed against them regarding abuse. It also reduces the chance that the BSA's positive image will be tarnished by accusations of harboring child abusers or predators.

The Boy Scouts of America has made a very good start in educating adults and youth about Youth Protection. They execute this mission in several ways:

- Training Scouting volunteers, parents and Scouts in the detection and prevention of child abuse
- Establishing leader selection procedures to prevent offenders from entering BSA leadership positions
- Establishing policies that create barriers to abuse within the Scouting program
- Encouraging Scouts to report improper behavior of adults or other youth
- Swiftly removing adult and youth offenders from the program

#### B. Requirements

Youth Protection Training is required for all new adult leaders and volunteers within ninety days after joining the program.

Along with Youth Protection Training, the BSA has

established effective screening guidelines for selecting leaders to prevent abusers from entering the Boy Scouts of America leadership ranks. The most important step is requiring that all adults working with youth be registered with the BSA and reference checks are to be done prior to the volunteer working with youth.

Reference checks can attest to a volunteer's moral character and suitability in working with youth. They can also reveal past criminal history, if any. By doing reference checks on a potential volunteer, the chartering organization and/or unit committee could uncover someone who is an alcoholic, drug user, sex offender or has other unsavory traits which may not be listed on a criminal check for some reason. This step, if followed correctly, will virtually eliminate anyone convicted of a crime against youth from becoming part of the Scouting program. It doesn't eliminate those that haven't been caught and convicted, but it is a good start.

Remember - If someone seems to be too good to be true, they probably are. It is better to beware early, than to be sorry later.

Requiring a minimum of two-deep leadership for all Scouting activities where youth are present is another important step the BSA has taken in the protection of its youth. This requirement is not only for the protection of youth, but the adults as well. Two-deep leadership consists of two registered Scouters, or one registered leader and one parent, one of whom must be twenty-one years of age. By having at least two-deep leadership present at

all activities, the chance of a youth being abused by an adult or another youth is greatly reduced.

The ratio of adult leadership to youth participation must increase after there are fourteen youth present. There should be one additional adult for each additional ten youth. The ideal ratio for adult leadership to youth would be two adults per every ten youth.

### C. Other Barriers to Abuse

The BSA has created other barriers to abuse, as well. They are:

- No one-on-one contact between youth and adults is allowed. All situations that require personal conferences between a leader and a youth must be held in view of other adults and youth. A quiet corner of the room that the unit meets in is an example. These conferences cannot be behind closed doors or in a separate room. This requirement not only protects the youth from any chance of abuse, but also protects the adult from a youth falsely accusing the adult of abuse because the youth didn't like what the adult had to say.
- There are BSA rules regarding the respect of privacy by all parties. Adults should respect a Scout's right to privacy in changing clothes, taking showers or using restroom facilities. An adult should not intrude on a Scout's privacy except where health and safety require.



intrusion. Scouts should also respect adults' privacy in the same situations.

- Youth are not allowed to share a tent with an adult unless that adult is their parent or guardian.
- There are other rules regarding camping accommodations of adults. Married couples may share tents or other sleeping quarters at Scouting functions, but unmarried couples may not. This reinforces the positive moral values that the BSA wants to pass on to the youth.
- When youth participate in activities, they should be well prepared for the activity in advance. The activity should be properly planned, taking into consideration the capabilities of each Scout who will be participating. All Scouts must be aware of what clothing, equipment and safety measures are required to participate in the activity. The required number of adults must also be present at the activity.
- Proper attire is required for all Scouting activities. Skinny dipping is prohibited by the BSA. Under no circumstances are adults to allow youth to skinny dip.
- Corporal punishment is never allowed in Scouting. Under no circumstances should an adult leader strike a Scout. Leaders should use constructive discipline for correcting Scouts. This constructive discipline should always reflect Scouting's values.
- There are no secret organizations allowed in the Boy Scouts of America. Even Order of the Arrow ceremonies

are open to observation by parents and leaders.

The BSA prohibits physical hazing and initiations at any Scouting activity.

Making Youth Protection Training for adult leadership a requirement for a unit to receive the Quality Unit Award is a positive step. Requiring a specific individual to be responsible for ensuring that all volunteers, whether leaders, committee members, merit badge counselors, drivers, etc., receive Youth Protection Training within the allotted period of time is also positive.

Facilitators or designated Youth Protection coordinators for units, training courses, or districts, are ultimately responsible for making sure that the volunteers are properly trained. If an incident should occur involving a volunteer that a facilitator signed the Training Roster for, the facilitator could also be held responsible for the volunteer's actions. Facilitators are to train adults and youth in Youth Protection, using the videos and training materials provided by the Boy Scouts of America. The facilitator must be able to lead discussions and know the local rules, as well as BSA policy.

