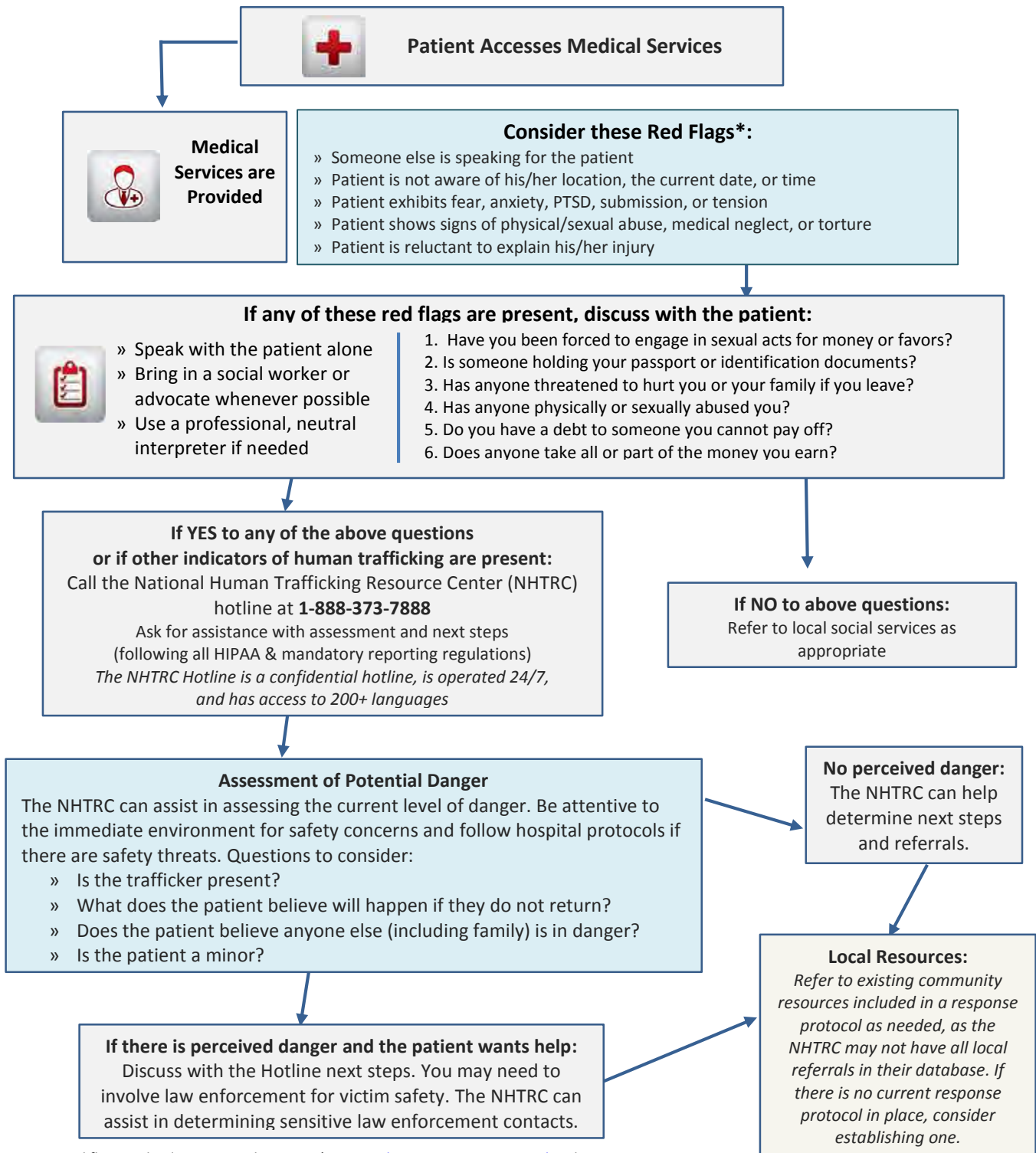



Human Trafficking Assessment Tool for Medical Professionals



*For more red flags and indicators see the NHTRC's [Comprehensive Assessment Tool](#) and [Identifying Victims of Human Trafficking](#) document for healthcare providers.

Report Online or Access Resources & Referrals: www.traffickingresourcecenter.org
Call: 1-888-373-7888 (24/7) Email: nhtrc@polarisproject.org

This publication was made possible in part through Grant Number 90ZV0102 from the Anti-Trafficking in Persons Division, Office of Refugee Resettlement, U.S. Department of Health and Human Services (HHS). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Anti-Trafficking in Persons Division, Office of Refugee Resettlement, or HHS.



Medical Professionals:
Domestic Minor Sex Trafficking –
Hidden in Plain Site

Russ Tuttle

St**p Trafficking****g**
PROJECT

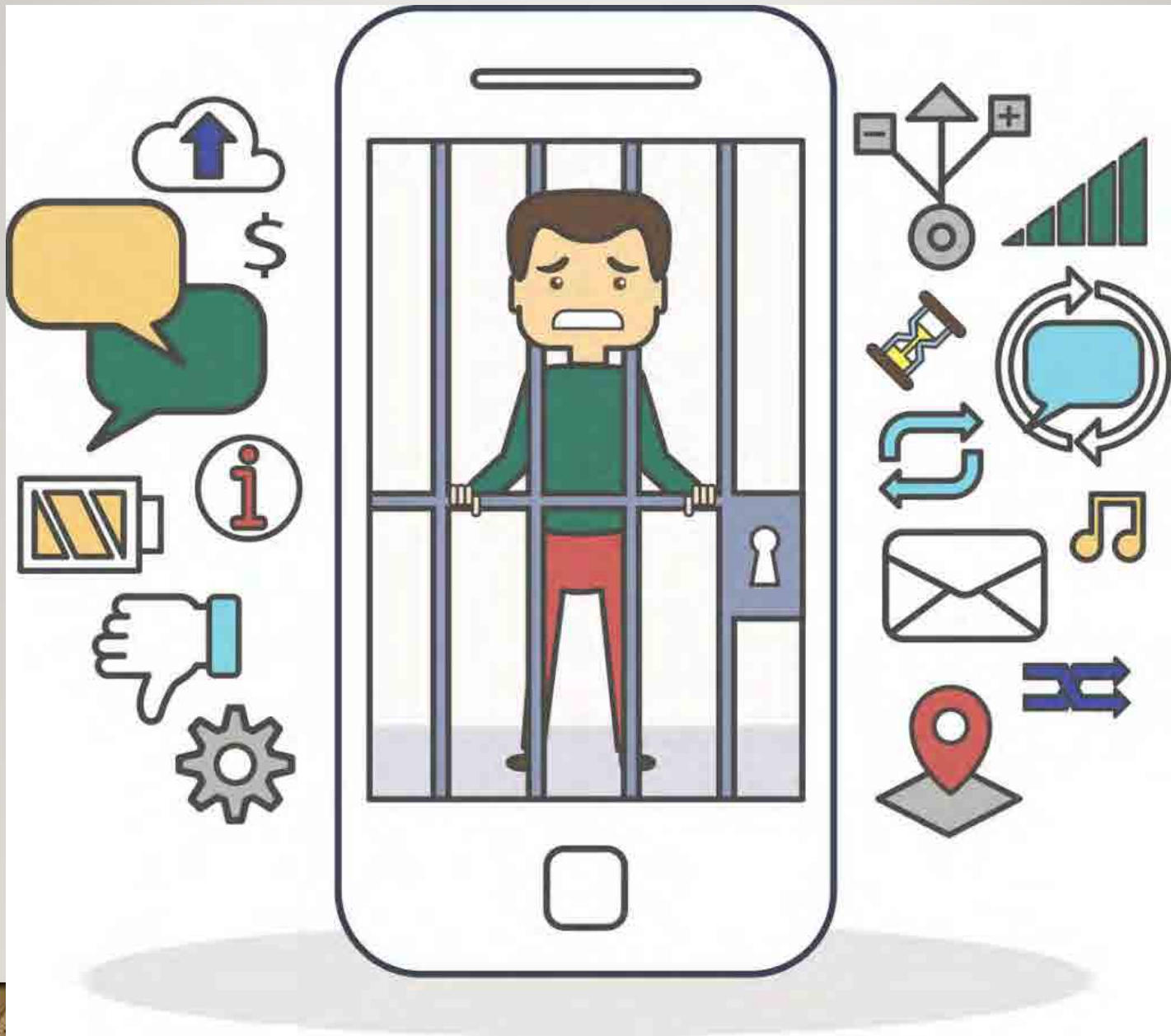




Let's talk about
**SOCIALLY ACCEPTABLE
ADDICTIONS**







**1 IN 3 PEOPLE FEEL MORE
DISSATISFIED WITH THEIR
LIVES AFTER VISITING
FACEBOOK, ACCORDING TO A
STUDY.**



ACCORDING TO MY FACEBOOK FEED





Pornhub

— 2018 —

33.5
BILLION
VISITS TO PORNHUB

92 MILLION
DAILY AVERAGE VISITS

=

THE POPULATIONS OF
CANADA, POLAND AND AUSTRALIA
EVERY DAY



30.3
BILLION
SEARCHES

962
SEARCHES
PER SECOND

4,791,799
VIDEOS UPLOADED

1 MILLION / 115 YEARS
HOURS OF VIDEO / OF VIDEO



1903

2018

If you started watching 2018's videos after the Wright brother's first flight, you would still be watching today!

**SOCIALLY
ACCEPTABLE
ADDICTIONS...**

**WHAT DO
THESE ALL HAVE
IN COMMON?**



**THEY ALL CREATE A
RELEASE OF
DOPAMINE IN THE
BRAIN.**



**THEY HAVE THE
POTENTIAL TO BE
CHEMICALLY
ADDICTIVE IF
MISUSED.**



Every year Cambridge chooses a new English word. The word for 2018 was "Nomophobia". Oh boy.

HUMAN TRAFFICKING IS

THE ACT OF

**Recruitment
Transport
Transfer
Harbouring
Receipt of
persons**

BY THE MEANS OF

**Threat or use of force
Coercion
Abduction
Fraud
Deception
Abuse of power or
vulnerability
Giving payments or benefits**

FOR THE PURPOSE OF

**Exploitation, including:
Prostitution of others
Sexual exploitation
Forced labour
Slavery or similar practices
Removal of organs
Other types of exploitation**

source: www.ungiftbox.org

Human
trafficking
is always:

EXPLOITATION

of

VULNERABILITY

DOMESTIC MINOR SEX TRAFFICKING

Domestic Minor Sex Trafficking (DMST) - a form of Commercial Sexual Exploitation and Human Trafficking. It is the commercial sexual exploitation of a minor child (under the age of 18) who is a U.S. citizen or lawful permanent resident. When discussing minors, one must understand that any “consent” whether given or implied is not relevant.

- **NOT** Child/Teen Prostitute
- **NOT** Child/Teen Prostitution

Our Children = RAPED for Profit

"It's not a choice, no-one just wakes up and wants to do this. You can't just walk away...."

