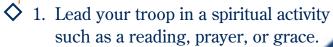


## Personal Development — Spiritual



- ♦ 2. Participate in the planning and conducting of a Scout's Own.
- ♦ 3. Attend a faith service of your choice, or participate in a Scout's Own with your troop.

## Social

- ♦ 4. Record ways that you have used the Scout Promise and Law in your daily living.
- ♦ 5. Discuss with your parents, Section II of "How to Protect Your Children from Child Abuse."
- ♦ 6. Discuss the effects of peer pressure. Describe how peer pressure affects you.
- ♦ 7. Participate in a discussion of the effects of alcohol, tobacco, and drugs.

## Intellectual

- S. Explain the importance of goal-setting.
- ♦ 9. Demonstrate setting personal goals, including the steps that will be required in order to achieve your goal.



♦ 10.Discuss your goals with your Scout leader and family.

## Physical

- ♦ 11.Show that you understand the following aspects of personal health and hygiene as they pertain to a camping environment:
  - a) Care of skin, hair and nails;
  - b) Care of eyes, ears and teeth;
  - c) Proper amount of sleep;
  - d) Functions of the main organs of the body; and
  - e) Care of allergies.



♦ 12.Understand general public health measures, which include water treatment and immunization.



- ♦ 13.Explain the value of exercise.
- ♦ 14.Participate and show ability in an individual or team sport.
- ♦ 15.Demonstrate basic fitness level in five different exercise areas:
  - a) Push-ups (5);
  - b) Shuttle run (14 second); (3 shuttles, 10 metres from start)
  - c) Partial curl-ups (17);
  - d) Standing long jump (1.35 m);
  - e) 50 m run (10 sec.); and
  - f) Endurance run (1600 metres 10 min, 15 sec).

OR

♦ 16.Show successful participation in an appropriate physical fitness program.

I got my **Personal Development Badge** on (Date)