



*Trainer Facilitation Guide*

**FREEDOM  
— FOR  
TEENS —**

*For High School  
Speaker Notes*



THE  
FOUNDATION  
UNITED



OPERATION UNDERGROUND RAILROAD



**Learning Objective:**

Students will gain a deeper understanding of sex trafficking in the United States, including who it affects and where recruitment takes place. The objective is to equip and educate students so they are dissuaded from being trafficked and exploited and become an advocate for their peers.

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**Lesson Essential Questions:**

- What is sex trafficking and sexual exploitation?
  - Who does it affect?
  - Where does it occur?
  - What tactics are used?
  - What are the realities of being in “the life?”
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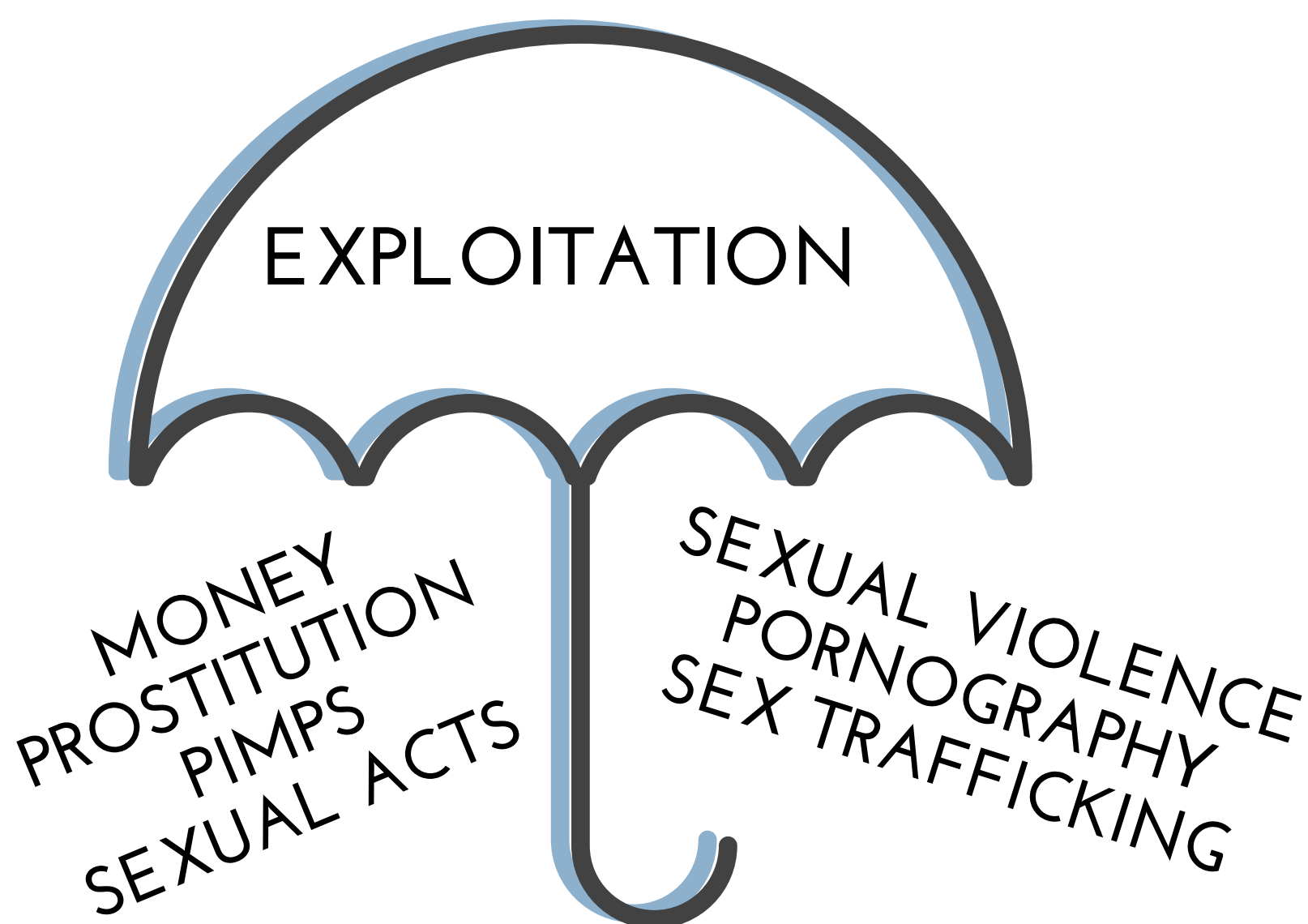
**Learning Chunk 1: What is sex trafficking?**