- CSEC Survivor

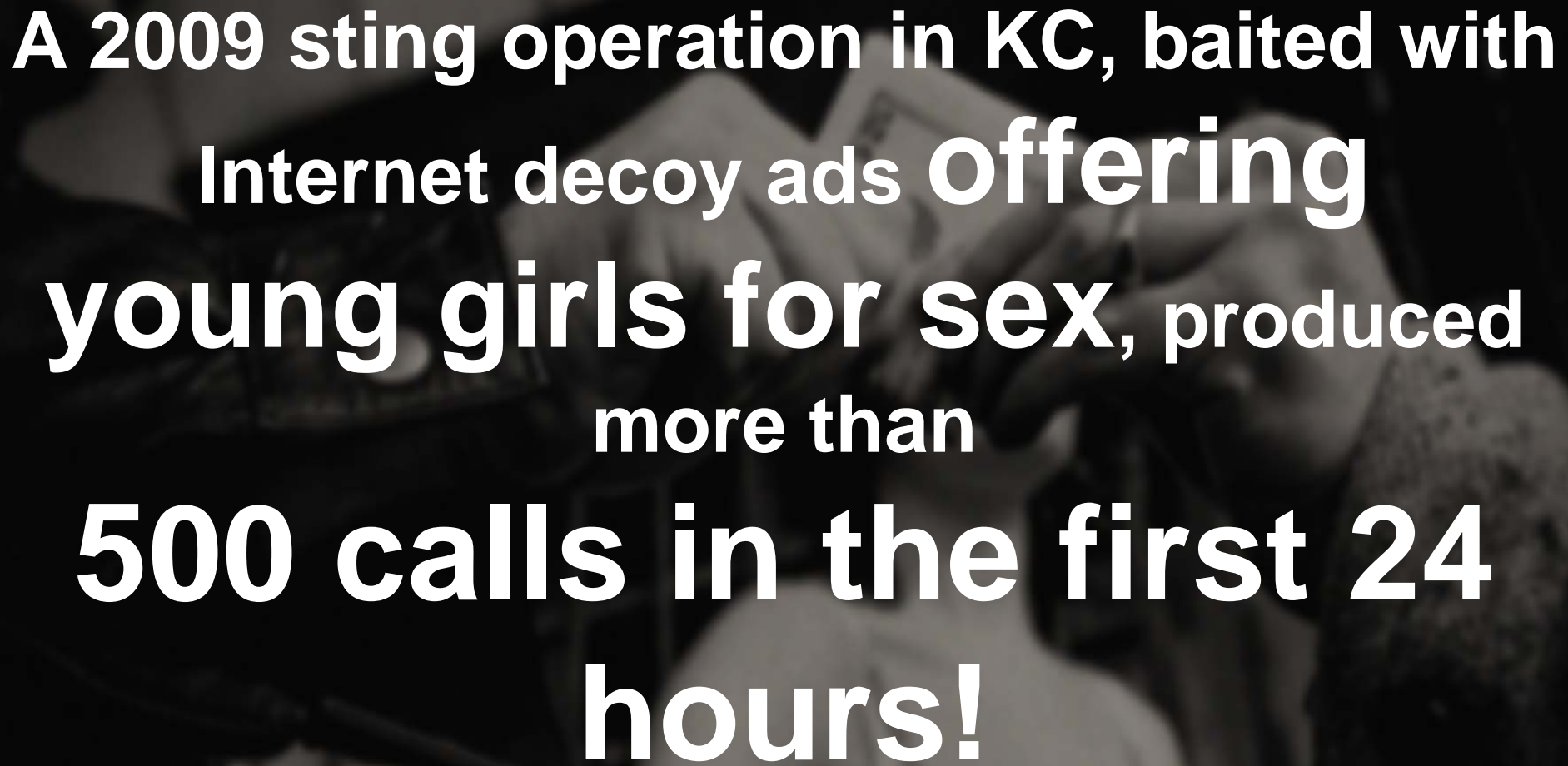


RISK FACTORS

Societal

Environmental

Individual



**A 2009 sting operation in KC, baited with
Internet decoy ads offering
young girls for sex, produced
more than
500 calls in the first 24
hours!**

“Children’s Mercy is ranked in the **top 5% of the United States** in the volume of **sexual assault victims** we see each year. That includes adult and pediatric programs. So think of big cities like NYC or LA, yes, we are outranking their hospitals in the amount of victims we see.”

Heidi Olson, RN, BSN, CPN, SANE-P
SANE Program Coordinator; Children’s Mercy Kansas City



“On average our SANE nurses see **1-2 acute sexual assault victims every day**. (Acute = the assault happened in 5 days or less), so we are seeing only the **tip of the iceberg**, as many children do not disclose sexual abuse for years or even until adulthood.”

Heidi Olson, RN, BSN, CPN, SANE-P
SANE Program Coordinator; Children's Mercy Kansas City



- **Arizona State University conducted a study in 15 cities across America in 2013**
- **Ran decoy ads and conducted research to determine how many people are shopping for sex online**
- **While there were many aspects to this study the bottom line was: 14.5% of the male population over the age of 18 in the greater KC region was online shopping for sex**

**DEMAND IS HIGH IN THIS DEMAND
DRIVEN BUSINESS IN KC!**



Snapchat

Snapchat offers users the ability to send and receive messages, photos, or videos that disappear after a few seconds.

Problem: It is the #1 app used for sexting. Messages never disappear from Snapchat. Many of the files uploaded to Snapchat end up on revenge porn sites, called "snap porn."

Other apps like Snapchat are: Wire/ Wickr/ Poke.



Omegle

Omegle is primarily used for video chatting. When you use Omegle, you do not identify yourself through the service. Instead, chat participants are only identified as “You” and “Stranger.”

Problem: Sexual predators use this app to find kids to collect personal information from in order to track them down more easily in person.



Kik Messenger

Kik Messenger: is an instant messaging app that allows users to exchange videos and pictures.

Problem: Sexting and sending nude photos on Kik is common. There is no control who can communicate with you on kik.

Other apps like Kik are: Viber/ WhatsApp/ Textnow.

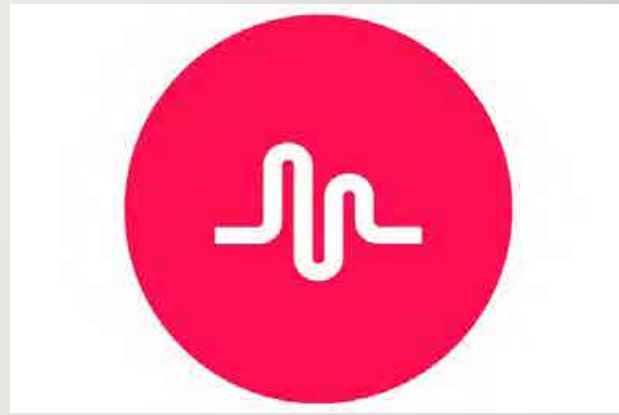


Tinder

Tinder is an adult dating app that is used for hooking-up and dating and is one of the most popular apps for online dating. It allows users to find people in their area with similar interests.

Problem: Tinder uses GPS location technology services which makes it easy for online predators to target children. Also there are no controls in place to prevent children from signing up for a Tinder account.

Other apps like Tinder are: Down/ Skout/ MeetMe/ Blendr/Badoo



TicTok (formerly Musical.ly) – What it is: One of the fastest growing social networks around music and lifestyle where people share music videos they see or produce themselves.

Why it's bad: You are immediately public the moment you sign up and must actively seek the private setting. Even in the private setting the Search Icon leads to incredibly vulgar videos filled with sexual lyrics, nudity, and sexual acts. Often these videos come up unprompted. This is not an App parents can fully supervise.



There are no
“*un-worthy*”
victims!

A national study shows
that 75% of all women
used in prostitution were
victims of incest and/or
physical abuse as
children.

TYPES OF PIMPS & HOW VICTIMS ARE LURED:

- Lover-boy/Boyfriend Strategy (Romeo Pimp)
- Kidnapping-Abduction (Gang/Guerrilla Pimp)
- Parents Selling (Family Pimp)
- Online Recruitment of Youth
- False promises of legitimate jobs
- Willingly enter, but unaware of true conditions

Child Sexual Abuse

Before they turn 18...

1 in 6 boys experience
some form of sexual abuse

1 in 4 girls experience
some form of sexual abuse



Short Term Impacts of SV

- Confusion
- Shock
- Denial
- Embarrassment
- Humiliation
- Anger
- Self-Blame / Self-Hate
- Guilt / Shame
- Fear

Long Term Impact of SV

- High-Risk Behaviors
- Depression
- Suicide ideation
- Nightmares
- Flashbacks
- Alcohol/drug use (x27)
- Hyper sexuality
- Eating disorders
- Self-harm

**87 percent of
trafficking
victims have
had contact
with a
healthcare
provider while
being
trafficked.**

Annals of Health Law Research

Emergency

 hopeforthesold.com

ASK THE RIGHT QUESTIONS

- How many partners have you had?
- Has anyone forced you to have sex?
- Have you traded sex for food, shelter, clothes, other?
- Are you in control of your own money?
- Are you free to come and go as you wish?
- Have you posted nudes online with strangers and/or people you know?

ARE YOU OKAY?!

Listen. Don't judge. Put aside preconceived notions.

Be prepared to be lied to!

THE HEALTH PROBLEMS SEEN IN VICTIMS OF TRAFFICKING ARE LARGELY A RESULT OF SEVERAL FACTORS:

- Deprivation of food and sleep
- Extreme stress
- Disturbance of travel
- Violence (physical and sexual)
- Hazardous work
- *Because most victims do not have timely access to health care, by the time they reach a clinician it is likely that health problems are well advanced.*

SEX TRAFFICKED VICTIMS ARE AT HIGH RISK FOR:

- Acquiring multiple sexually transmitted infections
- The sequelae of multiple forced and unsafe abortions
- Physical abuse and torture often occur, which can result in broken bones, contusions, dental problems (e.g., loss of teeth), and/or cigarette burns

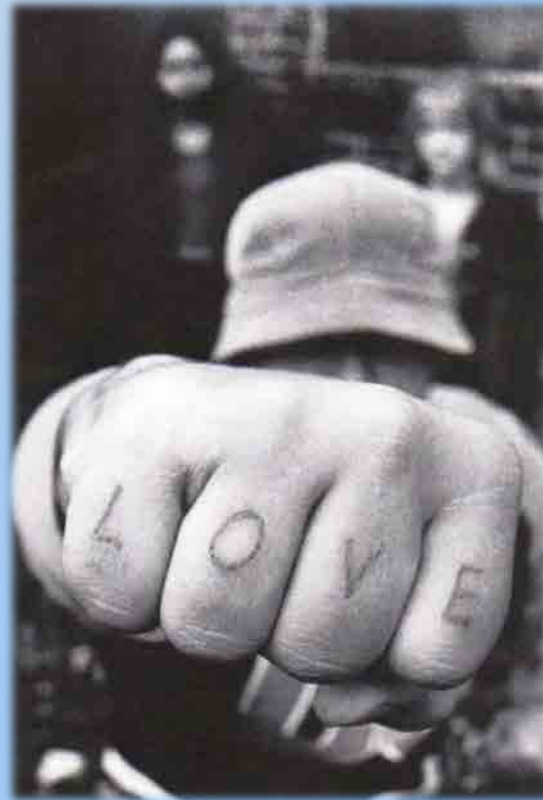
PSYCHOLOGICAL VIOLENCE RESULTS IN HIGH RATES OF:

- Posttraumatic stress disorder
- Depression
- Suicidal ideation
- Drug/alcohol addiction
- A multitude of somatic symptoms

PROVIDER EXPERIENCES WITH VICTIMS OF SEX TRAFFICKING SHOW VICTIMS ARE:

- Less stable...
- more isolated...
- have higher levels of fear...
- exhibit more severe trauma...
- and have greater mental health needs than other victims of crime.
- *One sex trafficking victim can take the same amount of a provider's time as 20 domestic violence victims.*

**THIS YEAR, HIS CHARM
WILL LURE 10 KIDS INTO
PROSTITUTION. AND HIS FISTS
WILL KEEP THEM THERE.**

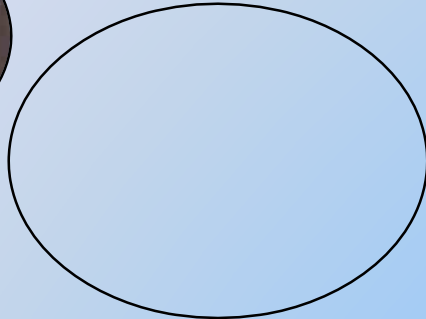


The pimp uses psychological and physical control methods.

COMMON HEALTH PROBLEMS AMONG TRAFFICKING VICTIMS:

- Anxiety
- Chronic pain
- Cigarette burns
- Complications from unsafe abortion
- Contusions
- Depression
- Fractures
- Gastrointestinal problems
- Headaches
- Oral health problems
- Pelvic pain
- Posttraumatic stress disorder
- Sexually transmitted infections
- Suicidal ideation
- Unhealthy weight loss
- Unwanted pregnancy
- Vaginal pain

Indicators of Exploitation



- Dress
- Motel room keys
- Condoms
- Large amounts of cash
- Prepaid phones and credit cards
- Older man she refers to as “boyfriend” “daddy”
- Tattoos on the neck and/or lower back that the individual is reluctant to explain – i.e. a man’s name or initials called “branding”
- Chronically runs away from home

Indicators of Exploitation



- Injuries
- STI's
- Evidence of controlling or dominating relationships
- Fake ID's
- Language. Makes references to terminology of the commercial sex industry that are beyond age specific norms.
- Demonstrates a sudden change in attire, behavior, or material possessions (e.g., has expensive items)

IF SEXUAL ABUSE OR TRAFFICKING IS REVEALED



Believe

Believe them



Acknowledge

Acknowledge their bravery in talking to you



Encourage

Let them know they are not at fault



Remain Calm

Remain focused and stay calm



Don't Pressure

Don't pressure them for information-- let them use their own words to tell you what they are comfortable sharing at that time

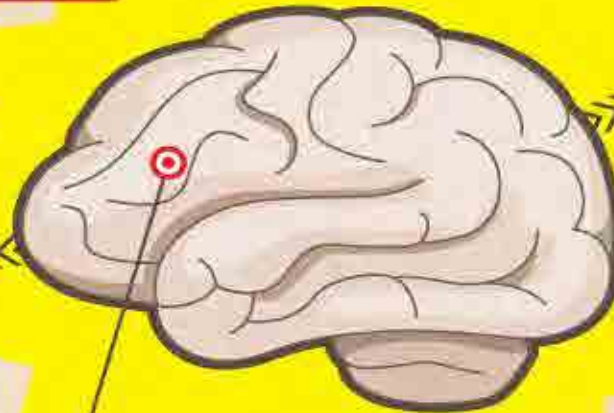
HOW IS PORN ADDICTIVE?

