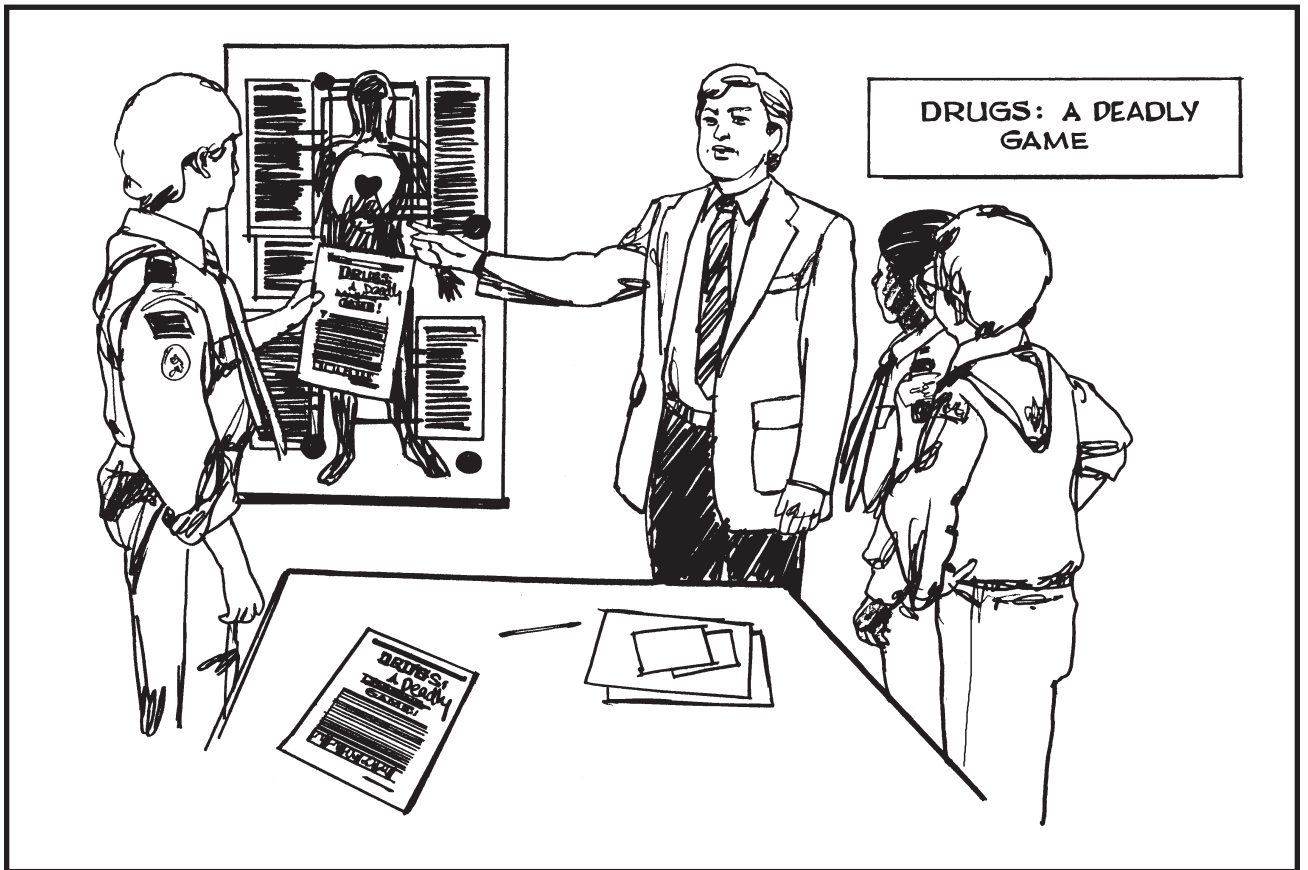


## HEALTH CARE



One of the aims of Boy Scouting is physical and mental fitness. Good health is, of course, a part of fitness. Among the elements required for good health are proper diet, plenty of exercise, and taking good care of the body. If the body is abused by drugs, alcohol, or tobacco, all sorts of problems can develop. This program feature is designed to drive home the lessons of good health.

Your Scouts have probably already been exposed in school to some education about drugs and alcohol. We can reinforce those lessons by making sure Scouts are aware of what drugs, alcohol, and smoking can do to our bodies.

Use the resources available in your community, as well as those from the Boy Scouts of America. All members of the troop should have a copy of a BSA pamphlet titled "Drugs: A Deadly Game." You can get this pamphlet from your local council.

