

Disabilities Awareness

Merit Badge Workbook



Merit badges are earned by doing: reading the pamphlet, practicing the skills, and showing your counselor what you have learned.
This workbook gives you a place to organize your notes and track your progress along the way.
Merit badge counselors may not require the use of this or any similar workbook.
You still must satisfy your counselor that you can demonstrate each skill and have learned the information.
Use the space under each requirement to note what you have done and what you want to talk about, not to write out full answers.
When a requirement says discuss, show, tell, explain, or demonstrate, that is what you must do.
No one may add to or subtract from the official requirements found on scouting.org (Guide to Advancement 7.0.4.8).
Scouting America last updated this badge's requirements page on September 19, 2025.
Requirements change from time to time. Double-check scouting.org before you start.

Scout's name: _____ Unit: _____ Date started: _____

Counselor's name: _____ Phone no.: _____ Email: _____

Links marked "Scouting America resources" are the ones Scouting America shares on its official badge page.
This workbook is unofficial and not endorsed by Scouting America.

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1. Do the following:

(a) Explain and discuss with your counselor the following disabilities awareness terms: disability, accessibility, adaptation, accommodation, invisible disability, and person-first language.

Scouting America resources: We Need to Talk About Disability (video) · Disability Isn't a Dirty Word (video)
Words Matter! Disability Language Etiquette (website)

Disabilities awareness terms

Term	What it means, in my own words
disability	
accessibility	
adaptation	
accommodation	
invisible disability	
person-first language	

(b) Explain why proper disability etiquette is important, and how it may differ depending on the specific disability. Give three examples.

Scouting America resources: Disability Etiquette - Respectful Ways to Interact With People With Disabilities (video)
Sportable Disability Etiquette (video) · Disability Sensitivity (video) · Not Special Needs | March 21 - World Down Syndrome Day (video)

Why proper disability etiquette is important

Three examples of how etiquette may differ

Disability	How etiquette may differ
1	
2	
3	

Requirement 1 completed on _____ counselor initials _____

2. Visit an agency that works with people with physical, mental, emotional, or educational disabilities. Collect and read information about the agency's activities. Learn about opportunities its members have for training, employment, and education. Discuss what you have learned with your counselor.

Scouting America resources: In Our Own Voice (video)
From Concept to Crag: Students Design Adaptive Sports Equipment to Help Classmate Climb (website)

Agency I visited _____ Date _____

What I learned about the agency

Topic	My notes
The agency's activities	
Training opportunities	
Employment opportunities	
Education opportunities	

Requirement 2 completed on _____ counselor initials _____

3. Do TWO of the following:

☐ **(a)** Talk with a Scout who has a disability and learn about the Scout's experiences taking part in Scouting activities and earning different merit badges. Discuss what you have learned with your counselor.

Scouting America resources: 12-Year-Old Boy Overcomes Disability to Pursue Sports, Adventures (video)
Philmont Scout Ranch: Zia Adaptive Trek (video)

Scout I talked with _____ Date _____

What I learned about their Scouting activities and merit badges

☐ **(b)** Talk with an individual who has a disability and learn about this person's experiences and the activities in which this person likes to participate. Discuss what you have learned with your counselor.

Scouting America resources: We Asked 5 People With Disability Some Questions Before International Day of People With Disability (video) · Kids Ask Questions About Disability (video)

Person I talked with _____ Date _____

What I learned about their experiences and favorite activities

☐ **(c)** Learn how people with disabilities take part in a particular adaptive sport or recreational activity. Discuss what you have learned with your counselor.

Scouting America resources: Alison's Story (video) · International Day of Persons with Disabilities | Paralympic Games (video) THIS is Special Olympics! (video)

Adaptive sport or activity _____ Where I learned about it _____

How people with disabilities take part

☐ **(d)** Learn about independent living aids such as service animals, canes, and augmentative communication devices such as captioned telephones and videophones. Discuss with your counselor how people use such aids.

Scouting America resources: Walking a Route with my Guide Dog (video)
Disability Isn't One-Size-Fits-All: My Mobility Aid Toolkit (video)
How I Navigate as a Blind Person - 5 Tools I Use to Travel Safely (video) · Service Animals (website) · Bridging Apps (video)

Independent living aids

Aid	How people use it
service animals	
canes	
augmentative communication devices	
captioned telephones	
videophones	

☐ **(e)** Plan or participate in an activity that helps others understand what a person with a visible or invisible disability experiences. Discuss what you have learned with your counselor.

