



READY To Stand Curriculum™ School Preview Guide

Human Trafficking
Prevention Education

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SET ME FREE
PROJECT



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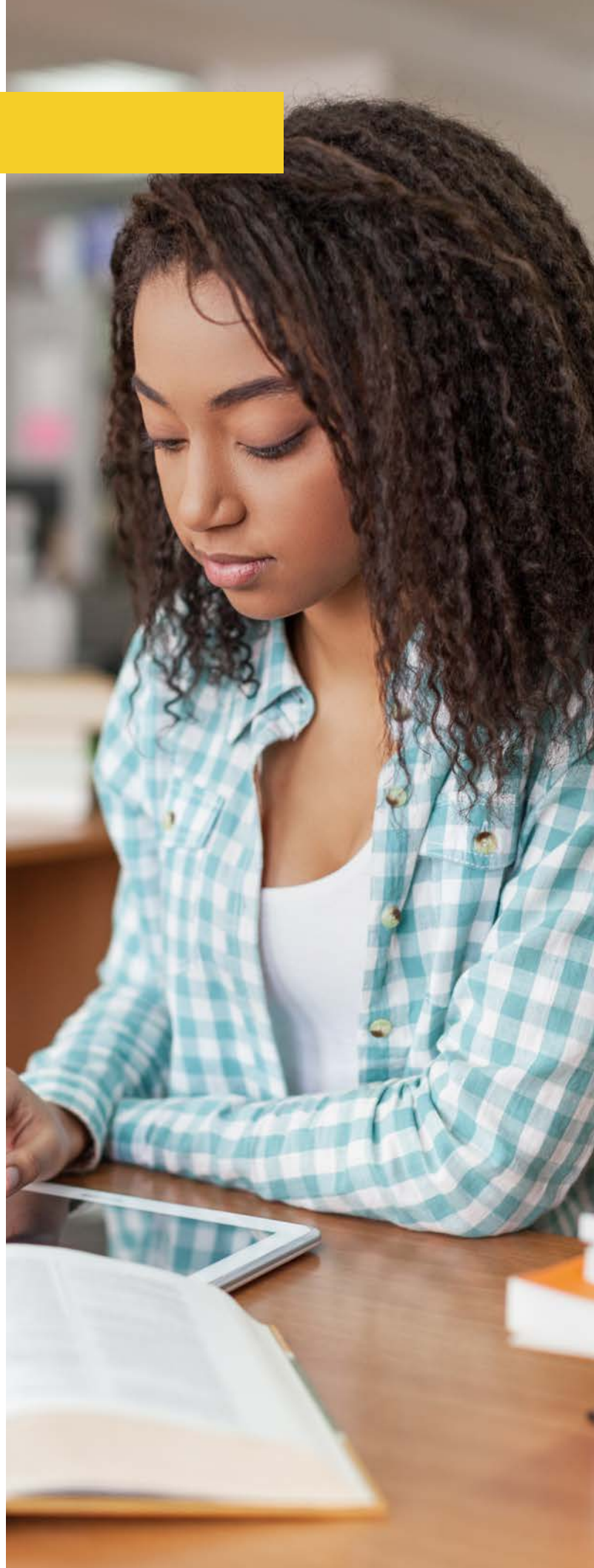
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Note from the CEO

Thank you for your interest in The Set Me Free Project's™ READY to Stand Curriculum™. This curriculum aims to empower our youth to value themselves and others as individuals and ultimately keep them safe. You will find our curriculum is informative, interactive, and flexible – reaching students from K-12th grades, college-age youth, and adults in every facet of our communities.

It is such an honor to see some youth hear for the first time in their lives that they have value and worth. It is an honor to see youth engaged because they know the person having a conversation truly cares about them. It is an honor to see lives changed. It is an honor to do what we do and make a difference.

Prevention education gives communities the tools to recognize victims of human trafficking and the grooming of potential victims, and to lower and eliminate human trafficking in our communities. But more important than that, powerful prevention education changes lives.

So, thank you for joining us in this important work! We are READY to stand together, and with your help, we can stop human trafficking before it starts.

~ Stephanie Olson, CEO



Our History

In the summer of 2015, the founding members of The Set Me Free Project™ began researching and training against the evil that is human trafficking. They quickly realized that not only had they not fully understood the risk to their children, but most parents did not understand either. Furthermore, no school district in the Omaha community provided any awareness or prevention education on human trafficking to any of the students - the targets.

For this reason, The Set Me Project™ is now serving communities across the Midwest by bringing prevention education to students, parents, leaders, and educators.



Our Mission

The Set Me Free Project's™ mission is to bring prevention education to youth and families to stop trafficking before it starts.

About the Curriculum

The Set Me Free Project's READY to Stand Curriculum™ is designed to engage and empower participants. By offering fun and flexible programming for all groups, we believe that everyone can take a stand against human trafficking.

We believe that our READY to Stand Curriculum™ has a place in every school and organization because prevention education is something that not only benefits our community but can have an enduring impact on the world.

We are committed to meeting students where they are. In doing so, we bring you a variety of tools to reach every student.