**Talking Points:**

- Does sex trafficking happen in America?
    - Yes, sex trafficking happens in America and can take place in any zip code.
    - Show slide 2. Sex trafficking refers to any time someone is forced to perform a sexual act while someone else (trafficker) profits.
    - Show slide 3. Trafficking of minors is called Commercial Sexual Exploitation of Minors and means someone is making a profit by taking advantage of a child and using them as a sexual object to engage in sex acts.
    - Payment can be in the form of money, drugs, shelter, new clothes, a ride home, etc.
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“What does it mean to be exploited?”

- Exploitation is the act of treating someone unfairly in order to benefit from them. Manipulation and control are almost always involved when someone is being exploited.
- At this time the facilitator should draw an umbrella on the board, on chart paper, etc. and write the word “exploitation” inside of the umbrella. As words that relate to exploitation come up in the subsequent questions, add them underneath the picture of the umbrella. This will provide a visual understanding of how these many topics are connected to one another. (See image below.)



- "What words come to mind when you think of prostitution?"
  - Often people have negative perceptions of prostitution and think it is a choice; however, we know that oftentimes that is not the case."
- "Do you think there is a link between prostitution and sex trafficking?"
  - Statistics have found that many adults involved in prostitution started at an early age.
  - Show slide 4. The average entry age into sex trafficking is 15 years old.
- "Where in America does sex trafficking take place?"
  - Sex trafficking has been reported in all 50 states.
- "What words come to mind when you think of a 'pimp'? Has the media influenced this stereotype?"
  - The music industry and television have created a glamorized version of a pimp, but a pimp is street terminology for a trafficker.
  - This can be any person, regardless of gender, who receives a payment by selling individuals to customers to perform sexual acts.
  - A trafficker maintains control over a victim through psychological, physical, and emotional abuse.
  - Show slide 5. A study showed that 88% of traffickers are actually victims of domestic and physical abuse, while 76% are victims of sexual abuse. Hurt people hurt people.
- Show slide 6. Play "Suburban Scoundrel."
  - At the end of the video ask the following True or False questions:
    - True or False: If a victim has a reputation as a party girl or easy, or if she dresses in a certain way, she is basically asking to get abused, so she shouldn't complain or speak out.
    - True or False: Sex trafficking and sexual abuse doesn't happen in small towns.
    - True or False: If someone uses photos to control or blackmail you, you should go along with it to make sure no one finds out.
    - True or False: Sex traffickers/abusers are usually people who have taken the time to build a relationship with you and gain your trust.
  - "No matter who you are or what your reputation is, you do not deserve to be abused or exploited. If you or someone you know has been sexually abused, SPEAK UP to a safe adult in your life."
- "What is pornography and how do you think it might be linked to sex trafficking?"
  - Pornography consists of visual material, pictures and videos, containing nudity and sexual acts.
  - Some performers are tricked into making pornographic videos that they had not consented to.
  - Viewers are completely unaware if the images and videos they are buying/watching involve victims of sex trafficking.
  - Pornography heavily objectifies people and can demonstrate unrealistic forms of sexual activity, which sometimes can promote violent sexual behavior.
  - Photographs and videos of minors sent between minors is also a form of pornography.
- "Can males be exploited? How does it happen?"
  - Males can be recruited in the same way as females. However, there are several routes to exploitation that may be more common among boys/men:
    - Basic needs: "Survival sex" is when someone trades sex to meet basic needs such as food and shelter. Youth may not recognize the situation as exploitation.
    - Substance abuse: Some victims find themselves having to exchange sex acts to support a drug habit/addiction.
    - Need for relationship: We all have a need for relationship, sometimes it comes in the form of family support and/or intimacy."
- Show slide 7. Play "At What Cost."
  - At the end of the video ask the following True or False questions:
    - True or False: Sexual abuse does not happen to boys.
    - True or False: Sexual abuse is used as a form of control by the abuser.
    - True or False: Abusers use false hopes and promises to manipulate their victims.
    - True or False: Victims may feel especially hesitant to speak out against abuse because of the stigma that comes with it, what it will do to their family, and fear that no one will believe them.
    - "Abusers control and manipulate their victims. Victims may be fearful of the consequences if they tell someone. If you or someone you know has been sexually abused, SPEAK UP to a safe adult in your life."
- Where are most victims/survivors recruited into "the life?"
  - Survivors can be recruited in many ways: schools, malls, through friends/partners, online, etc.
  - Social media has more recently become a more popular way of which young people are recruited and trafficked.
  - Peer recruiters can also be used to sell a minor on the idea of a better, more expensive lifestyle.

