

LESSON 1: WHAT IS HUMAN TRAFFICKING?

Human Trafficking

The illegal exploitation of people, through force, fraud or coercion typically for the purposes of forced labor or commercial sexual exploitation.

3 Main Types of Trafficking:

- **Sex Trafficking**

This prevalent form of trafficking affects every region in the world, either as a source, transit or destination country. Women and children from developing countries, and from vulnerable parts of society in developed countries, are lured by promises of decent employment into leaving their homes and traveling to what they consider will be a better life.

Victims are often provided with false travel documents and an organized network is used to transport them to the destination country, where they find themselves forced into sexual exploitation and held in inhumane conditions and constant terror.

- **Labor Trafficking**

Victims of this widespread form of trafficking come primarily from developing countries. They are recruited and trafficked using deception and coercion and find themselves held in conditions of slavery in a variety of jobs.

Victims can be engaged in agricultural, mining, fisheries or construction work, along with domestic servitude and other labor-intensive jobs.

- **Organ Trafficking**

In many countries, waiting lists for transplants are very long, and criminals have seized this opportunity to exploit the desperation of patients and potential donors. The health of victims, even their lives, is at risk as operations may be carried out in clandestine conditions with no medical follow-up.

An aging population and increased incidence of diabetes in many developed countries is likely to increase the requirement for organ transplants and make this crime even more lucrative.

Source: [Interpol](#)

Statistics from lesson:

- There are an estimated 30 million people enslaved globally right now, with 6 million of those being children
- Trafficking is still the fastest growing crime worldwide and
- Generates more than \$150 billion annually
- It has been reported in all 50 states

- The US Justice Dept. estimates there are at least 100,000 children in forced sexual bondage right now in the US with at least 300,000 at risk at any given moment.
- The average age of entry into prostitution in the US is now 12-14.
- Once a victim is trafficked their chances of being identified are less than ½ %
- The average lifespan of a trafficking victim is between 5-7yrs

LESSON 2: TRAFFICKERS AND VICTIMS

Traffickers:

- They are both men and women or even a couple or a group of people. In fact, when recruiting the victim, a woman trafficker may appear more 'trustworthy' than a male – especially in the case of recruiting children or young women.
- Currently, 63% of identified traffickers were men and 37% women ([UNODC](#)) but there is no 'normal' or stereotype for a trafficker, it's a crime of opportunity.
- Often the traffickers and their victims share the same national, ethnic, or cultural background, allowing the trafficker to better understand and exploit the vulnerabilities of their victims.
- Traffickers can be foreign nationals or U.S. citizens, family members, partners, acquaintances, and strangers. They can act alone or as part of an organized criminal enterprise. People often incorrectly assume that all traffickers are males; however, the United States has prosecuted cases against women traffickers. Traffickers can be pimps, gang members, diplomats, business owners, labor brokers, and farm, factory, and company owners. ([justice.gov](#))

Mugshots of traffickers:



[Source](#)

Victims:

- Victims can be male or female
- 71% of victims are female and 29% are male
- 1 in 4 victims are under the age of 18
- Vulnerabilities include: past trauma, low self-esteem, non-existent support system, and a need to be accepted by peers
- *Most* victims are known to their traffickers prior to being trafficked or exploited
- Victims will often post personal information, such as their financial hardships, their struggles, their family issues and that kind of thing.
- Some of the most vulnerable populations for trafficking in the United States include American Indian/Alaska Native communities, lesbian-gay-bisexual-transgender-questioning individuals, individuals with disabilities, undocumented migrants, runaway and homeless youth, temporary guest-workers and low-income individuals. (source: [justice.gov](https://www.justice.gov))

LESSON 3: HOW IT HAPPENS

The 3 main ways people are trafficked are through means called **force, fraud and coercion**.

Force as physical restraint, physical harm, sexual assault... (and beatings and sometimes includes monitoring and confinement)... This is typically what people think of when they hear the word 'trafficking'.

Fraud includes false promises regarding employment, wages, working conditions, love, marriage, or better life. Over time, there may be unexpected changes in work conditions, compensation or debt agreements, or in the nature of the relationship - like being told they need to pay back a debt before they can go free.

Coercion is defined as threats of serious harm to or physical restraint against any person. A pattern intended to cause a person to believe that failure to perform an act would result in serious harm to or physical restraint against any person (themselves or a loved one).

Grooming is a preparatory process in which a predator gradually gains a person's trust with the intent to exploit them. The victim is usually a child, teen, or vulnerable adult. The purpose of grooming is to manipulate the person into becoming a somewhat willing and co-operating participant in their own abuse or exploitation, which reduces the likelihood of a disclosure and increases the likelihood that the victim will become attached to the perpetrator.

