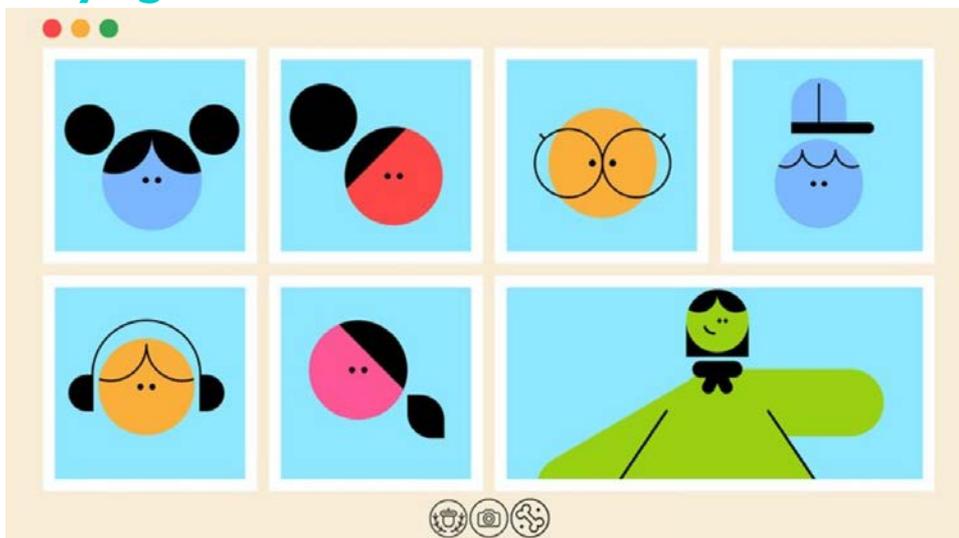


West Sussex Programme Support

Staying safe online



Besides being a great source for funny cat videos, the Internet has the power to bring people closer together. For Scouts, we know it can be a great source for tools and information to make the world a better place.

The Internet can also be a source of serious issues, like cyberbullying, harassment, identity theft and abuse. This can happen when chatting and posting on social media, gaming platforms and even Scouting channels at JOTA-JOTI.

Online behaviour that is unacceptable includes: stealing private information, sending, posting or sharing false content about someone else, continuing to contact someone who asked not to be contacted, sending inappropriate remarks or photos to a young person or asking them to do so, and sending threats or hate speech.

Keeping everyone safe is the number one concern for all of us at the Scouts. That's why we all need to continue to follow the Code of Behaviour set out in the Yellow Card when connecting with young people online.

We want Scouts like everyone to feel safe online so that you can continue to use the Internet to create a better world. Make sure you are always prepared by reading these tips to stay safe online and make sure your young people are aware of these tips aswell:

Golden Rules of Internet Safety:

1. Be kind

Treat others with kindness, the way you would want to be treated. Respect differences in feelings and opinions. If you witness bullying online, you should let a trusted adult know.

2. Be mindful about what you share

Don't share your - or anyone else's - personal information online. This includes addresses, phone numbers, passwords and pictures you wouldn't want the public to see. Before sharing anything about another person, ask them if they are ok with it. Check your sources and make sure any news or facts you share are true.

3. Don't meet in-person with people you meet online

People you've only met online are still strangers - even if you've been talking for a long time. Sometimes, a person might lie about who they are, which can be dangerous. Check with your parents or carers for permission to meet someone you've met online, and only meet them with them present.

4. Keep your personal information private

Check the "Privacy Settings" on your social media channels and make them private so that your personal information is only shared with those you choose to have as friends. Even then, never post personal information on the Internet.

5. Report harmful posts

Here's a way you can help make the Internet a safer place for everyone! If a post online makes you feel uncomfortable, take the responsibility to click "Report". This includes posts that are inappropriate or harmful to yourself or others.

6. Tell a trusted adult

If you receive messages or see posts that make you feel uncomfortable or unsafe, tell a trusted adult, like a family member or Scout leader, about the message you received or the post you saw.

By learning and taking action, you're helping to keep Scouts - and everyone - Safe From Harm on the Internet.