- Money can also be a factor that lures someone into the life.
- One may also be looking for security, whether that be security in meeting their basic needs or security in maintaining a certain lifestyle.
- Show slide 8 and go over final reminders of this section.

## Learning Chunk 2: Who does it affect?

### Talking Points:

- "We all have basic human vulnerabilities. These vulnerabilities are what abusers prey on and look to exploit. Vulnerability means a thought, desire or need that can be exposed or taken advantage of."
- "What are examples of vulnerabilities?"
  - Being bullied
  - Family dysfunction
  - Struggling with mental health/illness
  - Physical/emotional/sexual abuse
  - Low self esteem
  - Desire to be loved
  - Access to phones, internet, video games and social media
  - Lack of substantial support to meet basic needs (food, shelter, clothes, etc.) Facilitate a discussion about why the above mentioned would make you vulnerable. Although some individuals may be at a higher risk, anyone can be at risk. Through this discussion we want youth to be self aware of their own vulnerabilities.
- Show slide 9. Play "Youth in Care."
  - At the end of the video ask the following True or False questions:
    - True or False: You should tell a safe adult about any form of abuse, and if they don't believe you, keep telling until you find someone who helps you.
    - True or False: Abusers may threaten to hurt the victim's loved ones if they don't do what they demand.
    - True or False: Youth in "the system" are not at risk for sexual abuse or sex trafficking.
    - True or False: Adults at your school or social workers are safe adults.
    - "Sex trafficking and sexual abuse are NEVER normal or acceptable. Your circumstances do not get to dictate your future... you are the only boss of your body and your voice has power. If you or someone you know has been sexually abused, SPEAK UP to a safe adult in your life."

## Learning Chunk 3: Knowing the Risk

### Talking Points:

- "I will be reading the descriptions of five characters, one by one. You are to think about how each character is at risk of being sexually exploited and/or trafficked, ranking that character from 1 (least at risk) to 5 (most at risk). Think about each character's vulnerabilities."
- Facilitator will read Part 1 and then have students rank the character from 1 to 5. After a discussion read Part 2 and the follow up statements and questions.
- Daniel
  - Show slide 10. Part 1: "Daniel is a junior in high school who is a star player on the varsity football team and is already being scouted by college coaches. His parents passed away when he was in elementary school and he lives with his two younger siblings and grandparents."
  - Show slide 11. Part 2: "Everyone assumes that his parents death was the worst thing that has ever happened to him...but they don't know the full story. Daniel has kept a secret of being sexually abused by a babysitter when he was 9 years old. He hasn't told anyone, because he is afraid of looking weak."
  - "Disclosing past trauma and abuse is difficult for anyone. For male victims, it is not uncommon that they feel especially vulnerable. Worried about not being believed or made to feel weak, boys are less likely to ever disclose. However, we know that sexual violence can happen to anyone."
  - "As the star player on the football team, Daniel could be feeling pressure and expectations to succeed. Could this be viewed as a vulnerability?"