The Commissioner staff of each District should be trained in Youth Protection. They should then be able to train each unit's designated person in giving the Youth Protection Training to their unit. If a unit doesn't have a person designated to teach Youth Protection, the Unit Commissioner should be able to assist the unit in selecting an appropriate person. The Unit Commissioner should then train the new facilitator and make

certain the new facilitator has access to, or knows how to,  
obtain all materials necessary for Youth Protection Training.

## Chapter III

## Personal Views of Materials and Training

## A. Adult - Youth Protection Videos

In my experience over the past three years as District Youth Protection Verification Chairperson, I have found that the Boy Scouts of America Youth Protection Training program is basically a very good program. A large amount of time, thought and preparation went into the program, but there are places in the program that are lacking.

There are two different videos entitled Youth Protection Guidelines: Training for Volunteer Leaders and Parents that are used for adult Youth Protection Training. There is a vast content and time difference between the two videos. The twenty-five minute version is a brief overview of Youth Protection Training; and the sixty-five minute version is a more in-depth presentation.

By having two vastly different videos and giving individual units the option of which to use, the BSA is not providing the same depth of training to each adult. The level of training should be consistent throughout the national program.

In my experience in teaching Youth Protection Training for the past few years, I have found that even though the sixty-five minute video is more time-consuming, participants in the training are much more receptive to this version. It also stimulates the participants to become more involved with the discussion areas.

In addition to this inconsistency at the unit level, the syllabus for Scoutmastership Fundamentals requires that the

twenty-five minute video be shown. The same is true in the syllabuses for Varsity Scout Leader Fundamentals and Cub Scout/Webelos Basic Leader Training sessions.

I have heard rumors that National is thinking about removing Youth Protection Training entirely from the training course syllabuses. This would be a major mistake. If Youth Protection Training is required, how can we possibly not do the presentations during training?

B. Youth - Youth Protection Videos

Both A Time to Tell and It Happened to Me are excellent videos. They seem to be hits with the boys.

C. Varsity and Exploring

There is no Youth Protection Training material made strictly for the fourteen to eighteen year old age group at this time. Exploring age teens should really have a training syllabus as there are quite a few Explorers who have never been in Scouts; thus, they have never had Youth Protection Training before.

D. Drug Abuse

Drugs: A Deadly Game! is a program using a video and printed materials that the Boy Scouts of America has prepared for use in their program. This video is seriously out of date and is geared to adults rather than to youth. The music gains everyone's interest at the beginning, but the video fails to keep the viewer's attention because it shifts to some politicians talking:

Everyone that I know who has used this video in their unit, has lost the boys' interest within minutes. Even adults lose interest in it quickly. I, personally, don't use the video except to show the part where the two teenagers are discussing their drug habits and what the drugs did to their lives.

After having used the Drugs: A Deadly Game! Facilitator's Guide that I drew up using BSA materials (copy included at end of paper) and the booklet, A Warning About Drug Abuse, to teach drug abuse awareness for the past few years, I have found that using an interactive symposium format with the youth holds their attention much better than the video does. Asking them questions and getting their answers has proven to be the best way of covering the subject and keeping their interest. They respond to each other's answers and really get involved in the instruction. They learn all the facts that you present them, and they have fun learning. True, they may snicker and joke about impotence and lack of sexual desire when you tell them that these are just a few of the symptoms and penalties of drug abuse -- after all, they are teenage boys. But they do take it seriously.

Drug abuse resistance education is as much a part of Youth Protection Training as is teaching about sexual, physical and emotional abuse.

#### E. Youth Protection Facilitators Training

Presently there is no syllabus or training done for facilitators of Youth Protection Training. When I first started in the program and became District Youth Protection Verification

Chairperson, I didn't know that the various materials existed. I was shown the twenty-five minute version of Youth Protection Guidelines: Training for Volunteer Leaders and Parents in Scoutmastership Fundamentals, but had no other training in Youth Protection. It was like a baptism in fire when I was asked to start teaching Youth Protection to units.

## Chapter IV

## Recommendations for Changes and/or Additions

## A. General Information

The education of Scouting volunteers, parents and youth in Youth Protection is an absolute necessity for the Boy Scouts of America. The Boy Scouts of America has taken on the commitment of providing a safe place for the young males of our country to learn basic and advanced skills that they will need in their future lives, without fear of abuse. If we do not train our leaders and youth about what makes up abuse, whether it be sexual, emotional, physical or neglect, or drug abuse, we sadly fail in our duty to protect the youth of today and tomorrow. By teaching youth how to recognize, resist and report abuse or attempted abuse we make them better adults of the future.