Stages of Grooming:

1. *Targeting the victim.*

Predators don't want to call attention to themselves so when targeting a victim they look for the path of least resistance. Someone who is clearly close with their family and has a good support network will be way too much work and involve too much risk. Instead the predator will look for those with a vulnerability that they can exploit, those who seem isolated and who have posted about their problems on social media and have low self esteem. It is then that a predator will start to gather information they can use against their potential victim. THIS IS WHY it's so vital we're cautious about what we post online for the world to see...

2. *Gaining the victim's trust*

This is a key stage in the abuse - predators will seek to become confidants of their victims, sharing secrets with them. This may start as a friendship and develop into what the victim feels is a loving relationship when in fact it is something far more sinister.

3. *Fulfilling a need*

In this stage the predator seeks to solidify their place in the relationship by filling some void in the victim's life and subtly convincing them that they are the only ones who can fulfill that need or desire, like [quote over image] "I am the only one who can love you like this and provide for you".

4. *Isolating the victim*

Now that the predator has established themselves as essential they will begin putting themselves between the victim and their loved ones. Assuring them that no one will ever understand or care like they do. They will systematically break down bonds with loved ones with the aim of removing any support system so that there is no one close enough to see what is really going on and intervene.

5. *Abuse*

At this stage, the abuse itself begins. In sexual abuse, this may involve rape or sexual assault or demanding images or it could be forced criminal activity or violence. Often the victim persuades themselves that the abuse is entirely normal and the person they've come to know is too special to be able to wilfully hurt them. By this point they will be willing to justify a lot to protect this person and keep them in their lives.

6. *Maintaining control*

This stage is what allows the abuse to be ongoing. Once a predator has established their hold over the victim, they will work hard to maintain that level of control. This stage involves anything from threats or actual physical abuse, fear, emotional blackmail and shame. In this stage the threat of being exposed, abandoned or beaten will often keep the victim submitted to the predator so the abuse can continue.

LESSON 4: HOW TO PREVENT GROOMING

So here are a few things you can do to help keep everyone safe.

1. Have open conversations about this. Not everyone is who they appear to be, especially online. Talk about this, if you are a parent or guardian, talk openly about the dangers and consequences of trusting everyone online. Through conversation, create a safe space for open, frank and ongoing dialogue about these issues. Having someone you trust and can turn to for help can make all the difference.
2. Do your research. Commit the signs to memory. Take time regularly to learn about online dangers and how they are evolving. There are many great resources out there and you can always connect with us if you have questions. Know the apps your loved ones are using and who is frequenting them, often a little research will tell you a lot and allow you to gain a better understanding of what to allow in your household and what to avoid.
3. Look for changes taking place: Keep an eye out for potential gifts that your children may have received. Often groomers will buy electronic devices such as phones for their victims, enabling them to chat without the knowledge of their parents or guardians. Look for someone who is hanging out with a new friend group and is distant even when with their close friends and family or is suddenly moody for no apparent reason...that could be a sign that something is off.

If you have seen these signs and suspect grooming is taking place in your life or the lives of loved ones, call the **National Human Trafficking Hotline at 1.888.3737.888** and remember that you won't ever get in trouble for calling and giving information. They are here to help and your call could make all the difference in someone's life.

LESSON 5: SIGNS OF TRAFFICKING

Signs of Human Trafficking

- Appearing malnourished
- Showing signs of physical injuries and abuse
- Avoiding eye contact, social interaction, and authority figures/law enforcement
- Seeming to adhere to scripted or rehearsed responses in social interaction
- Lacking official identification documents
- Appearing destitute/lacking personal possessions
- Working excessively long hours
- Living at place of employment
- Checking into hotels/motels with older males, and referring to those males as boyfriend or “daddy,” which is often street slang for pimp
- Poor physical or dental health
- Tattoos/ branding on the neck and/or lower back
- Untreated sexually transmitted diseases
- Small children serving in a family restaurant
- Security measures that appear to keep people inside an establishment - barbed wire inside of a fence, bars covering the insides of windows
- Not allowing people to go into public alone, or speak for themselves

Child Sex Trafficking Specific

- Child has multiple cell phones and/or electronic devices
- Multiple children are present with an unrelated male or female
- Child has a name or symbol tattooed, burned, or branded onto his or her body
- There is evidence the child has been or will be traveling
- Child avoids answering questions or lets others speak for him or her
- Child appears frightened, resistant, or belligerent to law enforcement
- Child lies about his or her age and identity
- Child looks to others before answering questions
- Child is under 18 and in prostitution

Questions to Ask

Assuming you have the opportunity to speak with a potential victim privately and without jeopardizing the victim’s safety because the trafficker is watching, here are some sample questions to ask to follow up on the red flags you became alert to:

- Can you leave your job if you want to?
- Can you come and go as you please?