Scouting America resources: Vision Loss Simulation Instructions (PDF) · Eye Disease Vision Simulator (video)
Amazing Things Happen! (video)

Activity _____ Planned or took part _____ Date _____

What the activity showed, and what I learned

Requirement 3 completed on _____ counselor initials _____

4. Do ONE of the following options:

☐ **Option A—Access. Visit TWO of the following locations and take notes about the accessibility to people with disabilities. In your notes, give examples of five things that could be done to improve upon the site and five things about the site that make it friendly to people with disabilities. Discuss your observations with your counselor.**

Scouting America resources: NYC Students With Disabilities Speaking About Accessible Schools (video)
Special Needs Prepared Camps (website)

☐ **(1)** Your school

Date I visited _____ Name of the place _____

My accessibility notes

#	Makes the site friendly to people with disabilities	Could be done to improve the site
1		
2		
3		
4		
5		

☐ **(2)** Your place of worship

Date I visited _____ Name of the place _____

My accessibility notes

#	Makes the site friendly to people with disabilities	Could be done to improve the site
1		
2		
3		
4		
5		

☐ **(3)** A Scouting event or campsite

Date I visited _____ Name of the place _____

My accessibility notes

#	Makes the site friendly to people with disabilities	Could be done to improve the site
1		
2		
3		
4		
5		

☐ **(4)** A public exhibit or attraction (such as a theater, museum, or park)

Date I visited _____ Name of the place _____

My accessibility notes

#	Makes the site friendly to people with disabilities	Could be done to improve the site
1		
2		
3		
4		
5		

☐ **Option B—Accommodation. Visit TWO of the following locations and take notes while observing features and methods that are used to accommodate people with invisible disabilities. While there, ask staff members to explain any accommodation features that may not be obvious. Note anything you think could be done to better accommodate people who have invisible disabilities. Discuss your observations with your counselor.**

Scouting America resources: Accommodations and Difficulties. (video)

☐ **(1)** Your school

Date I visited _____ Name of the place _____

Features and methods I observed that accommodate invisible disabilities

What staff explained about features that are not obvious

What could be done to better accommodate people with invisible disabilities

☐ **(2)** Your place of worship

Date I visited _____ Name of the place _____

Features and methods I observed that accommodate invisible disabilities

What staff explained about features that are not obvious

What could be done to better accommodate people with invisible disabilities

☐ **(3)** A Scouting event or campsite

Date I visited _____ Name of the place _____

Features and methods I observed that accommodate invisible disabilities

What staff explained about features that are not obvious

What could be done to better accommodate people with invisible disabilities

☐ **(4)** A public exhibit or attraction (such as a theater, museum, or park)

Date I visited _____ Name of the place _____

Features and methods I observed that accommodate invisible disabilities

What staff explained about features that are not obvious

What could be done to better accommodate people with invisible disabilities

Requirement 4 completed on _____ counselor initials _____

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5. Explain what advocacy is. Do ONE of the following:

What advocacy is

☐ **(a)** Present a counselor-approved disabilities awareness program to a Cub Scout pack or other group. During your presentation, explain and use person-first language.

Scouting America resources: The View From Here: My Path to Disability Advocacy | Liam Doyle (video)

Group I presented to _____ Date _____

- ☐ Counselor approved my program
- ☐ Explained person-first language
- ☐ Used person-first language

My program outline

☐ **(b)** Find out about disabilities awareness education programs in your school or school system, or contact a disability advocacy agency. Volunteer with a program or agency for eight hours.

Scouting America resources: Here's How You Can Support People With Disabilities (video)

Program or agency _____ Total hours _____

My volunteer hours

Date	What I did	Hours

☐ **(c)** Using resources such as disability advocacy agencies, government agencies, the internet (with your parent or guardian's permission), and news magazines, learn about myths and misconceptions that influence the general public's understanding of people with disabilities. List 10 myths and misconceptions about people with disabilities and learn the facts about each myth. Share your list with your counselor, then use it to make a presentation to a Cub Scout pack or other group.

Scouting America resources: Myths and Facts About People with Disabilities (website)

Ten myths and misconceptions

#	Myth or misconception	The facts
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Sources I used

Shared with my counselor on Group I presented to, and date

Requirement 5 completed on counselor initials

6. Make a commitment to your counselor describing what you will do to show a positive attitude about and toward people with disabilities and to encourage positive attitudes among others. Discuss how your awareness has changed as a result of what you have learned.

Scouting America resources: Changing Attitudes Towards Disability (website) · Understanding Disabilities (video)
7 Ways to Actually Keep the Commitments You Make to Yourself (website)

My commitment: what I will do to show and encourage positive attitudes

How my awareness has changed

Requirement 6 completed on counselor initials

7. Name five professions that provide services to people with disabilities. Pick one that interests you and find out the education, training, and experience required for this profession. Discuss what you learn with your counselor, and tell why this profession interests you.

Scouting America resources: 10 Rewarding Careers for Those Who Want to Work With Children With Special Needs (website)
Discover the Best Careers for Helping People With Disabilities (website)

Five professions that provide services to people with disabilities

#	Profession
1	
2	
3	
4	
5	

The profession I picked

What's required	What I found out
Education	
Training	
Experience	

Why this profession interests me

Requirement 7 completed on counselor initials

Counselor sign-off

Your counselor signs your blue card or approves the badge in Scoutbook, and your unit records it. This line is for your own records.

Counselor's signature Date completed

Official Scouting America resources

Scouting America resources: Disabilities Awareness merit badge page (requirements and resources)
Disabilities Awareness merit badge pamphlet (free PDF) · All merit badges

Made by Cole at ScoutSmarts.com, an Eagle Scout who loves helping Scouts.
Spot an error or a requirement change? Tell me at scoutsmarts.com/contact.
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