The existing Youth Protection program of the Boy Scouts of America uses outdated material and needs to be upgraded to keep up with the times.

## B. Case for Use of A Single Adult Video for Youth Protection

There should only be one adult Youth Protection Training video, rather than two. The sixty-five minute version of Youth Protection Guidelines: Training for Volunteer Leaders and Parents should be the version of choice. It is a much more comprehensive format and gets a much better response during training sessions.

If the Boy Scouts of America is going to keep Youth Protection Training within the unit as a Quality Unit requirement and require all adult volunteers to participate in the training,



the BSA should be reinforcing the importance of the training, not taking Youth Protection Training out of the training syllabuses.

C. Troop Junior Leaders to have Adult Youth Protection Training  
Youth Protection Training for youth, especially Junior Assistant Scoutmasters, Senior Patrol Leaders, and Assistant Senior Patrol Leaders, should also be given consideration as a requirement for the Quality Unit Award in the very near future. If a unit is truly boy-run, the youth leaders should not be exempt from being required to take the same Youth Protection Training as the adults in addition to A Time to Tell.

D. Other Requirement Recommendations

The Youth Protection Training requirements should be consistent throughout the National program, such as re-certification every three years and using the same sixty-five minute video nationwide. Using the sixty-five minute video and accompanying materials ensures that all are given the same level of training and that all are on the same track.

I highly recommend that all leadership training courses retain Youth Protection Training as part of their syllabus. Also, I recommend that National change the syllabus to incorporate the longer symposium-style version, rather than the introductory version. An updated version of the symposium would be a good idea. The current one is already four years old.

The requirement that volunteers must now take Youth Protection Training within ninety days of registering with the

BSA should be tightened up. A thirty or sixty day maximum time frame to take Youth Protection Training should seriously be considered, rather than the current ninety days. A large number of Scouting events can take place in the ninety day period and there could be an incident of abuse being reported to a leader who has not had the Youth Protection Training. Such a leader would not know the BSA policies and procedures regarding Youth Protection, leaving the leader and the BSA open to possible litigation that could have been avoided. Therefore, a shorter required time limit to take the Youth Protection Training would be much better than the ninety days now required. If a volunteer does not take the Youth Protection Training within the time limit, they probably have no intention of doing so. That individual should then be suspended from the program until they have taken the Youth Protection Training, especially if they have direct contact with youth.

All adult volunteers and professional Scouters should be re-trained in Youth Protection at a minimum of every three years using the materials that stress the three "R's" of child abuse, Recognize, Resist, and Report. If required by Local, State or National law, the time between re-certification could be even less than the three years. The re-certification minimum should be set as a National BSA policy. As of this time, it varies from three to five years across the country.

When Youth Protection Training is administered, the videos should never be given to a person to take home and watch on their own. Scouts/Scouters are supposed to be honest and trustworthy;

but there is no guarantee that the volunteer watched the video even though they said they did.

At this time there is no Youth Protection Training video that is geared to Varsity and Exploring age youth. The closest video is Youth Protection Training: Overview for Exploring Basic Training. The Boy Scouts of America should consider putting together a video presentation geared to the Varsity and Exploring age youth. This presentation could be done in a roundtable-type format using teenagers who have been abused by adults, who have had abuse attempted by an adult, or who have been accosted by an acquaintance. The roundtable discussion could deal with how the abuse happened, what the teenager did to resist and how they have dealt with the trauma since it happened. The discussion should also instruct the teenagers on how to prevent abuse from being attempted or happening, and what the procedures are for reporting the attempt of abuse or actual abuse. Varsity and Exploring age youth need to know that they are not forgotten when it comes to Youth Protection Training.

There are additional Youth Protection guidelines to be followed when there are mixed company activities. If females are present, there cannot be all-male leadership. There must also be one female leader for every ten females participating in the activity. This is true of any Varsity or Exploring outing. The female leader should be at least twenty-one years of age. Male and female youth of Varsity and Exploring age may not share sleeping facilities during outings.

