

Prevention Resource Guide

The following *Human Trafficking Youth Prevention Curriculum* profiles have been collected as a resource by the Child and Family Policy Institute of California - PACT (Preventing and Addressing Child Trafficking) Project. The opinions, findings, and conclusions or recommendations expressed by the curriculum developer's do not necessarily represent any position or policy of our agency. Updated September; 2021.



PRIMARY PREVENTION

**Listed in Alphabetical Order*

iEmpathize

Website/Email Contact: info@iempathize.org | 303-625-4074

History: The Empower Youth Program is an exploitation prevention curriculum that can be facilitated by anyone who provides services directly to youth, such as teachers, youth program directors, counselors, mentors, therapists, and more. This six-module curriculum equips adults to provide effective, empowering safety strategies and inspires students to develop empathy for those around them. By engaging students to develop empathy, the curriculum distinguishes itself both as an exploitation prevention tool and as a character education program with far-reaching, transformative potential for individual youth, schools, or youth programs. The program uses a variety of learning methods including writing responses, tactical activities that are skills based, watching peer-led media, listening, and interactive questions. Created in 2015, revised in 2019, and currently going through a major revision process. Will be available in Spanish in two months.

Target Audience: Gender inclusive, ages 12 to 18

Mode: 6 modules, at least 35 minutes per module

Cost: Determined based on needs and capacity. Generally, the cost is \$4 to \$20 per student. Scholarships available. Preview Module One for free <https://iempathize.org/lessons/module-one-empathy-2/> and the Facilitator Guide at <https://iempathize.org/wp-content/files/2015/10/Module-One-Preview.pdf>

Strengths:

- Low cost and can preview lesson one and entire facilitator's guide for free
- Peer-led videos, multimedia and activity driven lessons
- Adaptable to multiple contexts
- Includes character education and broad forms of exploitation
- Survivor informed

Limitations:

- Does not comprehensively address human trafficking tactics, especially labor trafficking

kNOw MORE!

Organization: Point Loma Nazarene University Center for Justice and Reconciliation

Website/Email Contact: <https://www.pointloma.edu/centers-institutes/center-justice-reconciliation/know-more-human-trafficking-awareness-prevention> | Kim Berry Jones, kimberryjones@pointloma.edu

History: The curriculum was designed to help young people recognize the red flags and vulnerabilities around trafficking and equip them to take action for themselves and their peers. The ultimate result would be the prevention and eradication of this injustice in San Diego County and beyond. kNOw MORE is a part of the [San Diego Prevention Collective](#).

Target Audience/Setting: Middle School and High School aged youth in San Diego county (and beyond). The curriculum is designed to take place directly in school facilities or community centers, in a large classroom or small auditorium space that has projection capabilities. Program times are flexible to accommodate the needs of schools and communities and can range from 90 minutes to 3 hours and can take place in one day or over the course of multiple days.

Mode: Currently funded through a grant for San Diego County and is available in person in San Diego and as a distance learning digital curriculum in any county, for a fee. The curriculum is primarily co-facilitated by a survivor and a teaching artist who move the participants through drama, interaction with peer facilitators, dialogue, and informative visuals. A new digital platform is currently being developed to deploy the best of kNOw MORE directly to youth - more details coming this fall.

Cost: Virtual version of kNOw MORE is available outside of San Diego for a fee

Strengths:

- Co-Facilitated by Survivor Leader
- Addresses vulnerabilities of LGBTQ+ youth and boys
- Lends itself to use in various settings
- Survivor Informed
- Is teen friendly and interactive

Limitations:

- Addresses sexual exploitation only, not inclusive of labor trafficking
- In-Person module available in San Diego County only

Not a Number

Organization: Love146 | **Website/Email Contact:** <https://love146.org/notanumber>

History: Not a Number has been developed in consultation with experts in the fields of human trafficking and sexual exploitation, education, and research and evaluation (see [website](#) for list of experts). Not a Number curriculum was piloted in Connecticut, Florida, and Texas through Love146, Aspire Health Partners, and the Connecticut Department of Children and Families—reaching over 2,500 youth in schools, child welfare and juvenile justice agencies, residential programs, and other

community settings. 1st Edition released in 2014, 2nd edition in 2017, 3rd edition was released in 2020.