### SCOUTING OUTCOMES

This month's patrol and troop activities should give your Scouts

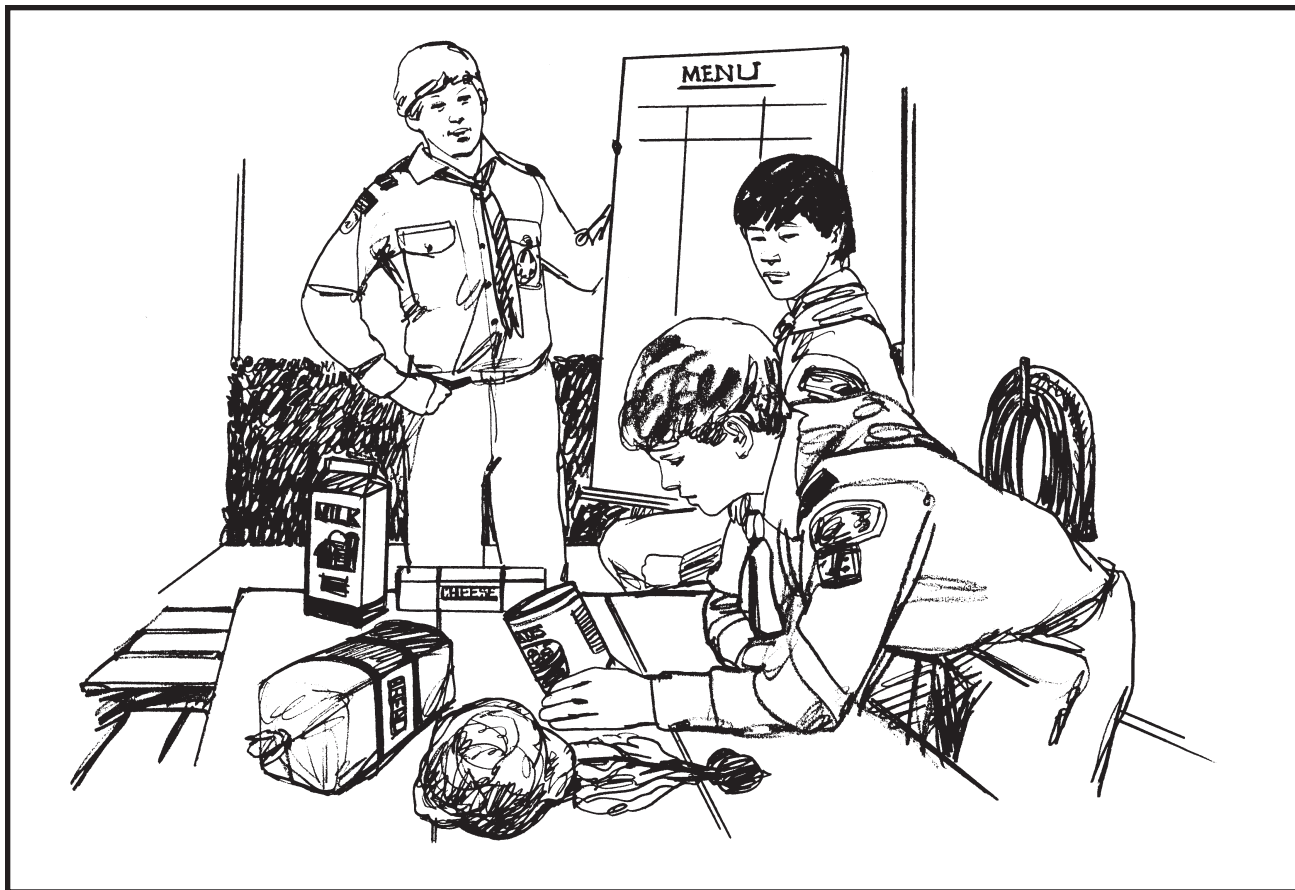
- A greater understanding of their duty to country and their duty to help other people
- Awareness of drugs and how they affect us
- An improved ability to say "no" to drugs
- Increased self-confidence

### ADVANCEMENT OPPORTUNITIES

By month's end, all Scouts should meet many of their citizenship and physical fitness requirements through First Class. Depending on the activities, they may also complete all or part of the following rank requirements:

#### *Tenderfoot*

- Outdoor—hiking, camping
- Citizenship—flag ceremonies
- Patrol/troop participation—patrol identification
- Personal development—Scout Oath and Law
- Physical fitness—health, conditioning



### *Second Class*

- Outdoor—camping, cooking, hiking
- Citizenship—flag ceremonies
- Patrol/troop participation
- Personal development—Scout Oath and Law
- Physical fitness—health, drug awareness

### *First Class*

- Outdoor—Camping, hiking, cooking, nature
- Citizenship—Flag ceremonies
- Patrol/troop participation
- Personal development—Scout Oath and Law
- Physical fitness—health, drug awareness

*Merit Badges.* Experienced Scouts can concentrate on the Personal Fitness and Sports merit badges this month; they should be able to complete many of the requirements. Depending on activities during the campout, they may also cover the requirements for the Cooking, Hiking, Camping, and Citizenship in the Community merit badges.