The video, Drugs: A Deadly Game!, is seriously out of date

and is geared more to adults than to youth. Former President Bush has not been in office for a number of years. This video would be much more effective by updating it with more former young drug abusers who are willing to discuss what happened to them and how drugs affected them, their families and their lives; and by leaving out the politicians. The youth would be more interested in watching the video and it would hold their attention more if there were no politicians involved. The majority of teenagers don't want to hear politicians speak on anything, much less drug abuse. Having politicians speak about drug abuse is an absolute turn-off to teens. An interactive session about drugs and their effect on people also is an excellent idea. The interactive session could give teens a chance to learn of ways to discourage drug abuse in their friends, classmates and others. The session should be practical from their point of view.

#### E. Facilitators Training Course

Consideration should be given for a Youth Protection Training Facilitator's course by the National BSA office. At present there is no syllabus for training facilitators the correct way to present the Youth Protection courses. The course would teach the facilitators what materials are available for their use and how they should be properly presented to their units or other training sessions.

The new course could be entitled 'Youth Protection Facilitator Training'. It would be approximately a four or five hour syllabus, with at least 3 or 4 ten minute breaks throughout.

the program.

This course would show the following videos: 1) the sixty-five minute version of Youth Protection Guidelines: Training for Volunteer Leaders and Parents; 2) Youth Protection Training: Overview for Exploring Basic Training; 3) It Happened to Me; 4) A Time to Tell; and 5) Drugs: A Deadly Game!, hopefully a new version. The course would teach the facilitators exactly how to conduct the various Youth Protection Training areas for their units or other training sessions. It should include a discussion period after each video just like a regular Youth Protection Training session a unit would have for adults or youth, as the case may be. All accompanying printed material should also be distributed.

### Conclusion

We, as adults in the Scouting program, need to do all we can to ensure that our youth are made aware of the dangers of all types of abuse, how to resist that abuse, and to be prepared to report the abuse if it happens to them or someone they know. In order for us to accomplish this task, we must have the most up-to-date Youth Protection Training material available and must have the necessary training to know how to use the materials to their full potential.

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## DRUGS: A DEADLY GAME!

\*\*\* NOTE: This is to be presented using the BSA "A WARNING ABOUT DRUG ABUSE" booklet and three page human body chart\*\*\*

General Information

- One out of four 12 to 17 year olds in most big cities are drug abusers
- Teenage suicides increase 57% after children develop a marijuana habit then move on to other heavy drug use
- In the US someone is killed in an alcohol-related accident every 22 minutes
- America's number 1 drug problem is with a legal drug - alcohol
- Biggest killers of teenagers are alcohol and mixtures of marijuana, beer, and driving at night
- After age 20 a smoker loses 137 minutes of his life PER PACK of cigarettes
- 25% of high school seniors who smoke had their first cigarette by the 6th grade
- It's true tobacco and alcohol are legal drugs for adults but that doesn't mean they're good for your body. Even drugs that doctors prescribe are bad when used in the wrong way, by the wrong person, in the wrong doses.
- Drugs are like tiny time bombs covered with candy
- Number 1 Killer - cigarettes
  - Contain 3 very dangerous chemicals: nicotine, tar and carbon monoxide
    - Nicotine is a psychoactive drug - it provides a kick that affects your mood. Nicotine is addictive and the longer you smoke, the more deadly your habit and the more difficult it is to quit
    - Nicotine clogs your blood vessels, shortens your breath, causes cancer and other diseases
  - Signs of Use
    - Shortness of breath
    - Bad breath
    - Smokers cough
    - Wheezing
    - Asthma and/or emphysema
  - Long term effects
    - Blood - constricts blood vessels; high blood pressure
    - Heart - possible heart attack
    - Lungs - chronic bronchitis, pneumonia, emphysema
    - Mouth - possible cancer
- Number 2 Killer - Alcohol
  - Can alter moods, cause changes in the body and become habit forming
  - You can be considered an alcoholic even if you just drink beer
  - Absorbed into blood stream through stomach and small intestine
  - Depresses central nervous system
  - 1 can of beer contains as much alcohol as 1 ounce of hard liquor
  - 1 can of beer affects your reasoning, judgment, breathing and coordination, makes you dizzy and fuzzy-headed
  - After 5 beers you are INTOXICATED and it takes 3-1/2 days to recover your reflexes and normal brain function
  - Signs of Use
    - Impaired judgment
    - Decreased self control
    - Impaired coordination
    - Slow reactions
    - Slurred speech
    - Sometimes unconsciousness
  - Long Term Effects
    - Brain - Permanent cell damage, loss of memory, confusion
    - Heart - High blood pressure, enlarged heart



- Liver - Severe swelling, hepatitis, cirrhosis
- Lungs - Severe swelling and chance of infection
- Sex Organs - Impotence or inability to have sex
- Pancreas/Intestines - Inflammation, diarrhea
- Stomach - Inflammation, ulcers
- Muscles - Weakness, loss of tissue

• Number 3 Killer - Mixture of marijuana, beer and driving  
 Beer and marijuana taken together can cause a drug overdose before you know it.