Target Audience: The curriculum was developed for youth ages 12-18, is inclusive of all genders, and is designed for applicability across gender, ethnicity, sexual identities, and socioeconomic backgrounds.

Mode: Designed for groups of 5 to 30. It is broken down into five 50 minute sessions (you may adjust slightly, with four to six sessions). At least one facilitator is required, and they must be trained in person and licensed annually by Love16.

Cost: Initial training cost varies depending on whether you go to their site or bring them to your location. There is also an additional annual recertification fee. Fill out their [form](#) for the most current information.

Strengths:

- Effective in schools, large groups and in the community
- Multimedia based & engaging
- Touches on labor trafficking and addresses broader forms of exploitation (health relationships, staying safe online, etc.)
- Love146 staff are easily accessible, provide annual trainings for facilitators, and provide additional resources for students and caregivers

Limitations:

- Requires a large enough group present at each session to break up into teams and do group activities (minimum is five, works best with at least 10)
- No training is currently available remotely and groups are not approved for remote facilitation (increases costs and health risks)
- Significant prep time required, including a lot of printing.

Project Roots

Organization: Global Communities

Website/Email Contact: <https://rootstoolkit.org/contact-us-1> | Stacey Williams
swilliams@globalcommunities.org

History: Built through a partnership with the San Diego District Attorney's Office, Project Roots is an after-school program that addresses the root causes of gender-based violence, sexual exploitation and unhealthy relationships. As a primary prevention program, it aims to build protective factors in elementary and middle school aged youth through the three central themes of Empathy, Equality and Empowerment. Project ROOTS is a part of the [San Diego Prevention Collective](#).

Target Audience/Setting: The program serves youth (ages 8-13) in both after school programming and in community-based settings in San Diego. Most of the target programming populations are in underserved areas that experience higher rates of poverty, gang activity, violence and sex trafficking recruitment.

Mode: ROOTS programming is implemented in after school and community-based settings. While ROOTS can be tailored to fit the unique needs of different implementation sites, the typical

implementation style is once a week, for 90 minutes. The toolkit includes over 70 lesson plans but it's recommended that each ROOTS cohort focuses on at least 18 lesson plans over a 10-15-week period. It's ideal for the group to have 10-15 participants.

Cost: The Project ROOTS toolkit is open source and available to users who complete the implementation questionnaire at no cost [HERE](#). This allows users from other states and countries the opportunity to participate in a community of practice and other vital information sharing. The toolkit can be accessed online and technical assistance (including training to program implementers, monitoring and evaluation support) can be provided virtually for a fee.

Strengths:

- Open Source Curriculum
- Community focused, adapted to be culturally responsive
- Serves younger youth 8-13, gender inclusive
- Targets underserved communities

Limitations:

- Curriculum focuses on the nexus of gender based violence (although adapting to address other root causes such as race)
- Does not include focus on labor trafficking

PROTECT

Organization: 3Strands Global Foundation

Website/Email Contact: info@protectnow.org | 916-860-9831, [Overview PDF](#)

History: In 2015, California experienced the nation's highest number of reported occurrences of human trafficking, with one-third of trafficked individuals being minors. That same year, three anti-trafficking nonprofits: 3Strands Global Foundation, Love Never Fails, and Frederick Douglass Family Initiatives came together to develop and launch PROTECT, an education program designed to reduce human trafficking and exploitation in communities. Since the inception of the program, PROTECT has been implemented in six states: California, Utah, Texas, Michigan, Ohio, and Georgia. Updated in 2021

Target Audience: Teachers, administrators, counselors, and other school officials and staff, and elementary to high school aged students. PROTECT may provide training for parents, community members, and other industry professionals as well.

Mode: PROTECT primarily trains teachers and other school staff to teach their own students using PROTECT's curriculum. For students, the curriculum is presented in two 45-minute sessions.

Cost: Varies (some regions are covered by grants and in the areas where there isn't a grant, the cost differs based on school size and training options).