You hear about “pornography addiction” all the time, but people never tell you what makes it so addictive, or why it even matters. You rarely hear the fact that viewing pornography messes with your brain in the same way drugs do.

WHETHER YOU'RE TAKING DRUGS OR VIEWING PORNOGRAPHY, THE ADDICTION PROCESS IS THE SAME:

CHEMICALS

You over-expose the brain with pleasure chemicals like dopamine, serotonin, oxytocin, and epinephrine.



REWIRING

Your brain rewires itself to accommodate the extra chemicals.

DEPENDENCY

You build up a tolerance and a dependency to the chemicals. You go from “wanting” the pleasure chemicals in order to feel good, to “needing” them.

FRONTAL LOBES:

The area of your brain responsible for making decisions and logically thinking through situations and scenarios is the part of your brain most affected by addiction.



RETARDED

ALONE INSIGNIFICANT

HIDEOUS

LOWDOWN
BORING

THOUGHTLESS
INFERIOR
UNIMPORTANT

WORTHLESS

SICKENING

UNLOVABLE
DESPICABLE

DEMENTED
INCOMPETENT
HOPELESS
BROKEN

CONTEMPTIBLE
SHAMEFUL
UNWANTED
DISGRACEFUL
SHAMEFUL

UGLY

CARELESS
INADEQUATE
POWERLESS

WRONG

AWFUL

RHYTHM OF SAFETY

Don't communicate with strangers online!

Don't meet someone you met online in person!

Don't take nude/partially nude pictures of yourself for anyone – ever!

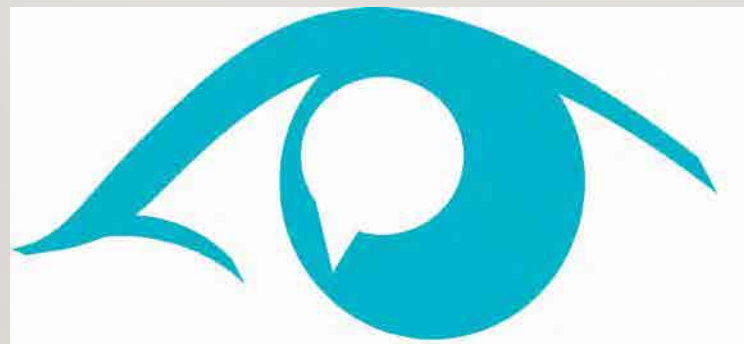
Don't share nude/partially nude pictures of yourself/anyone – ever!

- **BLOCK** the sender
- **SAVE** the evidence
- **REPORT** the abuse

BLOCK IT – SAVE IT – REPORT IT ALWAYS!!!!

HELP YOUR FRIENDS BE SAFE!

Stop Trafficking PROJECT



Be Alert™
See something. Say something.

3 Secrets to Porn-Immune Kids

How do you immunize kids against porn? It's really the same way you protect them from other dangers.

- First you **warn** them that the danger exists.
- Then you **teach** them what to do if they confront that danger.

It's kind of like fire safety. First you **warn** kids about the potential for fire; then you **teach** them how to safely escape. It's the same with pornography exposure—kids need more than a warning; they need knowledge, skills, and practice.

Adults Underestimate the Pull of Porn

Even good kids who have had plenty of **warnings** often succumb to pornography. [A study](#) out of Europe documents what is true the world over—parents simply underestimate their kids' online exposure to pornography. They underestimate the enticing pull of these images—especially for kids who don't know how to deal with the shocking memories they create.

Internet Defense Skills

So here are three super simple, but super powerful, internet defense skills to help kids supercharge their immunity to porn.

1. You've got TWO brains! Teaching kids they have two brains—the feeling brain and the thinking brain—is empowering for all kinds of growing up skills (learn more about this in [Good Pictures Bad Pictures: Porn-Proofing Today's Young Kids](#)).

The **feeling brain** is all about instinct, appetites and desires—all critical to survival. Pornography activates the feeling brain and, over time, can give it power to hijack the **thinking brain**. The thinking brain is the part of the brain that understands consequences and puts the brake on our appetites. It may be helpful for kids to see their thinking brain as a super hero that needs to triumph over their feeling brain, the brain that is very curious about seeing pictures of naked people.

2. Name it when you see it. "That's pornography!" is a powerful phrase because it activates the thinking brain to take charge. If a child looks at a pornographic picture and thinks, "Wow! She's exciting!" or "He's hot!"—this response can easily lead to looking for more porn. But if kids are trained to say, "That's pornography!" (and can practice saying it with their family), it wakes them up to the danger of what they're seeing and the importance of rejecting it immediately.



3. Practice the art of distraction. Shocking pornographic images are extremely memorable, especially for those with a growing brain. Memories pop up and entice a child to look for more. Kids need to know this will happen and be prepared to distract themselves every time the images reappear. It's especially helpful to engage in something physical that requires their mind's full attention. Or to think about something that is exciting to them, whether it's monster trucks or riding ponies or playing with a new puppy. As they practice the art of moving their thoughts away from memories of porn, those images will pop up less frequently.

These skills can help adults, too!

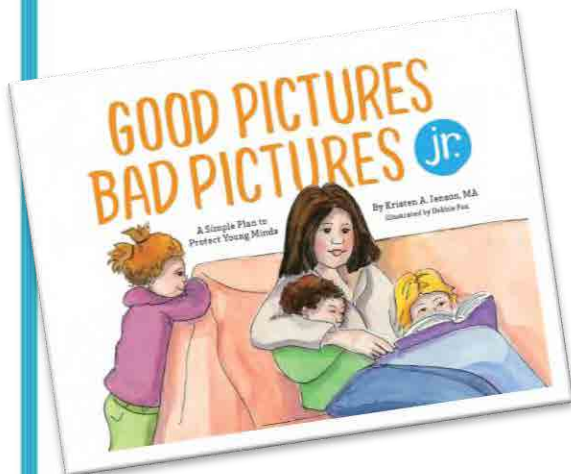
A father sent us this message about *Good Pictures Bad Pictures*:

"I want to commend you for such a well-written book!...I especially liked the two brain idea. As a male human being, I must admit that I often feel attacked and tempted—sometimes on a daily basis—with whatever is presented to me by the media. Your book has given me a clearer understanding of how our brains react in such situations and has given me more strength to overcome them."

Message of Hope

Kids CAN learn how to reject pornography. At *Protect Young Minds*, we believe every child should be taught these skills. When parents are willing to face this challenge head-on, their kids don't have to face it alone. We are rooting for all parents who want to raise porn-immune kids!

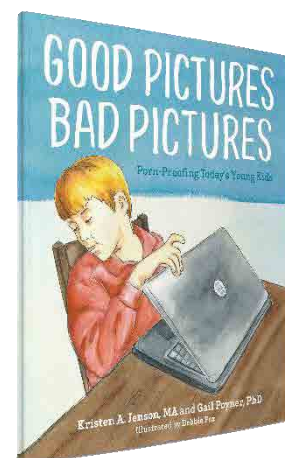
For ages 3 to 6



"It's never too early to start teaching kids healthy media habits! Reading *Good Pictures Bad Pictures Jr.* to your young children is a beautiful way to empower them to make safe internet choices." Sean Covey, Executive Vice President FranklinCovey Co. and international bestselling author of *The 7 Habits of Highly Effective Teens*

For ages 6 to 11

"I hear from hundreds of concerned moms and dads who want to help protect their children from sexual exploitation. Finally we have a strong resource to refer them to! *Good Pictures Bad Pictures* is a great tool for anyone who works closely with children!" Dawn Hawkins, Vice President National Center on Sexual



© 2017 Glen Cove Press

**Protect
Young
Minds**

5 Things Teens Wish Their Parents Knew About Porn

by Clay Olsen, CEO of Fight the New Drug

[Excerpted from a [presentation](#) Clay Olsen gave at the [Utah Coalition Against Pornography](#)'s annual conference.]

There is a disconnect between kids and parents on the subject of pornography. You can only help your kids if you bridge that gap with knowledge and understanding. Fight the New Drug has received thousands of emails from teens and spoken to tens of thousands of teens at school presentations. From their experience, they have pulled together these 5 things kids really wish their parents understood about pornography.

#1 They wish you knew that **porn can lead to an actual addiction.**

Parents need to understand that pornography can become an actual chemical addiction in the brain. Of the thousands of emails FTND has received from porn addicts, not one became addicted as an adult. All started as kids or as teens.

Emails from teens

- "Please help me!!! I have been suffering from watching porn since I was 11 and now I am 15. Please how do I stop this?! I cannot tell my parents." Isabel, 15
- "This addiction has been horrible. I'm becoming numb to all of the simple pleasures that I used to enjoy. I'm becoming depressed because of my own weakness and every time I fall, I fall harder." Eric 18
- "My life now would have been much different if my father had understood that pornography was a true addiction and that 'just stop' wasn't an option." Stephen, 16
- "I've been struggling with pornography for three years. I've thought of suicide as a result of this." Leo, 13

Clay: "If you don't talk to your young kids, the porn industry will, and you won't like what they'll say."

#2 They wish you knew that **porn is different today** than what it was when you were growing up.

Pornography is accessible via the internet 24/7 with no social barriers to impede kids from finding it. It's become violent and degraded to the point that Playboy images are considered soft core.

- "My parents don't know how bad it really is. They think porn is just naked people. Today porn is much worse than people with no clothes." Mike, 16

Today porn is **Accessible, Anonymous, Affordable** and **Addictive**.



#3 They wish you knew **they are being targeted.**

Kids are the victims of sophisticated and intentional marketing. If the porn industry can get them hooked when they're young, they know they'll have a long term customers. Here are 5 ways the porn industry targets your kids:

1. Free teaser images pull kids into porn
2. Innocent word searches bring up pornography
3. Cartoon characters and child icons are pornified
4. Pop-ups and Banner Ads play on a child's curiosity and lead to porn sites
5. Flash Games--kids love to play games and many games become sexual and include porn ads

#4 They wish you knew that **you need to talk with them.**

- "I don't remember my parents talking to me about it until it had become a problem. I was 10 or 11. I wish I had understood the issue sooner." Matt, 19
- "I wish they knew how to address it or speak about it openly and without feeling shy/disgusted." Olivia, 17

Don't succumb to the *Curiosity Myth* (thinking that by talking to your kids you'll incite their curiosity). You need to talk with kids sooner than you think and have layered, ongoing conversations.

Tips for parents:

1. Get Educated
2. Take time to talk
3. Find the right place
4. Make it one-on-one
5. Stay calm
6. Don't judge (you aren't perfect either)

#5 They wish you knew that **YOU are part of the solution.**

Be prepared, pay attention, help protect, set a standard and be an example. Parents set standards with them (not *for* them) that the entire family (including parents) will follow. Parents can set an example of what love and healthy intimacy looks like and that porn portrays the opposite.

Resources for Parents from Fight the New Drug

- Check out a great resource for parents: The Guideline [here](#).
- Find out more about FTND's FREE pornography recovery program for teens called Fortify at www.fortifyprogram.org.
- To see this entire presentation, click [here](#).

"As far as I'm concerned, reading and implementing [Good Pictures Bad Pictures](#) with your kids isn't an option: it's a necessity." Clay Olsen



15 Dangerous Apps Every Parent Should Know About

It's safe to say that the advent of the digital age—and specifically the Internet, smartphones and social media—have brought unique and daunting challenges to the current generation of parents.

As a “bonus” challenge, the technology that both helps us parent and also poses danger to our kids' safety is ever-changing. As soon as you have one dangerous app deleted from a mobile device or have installed safety software on a computer, another scary app or Internet safety issue appears.

Here are 15 dangerous apps or websites that your kids might be using— and why they shouldn't be.

[Tinder](#)



What it is: An app used to find dates and hook-ups using GPS tracking. **Why it's bad:** It is easy for adults and minors to find each other, and the “rating” system can be used for bullying.

