# We Promise

# ON MY HONOUR - YOUTH SAFEGUARDING PROGRAMME

**Pre-Adolescence** 

**Early Adolescence** 

**Adolescence** 

**Post Adolescence** 

Know the Scouting Spirit (mutual trust, loyalty, comradeship, empathy and self-motivation (C)

Understand the importance of Scouting Spirit

Live the Scouting Spirit

Live the Scouting Spirit

Understand and demonstrate how I use the Promise in my everyday life (S) Understand and demonstrate how I use the Promise in my everyday life Understand and demonstrate how I use the Promise in my everyday life Understand and demonstrate how I use the Promise in my everyday life









BEAVER SCOUTS

CUB SCOUTS

SCOUTS

VENTURER SCOUTS

ROVER SCOUTS

# Think Scout

**CUB** 

**SCOUTS** 

**BEAVER** 

**SCOUTS** 

# **Understanding myself and others.**

Pre-Adolescence	Early Adolescence	Adolescence	Post Adolescence
Learn to make choices and decisions (I)	Be able to source information and be able to critically evaluate each possibility to help make decisions	Understand the implications of my decisions and learn from the outcomes	Demonstrate an ability to make decisions, execute and review a project and accept responsibility for the octcomes
Understand the ideas of right and wrong (C)	Show that I understand the difference between right and wrong	Show that I have principles and that I understand the Promise & Law	Demonstrate that I have the confidence to live by the Promise & Law
Understand that everybody is unique and important (E)	Understand that I am unique and that my uniqueness is part of my development	Show an understanding of my unique value and potential for growth and assert my own individuality	Develop my potential and recognise the possibilities for my future
Understand what injustice, inequality and conflict are (C)	Understand how injustice, inequality and conflict may affect people	Explore where injustice, inequality and conflict occur and explore possible resolutions	Be able to identify injustice, inequality or conflict and explore ways of resolving it and where appropriate play my part in its resolution
Show that I always try to do my best (C)	Practice fair play	Know how to assess a situation and when it is important to take a stand	Demonstrate my ability to take a stand and be strong in the face of adversity
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# Safe Scout

# **Keeping myself and others safe**

# **Pre-Adolescence**

# **Early Adolescence**

#### **Adolescence**

### **Post Adolescence**

Be active and exercise regularly (P)

the benefits of a healthy and active lifestyle

Protect and maintain my health through my choice of a healthy balanced lifestyle. Be responsible for my physical development Protect and maintain my health through my choice of a healthy balanced lifestyle. Be responsible for my physical development

Know my body (P)

Understand how our bodies are continuously changing. Understand the implications of these changes on my life

Be comfortable with how my body functions

Be able to identify when my body is working well and when it isn't and have the good judgement to get help when I need it

Know what affects my body (P)

Appreciate the benefits of choosing a healthy lifestyle

Appreciate my responsibility to myself with regard to my lifestyle choices, such as choice of diet, use of drugs/alcohol and sexual relationships

Before I make important
lifestyle choices I will inform
myself of all the
risks/benefits involved.
Recognise and understand
the impact of my choices on
myself and others

Identify people, places and situations that may threaten my safety and know how to keep safe (P)

Understand the role I have in keeping others safe and the impact of my actions on the safety of others

Know the personal safety support structures that exist and how to avail of them when necessary

Recognise and understand the impact of physical abuse on myself and others











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# I care, We care

# **Pre-Adolescence**

# **Early Adolescence**

# **Adolescence**

# **Post Adolescence**

Experience the power of my imagination and dreams (focus on positive) ©

Explore my dreams and aspirations

Explore how I might make my dreams and aspirations a reality

Demonstrate that I have the courage to live out my dreams and aspirations

Know that my feelings can affect what I do (E)

Understand that the way I express my emotions affects others

Understand the appropriate way in which to express my emotions

Strive to express my emotions constructively

Understand that other people have feelings (E)

Understand that people express their emotions differently

Understand that each individual needs to take responsibility for their own emotions

Be tolerant of the emotional needs of other

Understand what makes me feel the way I do. Be aware that me feelings are normal ad can change

Recognise the emotions I am experiencing and some of the steps I can take to get along with them

Be able to understand and accept my emotions and the effect they have on my life

Be able to recognise, interpret and accept my emotions, their changing nature and the effects they have on all aspects of my life











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# Trails & Ways

## **Pre-Adolescence**

# **Early Adolescence**

#### **Adolescence**

### **Post Adolescence**

Be open to challenging myself (I)

Be able to set myself challenges with realistic goals

Demonstrate an ability to analyse information, and match it to my needs and wants, in order to achieve a goal; and accept that there may be more than one solution to any problem.

Recognise that I may need resources other than my own to compete tasks

Demonstrate an ability to assess, identify resources, make an informed choice, form my own opinions and recognise the best possible solutions given a situation

Experience the beauty of nature (SP)

Demonstrate an appreciation and care for the environment around us

By my choices show my commitment to the preservation of nature and the environment in which I exist

Understand and demonstrate a respect and appreciation for my environment (natural, human and built), the role I play in it, the contribution I make to it and the impact my actions have on it.

Participate in an expression of faith (SP)

Develop my relationships, interactions and connections with others

Demonstrate that I live by my spiritual beliefs

Be able to express, uphold and where appropriate reevaluate my spiritual beliefs upon reflection











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# Scout Signals

**Pre-Adolescence** 

**Early Adolescence** 

**Adolescence** 

**Post Adolescence** 

Know that it is OK to talk to people I trust about how I feel (E)

Know that I can share my feelings and accept help

Accept that sometimes I may need support and can use appropriate support structures

Know how others can others can support me in understanding my emotions

Explore how people communicate (S)

Explore the importance of communication and listening. Be comfortable in expressing myself with my friends

Learn ways in which I can improve my communication skills

Demonstrate that I use my communication skills effectively

Be an active participant in small group (I)

Show an understanding of the benefits of teamwork, identify my role as a team member and the contribution I can make, including the willingness to lead and accept responsibility

Demonstrate a commitment to working with others within a team. Understand the role, skills and responsibilities of team membership and leadership Understand how teams work and strive to get the best from all members in a given situation





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# Friendship Knot

### **Pre-Adolescence**

# **Early Adolescence**

### **Adolescence**

## **Post Adolescence**

Be kind to others and don't harm them (C)

Show that I understand the value of friendship

Show that I understand that people are more important than things

Demonstrate my awareness and understanding of the true value of all things

Learn about respecting others (C)

Treat others with respect

Treat others with respect

Treat others with respect

Be a friend. Understand that everyone is different. Be welcoming and include other in the things I do (S)

Show what it is to be a friend and recognise the value of friendship.
Recognise my unique abilities and the abilities of those around me

Understand and accept
the changing nature of my
relationships. Recognise
that my life will be
enriched as a result

Show that I value the people and relationships in my daily life. Develop the skills and attitudes to build and maintain meaningful and appropriate relationships and friendships

Understand that it is important that I am considerate and help others (S)

Be involved in my community and help those around me when needed

Develop and demonstrate
a sense of civic
responsibility. Define and
explore my opinions on
social equality and
inclusion

Recognise my roles within and make a positive contribution to society

Demonstrate my understanding of my own culture. Explore the traditions and cultures in my own and other societies (S)

Be committed to the inclusion of various cultures in my society. Explore how cultural diversity affects the world I live in

Appreciate the importance of difference in culture and traditions, treat all people with dignity and respect

Respect the social integration of all cultures







