

You Hold the Power:

Protect, Speak Up, & Stay Strong



Know the signs Protect yourself Make a difference

You Hold the Power: Protect, Speak Up, and Stay Strong

A Preteen's Guide to Changing the World with Courage and Awareness

By Sub Rosa Trace Inc.

Illuminating the Darkness, Empowering the Voiceless



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www.subrosatrace.org/Resources/

A comic book illustration featuring a young man and a young woman. The man, on the left, has brown hair and blue eyes, wearing a grey t-shirt. The woman, on the right, has long brown hair and blue eyes, wearing a light blue and white polo shirt with a brown belt. Both are smiling and waving. The background is a bright yellow with radiating lines. A speech bubble from the woman says "Welcome!". A larger speech bubble at the bottom contains a message about staying safe and supporting others.

Welcome!

LET'S LEARN HOW
TO STAY SAFE, RECOGNIZE
WHEN SOMEONE MAY NEED HELP,
AND HOW TO SUPPORT EACH
OTHER. YOU HAVE THE POWER TO
MAKE A BIG DIFFERENCE

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Dedication

To every BRAVE preteen ready to stand up, speak out, and protect your world. This book is for you—the leaders, the protectors, and the world-changers of tomorrow. You hold the power to light up the darkness.

Acknowledgments

To all the incredible young people who remind us that strength comes in many forms. Thank you for your courage, your curiosity, and your fierce determination to make the world a safer place. You are the future, and your light shines so bright.

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Introduction: You Are the Future - Your Power Starts Now

Content:

Welcome to the most important journey you will ever take. You may not realize it yet, but you hold the power to make real changes in the world. Whether it's standing up for yourself, protecting a friend, or speaking out about something that isn't right, you have the ability to be a force of light in a world that needs more heroes like you.

This book will give you the tools you need to recognize danger, build strong boundaries, and help others. By the end, you'll be ready to take The Empowerment Pledge, a promise to yourself and others that you will use your strength and knowledge to make the world a better, safer place.

Chapter 1: The Power Within You - Understanding Your Role as a Protector

Content:

You have a power that no one else can take away from you—the power to protect yourself and others. This chapter is all about discovering how much power you really hold and how you can use it to stay safe and help those around you.

- Example: Meet Tori, a 12-year-old who realized she had the power to protect her younger brother. Tori noticed a stranger who kept trying to talk to them while they were walking home from school. Instead of ignoring her instincts, Tori quickly led her brother to a trusted adult and reported the situation. Tori realized that day that her actions helped keep her family safe.
- **Activity: Write down or draw a time when you felt powerful. How did you use your power to protect yourself or someone else? How did it make you feel?**

Chapter 2: Spotting the Signs - Recognizing Danger Before It Happens

Content:

One of the most important skills a protector has is the ability to spot danger before it happens. Whether it's a person acting suspiciously or a situation that doesn't feel right, your instincts can help you recognize when something is off.

- Example: Learn how preteens like you can spot the signs of grooming or manipulation. It could be a friend who starts getting gifts from someone much older, or someone who's too interested in their personal life. Knowing these signs can help you take action before it's too late.
- **Activity: Create your own Danger Spotter Guide. Write down the signs of danger that you need to watch out for in your daily life. Share your guide with a trusted adult so they can help you stay safe.**

Chapter 3: Secret Codes and Silent Signals - Communicating Safely

Content:

Sometimes, when you need help, it's not always easy to ask out loud. That's where secret codes and silent signals come in. These are ways to ask for help without saying a word, and they can be lifesavers in a dangerous situation.

- Example: Meet Jaden, who was at a party when he realized something didn't feel right. Instead of panicking, Jaden used a secret code he had made with his older sister. One text was all it took for her to come get him, and they were able to leave safely.
- **Activity: Create a secret code with a trusted adult or friend. This could be a special text message, a hand signal, or even a certain word. Practice using it so you're ready if you ever need it.**

Chapter 4: Trusted Adults - Building Your Network of Support

Content:

Every hero has a team behind them, and your team is made up of trusted adults who can help you when you need it most. These are the people you can count on to listen, support, and protect you. But it's important to know who those trusted adults are before you need them.