Each ~~doubles~~ the effect of the other

• Marijuana or pot contains more than 400 chemicals including mind-altering THC  
 • Marijuana - contains mind altering substance that stays in the brain one month after smoking one joint. Usually leads to other more serious drug usage

• Relaxes the body and mind. Causes mood changes.

• It is addictive and can lead to heroin, cocaine and alcohol usage

• Signs of Usage

- Reduced short-term memory
- Alters sense of time
- Reduces coordination and concentration
- Increases heart rate by 50%
- Creates acute fears and anxiety
- Dilates pupils
- Decreases motivation

• Long Term Effects

- Eyes - Red
- Brain - Possible permanent brain cell damage
- Heart - Lowers oxygen supply
- Lungs - Contains more cancer-causing agents than tobacco. Possible lung cancer
- Sex Organs - Temporary loss of fertility. Impairs normal sexual development. Especially harmful during pregnancy and adolescence

• Other Killers

• Cocaine - Highly addictive brain stimulant. Extremely dangerous. Mind altering, acts on pleasure center of brain. Rarely first drug used  
 • When snorted (inhaled) in powder form it changes brain chemistry. Can also be sniffed.

• You've all read or heard about athletes who have used cocaine. Some have even died.

• Cocaine reduces performance on the field and can be addictive

• Once 'hooked' you can't control your need for more

• It may seem to improve your performance when first used. But performance drops off and the user (abuser) doesn't know it or believe it because it fools the brain into thinking one is doing great

• Actually - real performance gets worse and worse each time you use it

• Signs of Use

- Nose bleeds
- Trembling
- Sleeplessness
- Nausea
- Loss of weight
- Depression
- Fever
- Violence and possible suicide
- Mood change - anger, nervous, hear voices
- Lack of interest or appearance

• Long Term Effects

- Central Nervous System - Damage
- Brain - Permanent damage
- Blood - Possible AIDS when injected with dirty needle
- Chronic Cough
- Heart - Increases rate. Risk of stroke
- Nose - Always runny, bleeding
- Weight Loss
- Body Temperature increases
- Drug Dependency
- Violence
- Possible Death

CRACK (Free-basing) Smokeable form of cocaine solution  
Extremely dangerous and addictive

- Can become addict in 6-8 weeks
- Smoked in heated water pipe
- Moves quickly to lungs and brain. Fooles brain into thinking CRACK more important than food
- Habit can cost \$500 per day

Steroids - Use for performance is a popular myth

- Artificially made male hormone used by doctors to aid several serious medical problems
- Very dangerous when taken in teenage years or younger
- They increase weight and strength but can cause wide mood swings, aggressive behavior, acne and pimples, bone damage, and decrease sex drive
- Steroids have been known to cause brain cancer also. Lyle Alzado, a football player, took steroids for years and developed brain cancer and other ailments later on
- Signs of Use
  - Temporary increase in body weight, size and strength
- Long Term Effects
  - Brain - Can change your personality and emotions - extreme mood swings
  - Mouth - Possible cancer
  - Blood - Build up fat (cholesterol); high blood pressure
  - Kidney - Malfunctionn
  - Liver - Damage
  - Skin - Tumors and acne
  - Bone - Damage
  - Eyes - Yellow
  - Sex Organs - Lower sperm count
  - Possible Cancer

Inhalants - Chemical fumes from model glue, cleaning fluids, paint sprays, gasoline, kerosene vapors

- Mind altering when breathed
- Very dangerous
- Signs of Use
  - Slow body functionn
  - Hallucinations
  - Giddiness
  - Temporary High
  - Sneezing
  - Nosebleed
  - Loss of appetite
- Overdone can cause unconsciousness
- Long Term Effects
  - Brain - Damage
  - Liver - Damage
  - Kidney - Damage
  - Possible death and suffocation

Amphetamines (Greenies) - Powerful stimulants. "Pep" pills or "uppers" speed up mental activity and produces abnormal energy and nervous excitement