Strengths:

- Addresses both sex and labor trafficking
- Online training for teachers and staff available and streamlined

- Provides age appropriate education for as young as kindergarten

Limitations:

- Educator champions/teachers are needed to support the curriculum delivery
- Community based organizations might not be directly involved in the presentations - limiting school's knowledge of local resources
- Depending on availability of grants, it can be costly
- Unable to preview curriculum

Safe and Sound Human Trafficking Prevention Program

Organization: [Rising International](#) | **Website/Email Contact:** Deborah Pembroke, deborah@risinginternational.org

History: Launched in 2015, the Safe & Sound Human Trafficking Prevention Program shares the life-changing insights of survivor leaders with youth and those who care about youth. Co-developed by Catie Hart, human trafficking survivor and educator, and Rising International, Safe and Sound teaches what survivor leaders most wish they had known to help build resiliency against human trafficking. Focusing on trafficker's typical tactics, Safe and Sound equips youth with a deep understanding of coercion. Youth learn about the power of setting their own healthy boundaries especially in challenging situations. The program is based on the belief that education can reduce victim-blaming, build individual resiliency and increase a community's compassion.

Target Audience: Middle and high school youth, foster youth, parents, teachers, school administrators, counselors and community members. Currently being implemented or conducted in Santa Cruz and Monterey and available to counties throughout California.

Mode: Virtual course and live virtual workshops led by survivors of human trafficking to educate middle and high school youth, foster youth, parents, teachers, school administrators, counselors and community members. The workshops can be tailored to a class period, or a customized length of time. The training is available in English and Spanish and fulfills the mandate for the Human Trafficking Prevention Education and Training Act (Assembly Bill 1227).

Cost: Safe and Sound is presented at no cost to Santa Cruz schools through a partnership with Santa Cruz Human Services and Monterey County in partnership with regional foundations. It can be facilitated in other settings and in counties throughout California, for a fee. Contact Rising International to discuss details.

Strengths:

- Developed and lead by human trafficking survivors
- Live support available both through workshop and after by a trained bilingual peer counselor
- Addresses both sex and labor trafficking
- Available in English and Spanish
- Opportunity to be delivered to other counties throughout California

Limitations:

- Currently only available virtually
- English version available as an interactive online course paired with a live virtual workshop.

- Spanish version available as a longer virtual workshop.

Word on the Street

Organization: Nola Brantley Speaks

Website/Contact: Nola Brantley, nola@nolabrantleyspeaks.org | www.nolabrantleyspeaks.org

History: Nola Brantley Speaks partnered with the Los Angeles Probation Department to develop "Word on the Street," a CSEC prevention curriculum for females.

Target Audience: The curriculum is designed for females between the ages of 13 - 18 who have not been identified as a CSEC victim.

Mode: There are 4 versions of the curriculum - a 6-week module, 1-day conference module, 90-minute module, and a youth workbook format. The curriculum is available both in-person and virtually.

Cost: Contact Nola Brantley Speaks for a quote. There is a cost for the facilitators training and the curriculum is provided for free.

Strengths:

- Gender specific
- Survivor developed
- Flexibility: different versions can be used in various settings
- Can be facilitated in English/Spanish

Limitations:

- Not for use with boys
- Not for use for those already identified as CSEC survivors
- Does not address child labor trafficking

SECONDARY/TERTIARY PREVENTION

Becoming Me

Organization: Los Angeles County (Probation)

Website/Email Contact: Michelle Guymon, BecomingMeLAC@gmail.com

History: Over the past 5-years Los Angeles County has been working on strategies to support youth who have been impacted by commercial sexual exploitation. In 2015, they implemented a gender-specific prevention curriculum: Word on the Street: Educating and Empowering Young Women and Girls. Last year they launched a pilot of Becoming Me, which built upon Word on the Street. Becoming Me is in its second pilot, and will be broadly launched in 2022.

Target Audience: Female identified youth and young adults who have experienced commercial sexual exploitation.

Mode: Designed for individual, or group use with the oversight of a trained professional. Each Quest of this six-volume curriculum provides interactive activities, videos, and psycho-education tools to support participants as they traverse the journey towards healing and establishing identity.

Cost: LA is trying to keep costs low. Those involved in the pilot will have access to the curriculum at no cost. There will be a cost for the “train the trainer” in 2022, when this is officially launched for broader use (date yet to be determined). There may be potential costs for printing (could also share virtual content), or purchasing of journals, access to technology etc. that youth may need. Once one person is trained in the agency, they can train and share content with others in their agency.

