

Human Trafficking

Prevention and Awareness

Resource Guide



TEXAS
Department of Family
and Protective Services

Early Childhood (0-6)

Adolescents (7-12)

Teens and Young Adults (13-18)



Human Trafficking

Prevention and Awareness Resource Guide



The views, thoughts, and opinions expressed by the resources referenced below are the program's own and do not necessarily reflect the views of the Texas Department of Family and Protective Services.

When exploring and selecting resource options, individualized and tailored approaches for the individual's needs should be considered.

Additionally, as providers and caregivers tailor their approach to a specific child, Normalcy and Reasonable and Prudent Parent Standards should be taken into account.

Local communities may have additional resources available to explore.



TEXAS
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Early Childhood

Ages 0–6



Prevention of trafficking in early childhood focuses on enhancing child development and family well-being through educational programs and support initiatives that strengthen and promote parental involvement, family functioning, secure attachment bonds, and child safety education.

Promote Child Development and Family Wellbeing

Key Topics and Resources

1. Wellbeing

Enhance early learning and parental involvement to build strong, resilient families.

2. Secure Attachment Bonds

Foster emotional and social skills in children by strengthening caregiver-child relationships.

3. Body Education and Child Safety

Educate on personal boundaries and safety to empower children against risks.



Early Childhood

Ages 0–6

Resources

1. Wellbeing

Healthy Outcomes through Prevention & Early Support (HOPES)

fss.hhs.texas.gov/programs/hopes.asp

- Offers comprehensive support for families with children ages 0-5 through initiatives like visiting, and parent educational literacy promotion.
- Collaborates with community organizations to enhance protective factors and improve child development and family well-being.

Texas Home Visiting (THV)

fss.hhs.texas.gov/programs/thv.asp

- Free, voluntary home visits by health professionals to pregnant women and families with children under 6 are offered.
- Uses evidence-based models to improve child health and family self-sufficiency.

Parents and Caregivers Child Welfare Information Gateway

childwelfare.gov/topics/parents-and-caregivers

- Resources, practical advice, educational tools, and materials for fostering healthy development and preventing adverse childhood experiences.
- Serves as a guide for effectively navigating various aspects of parenting and caregiving.

Fatherhood EFFECT

fss.hhs.texas.gov/programs/fatherhood_effect.asp

- Supports fathers and father figures of children ages 0-17 through educational resources and services that enhance parenting skills, strengthen family functioning, and improve protective factors.
- Works to enhance and broaden father-specific supports and integrate these services across community programs.

Head Start Center Locator ECLKC (hhs.gov)

eclkc.ohs.acf.hhs.gov

- Enables families to find local Head Start programs that promote child development, health, and well-being by engaging parents in their children's learning and growth.



Early Childhood

Ages 0–6

Resources

2. Secure Attachment Bonds

Bonding and Attachment: babies | Raising Children Network

raisingchildren.net.au/babies/connecting-communicating/bonding/bonding-babies

- Outlines the importance of bonding and attachment in baby development, offering guidance on nurturing a secure and loving relationship through consistent, warm interactions such as playing, talking, and cuddling across different stages (3-12 months).

Building a Secure Attachment Bond with Your Baby (helpguide.org)

helpguide.org/articles/parenting-family/building-a-secure-attachment-bond-with-your-baby.htm

- Discusses the crucial role of early childhood attachment in infants' dependency on caregivers, brain development, and long-term emotional resilience.



- Highlights the negative impact of bonding deprivation and outlines different attachment styles – secure, anxious, and avoidant – explaining their influence on a child's emotional regulation, social skills brain development, learning, and self-esteem.

The Pyramid Model

challengingbehavior.org/pyramid-model/overview/basics

- The evidence-based framework enhances social and emotional development in young children through a tiered intervention strategy intended to support existing curricula. Services are structured for early educators, early intervention personnel, caregivers, and families to support nurturing and responsible caregiving effectively, create positive learning environments, and address challenging behaviors in children.
- Key services include: implementation support of the model across programs and regions Foundational training to address targeted and intensive needs; family engagement to enhance parent-child relationship through engaging activities; and classroom resources in collaboration with The Discovery Source to distribute educational kits designed to teach social-emotional developed skills
- Includes educational materials and stories such as; “We Can Be Problem Solvers” and “I Can Be a Super Friend,” available in both English and Spanish.