- Mia
  - Show slide 12. Part 1: "Mia is an 8th grader who gets bullied a lot because she has a disability that makes her stutter. She is usually by herself and has a hard time making friends. So, she chats with a lot of people online."
  - Show slide 13. Part 2: "It's much easier for Mia to make friends through social media even though it's sometimes hard to determine if the people she's speaking to are safe. She recently started a relationship with a guy she met on Instagram. After a few weeks, he began telling her she would feel better about herself if she started taking 'sexy pictures' because it would boost her confidence. Mia took his advice and started sending him nudes. Now, he's been threatening to sell them online if she ever stops sending them."
  - "Predators target people they perceive as weak or believe are easiest to manipulate. They may coerce a person who has a disability, mental health disorder, or a previous history of trauma."
  - "It is important to identify a safe person in your life you can communicate with and discuss potential decision-making. Had Mia told someone about taking explicit pictures, would the outcome have been different?"
- Ruben
  - Show slide 14. Part 1: "Ruben is a sophomore in high school who, although an average student, is very social and has started the first LGBTQ+ club at his school. There is a rumor spreading around that he has not been living at home because his parents kicked him out of the house for being gay."
  - Show slide 15. Part 2: "While his parents kicked him out, his aunt seemed to be supportive of his sexual identity and allowed him to live with her. After a few weeks the aunt would bring her friends over on occasion and told him to 'entertain them.' Ruben knew that he'd be homeless without his aunt and felt like he owed her. Though he hated having sex with them, Ruben also had heard guys never say no to sex and that it's good to be desired by older women."
  - "LGBTQ+ youth are at high risk of trafficking because of family/parental rejection, feeling isolated from society, and often becoming homeless."
  - "As we see in Ruben's story, women and even family members can be traffickers making it much easier for them to be manipulative. Because of her role as his aunt, Ruben may have been more trusting and less aware of red flags."
- Sarah
  - Show slide 16. Part 1: Sarah is a senior in high school graduating at the top of her class as the valedictorian and received a scholarship to go to an Ivy-League university. She was voted most likely to succeed by all of her peers."
  - Show slide 17. Part 2: "While the scholarship was helpful, college fees as well as living expenses proved itself to be a heavy bill to pay. Sarah's family did not have the money to support her in college and flipping burgers was not making enough. Sarah was approached by a friend who works as an escort and showed her all the money she made in just one week. Desperate for money, Sarah signed the contract to be an escort. Though the contract said she would never have to perform sexual acts, many clients demanded them and threatened not to pay until she complied. Afraid of being fired and having to leave her college, Sarah felt trapped."
  - "The reality is that trafficking/exploitation can happen to anyone of any background."
  - "Having a scholarship or even a full ride does not relieve the pressures of being a young college student, especially if you have limited support. Recruiters and traffickers may tap into the vulnerabilities of college students to sell them on a 'dream' that helps them pay for college...when, like in Sarah's case, it really is just a trap."
  - "Oftentimes youth get into the sex trafficking industry through pornography or escort services; promised they would have boundaries and then pushed past their comfort zone."
- Jordan
  - Show slide 18. Part 1: "Jordan is a seventeen year old who is self-reliant and raised in an abusive home. Jordan recently started a relationship with Joy who is in a gang and influenced Jordan to join the gang culture as well."
  - Show slide 19. Part 2: "Jordan found love for the first time with Joy, a 23 year old young lady in the neighborhood who grew up in gang culture. Joy draws on Jordan's vulnerability for love and acceptance to recruit him into the local gang. His initiation included him being trafficked to other local gang members, except it became a regular event. Though he knows this is not healthy - he is trying to survive. He figures that at least in the streets he is protected by the local gang and able to move out of his abusive household. Eventually, he gets tired of being exploited and starts to recruit other teens into the gang so that he can maintain significance without the weight of being trafficked."
  - "Guys can be recruited by older women, via relationship or as a mother-figure."
  - "Local gangs often exploit their members for initiation or regularly in exchange for safety, family, or acceptance. Victims struggle to acknowledge that exchanging sex for basic needs is a form of exploitation. This exchange is often referred to as 'survival sex.'""Each of these individuals is incredibly at risk. Each of these characters have vulnerabilities that may not be obvious. We want youth to be more aware of common vulnerabilities in their peers and how to offer support."
  - "Have you ever known someone who matches one of the profiles mentioned?"
  - "Would you be able to tell if one of your peers was being trafficked?"
  - "What do you think it would be like walking in any of their shoes?"