Strengths:

- Flexibility - the curriculum was designed so it can be used as a whole curriculum, or in parts (as a supplement)
- Lends itself to use in various settings
- Was developed in partnership with survivors
- Is teen friendly, with videos inspiring conversation around specific topics
- Low cost

Limitations:

- Not for use with boys or for those that are at risk
- Addresses sexual exploitation only, not labor trafficking
- Optimal for youth to have reliable access to technology for videos, however, content has been transcribed for youth to read the message from the videos as needed.

Requires oversight of a trained professional

Empowerment Project

Organization: Nola Brantley Speaks

Contact/Website: Nola Brantley, nola@nolabrantleyspeaks.org | www.nolabrantleyspeaks.org

History: Nola Brantley Speaks partnered with the Los Angeles Probation Department and UC Berkeley's California Social Work Education Center to develop "The Empowerment Project: Redefining Young Women's Strength, Beauty, and Courage."

Target Audience: Females between the ages of 13 - 18 who have been identified as a survivor of commercial sexual exploitation.

Mode: The curriculum is designed as a workbook that can be facilitated one-on-one with a youth/young adult. The curriculum covers safety planning, building a support system, an overview of CSEC, healthy relationships, re-establishing relationship with self, empowerment, leadership development, strategies for getting out and staying out of the commercial sex industry.

Cost: Contact Nola Brantley Speaks for a quote There is a cost for the facilitators training and the curriculum is provided for free.

Strengths:

- Gender specific

- Survivor developed

Limitations:

- Not for use with boys
- Does not address child labor trafficking
- Requires a trained professional

Ending the Game

Website/Contact: <https://endingthegame.com/contact-us/> | contact@EndingTheGame.com

Organization: Developers include Steven Hassan ([Freedom of Mind](#)), Carissa Phelps CEO of [Runaway Girl](#), and Rachel Thomas Founder of [SowersEducationGroup](#).

History: Ending The Game© is a first-of-its-kind “coercion resiliency” curriculum that reduces feelings of attachment to traffickers and/or a lifestyle characterized by commercial sexual exploitation, thereby reducing the rate of recidivism among sex trafficking survivors.

Target Audience: Ending The Game is designed to educate and empower survivors of commercial sexual exploitation and trafficking by providing a structure and framework to uncover harmful psychological coercion (a.k.a. “The Game”) that victims may have been subjected to during or before their exploitation experience. Appropriate for women and girls ages 13+, transgendered and gay males, not currently recommended for straight males.

Mode: 10 core lesson plans available in three formats: 2-hour group class, 1-hour group class, 1-on-1 session. After completing the Ending The Game Facilitator Training, direct service providers become certified to deliver the ETG Curriculum to their clients in person or virtually.

Cost: \$500 per person trained as a facilitator; survivor-leaders are trained free of charge (one per per paid ally facilitator). This one-time fee covers ETG Facilitator Training and lifetime access to the ETG Online Community where facilitators access the entire curriculum and communicate with over 1,000 ETG facilitators across the nation. There are no ongoing fees or requirements.

Strengths:

- Survivor-created and survivor informed
- Caters to a variety of learning styles
- Several formats available (group and individual)
- Research, peer reviewed, and published in the Journal of Women & Criminal Justice for showing “...positive trends in improvement of regulatory capacity, relational capacity, sense of self, and future orientation.”

Limitations:

- Not recommended for straight males
- Does not address child labor trafficking

My Life My Choice

Organization: My Life My Choice

Website/Email Contact: 617.396.7807 | mlmcfinfo@jri.org

History: The My Life My Choice Curriculum was developed in 2002 in response to the death of a young woman who was being commercially sexually exploited while living in a group home. The perspectives and input of survivors of exploitation were utilized in developing, writing, and reviewing the curriculum, led by My Life My Choice's Co-Founder and Executive Director. The curriculum was piloted at a residential program for adolescent girls in early 2003 and feedback from these sessions was incorporated. First piloted in 2003, updated with 4th edition in 2020.

Target Audience: High risk girls between the ages of 12 and 18

Mode: Up to 10 sessions, 75 minutes long. (There are outlines provided to do 3 or 6 week sessions as well.)