Early Childhood

Ages 0–6

Resources

3. Body Education and Child Safety

My Body Belongs To Me Toolkit

icfs.org/wp-content/uploads/My-Body-Belongs-To-Me-Toolkit-English.pdf

- A child personal safety education tool kit for parents & teachers designed to teach children (preschool - 6th grade) about their bodies, personal boundaries, and how to talk to trusted adults if they feel uncomfortable or unsafe.
- The “My Body Belongs to ME” program offers a concise toolkit for teaching personal safety skills to children. Includes “What If” role plays to assess children’s understanding, provides myths and facts about child sexual abuse, offers guidance on safety planning, and includes additional resources for adults and engaging activities for children.

The Mama Bear Effect

themamabeareffect.org

- Provides educational resources to help families and communities prevent sexual abuse - offers a variety of free materials, including downloads, pediatric resources, and research aimed at promoting open conversations and shifting cultural perspectives from silence and shame to courage and compassion.
- Supports parents, caregivers, advocates, and organizations focused on prevention.

“I Said No!: A Kid-to-Kid Guide on Keeping Private Parts Private” by Kimberly King

- This children’s book educates young readers on setting personal boundaries, understanding the privacy of their bodies, and how to respectfully decline unwanted interactions.
- Provides practical advice through a kid-friendly narrative, helping children understand their rights and empowering them to say no.

“My Body! What I Say Goes!” by Jayneen Sanders

- A children’s picture book that empowers young readers to take control of their body safety. It teaches children about consent, recognizing their boundaries, and how to effectively communicate their feelings to others.
- Designed to help children understand that they have the right to decide who can touch their bodies and to seek help if they feel uncomfortable.



Adolescence

Ages 7–12



As adolescents mature physically, emotionally, and socially and increase their engagement with society and social media, they become more vulnerable to exploitation. Educating them on personal and online safety, healthy relationships, and the risks of exploitation is crucial. By raising awareness among caregivers, parents, educators, and community members, we empower youth to make safe decisions and recognize potential dangers, strengthening their resilience and contributing to the prevention of trafficking.

Education

Key Topics and Resources

1. Trafficking 101

Promotes open and informed conversations on trafficking. Equips caregivers and educators with the tools they need to effectively communicate the risks and signs of exploitation to youth.

2. Healthy Relationships and Sexual Responsibility

Age-appropriate education about sex, relationships, puberty, and body awareness.

3. Internet and Social Media Safety

Teaches youth about online risks and safe internet practices.

4. Understanding Boundaries and Handling Social Pressures

Focuses on establishing and respecting personal boundaries and offers strategies to manage peer pressure.

Adolescence

Ages 7–12

Resources

1. Trafficking 101

ECPAT: Global Progress in Ending Child Sexual Exploitation

ecpat.org/our-impact

- A network of organizations that aims to combat child sexual exploitation by training professionals, tracking trends in trafficking, and collaborating with stakeholders to strengthen protective measures for children.
- Features a comprehensive library providing the knowledge and tools to understand and combat child sexual exploitation.

Parents, Caregivers, Teachers — FBI

fbi.gov/how-we-can-help-you/parents-and-caregivers-protecting-your-kids

- Provides a range of resources aimed at protecting children from exploitation and abuse including educational materials, safety tips, and guidelines for recognizing and responding to threats and how to communicate risks and signs to youth.



2. Healthy Relationships and Sexual Responsibility

Adolescent Health

opa.hhs.gov/adolescent-health

- Learn about trends in teen pregnancy, challenges in teen childbearing, strategies and approaches for prevention, and tips for parents and adults.
- Learn about how adolescents form safe and healthy relationships with friends, parents, teachers, and romantic partners.

Parents – amaze

amaze.org/parents

- Offers engaging videos designed to educate adolescents about sex, their bodies, and relationships in a clear, child-friendly way.
- Ensures adolescents receive sex education that is medically accurate and suitable for their age, as assessed by parents, teachers, and health professionals.

Sex Positive Families

sexpositivefamilies.com/resources

- Provides workshops and materials to help families educate their children on topics such as body awareness, consent, safe and unsafe touch, puberty, and sex education.

Adolescence

Ages 7–12

Resources

3. Internet and Social Media Safety

NetSmartz Kids

netsmartzkids.org

- NCMEC's online safety education program offers age-appropriate videos, activities, and multimedia presentations to teach internet safety to children, tweens, teens, parents, and educators.
 - The program enhances awareness of online risks and equips users with strategies for safe behavior. It includes free online training, presentations, and tip sheets to support the development of dynamic internet safety curricula for classrooms and communities.
-

Kidpower Online Safety Program

kidpower.org/online-safety

- The program provides key principles for digital safety, focusing on awareness, managing risks, setting boundaries, and maintaining emotional stability online. It stresses the importance of adult involvement to protect youth from online dangers such as abuse and bullying.
- Offers courses in its Online Learning Center to enhance skills and empower individuals to navigate the digital world safely.