For more information about staying safe online go to scouts.org.uk/volunteers/scouts-at-home/taking-scouts-online/staying-safe-online/



Keeping your Programme Youth Shaped

While running a virtual meeting isn't as easy as running a face to face one, it is still important to ensure they are Youth-Shaped! This will vary from section to section, but it's more important than ever to keep them shaping their Scouting experiences to keep them engaged and focused here are some ideas which you can use to keep connected to your young people that will allow your sections to have a Youth Shaped programme!

This time we look at a activity for the Scouts and one for the Explorers

Scouts

This activity needs slightly more preparation, possibly by speaking to your scouts the week before or contacting the troop by email.

The scouts take it in turns to run an activity which interests them. Some examples are leading a session in making 'Armpit Fudge' or 'Microwave Cakes', or if the scout enjoys exercise, leading a 15 minute workout.

Explorers

Similarly to the Scouts, explorers are more capable at running their own evenings, asking the unit if there is a particular activity they want to try online or run. One example is how an explorer who is interested in science can lead a 'Home Experiments' session.

It is always best to see how well activities go. If it is popular, it would be worth remembering them, and trying to adapt them for when scouting returns face to face

If you've tried this or something else to keep your programme Youth-Shaped, we want to hear from you! Email us at cyc@westsussexscouts.org.uk.

West Sussex County Youth Commissioner Team

Gilwell Reunion 2020

Have you heard about Gilwell Reunion 2020? The annual-get together is going digital for the first time ever! Attend Reunion from the comfort of your own home, as it's completely digital this year and free.

On 5 and 6 September, you'll be able to connect with thousands of volunteers from across the globe for an online weekend jam-packed with interactive workshops, training sessions, and the all-important socials.

There are more than 70 sessions for you pick from that've been designed by volunteers across the UK, in collaboration with UKHQ

Register your interest today: scouts.org.uk/reunion #Reunion2020



Sources of Programme Ideas and Guidance

Below are a few ideas for extra ideas to help with adapting your programme while virtually scouting and also some ideas for social distance activities as we return to face to face Scouting.

'The Great Indoors' campaign gives you activities that can all be done at home – scouts.org.uk/the-great-indoors/

There are hundreds of activities on the scouts activities pages that could be adapted for delivery online or at home – www.scouts.org.uk/activities/

Programme planning section of the Scouts website scouts.org.uk/volunteers/planning-your-programme/

Online programme planning tool – scouts.org.uk/programme-planner/plan

For more information about adapting the programme and guidance on Nights Away, Young leader's scheme, challenge awards and activity badges scouts.org.uk/volunteers/scouts-at-home/activities-and-badges-to-do-at-home/adapting-the-programme-during-coronavirus-crisis/

Advice and ideas on social distance scouting scouts.org.uk/volunteers/scouts-at-home/activities-and-badges-to-do-at-home/adapting-the-programme-during-coronavirus-crisis/socially-distanced-scout-activities/

Updates to Risk Assessment.

Following the consultation which took place last month, you're now required to undertake and document risk assessments for all activities in Scouts.

Keeping young people safe is our primary aim in Scouting. Having fun, doing adventurous and new things comes a close second. This means we are always looking to review and improve the guidance and support for members in keeping Scouts as safe as possible.

More information can be found here: scouts.org.uk/volunteers/staying-safe-and-safeguarding/keeping-everyone-safe/how-we-do-things-safely/?dm_i=31ME,12GJW,4TCEN9,438AU,1

S.T.E.M Challenge



Blast off in to a world of Science, Technology, Engineering and Maths! Ready for some foody experiments or some ground breaking builds?

The challenge pack goes through different challenges for the young people to complete and below is a list of some from each section.

Craft

- Discover colour mixing and create a colour spinner disk
- Design and make a maze using a paper plate and straws. Did you know there are only 10 basic types of maze?
- Build a robotic hand using paper, straws and string
- Make paper chain decorations using only one sheet of paper. How long can you make your chain? Why not have a competition?
- Mix your own slime!

Food

- Create a solar oven and toast your own s'mores.
- Create your own erupting lemons by slicing across the middle to expose the segments, fill the segments with washing up liquid and food colouring then sprinkle with bicarbonate of soda.
- Mix your own Fibonacci lemonade rainbow.
- Make magic and make an eggshell disappear by leaving an egg in vinegar for 24 hours. Find out what's happened to the shell.