[Snapchat](#)



What it is: A photo-sharing app that allows users to send photos to specific people, assigning the photos an allotted time—after which they will “disappear.” **Why it's bad:** It's very popular for sexting. Users have figured out how to save or screenshot the images, so they aren't really gone and can be used against the sender later for “revenge porn” or any other nefarious purpose.

[Blindr](#)



What it is: A “flirting” app allowing users to send photos/videos to anyone on their “friends” list and rate their “hotness.” **Why it's bad:** This app uses GPS and is not authenticated, so predators can find minors or anyone they are looking for. It's also popular for sexting, and the “hotness” rating allows for bullying.

[Kik Messenger](#)



What it is: An instant messaging app that allows sending of videos, pics, and GIFs. **Why it's bad:** It's very popular for sexting. There are no parental controls or authenticating, so it's really easy for predators to find your child on Kik.

[Whisper](#)



What it is: An anonymous confession app. **Why it's bad:** Since it's “anonymous,” you can post pics and confessions of someone who isn't you (bullying). It also uses GPS, so people—a.k.a. predators—can find you pretty easily.

[Ask.fm](#)



What it is: A popular Q&A social networking site used almost exclusively by kids. **Why it's bad:** Its anonymous question-asking leads to relentless consequence-free cyber bullying.

[Yik Yak](#)



What it is: An app that allows users to post 200 characters “Yaks” which can be viewed by the 500 people closest to them as determined by GPS. **Why it’s bad:** Users are putting lots of sexually explicit content on Yik Yak, and although it’s anonymous, it can reveal personal details that make users easy to find, especially with GPS.

Poof, Hidden Apps, [Hide it Pro](#), App Lock



What they are: These are all apps designed to hide other apps on your phone. Not all are available anymore, but if your child already has them, they can still use them. **Why they’re bad:** These allow your child to conceal apps from their phone screen, so you will have to be diligent about searching for them.

[Omgele](#)



What it is: A video chatting app. **Why it’s bad:** Although you don’t identify yourself, it’s pretty easy for your child to make friends with a predator. It’s known to be a predator favorite.

[Down](#)



What it is: A dating app connected to Facebook. **Why it’s bad:** It allows you to classify your friends into people you would be “down” with “hooking up” with, creating normalcy for a sexual hook-up culture for your child.

[Oovoo](#)



What it is: A video chatting app where users can chat with up to 12 people at a time. **Why it’s bad:** While not terrible in itself, your kids MUST use the privacy settings and only let people who know them chat with them. Otherwise it’s stranger-danger city.

[Meerkat/Periscope](#)



What they are: Similar live streaming video apps that stream video to Twitter. **Why they’re bad:** Although it’s against the apps’ terms of service, since it’s live streamed it’s difficult to keep users from producing images with nudity or pornographic content, which makes it a favorite for predators to watch.

[MeetMe](#)



What it is: An app that uses GPS to allow users to meet new people who live nearby. **Why it’s bad:** There’s no age verification, and your account is linked to Facebook so you and your location are easily identifiable to predators. The popularity rating makes seeking approval from strangers seem like a game.

[Skout](#)



What it is: A flirting app used to meet new people. **Why it's bad:** Ages aren't verified, and although there is a teen version with slightly more safety features, all you have to do to bypass it is put in a fake birthday. This leaves children open to the adult sector of Skout, which includes plenty of profanity, suggestive pictures and private messaging with strangers who can see their location.

[ChatRoulette](#)



What it is: A video chat site that randomly matches you up with someone around the globe to have a video chat. **Why it's bad:** It's very popular for cybersex and pornography, and it's not uncommon to be randomly matched up with a chat partner who's completely nude in front of their webcam. There's nothing to stop the person you are chatting with from recording the video chat and posting it elsewhere.

Social Media Checklist for Parents

- TALK OPENLY AND OFTEN ABOUT ONLINE SAFETY WITH YOUR KIDS
- INSTALL SAFETY MONITORING SOFTWARE ON ALL DEVICES LIMIT SCREEN
- TIME DESIGNATE SPECIFIC AREAS FOR INTERNET USE
- ESTABLISH CLEAR GROUND RULES & SAFETY PRINCIPLES STAY UP TO DATE
ON SOCIAL MEDIA & ONLINE TRENDS

Sources:

<http://www.forevermom.com/parents-kids-10-dangerous-apps-time-hit-delete/>

<https://www.commonsensemedia.org/blog/15-apps-and-websites-kids-are-heading-to-after-facebook>

<http://www.bewebsmart.com/app-review/do-you-oovoo-maybe-your-kids-do/> (for Oovoo)

<http://thecybersafetylady.com.au/2015/03/are-periscope-and-meerkat-safe-for-kids/> (for Meerkat/Periscope)

<https://www.qustodio.com/en/blog/2014/02/meetme-app-may-be-too-friendly-for-your-teen/> (for MeetMe)

<https://www.qustodio.com/en/blog/2014/02/meetme-app-may-be-too-friendly-for-your-teen/> (for Skout)

<http://nobullying.com/chatroulette/> (for ChatRoulette)



What to do if you suspect child sex trafficking and/or solicitation:

If you know the victim /potential victim:

Ask: Do you want me to contact a safe place where you can talk to someone who understands what you are going through or would you like to call/text them?

Local Services: Veronica's Voice; Restoration House KC; The Justice Project: 1x1 Project; The Stop Trafficking Project

In Missouri: MakeMOFree.com HOTLINE: 844-487-0492

In Kansas: Kansas Protection Report Center (KPRC) at 1-800-922-5330

National Hotline: 888-3737-888 or text INFO or HELP to BeFree

- <https://humantraffickinghotline.org/report-trafficking>

If you do not know the potential victim, do NOT approach them.

Emergency/danger: call 911

Non-Emergency suspicions: call local PD and ask for Human Trafficking Task Force or Sex Crimes Unit

Cyber Issues: Call local PD and ask for Cyber Crimes

- If on social media do NOT report to social media platform - it is important for investigators to see the posts

- If it's a text, save the text for investigators. Do NOT delete the text and do NOT forward it to anyone; DO block the sender

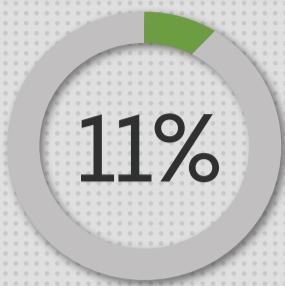
Mental Health Facts

CHILDREN & TEENS

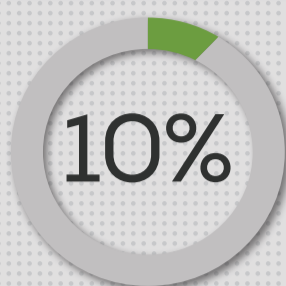
Fact: 1 in 5 children ages 13-18 have, or will have a serious mental illness.¹



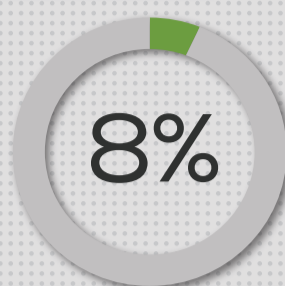
20% of youth ages 13-18 live with a mental health condition¹



11% of youth have a mood disorder¹



10% of youth have a behavior or conduct disorder¹



8% of youth have an anxiety disorder¹

Impact



50%

50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24.¹



10 yrs

The average delay between onset of symptoms and intervention is 8-10 years.¹

37%



37% of students with a mental health condition age 14 and older drop out of school—the highest dropout rate of any disability group.¹

70%



70% of youth in state and local juvenile justice systems have a mental illness.¹

Suicide

3rd



Suicide is the 3rd leading cause of death in youth ages 10 - 24.¹



90%

90% of those who died by suicide had an underlying mental illness.¹

Warning Signs

- Feeling very sad or withdrawn for more than 2 weeks (e.g., crying regularly, feeling fatigued, feeling unmotivated).
- Trying to harm or kill oneself or making plans to do so.
- Out-of-control, risk-taking behaviors that can cause harm to self or others.
- Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or fast breathing.
- Not eating, throwing up or using laxatives to lose weight; significant weight loss or gain.
- Severe mood swings that cause problems in relationships.
- Repeated use of drugs or alcohol.
- Drastic changes in behavior, personality or sleeping habits (e.g., waking up early and acting agitated).
- Extreme difficulty in concentrating or staying still that can lead to failure in school.
- Intense worries or fears that get in the way of daily activities like hanging out with friends or going to classes.

4 Things Parents Can Do



Talk with your pediatrician



Get a referral to a mental health specialist



Work with the school



Connect with other families

¹ This document cites statistics provided by the National Institute of Mental Health. www.nimh.nih.gov

Follow Us!

facebook.com/officialNAMI

twitter.com/NAMIcommunicate



If sexual abuse or trafficking is revealed:

- Believe them
- Acknowledge their bravery in talking to you
- Remain focused and stay calm
- Don't pressure them for information--let them use their own words to tell you what they are comfortable sharing at that time
- Offer reassurance that you will be a consistent support for them
- Thank them for trusting you enough to share
- Let them know they are not at fault
- Remember safety. If you are concerned for the immediate safety of the child/youth or yourself, contact law enforcement
- Locate, support, and file an appropriate report
- If you don't know what to say...that's OK! Thank them for trusting you and let them know that you want to assist them in getting help.

How to report SUSPECTED child sex trafficking, and/or solicitation:

If you know the victim /potential victim:

- Do you want me to contact a safe place where you can talk to someone who understands what you are going through or would you like to call/text them?

Local Services in the Kansas City metro:

Veronica's Voice; Restoration House KC; The Justice Project; 1x1 Project; The Stop Trafficking Project

In Missouri: MakeMOFree.com HOTLINE: 844-487-0492

In Kansas: Kansas Protection Report Center (KPRC) at 1-800-922-5330

National Hotline: 888-3737-888 or text INFO or HELP to BeFree

<https://humantraffickinghotline.org/report-trafficking>

If you do not know the potential victim, do NOT approach them.

Emergency/danger: call 911

Non-Emergency suspicions:

Call local Police Department non-emergency number and ask for Human Trafficking Task Force or Sex Crimes Unit.

Cyber Issues:

Call local Police Department non-emergency number and ask for Cyber Crimes.

- If on social media do NOT report to social media platform - it is important for investigators to see the posts
- If it's a text, save the text for investigators.
- Do NOT delete the text and do NOT forward it to anyone
- DO block the sender

Child Sex Trafficking in America: A Guide for Parents and Guardians

What is **Child Sex Trafficking**?

Child sex trafficking is one of the most common types of **commercial sexual exploitation**. Child sex trafficking is a high priority at the National Center for Missing & Exploited Children (NCMEC), because these children are often currently missing and actively being exploited. Child sex trafficking victims include girls, boys, and LGBTQ youth. Victims could be anyone – your daughter, neighbor, or nephew.

According to the federal Trafficking Victims Protection Act **sex trafficking** is defined as “the recruitment, harboring, transportation, provision, obtaining, patronizing, or soliciting of a person for the purposes of a commercial sex act.”¹ A **commercial sex act** is “any sex act on account of which anything of value is given to or received by any person.”² Therefore, any youth who is under 18 who is exploited through commercial sex, where something of value – such as money, drugs or a place to stay – is traded for sexual activity, is a victim of sex trafficking.

How does a child become a **victim**?

Traffickers target vulnerable children and lure them into sex trafficking using physical and psychological manipulation, and sometimes they may resort to violence. Any child may be vulnerable to such a person who promises to meet his or her emotional and physical needs. Often traffickers/pimps will create a seemingly loving or caring relationship with their victim in order to establish trust and allegiance. This manipulative relationship tries to ensure the youth will remain loyal to the exploiter even in the face of severe victimization. These relationships may begin online before progressing to a real-life encounter.

Who are the **pimps**?

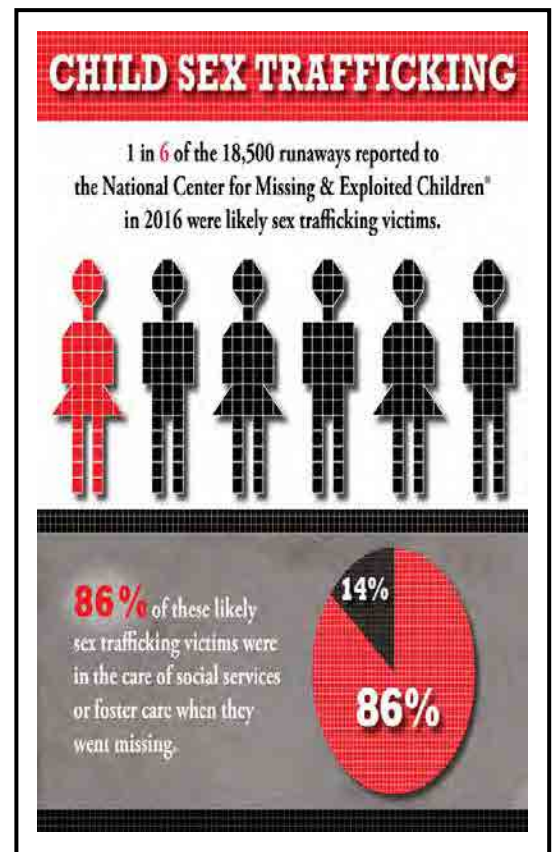
Pimps, also known as traffickers, can be anyone, including family members, foster parents, friends, gangs, trusted adults, or “boyfriends,” who profits from the selling of a minor to a buyer.