- Example: Learn about Skylar, who didn't feel safe at home because of a family member's behavior. Skylar reached out to her school counselor, who helped her get the support she needed. Trusted adults are there to help, even when it feels like no one else will listen.
- **Activity: Write down the names of your trusted adults. These could be your parents, teachers, coaches, or a family friend. Make sure you know how to contact them if you ever need help.**

Chapter 5: The Digital World - Navigating Safely Online

Content:

The internet is an amazing place full of information and fun, but it can also be a place where people try to take advantage of others. This chapter will teach you how to stay safe online, protect your personal information, and recognize when something isn't right.

- Example: Learn about Mikayla, who was contacted by a stranger online asking for personal information. Instead of responding, Mikayla told her parents, who helped her block the person and secure her online accounts. Mikayla learned that being a hero online means protecting your digital identity.
- **Activity: Create an Online Safety Plan. List the things you should do to keep yourself safe online, like using strong passwords, never sharing personal information, and only chatting with people you know.**

Chapter 6: Building Boundaries - Protecting Yourself and Your Space

Content:

Setting boundaries is one of the most powerful things you can do to protect yourself. A boundary is like an invisible line that tells people how they can treat you. You decide what's okay and what's not, and you have the right to stand up for those boundaries.

- Example: Meet Ella, who was uncomfortable with the way a friend was always trying to get too close. Ella told her friend that she needed more personal space and explained her boundaries. By standing up for herself, Ella showed courage and strength.
- **Activity: Create your own Boundaries Manifesto. Write down what your personal boundaries are, how you expect to be treated, and what you will do if someone crosses those boundaries.**

Chapter 7: Taking Action - Reporting and Advocating for Change

Content:

Part of being a protector is knowing how to take action when you see something wrong. Whether it's reporting a dangerous situation or advocating for change in your school or community, your voice can make a huge difference.

- Example: Meet Kevin, who noticed a friend being bullied but didn't know how to help. After learning more about standing up for others, Kevin reported the bullying to a teacher and helped his friend feel safe again.
- **Activity: Write down one thing you can do to make your school or community safer. It could be reporting a dangerous situation, starting a conversation about safety, or even organizing a group to talk about personal boundaries.**

Chapter 8: The Empowerment Pledge - Your Commitment to Safety and Courage

Content:

Now that you've learned how to stay safe, protect others, and stand up for what's right, it's time to take The Empowerment Pledge. This is a promise to yourself and others that you will use everything you've learned to create a safer, more courageous world.

The Empowerment Pledge

"I promise to use my power to protect myself and others. I will trust my instincts, set strong boundaries, and speak up when I see something wrong. I will be a light in the darkness and help make the world a better place."

- **Activity: Sign your Empowerment Pledge and share it with a trusted adult or friend. Then, write down three ways you plan to use your power to make the world a better place.**

Chapter 9: Resources for World-Changers

As a young hero, you have the power to make a difference in the world, but every hero needs a team. Here are some resources you can turn to whenever you need support or guidance. Remember, you are not alone—there are people and organizations ready to help you stay safe and strong.

- **Sub Rosa Trace Inc. | info@subrosatrace.org**
- **www.subrosatrace.org/Resources/**

These organizations exist to make sure you have the support you need. Don't hesitate to reach out if something feels wrong or unsafe. Your voice matters, and there are people waiting to listen.

Appendix: Scriptures for Strength and Guidance

When times get tough, heroes often look for guidance and strength from beyond themselves. Here are some scriptures that can remind you of your inner strength and that you are never alone on this journey.

Psalms 46:1

"God is our refuge and strength, an ever-present help in trouble."

2 Timothy 1:7

"For God gave us a spirit not of fear but of power and love and self-control."

Isaiah 41:10

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."

Matthew 5:14-16

"You are the light of the world. A town built on a hill cannot be hidden. Let your light shine before others, that they may see your good deeds and glorify your Father in heaven."

Conclusion: You Hold the Power to Change the World

By now, you've learned that you hold the power to not only protect yourself but also make the world a safer, better place. Whether it's helping a friend, setting strong boundaries, or taking action when something doesn't feel right, your actions matter. You are part of a generation of young people who are changing the world.

As you move forward, remember that you are a light in the darkness, and no matter what challenges you face, you have the strength and courage to overcome them. Use your knowledge, your instincts, and your heart to protect yourself and others, and know that every step you take toward safety is a step toward a brighter, better world.

You've got this.