VOICE Report

ecpat.org/wp-content/uploads/2024/04/VOICE_Report.pdf

- This report evaluates children's views on privacy and online safety, scrutinizing the effectiveness of current measures in reducing internet risks. Highlights the inadequacy of digital regulations in safeguarding children from online harm, despite UNCRC protections. The report seeks to guide policy discussions to improve online safety protocols for children.
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Internet Crimes Against Children Task Force Program

icactaskforce.org/search-results?sort=Alphabetical&content=Resources

- ICAC provides resources aimed at preventing and combating online child exploitation and abuse including investigative assistance, training for law enforcement agencies, and community outreach programs to educate the public on internet safety for children.
- S.M.A.R.T. Parenting Tips for Online Safety - Quick Reference: guide for parents that outlines strategies to enhance internet safety for their children using principles of Supervision, Monitoring, Awareness, Responsibility, and Teaching.
- Law Enforcement Guide for Sextortion Victims: guide for law enforcement agencies on how to assist youth who have been targeted by sextortion, focusing on effective response and support strategies.

Adolescence

Ages 7–12

Resources

4. Understanding Boundaries and Handling Social Pressures

How to Handle Peer Pressure

kidshealth.org/en/kids/peer-pressure.html

- Provides an in-depth look at peer pressure, and how it affects adolescents. Details scenarios where peer pressure can lead to undesirable actions and offers practical advice for resisting negative pressures. Includes strategies on trusting one's judgment and seeking support from trusted adults.

radKIDS

radkids.org

- Interactive educational tools that teach youth how to recognize dangers and increase self-confidence when online.
- The activities and games focus on reinforcing important safety concepts in an engaging and age-appropriate manner, helping children learn how to handle emergencies, deal with strangers, and recognize unsafe situations.

Kidpower Stranger Safety

kidpower.org/stranger-safety

- An assault and kidnapping prevention resource that teaches Stranger Safety by emphasizing practical, daily safety habits rather than instilling fear with “stranger danger” warnings.

- Easy, engaging stranger safety for children (early childhood teens), including self-defense skills, and workshops to help parents and educators introduce and practice these skills.

Kidpower Shorts

Episode 6: Setting Boundaries

kidpower.org/library/videos/kidpower-shorts-ep6-boundaries

- Educational videos focused on teaching children about personal boundaries, both physical and emotional. Aims to empower kids to understand their boundaries and respect those of others, enhancing their interpersonal skills and personal safety.

Kidpower Skills for Relationships

kidpower.org/relationships

- Offers resources that teach social-emotional safety skills to enhance relationships and help prevent abuse. Topics include setting boundaries, managing emotions, and advocating for oneself. Principles for preventing bullying, abuse, and violence are reinforced through workshops, books, articles, and videos.



Teens and Young Adults

Ages 13–18



As youth engage with our technology-driven world, they encounter situations that can lead to exploitation. It's crucial to educate and support teens and young adults as they navigate life's transitions, influences, and relationships — especially those with adverse childhood experiences. Effective prevention of human trafficking involves understanding and addressing the root causes through proactive education, guidance, services, and communication. By meeting the needs of young people, we can reduce their risk of victimization.

Education, Connection and Support

Key Topics and Resources

1. Recognizing Signs

Educate teens/young adults on identifying signs and forms of trafficking.

2. Internet and Social Media

Highlight the risks of sharing personal info online and offer practical safety tips.

3. Healthy Relationships

Teach healthy vs. unhealthy relationships, emphasizing consent, communication and body autonomy.

4. Female Empowerment

Empower young women to set boundaries and trust their instincts to evade coercive situations.

5. Legal Rights

Inform young adults about their legal rights, particularly around abuse and exploitation.

6. Peer and Social Influences

Discuss the role of peers in preventing trafficking by fostering informed and vigilant communities.

7. Suicide Awareness

Suicide awareness and crisis intervention, emphasizing mental health and trafficking vulnerability.

8. Male Victimization

Address challenges unique to the under-recognized issue of male trafficking. Offer support and help to promote awareness.

Teens and Young Adults

Ages 13–18

Resources

1. Recognizing Signs

How to Talk to Youth About Human Trafficking

dhs.gov/sites/default/files/publications/blue_campaign_youth_guide_508_1.pdf

- This guide provides caretakers and individuals working with youth essential tools to discuss and prevent trafficking.
- Includes definitions, types of traffickers, recognition signs, indicators, protective factors, risk factors, conversation tips, developmental life skills, myths v.s. the reality, do's and don'ts of talking to youth, and reporting options.
- It is designed for use in schools and community programs for ages 11-17 and can be adapted to the needs of different settings.