Victims are

Targeted – Pimps are predators who seek out vulnerable victims. While any youth can be targeted by a pimp, runaways or children experiencing trouble at home are especially vulnerable. Traffickers know these children have emotional and physical needs that are not often being met and use this to their advantage. Pimps find victims at a variety of venues such as in social networking websites, shopping malls, and schools; on local streets; or at bus stations.

Tricked – Pimps are willing to invest a great deal of time and effort in their victim to break down a victim’s natural resistance and suspicion – buying them gifts, providing a place to stay, promising a loving relationship – before revealing their true intent. Frequently victims do not realize the deceptive nature of their trafficker’s interest in them, viewing their pimp as a caretaker and/or boyfriend.

Traumatized – A pimp’s use of psychological manipulation causes the child to truly believe the pimp cares for his or her well-being. Coupled with physical control this can make a victim feel trapped and powerless to leave. This “trauma bond” is difficult to break and specialized intervention and services are often necessary.



¹ 22 U.S.C. § 7102(10) (originally enacted as Victims of Trafficking and Violence Protection Act of 2000, Pub. L. 106-386, § 103, 114 Stat. 1464, 1470 (2000) and amended by Justice for Victims of Trafficking Act of 2015, Pub. L. 114-22, § 108, 129 Stat. 227, 238 (2015)).

²Id. § 7102(4).

Is someone you know a **victim**?

Each time a child runs away his or her chance of being targeted increases. Youth being controlled by a trafficker frequently do not reveal their victimization because of the control their trafficker has over them, both physically and psychologically. Also, shame and guilt often keep victims silenced. If something does not seem right, ask questions! Establishing an ongoing, open and non-judgmental dialogue with children is critical to building trust that can create space for prevention and intervention.

Some signs and **vulnerabilities** to look for

- History of sexual abuse. Traffickers will work to identify any vulnerability in a young person's life and use that to both create a closer bond and maintain future control;
- History of running away or current status as a runaway;
- Signs of current physical abuse and/or multiple sexually transmitted diseases;
- Unstable home life and/or involvement in the child welfare or foster care system;
- Youth has items or an appearance that does not fit the current situation (Examples include having money, electronics, new clothes/shoes, hair/nails done but youth is homeless/runaway);
- Presence of an older boy- or girlfriend. While they may seem "cool," older friends or boyfriends are not always the caring individuals they appear to be;
- Substance abuse of harder drugs. Pimps may also target youth with significant drug addictions as well as use drugs to lure and control their victims;
- Withdrawal or lack of interest in previous activities. Due to depression or being forced to spend time with their pimp, victims lose control of their personal lives; or
- Gang involvement, especially among girls.

"With the young girls, you promise them heaven, they'll follow you to hell," ... a pimp convicted of child sex trafficking.

I. Urbina. "For Runaways, Sex Buys Survival." *The New York Times*. October 26, 2009, page 3.

How to keep your child **safer**

One of the most important things you can do to protect your child is to create an environment in which he or she feels comfortable talking with you. Open **communication** is key. Share the dangers of sex trafficking with your children and encourage them to alert you when they feel uncomfortable in any situation.

Often trafficking victims have experienced victimization in the past, and many times this has been inflicted by individuals close to the victim. Do you trust the people with whom your child interacts? **Knowing** whom your children are with at all times is crucial to protecting their safety.

When your daughter or son is online, do you know which sites they are visiting and with whom they are communicating? Taking the time to **monitor** what your children do and who they are interacting with on the Internet is a VERY important step in keeping your child safer.

If something does not seem right, **ask questions!**

When a child goes missing, the legal guardian should **immediately** call law enforcement and make a report. Next, call the National Center for Missing & Exploited Children at 1-800-THE-LOST® (1-800-843-5678). Taking the extra step to report missing children to NCMEC ensures that all available resources are being employed to assist in the identification and recovery of that child.

If you suspect a case of child sex trafficking, contact the **National Center for Missing & Exploited Children® at 1-800-843-5678 or visit www.cybertipline.org**



DigitalDNAKit

Fill this out along with your child.

This is a good time to discuss safe use of the internet and ways they could be targeted by predators. Attach photos or screenshots of each desktop of any devices used by the child - the screen that first opens with all the application icons

Social Media & Applications by Child

Snap Chat

username:

password:

Ovoo

username:

password:

Kik

username:

password:

Text Now

username:

password:

Facebook

username:

password:

Other:

username:

password:

Twitter

username:

password:

Other:

username:

password:

Instagram

username:

password:

Other:

username:

password:

Use a separate sheet if needed - attach screen shots of profile images.

Email Accounts Used by the Child

Email

login URL:

address:

password:

Email

login URL:

address:

password:



H-E-B TOURNAMENT OF CHAMPIONS



Phone Numbers

Mobile Device

.....

Google Voice numbers

number:

password:

Instant Messaging

Skype

username:

password:

Other Account:

username:

password:

Online Gaming Profiles

Profile:

Console:

Game:

username:

password:

Profile:

Console:

Game:

username:

password:

Profile:

Console:

Game:

username:

password:

Profile:

Console:

Game:

username:

password:

Use a separate sheet if needed



H-E-B TOURNAMENT OF CHAMPIONS



DigitalDNAKit

List of Devices Used by Child:

Device

Type of Device: _____

Brand: _____

Model: _____

User Name: _____

Password: _____

Device

Type of Device: _____

Brand: _____

Model: _____

User Name: _____

Password: _____

Device

Type of Device: _____

Brand: _____

Model: _____

User Name: _____

Password: _____

Device

Type of Device: _____

Brand: _____

Model: _____

User Name: _____

Password: _____

Use a separate sheet of paper if needed





Preventative Safety Tips

- **Please update regularly.**
- If you see inappropriate content on your child's phone screen shot the information in case it becomes necessary for law enforcement to intervene.
- Screen shot profile/user name that engaged in inappropriate communication with your child.
- **Warning:** Applications that dissolve messages and images are to be especially concerning – these are often used in conjunction with other applications to share photos and information with children-
- Check icons of the desktops- some applications appear as a clock or calculator in the icon but are actually hidden applications
- To see user name in most applications, click on the application Icon, select settings and go to account.
- The username should appear if the user is signed into the application.

Questions to Consider

- Do you require the user name and password to approve the app in parental controls?
- Can you see all your children's friends and social media contacts?
- If you restrict usage of their device(s), do you know all the locations where they have access to the internet?
-Examples are relatives, friends, school, the library, online gaming, Ipods, tablets- and other avenues.

If Your Child Should Go Missing

Bring this information to police and/or the Heidi Search Center and have 3 copies available.

If You Have Any Questions

Call the Heidi Search Center at **(210) 650-0428** or email us at **HeidiSearchCenter@yahoo.com**



H-E-B TOURNAMENT
OF CHAMPIONS

PARENT RESOURCE

INTERNET SAFETY

“It is your life, these are your friends. However, as you move about, contact new people in person or on devices, I can’t very well protect you. I want to help you learn how to make yourself safer, to be your own guardian of your own privacy & security.”

INTERNET SAFETY RESOURCES

- Common Sense Media – www.commonsensemedia.org
- Movieguide – www.movieguide.org
- ConnectSafely – www.connectsafely.org
- Facebook for Parents www.facebookforparents.org
- Enough Is Enough – www.enough.org
- Internet Safety 101 – www.internetsafety101.org
- Google’s Safety Center – www.google.com/safetycenter/families/start
- iKeepSafe – www.ikeepsafe.org
- Stop Cyberbullying www.stopcyberbullying.org
- Be Smart, Be Safe!
www.cheyenne.edmondschools.net/media-center/general_library/internet-safety
- Online Predators and Their Victims
www.apa.org/pubs/journals/releases/amp-632111.pdf

The following organizations regularly feature Internet Safety updates on their blogs:

- Netsmartz (National Center for Missing and Exploited Children parent resources)
www.netsmartz.org/Parents
- Educate and Empower Kids Blog
www.educateempowerkids.org
- Covenant Eyes
www.covenanteyes.com



SEXTING

Whether or not you think your teen is sexting, many teens are or their friends are doing it. Eye opening [statistics](#) show that 1 in 5 teens admit to sexting. The key word in this statistic is “admit.” There are far more teens who are sexting but don’t admit to it. I can bet the



parents of these teens are generally unaware their teen is a “sexter.” Due to the sexting epidemic that is an unfortunate reality today, it is essential that parents talk frequently to their kids about sexting if they don’t want their teen participating in it.



The first question is when to start talking to your kids about the peril sexting brings. The first discussion should commence before your child even gets a cell phone or any device that’s capable of sending a sext (ie. computers, tablets, etc). Once a child receives such a device, they are susceptible to the influences of sexting. To prevent your teen from sexting you will want to take the initiative. After your child has a device, frequently have an open discussion on the topic. Frequent and open discussions about sexting will make your child feel comfortable to approach and talk to you about it.

The second question is how to talk to your child about sexting. Sexting is a difficult topic to approach and requires a balancing act. You don’t want to appear too judgmental or forceful, but at the same time you want to be firm with where you stand and help them to see the dangers and consequences.

To aid in your discussion we have listed a few helpful talking points:

What do you think is considered sexting?

- Sexting: sending someone sexually explicit photographs or messages, whether verbal or in pictures

Is there any harm to sexting?

- Can be charged for child pornography (by sending or receiving sexts)
- Images/messages follow you, you can't delete them once they are sent
- Sexually objectifies you
- Images are almost always shared with others besides the receiver.
- Reputation and future opportunities are often at risk.
- Many stories of children being forced into prostitution or sex trafficking begin with the "pimp" using sexts as a means of coercion to get them to comply with their demands.

Is sexting worth the attention?

- The receiver and those they show it to are likely to lose some respect for you.
- You become a sexual object instead of a real person
- The individual asking will often try to make you feel special but all he/she really wants is a sexually explicit photo. Odds are, if he/she doesn't get it from you they will just try and get it from someone else. As long as they get it, they don't care if it's from you or the next person

Do you have control over a picture/ message once it's sent?

- Absolutely not. Nearly every teen who receives a sext ends up sharing it or forwarding to others, and many sexts end up on third party websites. All of this usually occurs without your knowledge or consent.

Why do people sext?

- Seeking attention/approval
- Peer pressure
- Bullying
- Want to satisfy another

More tips to start the discussion:

- Talk about healthy media choices in general.
- Mention a story you heard in the news about other kids who are engaged in sexting.
- Ask if they know anyone who does this, maybe other kids at school.
- Ask if they have ever been asked to sext.
- Ask your kids about their future goals and then start talking about some hurdles they might encounter that would impede those goals (sexting can impact grades, college acceptance, etc.)
- Have frequent talks about healthy intimacy and boundaries, work sexting into the discussions.

REMEMBER THAT THIS IS NOT A ONE-TIME CONVERSATION!

Obtain the **CHOSEN** documentary and show young people how easily girls can be trafficked when they “don’t know” the signs.

www.sharedhope.org/chosen

DEVICE MONITORING

Talking to your kids is the most crucial and effective way to prevent sexting. Genuinely understanding the harms and consequences of sexting will be the best form of prevention.

It’s a lot better for your kids to choose not to sext than to force them not to sext.



