

# Captain Safety and his Super Hero Team Guide



Captain Safety's  
Elite Mission: To  
Protect!



**THIS IS YOUR MISSION  
SHOULD YOU CHOOSE TO  
ACCEPT IT**

*Mission Guide*

**Welcome New Recruit!**

Copyright © 2024 Sub Rosa Trace Inc.

All Rights Reserved.

This book and all related materials are freely available for personal, educational, and spiritual use. They may be shared and distributed in their original form, provided they remain unaltered and are not used for commercial purposes. No part of this work may be modified, sold, or exploited for financial gain without explicit written permission from the author.

Author & Creator

Sarah Jacobs

Vice President & Director of Investigations, Sub Rosa Trace Inc.

Cover Design & Illustrations

© 2024 Sarah Jacobs

All visual elements, including cover design and illustrations, are protected by copyright law. They may not be reproduced, altered, or used for commercial purposes.

Disclaimer

This book is a product of personal research, experience, and reflection. I am not a licensed therapist, and the content provided should not be considered professional medical, psychological, or therapeutic advice. It is intended solely for informational and personal growth purposes. Readers should consult qualified professionals for any medical or psychological concerns.

# Super Safe: Captain Safety's Journey to Heroic Protection the Mission!

**A Hero's Guide to Staying Safe,  
Standing Strong, & Shining Bright!**

By **Sub Rosa Trace Inc.**

Illuminating the Darkness, Empowering the Voiceless

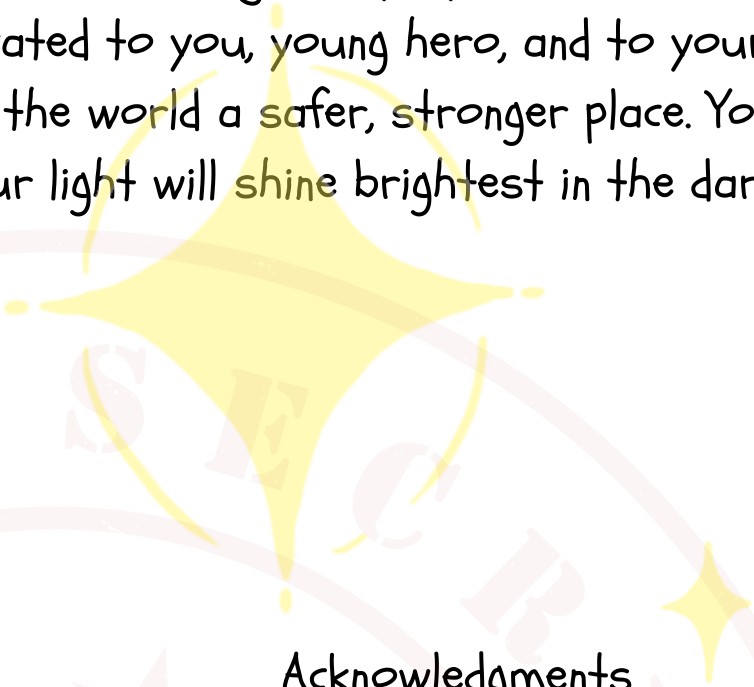


Sub Rosa Trace Inc. | [info@subrosatrace.org](mailto:info@subrosatrace.org)  
[www.subrosatrace.org/Resources/](http://www.subrosatrace.org/Resources/)



## Dedication

To every brave child who steps into the light, choosing to stand up, speak out, and protect their world. You are not just a part of this journey—you are its heart. This guide is dedicated to you, young hero, and to your mission of making the world a safer, stronger place. You are chosen, and your light will shine brightest in the darkness.



## Acknowledgments

To the courageous children who dare to be different, who stand up for what's right, even when it's hard—this is for you. And to the parents, guardians, teachers, and mentors who guide these young heroes on their journey, you are the pillars of strength that will help them change the world. Together, we can light the way for future generations, one brave step at a time.

## Table of Contents

- Introduction: Welcome to Captain Safety's Team of Heroes!
- Chapter 1: Meet Captain Safety – The Guardian of Heroes Like You
- Chapter 2: Feeling Safe – Trusting Your Superhero Instincts
- Chapter 3: Secret Codes and Silent Signals – Your Power to Ask for Help
- Chapter 4: Trusted Adults – Knowing Who to Turn to in Every Situation
- Chapter 5: Adventures in Public Spaces – Staying Safe on Every Journey
- Chapter 6: The Digital Frontier – Being a Superhero Online
- Chapter 7: The Hero's Courage – What to Do When You Feel Scared
- Chapter 8: Building Your Fortress – Creating a Safe Space
- Chapter 9: Hidden Dangers – Learning to Spot Trouble
- Chapter 10: The Hero's Oath – Pledging to Protect Yourself and Others
- Captain Safety's Hero Challenge – Missions to Keep the World Safe!
- Resources for Guardians of Safety
- Appendix: Scriptures for Strength and Courage

Introduction: Welcome to Captain Safety's Team of Heroes!