Cost: \$700 for two-day training (or \$650 with early registration)

Strengths:

- Survivor led organization, curriculum written by/informed by survivors
- During COVID, they developed an online version of the curriculum that can be easily facilitated remotely if there are staff present with the youth on location
- Access to an online community to share ideas, successes and challenges while running groups
- Groups have run since 2003: excellent staff support and history to draw from when running groups

Limitations:

- Two facilitators are required, best practice is that one is a survivor and another is a clinician with advanced training
- Is gender specific to girls only
- No videos/multimedia options (discussion and activity-based)
- Does not address labor trafficking

NATIVE AMERICAN SPECIFIC

Special Collection for Native American Teens

Organization: National Indigenous Women's Resource Center

Website/Email Contact: <https://www.niwrc.org/resources/special-collection/special-collection-native-american-teens>

History: This is a collection of web resources developed by the [National Indigenous Women's Resource Center](#) to highlight the issues, resources and other suggestions for engaging Native youth in our

communities about healthy relationships and related tools. The Special Collection organizes information, resources, tips and curricula drawn from the wealth of information gathered from partner organizations, experts from the field, and other allies from the web. The COLLECTION highlights resources on cultural issues, national sources, statistics, topical issues and approaches, existing programs, available material and resources to create awareness and promote important discussions about teen dating violence within Native communities.

Target Audience: Young people who identify as Native American, are tribe affiliated, or have indigenous roots.

Mode: Varies, there are multiple resources on the website

Strengths:

- Culturally Responsive
- Addresses multiple protective factors to address violence against young women, young men, and those identifying as two-spirit from a Native American specific lens.

Limitations:

- Does not specifically address human trafficking, but addresses other issues related to healthy relationships and culture as a protective factor.

Teen Dating Violence Prevention Curriculum

Organization: Native American Women’s Health Education Resource Center

Website/Email Contact: <http://www.nativeshop.org/resources/health-book.html#teen>

History: Developed from presentations and exercises given to the support group at the Native American Women’s Health Education Center in Lake Andes, South Dakota. The curriculum consists of a Personal Workbook for each participant and Facilitator’s Guide, and emphasizes an early prevention framework, seeking to empower youth with information on dating violence to avoid, recognize, and escape abusive situations. At the same time, it also includes exercises to help survivors of abuse deal with their experiences and begin to heal. Topics include qualities of a healthy relationship, setting boundaries, assertiveness and communication, danger signs, defining abuse, gender stereotypes, what to do in case of assault, legal rights, understanding feelings, and dealing with trauma.

Target Audience: Youth, with a focus on indigenous, tribal or Native American identifying youth.

Mode: Gender specific workbooks (male/female) for youth and accompanying facilitator guide.

Cost: A Young Women’s Workbook and Young Women’s Facilitator Guide/Young Men’s Workbook and Young Men’s Facilitator Guide available for purchase \$10/\$12 respectively. Can be ordered online [HERE](#)

A Guide for Men: COMPASS

Organization: Developed from funding supported by Office on Violence Against Women, US Department of Justice and Center for Disease Control and Prevention. Part of Alaska Men Choose Respect in partnership with Governor Parnell’s Choose Respect Initiative.

Website/Email Contact: <https://wicaagli.org/tool-kit/>, view *For Self-Learning Section*

History: COMPASS: A Guide for Men is a resource for adult male mentors who work with young Alaskan men aged 12 to 18. COMPASS presents mentors with opportunities and activities designed to support young men as they explore and identify their values, goals and unique identities. The activities, teachable moments and discussions described in the guide create a safe atmosphere for men and boys to learn about and practice healthy lifestyles. In addition, these strategies are designed to be easily incorporated into the day-to-day interactions that already exist between mentors and youth in team sports, camping, hiking, fishing, hunting and other activities. Ultimately the guide promotes meaningful conversations between men and male youth that promote healthy identities, build positive relationships, and strengthen communities.

Target Audience: Young men aged 12-18 with a focus on Alaskan Youth (however, can support any youth that identifies as Alaskan Native, Native American youth)

Mode: Topic areas and lessons for teen engagement with a male mentor including: Knowing Who You Are, Knowing Your Emotions, Respect for Self, Respect for Others, Communication, Conflict Resolution, and Becoming Men.

Cost: No Cost, available for download [COMPASS a Guide for Men PDF](#) and [COMPASS Activity Cards](#)

Strengths:

- Culturally Responsive
- Based on Mentorship from Adult Role-Models

Limitations:

- Does not specifically address human trafficking, but addresses other issues related to healthy relationship and culture as a protective factor