

# TEACHER TRAINING MODULE HANDOUT

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## INTRODUCTION

**Incredible You:** Middle School Level 1

(Recommend for 7th grade in NC public schools)

**Extraordinary You:** Middle School Level 2

(Recommend for 8th grade in NC public schools)

**Empower You:** High School

(Recommend for 9th grade in NC public schools)

## USING FREEWAYNC

**FreewayNC includes:**

- Teacher training module
- Online resources
- 18 Animated student videos
- 3 Teacher guides

**Three lessons in each level:**

Lesson 1: Understanding Trafficking

Lesson 2: Identifying Trafficker Tactics

Lesson 3: Protecting Yourself and Others

**All lessons include:**

- Scripted dialog
- “Brain Break” activity
- 2 (4-6 minute) videos
- “Process It” activity
- 2 activity sheets
- “What are students learning in the videos?”

**Helpful tips:**

- Go to FreewayNC.org to access printables and videos.
- See pg. 10 for directions on modifying the lesson plans to fit a one or two-day teaching schedule.
- See “What Are Students Learning in the Videos?” for a quick reference to video content.
- Avoid adding scary or explicit stories.

## ENCOURAGING DISCLOSURES

- Use the lesson 1 “Establish Support” activity to provide students with important hotline numbers.
- Video 3-A provides steps for getting help to students.
- Activity sheet 3-A has a list of crisis hotline numbers.
- Always use the lesson 3 “Identify Students who Need Help” activity. Students who indicate a “yes” or “undecided” response should receive an opportunity to speak to a counselor on the day the handout is administered.
- Students who express a need for help should not be ignored or doubted.

## TRAUMA-INFORMED APPROACH

- Realize prior events cause trauma
- Recognize trauma has an ongoing effect
- Respond with policies, procedures and practices

**Establishing the right classroom atmosphere:**

- Create a safe environment
- Use caring words, actions and behaviors
- Avoid shaming victims
- Avoid re-traumatizing
- Establish trust and collaboration
- Empower students with a voice and a choice

**Helpful tips:**

- Use the resources at freewaync.org to understand trauma and the trauma-informed approach.
- Complete the FREE 30 minute SOAR training to receive CE credit.
- Incorporate a trauma-informed approach in your classroom on a daily basis.
- Conclude each day with the student challenges from the activity sheets and the “Process It” activities.

## TRAFFICKING DEFINED

Human trafficking is a crime in which force, fraud or coercion is used to cause a person to provide labor or commercial sex. Anyone involved in the recruitment, harboring or transportation of a victim of trafficking is a trafficker. Any minor led to participate in commercial sex is a victim of trafficking regardless of the use of force, fraud or coercion. A minor who receives anything of value in exchange for a sex act is a victim of trafficking.

## IDENTIFYING RISK FACTORS

**Traffickers look for vulnerable youth to exploit:**

- Previous abuse
- Problems at home
- Drug addictions
- Gang connections
- Poverty
- Runaways
- Homeless
- Foster
- Migrant
- Disabilities
- Mental health issues
- Behavioral health issues
- LGBTQ
- Living in areas with high prostitution

*(Continued on page 2.)*

## IDENTIFYING RISK FACTORS *(Continued from pg. 1.)*

### Common trafficking situations:

- Family member or family connection traffics a child
- Tweens and teens lured into trafficking by older “boyfriend” or “friend” (some teens are recruiters, befriending others to draw them into trafficking)

## IDENTIFYING WARNING SIGNS

### Behavioral indicators:

- Older or controlling “boyfriend” or “girlfriend”
- Tightly controlled or restricted schedule
- Not attending school regularly
- Running away from home
- Frequently referring to travel to other cities
- Avoids eye contact
- Coached or rehearsed responses to questions
- Overtly sexual behavior
- Knowledgeable about sexual terms/situations
- Uses trafficking terminology
- Changes in friend groups or gang involvement
- Behavioral changes like declining grades
- Withdrawn/depressed/distracted/anxious/fearful

### Physical indicators:

- Change in attire, appearance, personal hygiene
- Change in material possessions
- Having no money and few personal possessions
- Having lots of cash, hotel room keys or a new phone
- Poor dental or physical health
- Malnourished or sleep deprived
- Tattoos that represent a pimp
- Physical signs of injury or abuse
- Substance abuse

## RESPONDING & REPORTING

Follow your school or organization protocol for reporting. If your school/organization does not have a policy, refer to the resources on our website.

### Remember:

- Provide students with resources to get help.
- Human Trafficking Hotline: 1-888-3737-888
- Federal Law enforcement: 1-866-347-2423
- Coordinate with your school’s counselor or support staff prior to teaching the lessons to ensure that a plan is in place to assist students who need help.
- Students need to receive help on the same day they indicate a need for help.

## NC SPECIFICS

- Reported potential cases tracked by the human trafficking hotline indicate the real presence of trafficking all across NC.
- FreewayNC was created to meet requirements of NC Law and NC DPI objectives.
- NC law requires suspected abuse of juveniles to be reported to DSS.

## NATIONAL USE

- FreewayNC is suitable for national use. The content in videos and activity sheets is not state specific.
- Familiarize yourself with your state’s human trafficking education requirements and laws as well any mandatory reporting laws.

## WEBSITE RESOURCES

**FreewayNC.org** (Password: prevention)

### Videos & Printables Page:

- Student videos
- Downloadable teacher guides
- All printables and editable parent letter

### Training & Resources Page:

- Teacher Training Module and handout
- Free Trauma-Informed SOAR training
- Trauma-Informed whole-school approach
- Guide to trafficking in America’s schools (risk factors, indicators, protocols for reporting)
- General indicators of sexual abuse
- National directory for getting help
- Listing of national hotlines
- Federal law enforcement number
- NC trafficking statistics and NC laws
- Directory of NC resources for getting help

### Parents Page:

- What is Human Trafficking? (4 min video)
- How do sex traffickers operate?
- What can parents do?
- Parent’s Guide to Preventing Trafficking (English/Spanish)
- How to Keep Your Kids Safe from Online Sex Traffickers
- What guidelines are recommended for online safety?
- What general guidelines are recommended for safety?
- How should I respond to trafficking?
- What resources are available for getting help?

### Students Page:

- National hotlines
- Getting help
- Who is and isn’t safe
- Screen safety
- Report screen predators
- General safety