- Have you been hurt or threatened if you tried to leave?
- Has your family been threatened?
- Do you live with your employer?
- Where do you sleep and eat?
- Are you in debt to your employer?
- Do you have your passport/identification? Who has it?

Source: <https://www.state.gov/identify-and-assist-a-trafficking-victim/>

People you know might be vulnerable to trafficking if they:

- Have an unstable living situation
- Have a history of domestic violence
- Has a caregiver or family member who has a substance abuse issue
- Are runaways or involved in the juvenile justice or foster care system
- Are undocumented immigrants
- Are facing poverty or economic need
- Have a history of sexual abuse
- Are addicted to drugs or alcohol

Source: Polaris [here](#)

Sexual Exploitation

Commercial Sexual Exploitation of Children (CSEC) refers to a range of crimes and activities involving the sexual abuse or exploitation of a child for the financial benefit of any person or in exchange for anything of value (including monetary and non-monetary benefits) given or received by any person. Examples of crimes and acts that constitute CSEC:

- child sex trafficking/the prostitution of children;
- child sex tourism involving commercial sexual activity;
- commercial production of child pornography;
- online transmission of live video of a child engaged in sexual activity in exchange for anything of value.

CSEC also includes situations where a child, whether or not at the direction of any other person, engages in sexual activity in exchange for anything of value, which includes non-monetary things such as food, shelter, drugs, or protection from any person.

Source: <https://ojjdp.ojp.gov/programs/sexual-exploitation-children>

Spot the signs of child sexual exploitation:

The below indicators relate specifically to grooming for sexual exploitation:

- A child or teenager who is often truant or goes missing
- Secretive behavior or unexplained money/presents
- Experimenting with drugs, alcohol
- Unexplained association with older males or a significantly older boyfriend
- Social activities without any plausible explanation
- Low self-image/self-harm/eating disorder
- Seen entering or leaving vehicles with unknown adults
- Evidence of physical/sexual assault

Source: <https://hopeforjustice.org/spot-the-signs/>

Online Enticement

involves an individual communicating with someone believed to be a child via the internet with the intent to commit a sexual offense or abduction. This is a broad category of online exploitation and includes [sextortion](#), in which a child is being groomed to take sexually explicit images and/or ultimately meet face-to-face with someone for sexual purposes, or to engage in a sexual conversation online or, in some instances, to sell/trade the child's sexual images. This type of victimization takes place across every platform; social media, messaging apps, gaming platforms, etc.

Red Flags

The most common tactics used to entice children include:

- Engaging in sexual conversation/role-playing as a grooming method, rather than a goal.
- Asking the child for sexually explicit images of themselves or mutually sharing images.
- Developing a rapport through compliments, discussing shared interests or "liking" their online post, also known as grooming.
- Sending or offering sexually explicit images of themselves.
- Pretending to be younger.
- Offering an incentive such as a gift card, alcohol, drugs, lodging, transportation or food.

What NCMEC is Doing About it

Creating a Place to Report

Since 1998, NCMEC has operated the CyberTipline®, to provide the public and electronic service providers with the ability to report suspected child sexual exploitation including online enticement of children for sexual acts, extra-familial child sexual molestation, child pornography, child sex tourism, child sex trafficking, unsolicited obscene materials sent to children, misleading domain names, and misleading words or digital images on the internet. After NCMEC's review is completed, the CyberTipline report is made available to the appropriate law enforcement agency.

To make a CyberTipline Report, visit report.cybertip.org.

Source: <https://www.missingkids.org/theissues/onlineentcement>

LESSON 6: ONLINE DANGERS

Here are some tips to employ to help keep you and your loved ones safe online.

- Be as anonymous as possible and think before you post. There is no reason to post all of your personal information online for all to see. Remember we talked about grooming tactics and that predators used info they gathered from online posting to use against their victims. Don't share anything about your routine, school or pictures that let others know too much about your life. Be a Selective Sharer.
- Use privacy settings and parental controls. Only share with those closest to you to reduce the risk of attracting unwanted attention.
- Supervise young children's use of the internet, including periodically checking their profiles and posts. Keep electronic devices in open, common areas of the home and consider setting time limits for their use.
- Be shrewd - Remember that people aren't always who they say they are - in a perfect world we can trust everyone but this world is far from perfect.
- Remember social networking sites are public spaces - What you put there will be accessible by others and others can access you.
- Use safety software to help keep track of dangerous keywords or interactions.
- Avoid inappropriate content and behavior, and, if encountered, report it to the social networking site immediately.