Hey there, Recruit!

You've been chosen to join an elite team of heroes—heroes just like you! Captain Safety is leading the way, but it's you who will make the biggest difference. Every time you make a choice to stay safe, help someone else, or speak up when something feels wrong, you are lighting up the world! Your parents and guardians are also part of this mission, helping you navigate every challenge, so you'll never be alone on this journey.

Mission Brief:

Ask your parents to scan your Secret Agent Card to see daily updates to your mission! Every day is an adventure, and Captain Safety is counting on you.



## Chapter 1: Meet Captain Safety – The Guardian of Heroes Like You



Welcome, new recruit! Captain Safety is here to guide you, but the real power lies within YOU. Being a hero isn't about wearing a cape—it's about making the right choices, even when no one is looking. It's about standing up for what's right, protecting others, and trusting yourself to be brave when the world needs it most. You are chosen because you have what it takes to be a hero. Now, let's begin your journey!

### Parent Involvement:

Parents, help your child realize that they are heroes in their everyday lives. Encourage them to think about the ways they already protect others, whether it's by being kind, helping a friend, or speaking up when something isn't right.

## Chapter 2: Feeling Safe - Trusting Your Superhero Instincts

Every hero has a power they can trust—their instincts. Your instincts are like your superhero radar, letting you know when something is good or bad. Trusting your instincts means listening to that little voice inside of you when something feels “off.” If a place or person makes you feel uncomfortable, that’s your superhero power telling you to pay attention and stay safe.

### Action Plan:

Practice tuning into your superhero instincts every day. Ask yourself: “How do I feel right now?” If something doesn’t feel safe, tell a trusted adult.

### Parent Involvement:

Parents, practice instinct recognition with your child through role-playing. Present different scenarios where they can identify if they feel “safe” or “unsafe” and encourage them to voice their feelings.

## Chapter 3: Secret Codes and Silent Signals – Your Power to Ask for Help

Heroes know when to ask for backup, and so do you! There are special signals you can use to call for help, even without speaking. One of these is the silent hand signal for help. When you show this signal to a trusted adult, they will know you need help right away. There are other secret codes you can create with your parents too—codes that only you and your family know for when you need assistance.



### The Silent Signal:

Create a fun mission with your parents to practice this signal. You never know when it might come in handy!

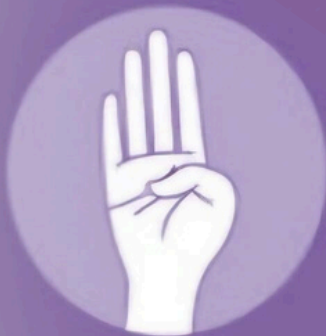
### Parent Involvement:

Teach the silent hand signal together and create other secret signals or codes that your child can use to call for help if they feel unsafe. Practice using these signals in different situations so it becomes second nature.





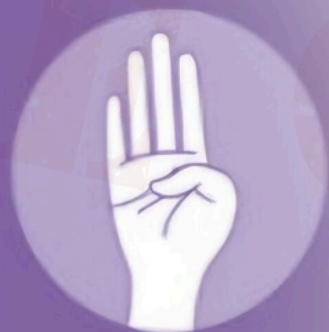
# Universal Hand Signal for Help



Tuck  
1



Trap  
2



Lift  
3

Repeat

## Chapter 4: Trusted Adults – Knowing Who to Turn to in Every Situation

Every superhero needs a team, and your trusted adults are your most important team members. These are the people you can turn to when something feels wrong, or when you're scared. Whether it's your parents, teachers, a family member, or a close friend, knowing who to trust can make all the difference.

### Action Plan:

Sit down with your parents and create a "Trusted Heroes List." Write down the names of the adults you can turn to, no matter what. Keep this list somewhere safe, like your bedroom or inside your backpack.



### Parent Involvement:

Parents, talk with your child about who they can trust in different situations. Make sure they know it's always okay to come to you, no matter what. Reinforce that there is no "bad time" to ask for help.

## Chapter 5: Adventures in Public Spaces – Staying Safe on Every Journey

When you're out in public, it's like going on an adventure! But remember, heroes always stay alert. Whether you're at the park, school, or on a family trip, you need to know how to protect yourself. Always stick close to your "sidekicks" (your parents or friends), keep an eye on your surroundings, and trust your instincts if something feels strange.

### Hero Training:

The next time you go somewhere with your parents, try being extra alert. Look around, notice details, and practice staying close to your sidekicks. It's all part of your training as a protector.

### Parent Involvement:

Create small "missions" for your child when you're out in public. Ask them to stay close, point out safe places (like stores or police stations), and practice recognizing people or situations that seem out of place.