Games

- Create a rocket launcher and have a competition to see how far you can fly your rocket.
- Fold your own paper plane. How far/fast can it travel?
- Practice strategy with games like battleship, mastermind or chess/draughts.
- Test your skills with some match stick logic games, ie. use 9 matchsticks to make as many triangles as you can in 1 minute.
- Play a game of Yahtzee or another dice game

Other

- Grow your own salt crystals from salt water.
- Create a water xylophone using glass bottles filled with different levels of water.
- Make a cloud in a jar.
- Create a parachute for an egg.
- Galileo developed telescopes and discovered the moons of Jupiter; go stargazing.

The challenge pack and resources can be downloaded from the Pawprint Badges website by following the link below:

Challenge Pack:

pawprintfamily.com/product/s-t-e-m-challenge-pack/

Resources:

pawprintfamily.com/product-category/free-resources/?orderby=date

PAWPRINT BADGES

West Sussex Scouts At Home Challenges

West Sussex Scouts have launched a County at home challenge for Beavers, Cubs and Scouts.

These Challenges are based on the sections challenge badges and give leaders more ideas for virtual scouting and a chance for the young people of West Sussex to join together in such an uncertain time.

The challenges will run until September 2020. Each challenge contains a number of activities which you may have already done in your sections as part of your virtual programme. These activities can still count towards the challenge.

Once your young people have completed the challenges you can claim their certificates by emailing dccprogramme@westsussexscouts.org.uk

Take part in the challenge as part of your virtual meetings





Hands up, hands down

Create a handful of information about yourself, then decide which things to share to feel connected, safe, and happy.

You will need

- A4 paper
- Coloured pens or pencils
- Scissors

Before you begin

- Make sure the paper's thick enough for people to be able to use both sides. You may need to use pencils or crayons (rather than pens) so they don't bleed through. Make sure you have left handed scissors, too.
- You may want to make an example to show everyone, to make it easier to explain.

Make hands

1. Everyone should put a piece of paper in front of them, with the shorter sides at the top and bottom. They should put one hand (and around eight centimetres of their arm) on the paper and draw around it with a pencil.
2. Everyone should fill their hand with writing and drawings about things that make them unique. They could include things like their family, friends, pets, hobbies, school, interests, faith, holidays, and whatever else is important to them. If there are any spaces, they should fill them with colour or patterns so the hand's totally full.
3. Everyone should cut out their paper hand.

Hands up

1. Everyone should take it in turns to lift their hands up and show them to the group.
2. One or two people should talk through their hands and what everything means.
3. The person leading the activity should remind everyone that it's safe to share all of this information in this situation, because it's a safe space. Everyone should chat about what makes it a safe space.

Hands down

1. Everyone should turn their hand over so they're looking at the blank side.
2. Everyone should think about what digital actions they take, things like searches, clicks or posts. They should think of what information they might leave behind as a result of the different actions.
3. Now everyone should think about what they'd be comfortable sharing online with someone they don't know. They should write or draw what they'd be comfortable sharing in this situation.
4. Everyone should talk about what they'd be comfortable sharing. The people leading the activity should help everyone decide what's safe – it might be a bit different depending on everyone's age and experience.

Reflection

This activity helped everyone to create stronger friendships. Did finding out more about others help people feel more connected? Why is this a safe space to share information and make friends?

This activity also helped everyone to live healthily by keeping themselves safe. There are lots of important things in people's lives, but they don't need to share everything with everyone – they can choose which bits of life they share and who they share them with. What would happen if people were online and someone they didn't know asked them a personal question such as where they lived or what their phone number was? Hopefully people remember that they shouldn't share this information and should tell a trusted adult. What should people do before they share information about (or photos of) someone online? They should always ask permission – people should check with a trusted adult before they say 'yes', and it's always OK for anyone to say 'no' politely and firmly.

Take it further

People could look at pictures from magazines and newspapers and decide whether it'd be OK to share them online. For example, a photo of a sunset might be OK, but a photo of a stranger wouldn't be OK because people should never take or post photos of people without their permission.