- Possible death from overdone
- Signs of Use
  - Loss of weight
  - Sleepiness
  - Diarrhea
  - Depression anxiety
  - Trembling
  - Dilated eye pupils
  - Fear that others are out to get you
  - Violent and crazed behavior
- Long Term Effects
  - Brain - Damage
  - Heart - Rapid irregular beat; disease; heart attack
  - Blood Vessels - Infection; possible AIDS from unsanitary injection
  - Eyes - Dilated pupils
  - Central Nervous System - damage

- Speech - Thought disturbances

- Barbiturates - "Downers" Slow down body functions

- Sold in capsules and tablets as prescription drugs, tranquilizers and sleeping pills
- Taken with alcohol effect is multiplied and can cause overdose and death
- Withdrawal more serious than from heroin
- Little difference in amount that produces sleep and amount that kills
- Signs of Use
  - Extreme drowsiness and lack of desire
  - Slurred speech
  - Slow reflexes
  - Double vision
  - Lack of balance and coordination
  - Nausea
  - Habit forming
- Long Term Effects
  - Eyes - Dangerous double vision
  - Brain - Temporary memory loss
  - Stomach - Cramps
  - Possible death

- Diet pills are drugs too, and very dangerous

- The first use of alcohol and illegal drugs can only lead to serious trouble, even death

GREAT SMOKY MOUNTAIN COUNCIL  
TOQUA DISTRICT - YOUTH PROTECTION TRAINING

Protection of youth is a BSA priority. Child abuse is a critical issue in today's society. The BSA practices youth protection by: 1) educating Scouting volunteers, parents, and Scouts to aid in the detection and prevention of child abuse; 2) establishing leader-selection procedures to prevent offenders from entering BSA leadership ranks; 3) establishing policies that create barriers to child abuse within the Scouting program; 4) encouraging Scouts to report improper behavior in order to identify offenders quickly; 5) swift removal and reporting of alleged offenders.

All current and future adult scouters in the Great Smoky Mountain Council are required to take Youth Protection Training. The Tennessee Child Protection Act authorizes organizations such as the Boy Scouts to require adult applicants to "attend a comprehensive youth protection training program which includes adult training on recognition, disclosure, reporting and prevention of abuse and submit to character, employment, education, and reference checks".

STATE OF TENNESSEE LAW

A religious, charitable, scientific, educational, athletic, or youth service institution or organization may require any person, who applies to work with children as a volunteer or as a paid employee, to do one or more of the following:

1. Agree to the release of all investigative records to such religious, charitable, scientific, educational, athletic, or youth service institution or organization for examination for the purpose of verifying the accuracy of criminal violation information contained on an application to work for such institution or organization; or
2. Supply fingerprint samples, submit to a criminal history records check to be conducted by the Tennessee Bureau of Investigation; or
3. Attend a comprehensive youth protection training program which includes adult training on recognition, disclosure, reporting and prevention of child abuse and submit to character, employment, education and reference checks. \*

TENNESSEE CODE ANNOTATED, SECTION 37-1-414(a)

\*This requirement met by "BSA Youth Protection Training"

Adult youth protection training helps protect:

1. The youth served by increasing the adult volunteers' understanding of child abuse and how to recognize and report it, and by clearly communicating Boy Scout policies which establish barriers to child abuse.
2. The adult volunteer by alerting him/her to the legal requirement of reporting child abuse, and by communicating BSA policies which protect him or her from accusations of child abuse.
3. The Chartered Organization by providing them effective screening guidelines for the selection of adult leaders, and by reducing the chances that a child abuser will use their unit as a vehicle for child abuse.
4. The Great Smoky Mountain Council by reducing the chances of a child abuse suit being filed against the Council, its chartered organizations, and/or its adult members.
5. The Boy Scouts of America by reducing the chances that the Boy Scouts' positive image will be defamed by accusations of harboring child abuse, and by reducing the probabilities of significant child abuse.

Adult volunteers who refuse to attend youth protection training within ninety (90) days of signing their application will be removed from membership in the Boy Scouts of America. Anyone who falsifies information concerning attendance of youth protection training violates Tennessee state law.

Anyone who has never received youth protection training must attend such training as soon as possible. Continuing leaders who received youth protection training prior to October 1, 1995 which did not address the "recognition, disclosure, reporting and prevention of abuse" must attend an approved youth protection training program as soon as possible. At this point in time, you must be re-certified every three (3) years in our Council.

Every unit is required to have someone, preferably an assistant scoutmaster, assigned to make sure that all adults have youth protection training within ninety (90) days of filling out an application to qualify for Quality Unit. This is BSA National Policy.