### **PARENT/GUARDIAN PARTICIPATION**

The patrol leaders' council may involve parents in the program feature this month by

- Asking qualified people to help with instruction on health planning and drug awareness
- Inviting families on the campout
- Asking them to provide transportation to the outing

### **PATROL LEADERS' COUNCIL**

The patrol leaders' council should meet during the early part of the previous month to plan troop activities for this program feature. If you don't complete all items on the following agenda, continue planning at patrol leaders' council meetings after each troop meeting.

- Consider inviting a drug and alcohol expert to make a presentation at a troop meeting this month.
- Consider inviting a community leader to a troop meeting to discuss his or her work and moderate a discussion of the rights and duties of a citizen.
- Plan for the month's highlight, a health-care and drug awareness display. Make assignments to get resources from the BSA and community agencies.



- Plan details of troop meetings for the month. Assign patrol demonstrations for the month, covering skills that will be needed for advancement through First Class. For example, assignments might be

**Patrol A**—Opening and closing flag ceremonies for week 1

**Patrol B**—Opening and closing flag ceremonies for week 2

**Patrol C**—Opening and closing flag ceremonies for week 3

- Make a list of possible patrol Good Turns for the community.

### **FEATURE EVENT**

#### **Health-Care and Drug Awareness Display**

For the troop's outing (or in place of a troop meeting), plan a display or booth in a shopping center or mall or some other place with a lot of pedestrian traffic.

You can get handouts about drug and alcohol abuse from the BSA and from local law enforcement agencies,

public health departments, and drug and alcohol abuse services. (Look in the yellow pages of the phone book under "Drug Abuse and Addiction—Information and Treatment.")

In addition to the drug awareness emphasis, your Scouts might demonstrate simple fitness exercises, especially those that can be done while a person is doing something else—waiting for a bus, brushing teeth, reading the newspaper.

Here are other ideas for the display:

- Set up a VCR and monitor and show the BSA's video called *Drugs: A Deadly Game*. Your local council service center should have a copy the troop can borrow.
- Hand out copies of the "Drugs: A Deadly Game" pamphlet or literature from local agencies.
- Have a display of foods—both nutritious and "junk." Display a poster with calorie counts of various foods. Display another poster showing recommended diet based on what experts recommend.



# HEALTH CARE

## TROOP MEETING PLAN

Date \_\_\_\_\_ Week 1

ACTIVITY	DESCRIPTION	RUN BY	TIME
<b>Preopening</b> _____ minutes	Have a local agency set up a display of various drug paraphernalia and types of drugs. Or have Scouts take the sobriety test given to suspected drunk drivers.		
<b>Opening Ceremony</b> _____ minutes	<ul style="list-style-type: none"> <li>• Form troop in single rank, with Scouts at attention. Turn out all lights except for a single spot (or flashlight) aimed at the U.S. flag. A Scout from the color guard patrol recites (does not sing) the first verse of "The Star-Spangled Banner." The troop then sings the verse, and the lights are turned on.</li> </ul>		
<b>Skills Instruction</b> _____ minutes	<ul style="list-style-type: none"> <li>• New Scouts are tested for push-ups, pull-ups, sit-ups, standing long jump, and 500-yard run/walk. Record their results.</li> <li>• Experienced Scouts work on requirements for the Personal Fitness merit badge or begin planning health-care and drug awareness display.</li> <li>• Older Scouts work on the Venture program or begin planning a drug awareness rally.</li> </ul>		
<b>Patrol Meetings</b> _____ minutes			
<b>Interpatrol Activity</b> _____ minutes	Play Everybody Up. (See the Games section of the <i>Troop Program Resources</i> .)		
<b>Closing</b> _____ minutes  Total 90 minutes of meeting	Plan who will do what activities on the outing this month. Each patrol and Scout should have a role in the display. Every Scout should have an assignment to gather information or make contacts.  Scout Benediction Ceremony: Have the troop form a circle.  Scoutmaster: "May the Great Master ( <i>all make gesture toward heavens</i> ) of all Scouts ( <i>inclusive gesture from right to left at height of shoulder</i> ) be with you till we meet again ( <i>right hands being brought to heart and heads bowed</i> )."	SM	
<b>After the Meeting</b>	Patrol leaders' council reviews the next meeting and plans for the health-care display. Begin work on next month's program feature.		