## Chapter 6: The Digital Frontier – Being a Superhero Online

The internet is a huge part of your life, and like every superhero, you need to stay safe in the digital world too. This chapter will help you spot the hidden dangers online, like when someone tries to trick you into sharing private information or when something feels off in a game or chat room. Your online safety is just as important as your real-life safety.

### Hero Training:

Sit down with your parents and go through the websites or apps you use. Make sure you know how to stay safe, and never share personal information without checking with a trusted adult first.

### Parent Involvement:

Parents, set clear rules for online use. Be involved in your child's digital life by regularly discussing what they're doing online, how to spot potential dangers, and what to do if something feels wrong.

## Chapter 7: The Hero's Courage – What to Do When You Feel Scared

Even superheroes feel scared, but true courage is doing what's right even when you're afraid. This chapter will teach you how to handle fear in a healthy way, so you don't let it stop you from protecting yourself or others. Remember, fear is just another feeling—it doesn't control you, you control it.

### Courage Mission:

The next time you feel scared, remember to breathe. Take a deep breath, remind yourself that you are brave, and then tell a trusted adult what's bothering you. Heroes don't have to handle fear alone.

### Parent Involvement:

Parents, help your child understand that fear is normal and okay. Share stories of times when you were scared but made brave choices. Encourage them to talk about their fears openly with you.

## Chapter 8: Building Your Fortress – Creating a Safe Space

Every superhero needs a place where they can feel completely safe, a fortress where they can recharge and plan their next move. In this chapter, you'll build your own "safe space" at home. This could be your bedroom, a cozy corner, or even a little fort where you feel protected and calm.

### Safe Space Mission:

Work with your parents to design your own safe space. You can fill it with things that make you feel calm and secure—like books, soft blankets, or your favorite superhero toys. This is where you'll go when you need to recharge your powers.

### Parent Involvement:

Help your child create their safe space. Let them take the lead in deciding what makes them feel comfortable. Encourage them to use it whenever they need to calm down or process their feelings.



## Chapter 4: Hidden Dangers - Learning to Spot Trouble

Not every danger is obvious. Some threats hide in plain sight, but as a superhero, you have the power to see through them. This chapter will help you learn how to spot hidden dangers, whether it's a person acting suspiciously or a situation that just doesn't feel right.

### Danger-Spotting Mission:

The next time you're in public or online, practice spotting things that seem "off." Is someone acting strangely? Is there something that doesn't feel safe? Always trust your instincts and don't be afraid to ask for help.

### Parent Involvement:

Parents, practice danger-spotting with your child. Create scenarios where they have to identify something that's not safe and talk through how they would handle it.

## Chapter 10: The Hero's Oath - Pledging to Protect Yourself and Others

Now that you've completed your hero training, it's time to take the Hero's Oath! This is your promise to protect yourself, stand up for others, and always do what's right. Once you take this oath, you become a full member of Captain Safety's Team of Heroes!

### The Hero's Oath:

"I pledge to protect myself, to stand up for those who need help, and to always trust my superhero instincts. I will be brave, I will be kind, and I will shine bright, even in the darkest times."

### Parent Involvement:

Parents, witness your child taking the Hero's Oath and celebrate this moment with them. Remind them that this is not just a one-time pledge, but a lifelong mission. Together, you will continue this journey of courage, protection, and strength.

# Captain Safety's Hero Challenge – Missions to Keep the World Safe!

Now that you've completed your training, you're ready for Captain Safety's Hero Challenge! Complete these missions to practice your superhero skills in real life. Each mission brings you closer to becoming the ultimate protector.

Missions include:

- The Protector's Call: Help a friend in need, whether it's by being kind or standing up for them.
- Safety Scout: Go on a "scouting mission" with your parents to find safe spaces in your neighborhood.
- Digital Defender: Practice online safety by reviewing your online habits and sharing what you've learned with a friend.

Parent Involvement:

Parents, work together with your child on completing these missions. Create fun challenges that reinforce what they've learned. Celebrate their achievements and remind them that they are making the world a safer place, one mission at a time.

## Resources for Guardians of Safety:

As a parent, guardian, or mentor, you play a vital role in your child's journey toward becoming a protector. The lessons in this book are designed to guide young heroes, but it's your continued involvement that will strengthen their courage, build their confidence, and empower them to shine bright in every situation. Here are some additional tips, tools, and resources to support you as you help your child navigate their world safely.

### I. Conversations About Safety:

- **Make it Regular:** Don't just talk about safety once—make it a regular part of your conversations. Check in with your child after school, during family meals, or before bedtime. Ask how they're feeling, if anything happened during the day that made them uncomfortable, and if they have any questions about staying safe.

