

## How Scouting Can Help Protect Boys from Developing Addictions

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<b>Addiction</b>	<b>Scouts</b>
Emotional/Physical Rush/High (Dopamine)	The thrill of learning new skills and doing challenging things
Novelty	130+ merit badges, new places to see, new things to try, a whole world awaits them!
Risk / Danger	Embarking on adventures that push them out of their comfort zones
Connection	Connecting with leaders, parents, other scouts, and their community.
Being wanted/desired	Boy-led program, peer leadership, using their specific gifts/skills. Knowing they truly are needed and belong gives them confidence and a sense of mastery
Free of Rejection / Free of mistakes	Modeling healthy response to mistakes, teach them to take healthy risks, learning new skills, and giving them permission to be human
Consistency always there	Consistent meetings, campouts, and contact with boys and leaders
Master of the universe	They get to be part of something bigger than them