LESSON 7: PROTECTING YOURSELF AND YOUR LOVED ONES

- The best defense is staying informed
- Check reviews and trusted sites about internet ready devices or apps before using them
- Follow us on social media and stay connected with us via email (As new tech and apps are released we'll keep you informed and make sure you know everything you need to know about it).
- Have open conversations
- Watch for signs of something being wrong in the lives of people in your circle

Conversation Starters (for Tweens):

Privacy & personal information

- What are some things you shouldn't share online?
- What is the difference between 'public' and 'private' posts or groups?

- What do you know about privacy settings? Why do you think they are important?
- What would you do if you were asked for information that you didn't think was safe to share?

Read more at [online privacy](#) and [digital footprints](#).

Managing time online

- How do you spend your time online?
- How would you tell if you were spending too much time online? What could you try if you wanted to spend less time online?
- How do you feel when you have to turn off your game or activity online?
- What apps/ platforms or games do you use most often? Why?

Read more [here](#).

Online bullying

- Have you ever felt sad or unhappy when you have been online? What did you do? Would you do anything differently now?
- What does online bullying look like to you? What's the difference between bullying and joking around?
- What advice would you give to a friend who was being bullied online? What support could you offer them?
- What would you do if one of your friends was bullying someone else?
- What does being an "upstander" mean? How could you do this safely?
- How is an online friend different to an offline friend?

Read more about [online bullying](#) and [banter vs bullying](#).

Social media vs reality

- Do you think social media shows what people's everyday lives are like?
- What age do you think you should have your own social media account? What social media account do you want to go on?
- What social media does your friend's use?
- How would you be able to tell if someone is getting paid to promote content on social media?

The minimum sign up age for most social media platforms is 13. Read more [advice for parents about social media](#). Read more [here](#).

Truth & tricksters

- What's catfishing? How could someone pretend to be someone else? How would you be able to tell if someone is who they say they are?
- How do you know what's real and made up online? What do real things look like? Can you show me something online that is real?
- What do made up things look like? Can you show me something online that is made up?
- What could you do if you thought someone was pretending to be someone else online?

Read more about [catfishing](#) and [misinformation](#) for more detail.

Online pornography

- Have you ever seen any adult pictures online? How did that make you feel? What kinds of questions did you have after seeing those pictures? What did you do?
- What would you do if a friend or someone else was pressuring you to look at pornography online? Who could you talk to?

Read more about [talking to children about pornography](#).

Sending naked images

Consider the appropriateness of discussing this particular challenge with your child – think about your child’s age & stage.

- What do you know about nudes?
- How common do you think sending nudes is?
- Why do you think people ask for and share nudes?
- What are some of the risks that come with sending nudes?
- If you were pressured to send nudes, how would you say no?
- Who could you talk to if someone was asking you to share nudes and you didn’t want to?

Source: [netsafe.org](https://www.netsafe.org)

LESSON 8: TECH CONTRACTS AND DEVICE SAFETY

Examples of Tech Contracts/ Family Media Agreements:

[Family Media Plan](#) from HealthyChildren.Org

[Family Media Agreement](#) from Common Sense Media

[Simple Technology Contract](#) from Bark

How to Secure Devices:

[Apple iPhone](#)

[Apple Macbook](#)

[Apple TV](#)

[Amazon Fire Stick](#)

[Chromebook](#)

[Chromecast](#)

[Kindle Fire](#)

[Nintendo 3DS](#)

[Nintendo Switch](#)

[Playstation 4](#)

[Playstation 5](#)

[Xbox](#)

[Roku/Roku TV](#)

[Wireless Router](#)

[Smart TV](#)

[Netflix Parental Controls](#)

[Amazon Video Parental Controls](#)

[Youtube Parental Controls](#)

[Gaming Consoles](#)

Alternative Source to Secure Phones and other devices: [InternetMatters.org](#)

Additional Resources for Church Training

Sexual Purity Resources

Covenant Eyes

Accountability service helps you overcome porn by monitoring your screen activity and sending a report to a trusted ally who holds you accountable for your online choices.

<https://www.covenanteyes.com/services/>

Fortify

Free science-based support for lasting healing from sexual compulsivity

https://www.joinfortify.com/?utm_campaign=ftnd&utm_medium=affiliate_link&utm_source=affiliate_id_4

Fight The New Drug

A Conversation Blueprint for Talking about Pornography

<https://fightthenewdrug.org/lets-talk-about-porn/>

ANTHEM: Strategies for Fighting Lust by John Piper

<https://www.desiringgod.org/articles/anthem-strategies-for-fighting-lust>