However, you can also consider taking actions to monitor your kids’ devices. This can be done a number of ways. To get you started, here are a few [helpful tips from Protect Young Eyes](#):

1. **Guard your kids at the location level.** Keep internet devices out of the bedroom as much as possible. Have a bedtime 'turn in' time when Mom and Dad have the devices lined up on a power strip charging in their room. Talk to parents of friends where your kids spend time. (It's worth the awkward conversation.) Ask at school and church about wireless access points and be sure you're satisfied with the answers that they are monitoring web activity etc.
2. **Guard your router/network signal.** Is it filtered? Do you worry about kids or babysitters surfing your Wi-Fi for inappropriate content? [Check out easy instructions how to filter your signal.](#)
3. **Guard the device.** Predators can communicate with your children through iPhones, Chromebooks, Mac Books, iPads, and laptops. [Here is a simple go-to guide](#) to monitor and filter all of these devices. Although many parents don't realize, predators can also communicate with Xbox/Playstation consoles. Here is a [simple guide to filter Xbox/Playstation consoles.](#)
4. **Understand and Monitor Social Media.** Social media is an integral part of our children and teenager's world. It's important for parents to understand the various platforms, how they work, and to talk to our children about how to be smart when using social media. Here is a handy [overview document of various social media platforms.](#) You'll also find this guide helpful: [Parenting the Internet Generation: A Blueprint for Teaching Digital Discernment](#)

Instagram and Snapchat in particular are of some of the most popular social media platforms currently. Check out Instagram's [Tips for Parents](#) and ConnectSafely's [Parent's Guide to Instagram.](#) For Snapchat check out their [Safety Center](#) and ConnectSafely's [Parent's Guide to Snapchat.](#)

5. In short, **internet devices need parental controls** just like when you prepare your child to get their driver's license...but BEFORE you hand over the keys. You control access to the vehicle, practice with them, quiz them, and remain in control until you're ready to hand over the keys. But even then you want to know where they are going, with whom, and when they will be back. Internet access is no different and can be just as dangerous as an unmonitored teen behind the wheel.

MORE RESOURCES FOR PARENTS

- A list of resources for parents, includes: talking about porn, safe media choices, technology solutions, discussing healthy intimacy, etc.
www.endsexualexploitation.org/resources-parents
- How to find if your teen is sexting on Snapchat
www.money.cnn.com/2014/09/03/technology/social/spy-on-snapchat
- Sexting Prevention Course
www.txssc.txstate.edu/tools/courses/before-you-text
- **Programs for monitoring your child's device:**
 - WebWatcher: www.webwatcher.com
 - TeenSafe: www.teensafe.com
 - Review of the best cell phone parental control software of 2017:
www.toptenreviews.com/software/privacy/best-cell-phone-parental-control-software
- **Resources for talking with your children:**
 - www.whowillyouempower.com/craigsblog/2014/4/22/sexting-a-digital-topic-to-talk-about-with-your-teen?rq=sexting%20a%20digital%20
 - www.childmind.org/en/posts/articles/2011-6-8-how-talk-your-kids-about-sexting

Mayim Bialik: Why I Refuse to Get My Kids Smartphones

My children do not have smartphones. My children want smartphones. Kids their age have smartphones, even with limited functionality (i.e. some kids have smartphones for video games and phone calls but no internet access). Why won't their dad and I get them a smartphone, they ask all the time.

When I heard that someone wrote a new book about the tech age and kids, I rolled my eyes. "This is going to be a book basically telling me I am a fuddy duddy for not letting my kids have smart phones with a nudge to give in and dumb pointers about how to think I have control over their screen time when I actually don't."

Well, I was wrong. Devorah Heitner, author of the forthcoming book "[Screenwise: Helping Kids Thrive \(and Survive\) in their Digital World](#)," has a doctorate in Media/Technology and Society, and she explains media in a way that really speaks to me. She specializes in understanding the needs of the changing world of technology, and I am so glad she wrote this book.

Let me take a step back here, though, to explain why I've been so anti-screen time for my kids.

First of all, I am a fuddy duddy. Just kidding—but not really. I don't think an 11-year-old needs a phone unless they are physically away from me, and in the city I live in, there is nowhere I would leave my child without an adult present. Period. When I was 11, I was dropped at the mall with friends, but that's not part of my kids' life. It just isn't. When they get older and need to be away from me—when they start taking classes at college, for example, as many homeschooled teenagers do—they will need a way to communicate with me. Right now? I don't think they need a phone.

Second of all, I don't think my kids need video games in their hand. They see other kids playing games and I'm fine if that works for other families, but for us, we set aside distinct times when our boys play games. I don't want them having constant access to games when they have so many other things to play with, look at, think about, and do.

Third, I don't like the social interactions I see a lot of kids having on social media, and I don't think it adds to my sons' lives to take part in that right now. I know my kids better than you do, I promise. It's not healthy for their personalities.

What Heitner is accomplishing with her [TedTalk](#) where I first learned about her and with her book is a sense of perspective about kids. She talks about really truly understanding their framework for wanting these things. She gives the example of your 10-year-old watching a slumber party they were excluded from play out on social media. That made me cringe. It gave the 10-year-old inside of me the chills. I would be absolutely devastated to grow up now. I was left out of so much and it was painful enough to imagine the girls I wanted to have accept me spending time without me. To watch it online would be that much more mortifying and so incredibly painful. Heitner talks about some of the dangers of the tech world for kids: their belief both in the necessity of others being able to communicate or respond to them instantly and if they don't, what that means, and the belief that they need to immediately respond to something the second it comes in...or else. As an adult, I totally get that. But I can't imagine that pressure and what a lack of response would mean to the 10-year-old me!

She talks about the kinds of things kids find on the internet that could be potentially upsetting. She's right—we all know this. My boys are always supervised when they have internet access. Always. I don't need to “trust” them, I need to protect them. The internet is a wonderful place but it's also a potentially very disturbing scary place with images and videos of things that can absolutely harm them and make them very upset.

Heitner also touches on what I think is the most upsetting aspect of this discussion: Kids acknowledge that parents are on their phones way too much. This hit me like a ton of bricks. I am that person. The immediacy of smartphones has made my manager, publicist, and assistant able to reach me at all times and expect answers at all times. I've bought into it. I feel a compulsive need to respond to things and to make that little “envelope” in the upper left hand corner of my Droid disappear every time it comes up.

It has to stop. I had stopped bringing my phone with me into restaurants when I am out with my boys; that lasted a month or so and now I'm back in the rat race. We don't interact with our kids in present and healthy ways when we are glued to our phones. We can try and we can do better than others, but the fact is this: Just like reading an actual paper book and reading a book on a Kindle are not the same thing, and just like seeing your child walk for the first time versus spending that moment recording it are not the same thing, being with your kid and being with your kid while also on your phone are not the same thing.

Heitner has done something significant and brave in taking on this wave of technology that so many of us assume we have no control over. We do have control, and we all have a lot to learn in this realm.

At my 8-year-old's birthday party recently, I realized as my ex and I brought him his cake that neither my ex nor I had cameras with us. We didn't even say to anyone, "Make sure you get a picture!" We just had our eyes and our hearts open and ready to be present in the moment. I knew others would take pictures, but it also didn't matter. We had regained that ability to be present, and I want to regain that in more ways.

Screen time and phone time has shifted our notion of being available and of being present. It is impacting our children in very meaningful ways for good and potentially for not-so-good. I am committed to making shifts in ways that bring me closer to my kids and closer to a sense of peace with technology for me, for my kids, and for the sake of all of our interactions, virtual and otherwise.

Most Dangerous Teen Apps of 2019

Messaging Apps



GroupMe



Alive with Me



WeChat



Viber



Messenger



Chatous



Line



Oovoo

Friend Finder & Social Media Apps



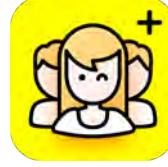
Skout



Flamingo



MeetMe



Get Friends for Snapchat



Nextdoor



Yubo

Hookup Apps



Blindr



Down



Badoo



Grindr



Tinder

Video Chat Apps



Boo!



OmeTV



Houseparty



imo



Tango



Airtime



Holla

Live Streaming Apps



Live.me



YouNow



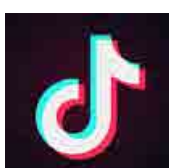
Cake



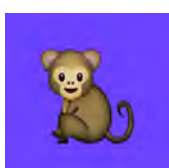
Periscope



Bigo



TikTok



Monkey

Vault Apps



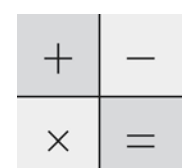
Calculator+



Hide Pictures
Keep Safe



Best Secret
Folder



Keepsafe
Calculator

— Most Viewed App Descriptions on WeZift.com



BeAlert is the awareness and prevention strategy of The Stop Trafficking Project being used to educate and empower students about the role of social media in their potential exploitation. We also educate and empower adults to move beyond awareness to action.



Parent and Caring Adult Help

Important Phone Numbers:

In an immediate emergency always call 911

National Human Trafficking Hotline: 1.888.373.7888 or text 233733 (HELP or INFO)

National Center of Missing and Exploited children: 1.800.843.5678

Metropolitan Organization to Counter Sexual Assault (MOCSA) – KS: 913.642.0233

Metropolitan Organization to Counter Sexual Assault (MOCSA) – MO: 816.531.0233

Synergy Services Youth Crisis Hotline: 1.888.233.1639

Sunflower House: 913.631.5800

Covenant Eyes (internet accountability service): www.covenanteyes.com

Russ Tuttle – President and Founder



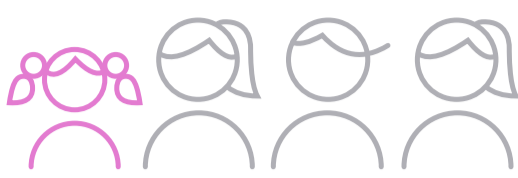
PRACTICAL HELP FOR PARENTS AND "CARING ADULTS":

- Don't live in fear but be wise
- Be the parent before the best friend
- Monitor social media
 - <http://www.covenanteyes.com/>
- Don't ever think/say "Not my kid"
- Student surveys on a national level indicate students are afraid/nervous/hesitant to ask parents for help after encountering tough issues online
- Provide your child the "X-Plan": they text you an "x" and you immediately respond with a call informing them you need to know where they are as there's a situation at home you need them to be there for...arrive quickly and listen to your student without "how did you get into this mess," "I told you not to hang out with them," "how could you be so stupid" etc...the goal is to appreciate the fact they sent you an "x" admitting they need your help so provide them that help because the immediate goal is to keep them safe
- Be careful with your own social media posts especially pictures of your children
- Do understand you are going against culture
- Do understand every family will deal with this issue differently
- Do be consistent in your plan after discussing it clearly with your student(s)
- Remember – you own their devices and have the right to know all the passwords and should check their devices as often as you feel it's necessary
- Remember – it's not IF your child will encounter challenges via social media it's WHEN and you need to be ready
- Easier to teach than un-teach to teach them well and teach them early and lead by example
- You are only as safe as your stupidest friend(s) online = applies to adults too
- Ready to get radical?
 - Controlled text groups only
 - No technology in any bedroom ever (an alarm clock can wake you up)
 - Be sure your student knows you are willing to trust them until they give you a reason not to
 - Continue to educate yourself on recent social media apps and ways to stay SAFER
 - Start a parent discussion group
- Never forget you can make a difference when you truly understand...
 - It's all about the EXPLOITATION OF VULNERABILITY! Anything and everything you can do to lessen the vulnerability in your student to being exploited is a win! WIN BIG WITH YOUR STUDENT(S)!

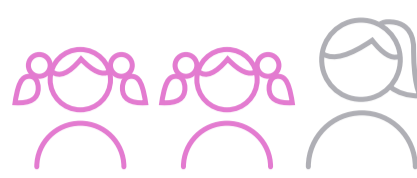
SEXTORTION

THREATS TO EXPOSE A SEXUAL IMAGE IN ORDER TO MAKE A PERSON DO SOMETHING

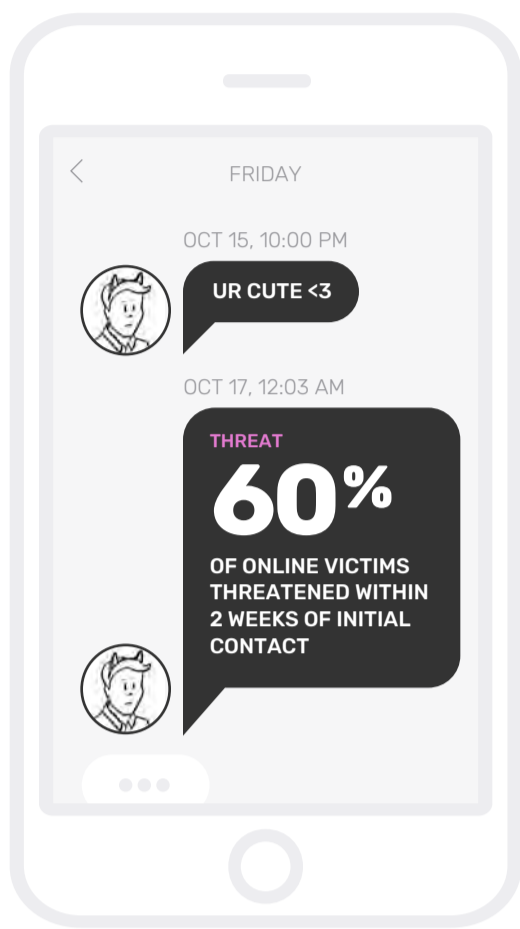
Sextortion is happening to kids and teens.