DFPS Human Trafficking Videos

dfps.texas.gov/Investigations/Human_Trafficking/videos.asp

- Educational videos and testimonies that inform viewers about the nature and indicators of human trafficking, raise awareness among the general public and professionals about how to recognize the signs and realities of trafficking in Texas.

Human Trafficking - Polaris

polarisproject.org/human-trafficking

- A non-profit organization dedicated to combating human trafficking that provides

detailed information on the various forms of trafficking, the tactics traffickers use, and the impact on victims.

- Strategies for fighting trafficking: enhancing data collection and analysis, operating the National Human Trafficking Hotline, advocating for stronger policy and legislative solutions, and empowering the community through training and resources.

Love146 “Not A Number”

love146.org

- Interactive prevention curriculum that educates youth on human trafficking through a survivor-informed approach.
- Involves instruction, awareness, and honest dialogue about trafficking to provide youth with skills to make safe choices if they encounter exploitation and utilize healthy support systems. Focuses on recognizing the signs, prevention and community engagement, survivor care, developing safety plans, and empowering self-advocacy through collaborative instruction.



Teens and Young Adults

Ages 13–18

Resources

2. Internet and Social Media

NetSmartz

missingkids.org/netsmartz/home

- NCMEC's online safety education program offers age-appropriate videos, activities, and multimedia presentations to teach internet safety to teens, parents, and educators.
- It offers interactive games, videos, and activities that cover topics such as cyberbullying, privacy management, safe social networking, and recognizing online predators. These resources are designed to engage teens in learning how to navigate the digital world safely and responsibly.

iCAC: Sextortion Victim Resource

icactaskforce.org/resource/RS00510153

- The document provides vital information and support for victims of sextortion and guidance on how to respond to sextortion threats, legal options available, and ways to seek help. Includes resources for emotional support and tips on securing personal information to prevent further exploitation.
- This resource aims to empower victims with the knowledge and tools needed to navigate and recover from such incidents.

3. Healthy Relationships

Love is Respect

loveisrespect.org

- Resources and support for teens to educate them about the fundamentals of healthy relationships, the importance of consent, and how to recognize signs of abuse.
- Offers tools such as quizzes, interactive guides, articles, and advice through chat, text, or phone to empower teens to make informed, safe, and respectful decisions in their relationships.

The Trevor Project

thetrevorproject.org/resources/article/resources-for-healthy-relationships

- Provides support for teens, including immediate assistance through the Trevor Lifeline, and resources on identity, healthy relationships such as educational materials, quizzes and links to other support networks such as the National DV Hotline, RAINN, and Love is Respect.



Teens and Young Adults

Ages 13–18

Resources

4. Female Empowerment

My Life My Choice

mylifemychoice.org

- The initiative aimed at preventing the commercial sexual exploitation of vulnerable girls (at risk of or have experienced CSE) by providing trauma-informed, survivor-led support and emotional empowerment designed to build self-esteem and healthy relationships.
- Focuses on four main methods: Survivor Mentorship: support through survivor-led team. Education/Prevention Solution: shift in behavior through activities and education, shifts in practice/policy. Training/Advocacy: works with service providers, and law enforcement legislators to create change.

Girls Inc.

girlsinc.org/what-we-do

- Provides programs that empower young girls through advocacy and education in areas like leadership, economic literacy, STEM, and health.
- They advocate for policies to overcome social and systemic barriers affecting girls, particularly those from marginalized and low-income communities.
- Offers mentorship and safe spaces for girls to develop their strengths and improve their future opportunities.

5. Legal Rights

Office for Victims of Crime: Human Trafficking – What’s going on?

ovc.ojp.gov/child-victims-and-witnesses-support/human-trafficking/whats-going-on-12-18.pdf

- This guide offers essential information for young trafficking survivors navigating the legal system. It describes the roles of legal personnel, outlines survivor rights in various court contexts, and defines trafficking.
- Details relevant laws and services, with support for non-citizens, and is intended to be used alongside an advocate or adult to customize the information to the individual’s needs.

Resources for Teen Dating Violence

youth.gov/youth-topics/additional-federal-resources-teen-dating-violence

- Addresses teen dating violence through education, legal support, and funding.