Youth protection training is administered by the Training Committee of the GSMC districts, by the Council training committees, by commissioner service, and by regional and national training organizations (e.g. Philmont Training Center, Piedmont-Appalachian College of Commissioner Science). Training can be either in a group setting or on an individual basis, either as a stand alone Youth Protection Training or as part of any other approved BSA training program, such as Basic Leader Training, Scoutmastership Fundamentals, etc. Council and District Training Chairperson determine which BSA training courses meet the requirements for youth protection training. These courses must address the "recognition, disclosure, reporting and prevention of abuse". (Commonly known as the "3 R's" of youth protection - Recognize, Resist, and Report. They will be discussed later on.)

Individuals who have received extensive youth protection training as part of their job or their profession, may submit written evidence of that training to the Youth Protection Chairperson in lieu of BSA training.

Youth protection training cards are issued for all BSA training courses which meet the requirements for youth protection. Training Attendance Reports are also filed with the Council Office and a copy should be given to the District Youth Protection Verification Chairperson. Do not count on the Council Office getting it to the Youth Protection Chairperson - make sure you get it to the Chairperson.

What should you do when a Scout discloses abuse or you suspect that abuse has occurred?

1. Do Not Panic or Overreact to the information disclosed by child. Stay calm.
2. Listen to the child but avoid questioning the child as to what exactly happened. Let the appropriate authorities handle that.
3. Do not criticize the child.
4. Respect the child's privacy. Take child to a quiet portion of room in sight of others. Reassure the child he is not at fault and you will get him some help to protect him.
5. DO NOT promise to keep his secret because you will have to make a report to the Council Scout Executive. The Council Scout Executive is the ONLY person you discuss the situation with. You do NOT discuss it with other adults in your unit or anyone else. The Council Scout Executive contacts the proper authorities.  
If you are out of Council, contact the Scout Executive of the Council you are in first, then contact your own Scout Executive. You may be required to talk to the Child Protection Authorities, but do so with your Scout Executive present.
6. Remember - anytime you suspect child abuse in Scouting, you are required to contact your local Scout Executive. Every state and locality has different reporting procedures that the Scout Executives are familiar with in their area. In the case of National Jamboree, etc. contact the person in charge of the event.  
If you see or suspect child abuse outside of Scouting, you are required to contact the Department of Human Services or your local police department.

The "Three R's of Youth Protection" for the youth are:

- Recognize situations that place him at risk of being molested, how child molesters operate, and that anyone could be a molester.
- Resist unwanted and inappropriate attention. Resistance will stop most attempts at molestation.
- Report attempted or actual molestation to a parent, if the alleged molester is not the parent, or other trusted adult. This prevents further abuse of himself and helps to protect other children. Let the Scout know he will not be blamed for what occurred.

BSA has created barriers to abuse by selecting the best possible leaders and other additional protection is being built into the program. The additional barriers are:

1. Two-deep leadership is required on all trips and outings, as well as meetings. There must be two registered leaders or one registered leader and one parent, one of whom has to be 21 years of age present for outings, trips, etc. The ratio of leaders to youth is: 2 leaders for every ten boys. Also, anyone under the age of 21 can not drive a vehicle with Scouts in it.
2. No one-on-one contact between adults and youth members is permitted. In situations that require personal conferences, the meeting should take place in view of other adults and youth.
3. Respect of privacy by all parties. Adults must respect the privacy of Scouts in situations such as changing clothes or taking showers at camp. Adults should intrude only to the extent that health and safety require. They should also protect themselves in similar situations.
4. Separate accommodations when camping. No adult is allowed to share a tent with a youth other than their own child. Married couples may share a tent on outings; but not non-marrieds.

5. Proper preparation for activities. All activities should take into consideration the capabilities of the participating Scouts. No activity should be undertaken without the proper preparation, equipment, clothing, supervision, and safety measures. 6. No secret organizations. The BSA does not recognize any secret organizations as part of its program. All activities are open to observation by parents and leaders.
7. Appropriate attire is required for all activities. Skinny-dipping is not appropriate as a part of Scouting.
8. Constructive discipline should be used in Scouting and should reflect Scouting's values. Corporal punishment is never permitted.
9. Hazing is prohibited. Physical hazing and initiations are prohibited as part of any Scouting activity.

The video shown in the Basic Leader and Scoutmastership Fundamentals courses at this time is an orientation to the over all Boy Scout program that is twenty-five minutes in length. There is a more comprehensive in-depth video for Youth Protection training that is shown at the Troop level to both adult volunteers and parents. This video is entitled "Youth Protection Guidelines: Training for Volunteer Leaders and Parents" and is sixty-five minutes in length. The video is available for your use at the Council Office, from your unit commissioner, or the Training Committee.