- Each of these characters have vulnerabilities that may not be obvious. We want youth to be more aware of common vulnerabilities in their peers and how to offer support.”
    - Have you ever known someone who matches one of the profiles mentioned?”
    - “Would you be able to tell if one of your peers was being trafficked?”
    - “What do you think it would be like walking in any of their shoes?”
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#### Closing:

- *Remind students that this is an open discussion and judgemental feedback is not a form of healthy communication and will not be tolerated. You may ask students if they have any questions or would like further clarification on any of the material covered.*
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## Freedom for Teens Speaker Notes

SESSION 2: Estimated Time: 60 minutes

#### Learning Objective:

This session will educate students about domestic sex trafficking by teaching them the recruitment tactics used by traffickers, with a focus on internet safety. Students will also learn about other key factors that contribute to the demand of the sex trade. The program will end with an informative way they can help raise awareness and help survivors in their community through collaborative advocacy.

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#### Lesson Essential Questions:

- What is sex trafficking and sexual exploitation?
  - Who does it affect?
  - Where does it occur?
  - What tactics are used?
  - What are the realities of being in “the life”?
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#### Learning Chunk 1: How does this happen?

##### Talking Points:

- “Traffickers can come across as protectors - they represent security and family. The trafficker is usually very skilled at assessing the physical and/or psychological needs of a person. They can easily take the place of a parental figure, friend, or significant other.”
  - Show slide 20. “The most common tactics are:
    - Force- A tactic defined by physical abuse, sexual abuse, drugging, and kidnapping. This is the least common tactic initially used by traffickers.
    - Seduction- A way to lure victims by feeding into their interests and needs. Youth have needs of love and attention. A trafficker will provide these things with the hidden intention of future exploitation. After building this relationship, they will begin to ask for favors. These favors may seem harmless at first but they gradually lead to forms of exploitation.
    - Befriending- To make friends or become friends with victims. Sometimes traffickers will recruit a young person to manipulate another young person because it makes it much easier to gain trust. This person is called a recruiter and is often a victim as well. By doing this, they are able to gather information about the victim and use it against them. Often times they will offer youth things such as food, shelter, clothes, parties, etc. They later ask for innocent favors to begin exploitation.
    - Threats/Coercion- To persuade someone by blackmailing and/or threatening them. “Sextortion” is when someone is blackmailed or coerced into sending sexual images that are then used against them for the purpose of exploitation. Traffickers will also threaten to hurt a victim’s family or friends, in hopes to keep them in the game. This happens often with child sexual abuse as well.”
  - Show slide 21. Play “Gang Youth.” At the end of the video ask the following True or False questions:
    - True or False: Abusers offer victims things such as food, shelter, or protection in order to present themselves as a protector.
    - True or False: Oftentimes recruiters were victims themselves.
    - True or False: Abusers use victim’s vulnerabilities to bring them into “the life.”
    - True or False: Family members never abuse anyone in their own family.
    - “Abusers are skilled at knowing your vulnerabilities and needs as a person. They will use tactics like force, seduction, befriending, and threats to exploit you.”
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- Show slide 22. Play "Betrayal." At the end of the video ask the following True or False questions:
    - True or False: Abusers use threats, shame and their position of authority to keep victims silent.
    - True or False: Abusers are usually strangers or people the victims has very little trust in/relationship with.
    - True or False: Victims of sexual abuse may be scared to tell, especially if their abuser is someone their family/community/friends trust.
    - True or False: Abusers may manipulate their victims to believe they are chosen or special."
    - Abusers can be anyone. Victims can be anyone. If you or someone you know has been sexually abused, SPEAK UP to a safe adult in your life."
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## Learning Chunk 2: The Social Media Game