Virtual programme support webinars

Support to help you carry on with Scouts at home. There are a number of Webinars available on the Scout website:

- Activity ideas for Beavers and Cubs - Gain a variety of activity ideas that you could implement at your next online section night.
- Activity ideas for Scouts and Explorers - Find out tips and ideas for virtual activities.
- How to deliver your programme online - Watch this webinar for an overview of how to run a virtual programme, with a mixture of technical tips and guidance on how to run an activity online.
- How to use Zoom to run virtual meetings - Learn from the Digital Eagles at Barclays how to best use Zoom to run virtual meetings.

All the webinars can be found here: scouts.org.uk/volunteers/scouts-at-home/programme-support-webinars/



A Million Hands

Removing Social barriers, connecting communities and improving lives

As Scouts, we're always striving to leave the world a little better than we found it. Participating in our A Million Hands programme is one way Scouts can take action and achieve their Community Impact Staged Activity Badge. It provides ready-made activities and programme ideas centred on six national themes, chosen by our young people themselves.

Each million hands project has 5 steps

The 5 steps of an A Million Hands project



Our young people told us they were passionate about taking action on the following themes: Protecting our environment, Ending homelessness, Supporting refugees and displaced children, Better mental health for all, Understanding disability and Kindness in every community

This time we will be looking at the theme of Kindness in every community



As Scouts, we believe every act of kindness has the power to transform society and make it easier for everyone to get the help they need.

Supported by the British Red Cross, we'll show kindness to those who most need it at home and overseas, and encourage others to do the same.

There are a number of activities which can be done at each stage of the million hands project and here are just a few

Step 1 - Identify the need

Be a top banana with a message of kindness - Explore the power of kindness, care and respect in this fruity message writing activity.

Kindness rocks - Show how a kind message can make all the difference when helping someone and write one for a friend in need.

Socially kind - Find out how older Scouts can use their social media for acts of kindness.

Good deed discovery - Point out real acts of kindness and look at how we say 'thank you' to acknowledge good deeds.

Step 2 - Plan action

Mapping kindness in your community - Map kindness in your local community considering how you can show kindness to those who need it and encourage others to do the same.

Red Cross code - The British Red Cross use people's kind gifts of time and money to help others. Find out how the BRC look out for you and me!

Company and kindness - See what you know about loneliness in the UK as we explore how good company and kindness puts loneliness behind us.

The bystander effect & first aid - Discover what you could do in a life or death situation and the importance of acting rather than stepping back.

Step 3 - Take action

Company and kindness - take action! - How can people cope with loneliness? Develop a project to support people who are lonely in your community.

Red Cross Code - take action! - Plan the details, then deliver a project to support the Red Cross and show the power of kindness.

Bystander effect and first aid - take action! - Raise awareness of the bystander effect and first aid – don't just walk on by.

Ready to respond - take action! - Help prepare your community to cope with an emergency.

More detail on these activities can be found – scouts.org.uk/about-us/help-others/community/kindness-in-every-community/

Spotlight on Partners



UK SPACE AGENCY

The UK Space Agency aims to inspire the next generation of UK scientists and engineers by partnering the Scout Astronautics Activity Badge and introducing Scouts to the exciting and growing world of space engineering and space science. The practical and problem-solving skills developed through Scouting, along with the enthusiasm for science shown by Scout Leaders, could be instrumental in encouraging this future generation of space scientists and engineers.

The government created the UK Space Agency in 2010. One of the agency's aims is to inspire our next generation of UK scientists and engineers by motivating young people to study STEM and space.

Badges and resources

As our partner for the Scouts Astronautics Activity Badge, with UK Space Agency, everyone between 10-14 years old can now explore more about the beauty of our universe and space travel!

During our partnership with UK Space Agency, we have created some additional resources which have featured in issues of our Partnerships Magazine, Make Do Share.

Adapt these activities to try out at home

These activities were originally designed for groups meeting face-to-face, so you may have to think on your feet to make them work in the (very unique) situation we're in. Anyone can be the person leading the game or activity, so why not let young people take charge? Instead of chatting in a real-life group, you could use the internet (safely) or talk to someone at home.