Council Executive for Great Smoky Mountain Council is Jimmy W. Williams Jr.  
Council phone number is 423-588-6514 Jimmy's home phone number is 423-691-1647.

Toqua District Youth Protection Chairperson is Jan Watson.  
Home phone number is 423-504-2409 Work phone number is 423-690-9647, ext. 270  
E-mail is watsonjan@aol.com Fax number is 423-531-4556

Youth Protection Facilitator Training Course  
Total Time: 6 hours

The purpose of this course is to properly train Youth Protection Facilitators how to conduct the training sessions for the different levels of Youth Protection Training.

- **Preparation**
  - Send announcements of training
  - Be sure you have videos
    1. Youth Protection Guidelines: Training for Volunteer Leaders and Parents BSA # AV09V001A (65 minutes)
    2. Youth Protection Training: Overview for Exploring Basic Training BSA # AV-047 (19:30 minutes)
    3. It Happened to Me BSA (26:09 minutes)
    4. A Time To Tell BSA (28:36 minutes)
    5. Drugs: A Deadly Game! BSA (20:00 minutes)
  - Be sure to have all handouts
    1. BSA Youth Protection Guidelines Facilitator's Guide which includes the guidelines for the two youth videos
    2. Drugs: A Deadly Game! Program Guide and Brochures
    3. Don't be Tricked by Drugs
  - Have TV and VCR available
  - Plan refreshments
- **Preopening**
  - Arrive early to set up training room
- **Registration - 8:00 to 8:30 a.m.**
- **Opening - 8:30 - 8:45 a.m.**
  - Welcome by course director
  - Pledge or other opening ceremony
  - Objective of course
  - Introductions
- **Video - Youth Protection Guidelines: Training for Volunteer Leaders and Parents 8:45 - 10:20 a.m. (Video- 65 minutes; discussion-30 minutes)**
  - Show video
  - Cover 2 - 3 minute discussion periods during video
  - Hand out:
    1. Youth Protection Guidelines Facilitator's Guide
    2. Youth Protection Guidelines: Questions and Answers
    3. Council Youth Protection Guidelines

- Discuss all handouts and any questions that could arise from participants (Facilitators must be prepared for any type question from participants)
- Break - 10:20 - 10:35 a.m.
- Video - Youth Protection Training: Overview for Exploring Basic Training 10:35 - 11:15 a.m. (Video-19:30 minutes; discussion-20 minutes)
  - Show video
  - There is no facilitator's guide at present
  - General discussion of video and possible questions
- Video - It Happened to Me 11:15 - 12 Noon (Video-26:09 minutes; discussion-15 minutes)
  - Show video
  - Discuss video and handout - Cub Scout Meeting Guide: It Happened to Me. Be sure to cover how to go about setting up the viewing within Packs, Dens, etc.
- Lunch and cleanup - 12 Noon - 12:45 p.m.
- Video - A Time to Tell 12:45 - 1:30 p.m. (Video-28:36; discussion-15 minutes)
  - Show video
  - Discuss video and handout - Troop Meeting Guide: A Time to Tell. Be sure to cover how to go about setting up the meeting and notification of families.
- Video - Drugs: A Deadly Game! - 1:30 - 2:15 p.m. (Video-20 minutes; discussion-20 minutes)
  - Show video
  - Discuss video and various handouts for drug abuse program
- Conclusion - 2:15 - 2:30 p.m. (15 minutes)
  - Summarize all videos and materials
  - Summarize local council regulations as well as National BSA
  - Present training certificates
- Cleanup by staff



## Outline

- I. Thesis Statement
- II. Overview of Current BSA Training Materials (Chapter I)
  - A. Introduction
  - B. Adult Videos
  - C. Youth Videos
  - D. Drug Abuse
- III. BSA National Requirements and Guidelines (Chapter II)
  - A. General Information
  - B. Requirements
  - C. Other Barriers to Abuse
- IV. Personal Views of Materials and Training (Chapter III)
  - A. Adult Youth Protection
  - B. Youth Youth Protection
  - C. Varsity and Exploring
  - D. Drug Abuse
  - E. Youth Protection Facilitators Training
- V. Recommended Changes and/or Additions (Chapter IV)
  - A. General Information
  - B. Case for Use of One Adult Video
  - C. Junior Leaders
  - D. Other Requirement Recommendations
  - E. Facilitators Training Course
- VI. Conclusion
- VII. Bibliography
- VIII. Appendix A
- IX. Appendix B
- X. Appendix C