### Talking Points:

- "I want you to raise your hand if the answer to the following questions is yes.
    - Do you use any kind of social media: Facebook, Twitter, Instagram, YouTube, Snapchat, etc.?
    - Are any of your profiles public?
    - Have you ever accepted a friend request from someone you didn't know?
    - Have you ever received a DM from someone you didn't know?
    - Do you know anyone who engages in sexting or sending nude photos?
    - Do you check into places via social media or have your SnapMap on?"
  - Show slide 23. "If you answered yes to any of those questions, you can be at risk for blackmail or threats from online predators. This is called sextortion. Sextortion is sexual exploitation that occurs primarily online in which non-physical forms of coercion are used, such as blackmail, to acquire sexual content or engage in sex with a child. Sex trafficking and exploitation can occur online."
  - Give each student one sticky note and have them get into pairs. Instruct them to brainstorm two ways they can protect themselves online, writing it on the sticky note, and posting it on the whiteboard. Lead discussion around suggestions posted.
    - Turn off GPS/location services on cell phones
    - Set profiles to private
    - Block the people that make you feel uncomfortable
    - Don't send anything you would be embarrassed by if it went viral
    - Immediately speak to an adult if someone is harassing you, asking for favors, asking for pictures, or threatening you
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## Learning Chunk 3: Why does sex trafficking exist?

### Talking Points:

- Show slide 24. "Sex trafficking is a multi-billion dollar industry. A trafficker can sell a person up to 40 times per day. Imagine what a buyer may look like. What might their personality be like?"
  - Separate students into groups giving them chart paper and markers. Ask them to draw what they think a buyer of sex looks like. Suggest the following topics to assist in drawing:
    - Gender
    - Age
    - Ethnicity
    - Clothing
    - Car
    - Job/Career
    - Family
  - "Research has found that many buyers/Johns fit the following profile: caucasian, middle class, live in the suburbs, have a family of their own, have a job. In most states the victim is sent to jail and the buyer gets to go back home to their family. Why do you think people purchase sex in this country?"
  - "Have you heard the saying 'boys will be boys'? This phrase is connected with toxic masculinity. Toxic masculinity is the societal norms/stereotypes of manhood, defined by violence, sex, status and aggression. It's a stereotype placed on boys by society and sometimes even friends/family. This contributes to the demand of sex and can be found in unhealthy/exploitative relationships. The majority of sex traffickers and buyers are male. The trafficking industry is fueled by the demand, and the demand is fueled from the buyers/exploiters exposed to this toxic masculinity."
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- Show slide 25. "Examples of toxic masculinity:
  - Boys will be boys
  - Suppressed emotions
  - Boys don't cry
  - Never say no to sex
  - Using violence to gain respect"
- "What if it's not boys will be boys, but rather, boys will be what they're taught? You can be masculine without being toxic. Has anyone heard of the term 'healthy masculinity'? This means that you can 'be a man' while also being respectful and not giving in to the toxic masculinity that society often sells."
- "Examples of healthy masculinity:
  - Boys will be what they are taught- by family, friends, community, social media, etc.
  - Express emotion- speak about feelings of sadness, fear, shame, kindness
  - Have healthy conversations about boundaries and consent
  - Use integrity to gain respect- do the right thing, even when no one is watching"
  - Note: Be intentional in letting the male youth know that they can play a healthy role in fighting against this issue. Explain that it's important to not fall into the trap that society sets up for us. Boys often find themselves in situations where their friends don't share the same healthy standards or speak in manners they don't agree with. Empower boys and men to have a strong voice to speak up. You should never drop your own standards just because you feel like your community of friends doesn't always encourage healthy habits of manhood. The demand does not need to exist.