Keen to get stuck in? Download the resources here: scouts.org.uk/supporters/uk-space-agency/

THE BRITISH ARMY

Our partnership with The British Army engages young people about Science, Technology, Engineering and Maths (STEM) activities.

The British Army are sponsoring the Scout Mechanic Badge and hope to give Scouts an insight into the world of mechanics and technology. Sharing their skills and knowledge, The British Army will encourage Scouts to take part and develop skills for life.

As well as sponsoring our Scout Mechanic Activity Badge, The British Army will provide you with:

- A range of resources to support the badge
- Invitations to Army related events
- Group rates and special workshops delivered by The REME Museum

About The Royal Electrical and Mechanical Engineers (REME)

The REME maintain, repair and manufacture equipment to keep the British Army vehicles and aircraft in working order. REME has an exciting set of eight trades: Armourer, Recovery Mechanic, Avionics Technician, Electronics Technician, Metalsmith, Vehicle Mechanic, Aircraft Technician, Technical Support Specialist

The REME is proud to assist in the delivery of the Scouts Mechanics Badge.

Badges and resources

As our sponsor for the Scout Mechanic Activity Badge, everyone between 10 ½ - 14 years old can now develop skills for life in the exciting STEM.

Keen to get stuck in? Download the resources here: scouts.org.uk/supporters/the-british-army/



Help and Advice

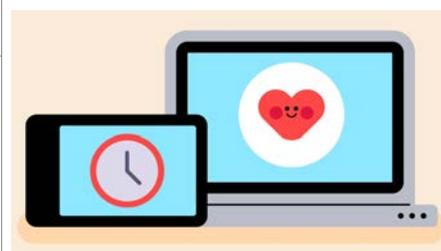
As a Leader we all need someone who you can talk to and to ask for help and advice. As they say a problem shared is a problem halved. Please use me as that person to give you the support you need as a leaders and I am always happy to have an email conversation, phone call or video chat

Please contact the county Teams on the emails below:

Programme Support – Matthew Pike - dccprogramme@westsussexscouts.org.uk

Diversity and Inclusion – Suzanne Few – dccdiversity@westsussexscouts.org.uk

Youth Shaped Scouting – Connor Holmes - cyc@westsussexscouts.org.uk.



Keep up to Date with West Sussex Scouts

Make sure you are keeping up to date with the latest ideas and information while you are Scouting from home on our Social Media channels.

We also want to know what you are doing so make sure you tag West Sussex Scouts in your posts. We want to make a video to document this time so get posting and let us know what you have been up to and keeping Scouting going strong!

Facebook: /WSScouts Twitter: @WestSussexScout Instagram: wsscouts

Activity Inspirations

Here's some Community Engagement activity inspirations for your sections.

Build a wellbeing box



Build a mood-boosting box full of positive messages and interesting items.

<https://www.scouts.org.uk/activities/build-a-wellbeing-box/>

The autism-friendly charter



Share your understanding with the community and tell them how to support autistic people.

<https://www.scouts.org.uk/activities/the-autism-friendly-charter/>

Behind the disguise



What can you find out with just ten questions? Identify the local person behind the disguise and find out what they do.

<https://www.scouts.org.uk/activities/behind-the-disguise/>

True or false



Show what you know about mental health as we bust the stigma surrounding the subject with some home truths.

<https://www.scouts.org.uk/activities/true-or-false/>

How do you see the world?



Try to draw your partner's thoughts and learn about how people with sensory differences see the world..

<https://www.scouts.org.uk/activities/how-do-you-see-the-world/>

Game mail



Improve communication skills by learning how to send an email about your favourite game.

<https://www.scouts.org.uk/activities/game-mail/>

Community bingo



Find out more about your local community, then meet a local helper. Who'll be the first to get bingo?

<https://www.scouts.org.uk/activities/community-bingo/>

Memory lane



Connect with older members of your community and find out who they are. You might have more in common than you expect!

<https://www.scouts.org.uk/activities/memory-lane/>

Faith feathers



Explore how a member of a world religion puts their faith into action, and create faith feathers for a paper bird.

<https://www.scouts.org.uk/activities/faith-feathers/>