- **Use Real-Life Examples:** Children learn best when they can connect lessons to real life. Share stories from your own experiences—whether it's how you handle stress, navigate difficult situations, or protect yourself online. These real-world connections will help your child internalize the lessons they've learned.

## 2. Creating an Open Line of Communication:

- **Always Be Available:** Make sure your child knows they can come to you about anything, no matter how small. This is the foundation of trust. If they share something with you, listen without interrupting or judging. Let them know their feelings are valid and that you are there to support them.
- **Safe Words and Signals:** As mentioned in Chapter 3, creating secret codes and signals can be a great way to build trust. These allow your child to let you know when they're feeling unsafe, even in situations where they might not be able to speak openly.

### 3. Building Safety Habits:

- **Routine Safety Checks:** Conduct regular “safety checks” at home, in public spaces, and online. For example, before going to the park or a public place, review with your child where the safe zones are, how to stay alert, and what to do if they get separated from you.
- **Online Awareness:** Spend time navigating the digital world with your child. Explain the risks of sharing personal information online and how to identify red flags in online conversations. Install parental controls, but also make sure they know why these protections are important.

### 4. Encouraging Bravery and Self-Advocacy:

- **Role-Playing Scenarios:** Children thrive when they can practice what they’ve learned in a safe environment. Try role-playing different scenarios where your child might need to stand up for themselves or someone else, or where they have to make quick decisions to stay safe.



- **Praise Courage:** Whenever your child makes a courageous choice—whether it's telling you about a concern, standing up for a friend, or simply trusting their instincts—praise their bravery. Reinforce that every small step toward safety is part of their superhero journey.

### S. Identifying Trusted Adults:

- **Create a "Hero Network":** Work with your child to identify other trusted adults they can turn to in times of need. This could include family members, teachers, neighbors, or close family friends. It's important for your child to know who they can go to when you're not around.

## 6. Resources for Additional Support:

- National Center for Missing & Exploited Children: Provides tools for both children and parents on how to stay safe and recognize danger.
- NetSmartz: An interactive website that teaches kids about internet safety through games, videos, and real-life stories.
- Safe Kids Worldwide: Offers guidance on keeping kids safe at home, at play, and on the go.
- Local Child Advocacy Centers: These centers offer education and support for families and provide safe environments for kids.

## Appendix: Scriptures for Strength and Courage

As your child embarks on their mission to protect themselves and others, there will be moments when they feel scared, overwhelmed, or uncertain. These scriptures are meant to provide strength and encouragement, reminding them (and you) that they are never alone. Faith can be a powerful source of courage on this heroic journey.

1. Isaiah 41:10 (NIV):

"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."

Message for the Hero:

Even in the scariest moments, God is right beside you. You are never alone, and His strength is always with you.

2. Joshua 1:4 (NIV):

"Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

Message for the Hero:

Your mission is important, and you have all the strength you need. Wherever your journey takes you, God's protection follows.

3. Psalm 27:1 (NIV):

"The Lord is my light and my salvation—whom shall I fear? The Lord is the stronghold of my life—of whom shall I be afraid?"

Message for the Hero:

You are a light in the darkness, shining bright with God's strength. There is nothing to fear when His light is within you.

4. Philippians 4:13 (NIV):

"I can do all this through him who gives me strength."

Message for the Hero:

You are capable of amazing things, and when you feel weak, remember that God's strength is always there to lift you up.

5. 2 Timothy 1:7 (NIV):

"For the Spirit God gave us does not make us timid, but gives us power, love, and self-discipline."

Message for the Hero:

You have the power to make brave choices, to stand up for what's right, and to love and protect others with the strength God has given you.

These scriptures will serve as a guiding light, helping your child (and you) draw upon faith in moments of uncertainty or fear. Keep these close as reminders of the strength and courage that come from God, and use them as anchors on your child's heroic journey.

## Final Message:

Your child is now a fully trained hero, ready to face the world with courage, awareness, and compassion. As their guardian, you have an equally important role in supporting their journey. Together, you are an unstoppable team, bringing light to the world and protecting those who need it most.





# Captain Safety and his Super Hero Team Guide

A world filled with heroes isn't just a dream—it's the mission of every child who dares to make a difference. This book takes you on an exciting journey alongside Captain Safety, where you'll learn how to stay safe, stand strong, and shine bright in every situation.

You've been chosen to join an elite team of protectors, and your mission begins NOW!

With the support of your trusted adults, you'll discover:

- How to use secret codes and signals to ask for help
- Ways to spot hidden dangers in public and online
- The power of courage and trusting your instincts
- How to build your own safe space, both at home and beyond

This is more than just a guide—it's your hero's handbook, empowering you to protect yourself and others, every step of the way. Together, with your parents, you'll learn how to light up the darkness and be a force for good. Join the mission. Stand up, speak out, and be the hero you were meant to be.