#### Learning Chunk 4: What can you do to help?

##### Talking Points:

- Show slide 26. "The greatest tool you have is your voice. Here are some ways that you can help:
  - Spread the word- If every student goes and tells 2 people what they learned about exploitation, there could be so much change made in our country.
  - Ask for help- Empower yourself and the people you care about to come forward and talk about tough things when help is needed. Make sure your voice is heard, even if that means having to talk to more than one adult.
  - Post about it- Social media can be a great outlet for teens to spread the word about exploitation.
  - Get involved- Volunteering is a great way to be part of the solution. You can look up various organizations in the community to see how you can help out by donating time. You can also check out organizations that are in need of clothing, shoes, food, and money.
  - Be the change- By creating service events, raising awareness through presentations, walking for cause events, or school wide drive events, you can educate others about this issue.
  - Survivor totes- Putting small items in a backpack or recyclable grocery bag is an easy way to impact the lives of survivors coming into a safe home in your area."

##### Closing:

- Pass out index cards and markers and have students respond to one of the following questions anonymously.
  - Based off what you've learned, what are ways you can keep yourself and people you love safe?
    - Importance of online safety
    - Recognizing your vulnerabilities
    - Knowing the risks of exploitation
    - Speaking up for what's right
    - Advocating for yourself
    - Sharing what you've learned
  - What would you say to a sex trafficking survivor?
  - What would you say to a sex trafficker or buyer?
  - What would you do if you disclosed to an adult and they didn't believe you?
  - What is one thing you will take away from this session?
- At the end you can ask for volunteers to share, students may take their index cards with them, or may leave index cards with the facilitator.
- "Remember the mission of this program is to bring light to the darkness of sex trafficking and that you can do the same by simply continuing the conversation. Thank you for being willing to learn about the realities of exploitation."



- Display the following information for students:
  - Selah Freedom: Intake Number: 1-888-8-FREE-ME Website: selahfreedom.com
  - National Human Trafficking Hotline: Intake Number: 1-888-373-7888 Text Line: "HELP" or "INFO" to 233733
  - Sign 1 Idea:
    - Sometimes we don't even know this is happening to us. Here are some of the questions to ask yourself:
      - Do you feel scared to say no to things that your boyfriend or girlfriend asks you to do?
      - Have you been asked to do a sex act in order to get something you want or need?
      - Has your boyfriend or girlfriend asked you to do something sexual with their friends?
      - Have pictures of you been used to make money or used against you or posted online?
  - Sign 2 Idea:
    - Here are some ways to get help:
      - Talk to an adult you are sure you can trust. This could be someone in your family, at school, wherever. It helps not to go through this alone.
      - Call 1-888-373-7888 or text "HELP" or "INFO" to 233733. There is someone there 24/7 to talk to. They will connect you to help in your area. There are survivors who would love to help you get through this too.
- If making signs is not applicable for your school you could turn this information into a short handout/bookmark that could be distributed to students.





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To Learn More About The Foundation United, S.P.E.A.K. UP and our mission to end sex trafficking and exploitation, visit [www.TheFoundationUnited.org](http://www.TheFoundationUnited.org)

The Foundation United  
P.O. Box 5576  
Sarasota, FL 34277

[Info@TheFoundationUnited.org](mailto:Info@TheFoundationUnited.org)

EIN 83-0572687