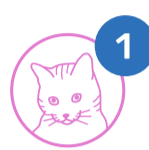
1 IN 4 Victims were **12 or younger** when threatened.



2 IN 3 Victims were **girls** threatened before the age of 16.

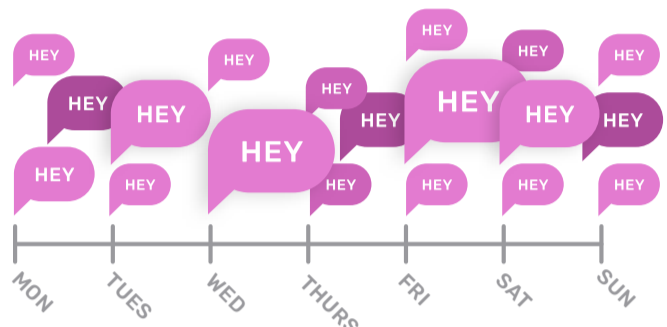


Threats happen sooner for online victims.



First contact is typically by phone via a social media friend request. Victims are **targeted on platforms they frequent**.

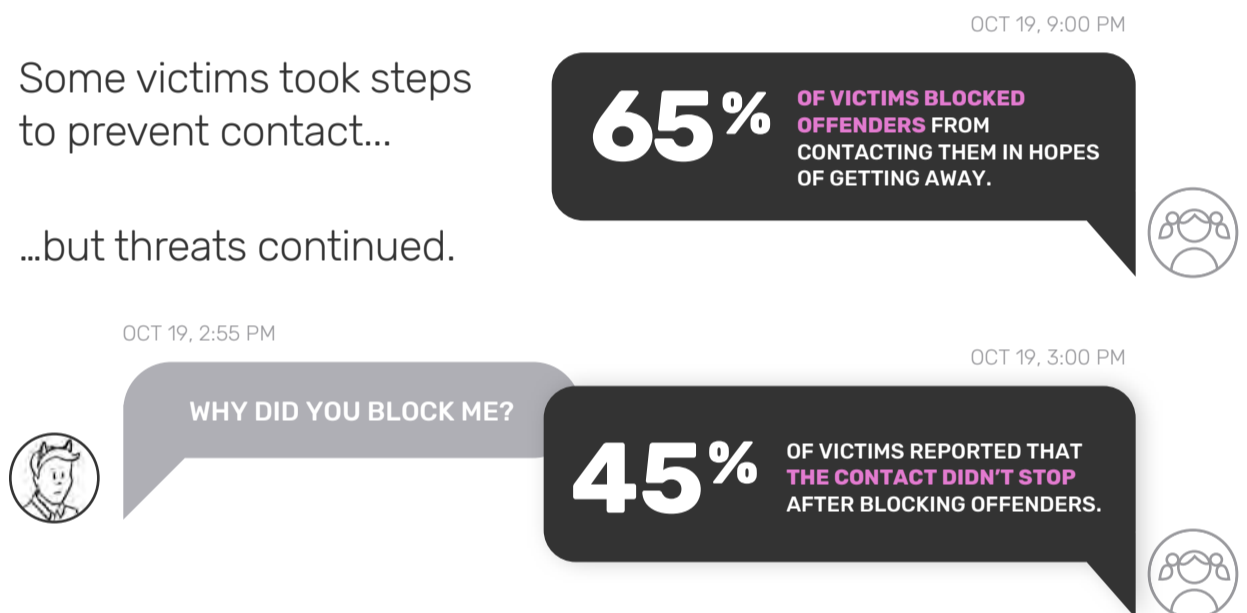
47% Of victims experienced **threats daily**



Victims are attempting to address the threats themselves.

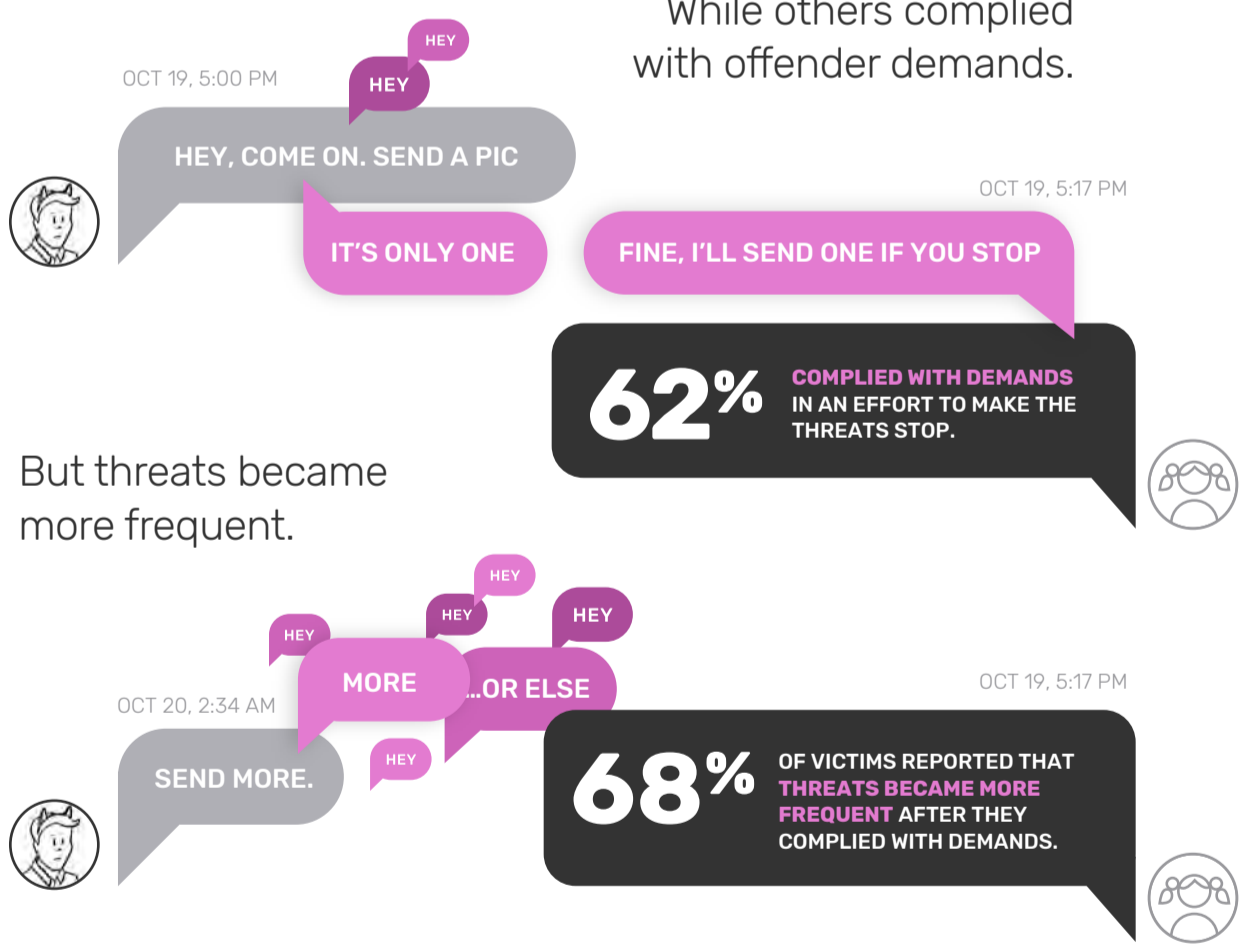
Some victims took steps to prevent contact...

...but threats continued.



While others complied with offender demands.

But threats became more frequent.



Victims are staying silent.

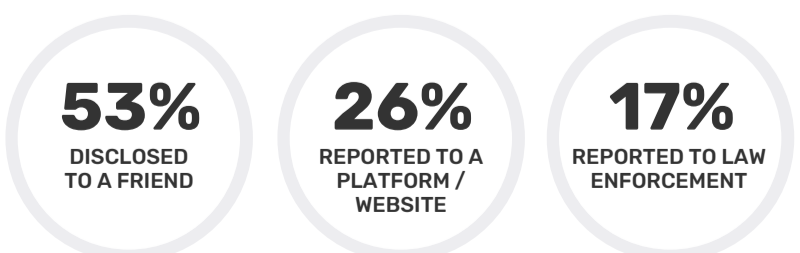


1 IN 3 Victims had **never told anyone**, largely because of shame or embarrassment.

“ Society continues to dismiss the fact that people are forced into situations (like sending nudes) and that they should be shamed if they are. ”

– FEMALE / ONLINE / AGE 13

Victims are less likely to report outside of their inner circle.



Stop sextortion before it starts. Learn more at stopsextortion.com



TALK TODAY, SAFE TOMORROW: Top 10 Ways to Start Conversations About Pornography

Talking to kids about the dangers of pornography is important – and really stressful! But if you can get started, the hardest part is behind you. Adapt these ideas and keep talking as your children grow and experience new things. You can do it! Every time you talk, your children are safer.

1. Start with what they already know.

You have already been talking about family values, their bodies, and personal safety issues. Build on that to help them be aware of the dangers of pornography in age-appropriate ways.

- “In our home we know to wear our clothes around other people. We take them off only in private or when we need help from someone like mom, dad, or a doctor. Sometimes you might see pictures of people who are not fully dressed. They may not be wearing any clothes at all. When that happens we look away, and tell mom or dad right away. We can help you know what to do and you’ll feel better.”
- “We have talked about good touch and bad touch before. We know that the private areas of our bodies are special. Sometime you might see pictures of people showing these private parts. This is not good. If you see this look away and quickly come tell me.”

2. Teach children what pornography is in age-appropriate ways.

Definitions give power. From the simplest explanation to a full definition for older children, giving children the words to describe what they have seen opens the door to them coming to you in the future.

- “You know we have fun together sharing our favorite family pictures. But you should know that sometimes people share very bad or inappropriate pictures or videos that show people without any clothes on. Have you ever seen anything like that?”
- “You might have heard kids at school making jokes about something called pornography. Pornography is media that openly shows or describes nudity or sexuality and is intended to create sexual feelings. It can be online, or in video games, movies, photos, music, magazines, ads, and books. It is a false and harmful way to experience sexuality, so it’s a good idea for us to plan together how to avoid it.”

3. Practice with your family what to do if they see pornography.

Just like a fire drill, your children need to have a plan so they can react quickly when they encounter pornography.

- “Let’s make a deal with each other, OK? If you see anything like pornography, get away from it as fast as you can and tell me right away. Let’s agree to tell each other within 10 minutes if we can.”
- “What could you say to a friend who wanted to show you pornography? Do you have some ideas? Maybe you could turn away and say: I don’t want to see that! That’s disgusting – put it away. You shouldn’t be showing that.”

4. Be upfront about your concerns.

Are you worried about talking about pornography? Being honest about your concerns can go a long way to opening up a conversation.

- “It may be awkward to talk about this but it’s better than not talking at all, isn’t it!”
- “I’ve just started learning about this subject, and I know there’s more to learn. I would like to hear what you know about pornography, and then we can learn together to be smart online.”
- “I wish I had done a better job of talking to you about this in the past, but it’s not too late to start now.”
- “I worry that if you hear about pornography, you might want to see what we are talking about. It is natural for kids to be curious and want to learn more about things, but the reason I am talking to you is because pornography is very dangerous, and I want you to be prepared to avoid it anytime, anywhere.”

5. Take opportunities to praise kids for good decisions.

Children gain self-control and personal power when they learn to see themselves as good decision makers. Water what you want to grow!

- “I noticed that you changed the channel when that inappropriate ad came on. I’m really impressed that you made that good decision and acted so quickly. I bet you feel pretty good when you take control of what you watch. That will keep you safe from things like pornography.”

6. Build on their desire to be trusted and grown-up.

Children look forward to growing up and want to be respected and trusted with important things. Give them credit for how difficult it is to grow up in this time.

- “You are growing up so fast and I think you are ready to talk about a really important thing. I know I can trust you to make good decisions when you understand how important it is to stay away from pornography.”
- “You are such a wonderful kid, and this is a hard world we’re living in. I know you’re trying to keep away from bad stuff online. It’s tough! Are there some rules we could set together that would help keep you safe? I trust you, but I don’t trust people who want to get you trapped. What do you think might really help?”



7. Use examples in the media and news.

Our cultural environment is littered with sexualized media, and the news is filled with stories of sexual misconduct. So use them as natural conversation-starters! When you see or hear something, think of it as a learning opportunity and ask your kids what they think. Give them lots of space to talk, even if it means being silent for a few uncomfortable moments. You'll be surprised at how much they open up.