Resource Guide for Service Providers

acf.hhs.gov/sites/default/files/documents/orr/traffickingservices_0.pdf

- This guide emphasizes the role of social service providers in assisting trafficking victims to navigate complex legal and law enforcement interactions and address their specific needs related to trauma and cultural background. Aims to support service providers in aiding victims to achieve self-sufficiency and help rebuild their lives.

Teens and Young Adults

Ages 13–18

Resources

6. Peer and Social Influences

Fueling Young People to Change the World | DoSomething.org:

dosomething.org/us

- Mobilizes young people through campaigns to combat human trafficking, encouraging them to be informed vigilant, and proactive, fostering their engagement in prevention efforts, and supporting peers at risk.

7. Suicide Awareness

Violence, self-harm, and suicide among trafficked children

[reuters.com/article/idUSKCN0R81WO](https://www.reuters.com/article/idUSKCN0R81WO)

- Discusses the findings of researchers that violence, self-harm, and suicide are common issues faced by trafficking survivors and highlights the significant mental health challenges and issues these children endure as a result of their experiences.

National Suicide Prevention Lifeline

988lifeline.org

- Offers 24/7, free, and confidential support for people in distress, with specialized resources for youth on recognizing and discussing suicide warning signs.

The Society for the Prevention of Teen Suicide

sptsusa.org

- Provides training and resources specifically for parents, educators, and teens, including videos and an app with guidance on discussing suicide with teens.

The Trevor Project

thetrevorproject.org

- Delivers crisis intervention and suicide prevention services to youth under 25, featuring resources on warning signs, supporting friends, and a support center for identity issues.

American Psychological Association

apa.org/topics/suicide/prevention-teens

- Offers tools for preventing youth suicide, including identifying risk factors, warning signs, and steps for getting help.

Child Mind Institute

childmind.org/topics/suicide-self-harm

- Provides resources on recognizing suicide and self-harm warning signs, understanding risk factors, and implementing safety plans.

Teens and Young Adults

Ages 13–18

Resources

8. Male Victimization

“Overlooked for Too Long: Boys and Human Trafficking”

www.state.gov/wp-content/uploads/2023/12/Overlooked-for-Too-Long-Boys-and-Human-Trafficking.pdf

- Article by the Office to Monitor and Combat Trafficking in Persons at the U.S. Department of State focuses on the often under-recognized issue of human trafficking among boys.
- It highlights the unique vulnerabilities and challenges faced by male victims, emphasizing the need for greater awareness and tailored interventions.
- This resource is intended to inform and guide policymakers, practitioners, and the public to better address and prevent trafficking in this demographic.

Males: The Silent Victims of Human Trafficking – Anti-Trafficking International

preventht.org/editorial/males-the-silent-victims-of-human-trafficking

- Provides insights into the unique challenges faced by male victims of trafficking, advocating for breaking the silence and stigma around this issue.

Resources for Males

Trafficking in America Task Force

traffickinginamericataskforce.org/resources-for-males

- Offers a set of resources for male trafficking victims including counseling services, training, educational tools, books, movies, and financial and legal aid.
- This initiative helps to foster understanding, encourages support-seeking, and equips communities with the knowledge needed to combat trafficking among males.

Male Sexual Assault and Abuse Support for Men

malesurvivor.org

- Provides a supportive online community for male victims of trafficking and sexual victimization.
- Features discussion boards, chat rooms, and support groups or events where men can connect with other survivors to overcome sexual trauma and access empowering resources, including therapeutic support.



Hotlines and Reporting Abuse

Hotlines

Texas Youth Helpline

Call or text: 1-800-989-6884

dfps.texas.gov/youth-helpline/parent-crisis-line-resources.asp

- Help for Parents and Guardians

National Human Trafficking Hotline

Call: 1-888-373-788 (TTY 711)

Text: *233733 (text HELP to BEFREE)

humantraffickinghotline.org/en

- Get Help
- Report Human Trafficking

National Suicide and Crisis Lifeline

Call or text: 988

988lifeline.org

- Reach out if you have experienced or suspect sexual assault

National Sexual Assault Hotline

Call: 800-656-HOPE

hotline.rainn.org/online

- Support, information, advice, or a referral from trained specialists
- Get help via chat or download their RAINN app

How to Report Abuse

Report Abuse to DFPS

Call: 1-800-252-5400

txabusehotline.org

- For deaf or hard of hearing: use Relay Texas 7-1-1 and inform the operator to call the Texas Abuse Hotline
- Reporting abuse is crucial for trafficking prevention as it can allow early intervention and help identify patterns of abuse that could indicate larger trafficking networks.



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