\*Troop Program Resources for Scout Troops and Varsity Teams, Supply No. 33588

# HEALTH CARE

## TROOP MEETING PLAN

Date \_\_\_\_\_ Week 2

ACTIVITY	DESCRIPTION	RUN BY	TIME
<b>Preopening</b> _____ minutes			
<b>Opening Ceremony</b> _____ minutes			
<b>Skills Instruction</b> _____ minutes	<ul style="list-style-type: none"> <li>• New Scouts work on first aid for burns and scalds, puncture wounds, and bite of rabid animal or venomous snake.</li> <li>• Experienced Scouts continue planning for health-care and drug awareness display, or work on Personal Fitness merit badge.</li> <li>• Older Scouts work on the Venture program or continue planning for drug awareness rally.</li> </ul>		
<b>Patrol Meetings</b> _____ minutes	Review Scouts' assignments for health-care and drug awareness display. Check to see if anyone needs outdoor activities to pass advancement requirements in Hiking, Cooking, Camping, or Nature.		
<b>Interpatrol Activity</b> _____ minutes	Play The Struggle. (See the Games section of the <i>Troop Program Resources</i> .)		
<b>Closing</b> _____ minutes Total 90 minutes of meeting	<ul style="list-style-type: none"> <li>• Scoutmaster's Minute.</li> <li>• Retire colors.</li> </ul>	SM	
<b>After the Meeting</b>	Patrol leaders' council reviews the next meeting and plans for the drug awareness display. The troop committee conducts a board of review. Continue work on next month's program feature.		

\*Troop Program Resources for Scout Troops and Varsity Teams, Supply No. 33588

# HEALTH CARE

## TROOP MEETING PLAN

Date \_\_\_\_\_ Week 3

ACTIVITY	DESCRIPTION	RUN BY	TIME
<b>Preopening</b> _____ minutes			
<b>Opening Ceremony</b> _____ minutes			
<b>Skills Instruction</b> _____ minutes	<ul style="list-style-type: none"> <li>• New Scouts work on first aid for signs of a heart attack, and learn the Heimlich maneuver.</li> <li>• Experienced Scouts finish plans for health-care and drug awareness display; plan to practice demonstrations next week. Or, continue work on Personal Fitness merit badge.</li> <li>• Older Scouts work on the Venture program or finalize plans for drug awareness rally.</li> </ul>		
<b>Patrol Meetings</b> _____ minutes	Finalize all plans for the drug awareness display. Scouts should bring materials to the next meeting to rehearse setting up the booth and what will be said and done in the display.		
<b>Interpatrol Activity</b> _____ minutes	Do Indian Hand Wrestling and play Slapjack. (See the Games section of the <i>Troop Program Resources</i> .)		
<b>Closing</b> _____ minutes  Total 90 minutes of meeting	<ul style="list-style-type: none"> <li>• Scoutmaster's Minute.</li> <li>• Retire colors.</li> </ul>	SM	
<b>After the Meeting</b>	Patrol leaders' council reviews the next meeting and plans for the display. Continue work on next month's program feature.		

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# HEALTH CARE

## TROOP MEETING PLAN

Date \_\_\_\_\_ Week 4

ACTIVITY	DESCRIPTION	RUN BY	TIME
<b>Preopening</b> _____ minutes			
<b>Opening Ceremony</b> _____ minutes			
<b>Skills Instruction</b> _____ minutes	Practice setting up the booth for the display. All Scouts practice their part in the event. Or, have a local drug and alcohol expert conduct a drug awareness program for Scouts.		
<b>Patrol Meetings</b> _____ minutes	Review last-minute details for the booth display and any upcoming patrol activities.		
<b>Interpatrol Activity</b> _____ minutes	Play What's Cooking? (See the Games section of the <i>Troop Program Resources</i> .*)		
<b>Closing</b> _____ minutes Total 90 minutes of meeting	<ul style="list-style-type: none"> <li>• Scoutmaster's Minute.</li> <li>• Retire colors.</li> </ul>	SM	
<b>After the Meeting</b>	Patrol leaders' council reviews the next meeting and checks last-minute details for the display. Finalize work on next month's program feature.		

\*Troop Program Resources for Scout Troops and Varsity Teams, Supply No. 33588



# HEALTH CARE

## TROOP OUTDOOR PROGRAM PLAN

**Date** \_\_\_\_\_

TIME	ACTIVITY	RUN BY
<b>Saturday</b> 8:00 A.M.	Arrive at location, set up booth.	SPL
8:30 A.M.	Begin demonstrations (if location is open).	
11:30 A.M.	Sack lunch	
4:30 P.M.	Leave for home.	
<b>Special equip- ment needed</b>	Booth display items and handouts	