- "Goodness, there's another ad showing a woman who is barely dressed. Why do you think advertisers use scantily-dressed women in their ads? What kind of a reaction are they trying to get from you?"
- "This morning I read a news story about that found hundreds of students at a school who were sexting and sharing these photos with everyone. Have you heard of anything like that at your school? What do you think about it?"

8. Share a personal experience.

Sharing your experiences can be life-changing for your kids. Have you seen images that you wish you hadn't? How did you react? Did you wish later that you had been prepared to know what to do? What have you learned to do better now? It will help them to feel like they can share their own experiences and feelings without shame and judgement when they understand that you have experienced some of the same struggles.

- "Sometimes when I'm on the Internet, I've accidentally seen pictures that make me feel very uncomfortable, but at the same time it is hard to look away. They show naked people and often they are treating each other in disrespectful ways. It's called pornography. Have you ever seen anything like that?"
- "When I was about your age, a friend showed me some pictures of some naked people that were in a magazine. I didn't know what to do. I didn't tell anyone because I was so afraid I'd get in trouble. So I never told anybody. Now I realize that I was just a child and I didn't do anything wrong. Sometimes we see things that are a little shocking. Has anything like that ever happened to you? I hope you know you can always tell me. You won't be in trouble at all."

9. Read current blogs on this issue.

The time you spend preventing problems now can save years of tears later. So periodically, spend some time to get educated to help your children. You can use these topics as conversation starters with your family. See a list of some good websites below.

- "I read something really surprising today. I learned that most parents think they have talked to their children about Internet safety more often than their children say they have. I bet that's true here too! What do you think?"
- "I read an article today that says that viewing pornography can become an addiction just as bad as any drug addiction. Have you ever heard that?"

10. Follow up on these conversations and check in regularly.

Once you have done the hard work of starting, keep it going! It will get easier over time and your kids will become more comfortable coming to you when they have challenging experiences.

- "Is there anything like pornography stuck in your mind from a long time ago? Do you want to tell me about it so you can let it go and forget it?"
- "Sometimes kids see pornography accidentally or when friends show them things. Have you seen anything like pornography since the last time we talked? What did you do? What could you do if that happens again?"

Let's raise the first generation to be prepared to reject pornography.

The Coalition to End Sexual Exploitation Prevention Group, a project of The National Center on Sexual Exploitation, includes these organizations who collaborated to share this message.

- [National Center on Sexual Exploitation](#)
- [PornProof Kids](#)
- [Educate Empower Kids](#)
- [Utah Coalition Against Pornography](#)
- [Women for Decency](#)
- [White Ribbon Week](#)
- [Fight the New Drug](#)
- [Enough is Enough](#)
- [Purity Works](#)





This contract is between _____ and _____, signed this day ___ of _____, _____ and shall be a binding contract. Failure to accept and follow the terms of this contract will have consequences.

Cell Phone Contract: Student Responsibilities

I understand these rules are for my safety. I understand that my parents/caring adults want to give me freedom. For that to happen I must make smart choices. Initial here: _____

I promise that my parents/caring adults will know all of my passwords. I understand they have the right to look at my phone whenever they want - without my permission. Initial here: _____

I promise that I will not use apps inappropriately or use apps to hide my phone activities (including texting) and I will not erase my history. Initial here: _____

I understand that I am responsible for knowing where my phone is, not leaving it unattended, and for keeping it in good condition. Initial here: _____

I will obey any rules my school has regarding cell phones, such as turning them off during class, or keeping them on vibrate while riding the school bus. Initial here: _____

I will not share any personal (myself or family members) information and will be mindful not to let people know when we are away from home. Initial here: _____

I will not go over our plan's monthly data limitations. If I do, I understand that I may be responsible for paying any additional charges and/or that I may lose my cell phone privileges. Initial here: _____

I understand that my behavior on my phone can impact my future reputation in ways that I am not able to predict or understand. Initial here: _____

I promise to never send or receive naked photos of myself or anyone else (hot pic/nudz). I understand that there could be serious legal consequences that could put mine and my parents' future at-risk. Initial here: _____

I promise to never search for porn. Initial here: _____

I will never use my phone or social media to bully or tease anyone, even if my friends think it's funny. Initial here: _____

I will not send embarrassing photos of my family or friends to others. In addition, I will not use my phone's camera to take embarrassing photos of others. Initial here: _____.

I will make an effort to learn phone and internet etiquette. I understand this is an extension of normal manners. I will turn off, silence, and put my phone away in public—especially in a restaurant, at the movies, or while speaking with another human being. I am not a rude person. I will not allow the phone to change this important part of who I am. Initial here: _____

I will not bring my cell phone to the family dinner table. Initial here: _____

I will not bring my phone into my bedroom or into the bathroom. Initial here: _____

I promise I will tell my parents/caring adults when I receive suspicious or alarming phone calls and/or text/app messages from people I don't know. I will also tell my parents/caring adults if I am being harassed by someone via my cell phone. Initial here: _____

I will not lie about where I have been or how I am using the phone. I promise to answer questions openly, honestly, and directly. Initial here: _____

When I am old enough, I won't text and drive. It's very dangerous. Initial here: _____

I understand that my cell phone may be taken away if I am disrespectful to my parents/caring adults or others, if I am grounded for any reason, if I fail to do my chores, or I fail to keep my grades up. Initial here: _____

I understand that having a cell phone is a privilege, and that if I fail to adhere to this contract, my cell phone privilege may be revoked. Initial here: _____

I will use the "X – Plan" (text an "X") when needed. Initial here: _____

Cell Phone Contract: Parent/Caring Adult Responsibilities

I will make myself available to answer any questions my student might have about owning a cell phone and using it responsibly. Initial here: _____

I will support my child when he or she alerts me to an alarming message or text message that he or she has received or needs me in the "X – Plan". Initial here: _____

I will alert my child if our cell phone plan changes and impacts the plan's minutes. Initial here: _____

I will give my child _____ warning(s) before I take his/her cell phone away. Initial here: _____

Signed _____ (Student)

Signed _____ (Parents/caring adults)

Date _____



Recommended by Protect Young Eyes

Covenant eyes	http://www.covenanteyes.com/
Mobicip	http://www.mobicip.com/
Circle with Disney	https://meetcircle.com/
Bark	https://www.bark.us/
Forcefield	https://forcefield.me/

Organization

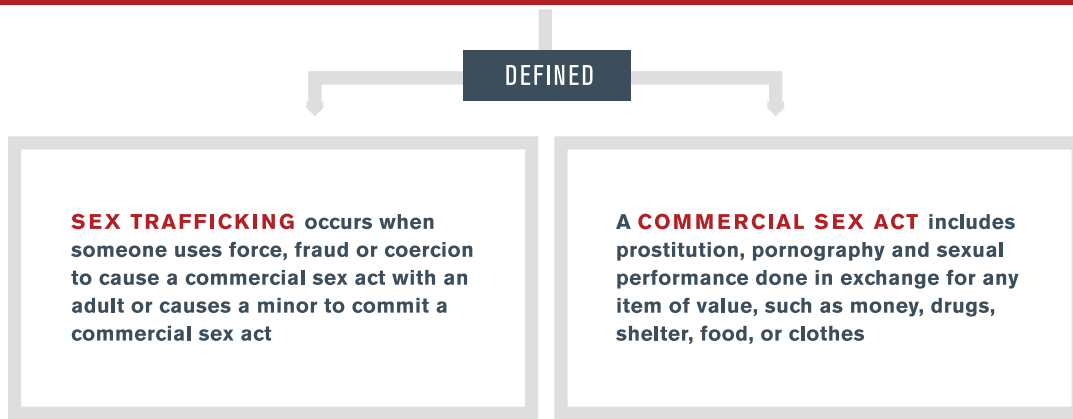
Internet Filters

1. BSecure	www.internetsafetyproject.org
2. Clean Internet Filter	www.cleaninter.net
3. Clear Play	www.clearplay.com
4. Covenant Eyes	www.CovenantEyes.com
5. Family Cyber Alert	www.itcompany.com
6. InterGuard Web Filtering	www.interguardsoftware.com
7. K9 Web Protection	www.k9protection.com

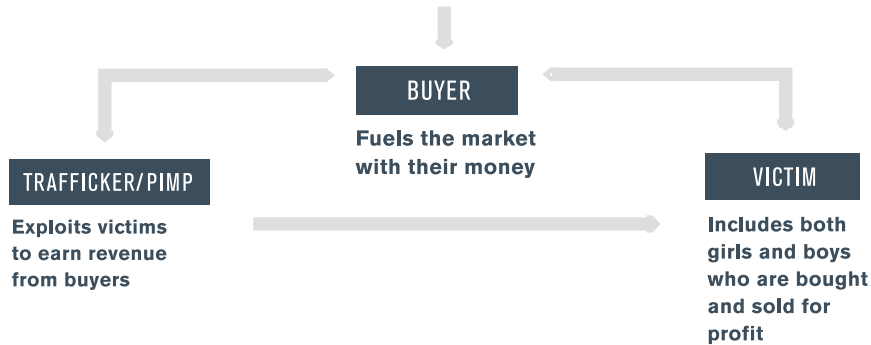
- | | |
|------------------------------------|--|
| 8. Net Nanny | www.netnanny.com |
| 9. Open DNS | www.opendns.com |
| 10. Pluckeye | www.pluckeye.net |
| 11. Pure Desire | www.puredesire.org |
| 12. Pure Sight | www.puresight.com |
| 13. Safe Eyes | www.internetsafety.com |
| 14. Safe Families | www.safefamilies.org |
| 15. Safe Tracker | www.safetracker.net |
| 16. TechRepublic | www.techrepublic.com |
| 17. TuEagles Parental Controls | www.tueagles.com |
| 18. TVO Blockit (True Vine Online) | safe.truevine.net |
| 19. Windows Live Family Safety | www.download.cnet.com |
| 20. X3 Watch | www.x3watch.com |

SEX TRAFFICKING

is a **BOOMING** industry



It thrives because there's serious demand



Traffickers find victims through:

- SOCIAL NETWORK
- HOME NEIGHBORHOOD
- CLUBS OR BARS
- INTERNET
- SCHOOL

And lure them through promises of:

- Protection
- Love
- Adventure
- Home
- Opportunity

TRAFFICKERS USE

- FEAR
- VIOLENCE
- INTIMIDATION
- THREATS

TO ENSURE COMPLIANCE AND MEET DEMAND

The **common age** a child enters sex trafficking is

14-16

TOO YOUNG AND NAIVE TO REALIZE WHAT'S HAPPENING

SOCIETY MAY CALL IT

PROSTITUTION

BUT FEDERAL LAW CALLS IT

SEX TRAFFICKING

VICTIMS NEED HELP

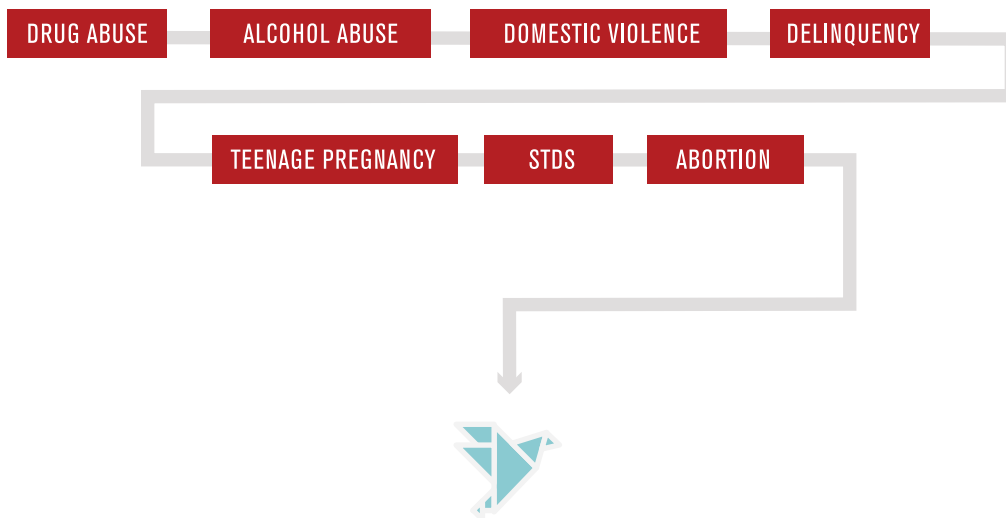
NOT JUDGEMENT OR PUNISHMENT

Because of social stigma
or misinformation, victims go:



SO

Sex trafficked children are
instead treated for:



ALL MASKING THE TRUE NEED...

FREEDOM