Every Presentation Includes:

- Relevant Videos
- Small Group Discussion
- Large Group Discussion
- Activities
- Worksheets
- Safety Strategy
- Fun, Engaging Presenter
- Use of Critical Thinking Skills
- Physical Movement
- Student Resource Cards
- Interactivity
- Flexibility

Our Core Values

- Personal Value: We are committed to the belief that every person has value and deserves equitable treatment.
- Compassionate Prevention: We are committed to keeping youth safe through compassionate and empathetic prevention.
- Integrity: We are committed to personal and professional integrity, working individually and collaboratively.
- Striving for excellence: We are committed to boldly, yet humbly, striving for excellence.
- Creative Solutions: We are committed to finding creative solutions through ongoing education.
- Fun: We are committed to fun in everything we do.



Elementary Level 1

OBJECTIVES

Understand the intrinsic value in self and others.

Identify a trustworthy person and identify what a trustworthy person is not.

State the importance of real-world and online safety, as well as online choices.

Understand the 'READY' concept.

ACTIVITIES

- Value/Fingerprint
- The Pizza Problem (Internet Safety)
- Trustworthy Person

DISCUSSION

- Everyone has Intrinsic Value
- Introduction to Internet Safety
- Trustworthy Person
 - Who is a trustworthy person?
 - Are you trustworthy?
- Consent/Bodily Autonomy
 - What it means to you
- How to be 'READY' to be safe online
 - What to do if you don't feel safe
- Be AWARE of what you share



Elementary Level 2

OBJECTIVES

Understand the intrinsic value in self and others.
Identify what makes someone a trustworthy person.
State the importance of real-world and online safety.
Understand the 'READY' concept.

ACTIVITIES

- Value
- Trustworthy Person
- A Cyberbullying
- Upstander

DISCUSSION

- Everyone has Intrinsic Value
- Trustworthy Person
 - Who is a trustworthy person?
 - Are you trustworthy?
- Be aware of what you share
 - What is ok to share online and what isn't
- Posting something inappropriate
 - How it affects you and others
- Social Media Posts are FOREVER
- Consent in our daily lives, on and offline
- Are you 'READY' to be online?
 - What to do if you are uncomfortable with a situation
- Cyberbullying
 - How it affects people
- Being an Upstander- Standing up for others



Sex Trafficking Level 1

OBJECTIVES

- Understand the intrinsic value in self and others.
- Define and understand human trafficking, consent, and grooming.
- Identify personal and societal risk factors and protective factors.
- Identify the grooming process.
- Understand social media's role in human trafficking.
- Learn how to safely navigate social media and gaming.

ACTIVITIES

- Value
- Force, Fraud, Coercion
- Stages of Grooming
- Risk Factors/Protective Factors
- Written Safety Strategy - Take Home

DISCUSSION

- Everyone has Intrinsic Value
- Introduction to Human Trafficking
 - Distinguish Force, Fraud, or Coercion
 - The reality of Sex Trafficking
 - Breakdown of who can be trafficker
- Determine the Stages of Grooming in scenarios
 - In-person or online
- Recognizing Risk Factors/Protective Factors
- Understanding the criteria to trust someone
- Consent Muscle - The more you use it the stronger it gets
 - Physical and social media consent
- Social Media and how it relates to Human Trafficking
 - Minimizing risk on social media and online gaming
- Are you 'READY' if something should happen?
- Trafficking warning signs



Social Media Level 1

OBJECTIVES

Understand the intrinsic value in self and others.

Describe positives and negatives of Social Media use.

Identify risks of Social Media use, including Sex Trafficking and Cyberbullying.

Distinguish the difference between perception and reality in Social Media use.

ACTIVITIES

- Stages of Grooming
- Posts - Intentions vs. Risk
- Collecting Friends/Followers
- Written Safety Strategy-Take home

DISCUSSION

- Everyone has Intrinsic Value
- Social Media/Online Gaming Positives and Negatives.
- The link between Social Media/Online Gaming and Mental Health
- Social Media vs. Reality.
- Cyberbullying
 - Are you 'READY' to stand up to cyberbullying?
- Social Media and Human Trafficking Connection
 - Determine the Stages of Grooming in scenarios
- Understanding the criteria to trust someone
- Consent online - what we should know
- Inappropriate Photos/Nudes, risks and consequences
- Student Social Media Checklist



Healthy Relationships Level 1

OBJECTIVES

Ability to understand intrinsic value in self and others.

Understand the difference between healthy vs unhealthy relationships.

Understand what a healthy friendship looks like.

Know what a healthy friend looks like and know how to be one.

ACTIVITIES

- Intrinsic Value
- Love Is
- Written Safety Strategy-Take home

DISCUSSION

- Everyone has Intrinsic Value
- Characteristics of healthy relationships
- Characteristics of unhealthy relationships
- Frequency of teen dating violence
- Consent
- Boundaries
 - Setting boundaries
 - Honoring boundaries
- Understanding the criteria to trust someone
- Being a good friend?
- The effects of an unhealthy relationship
 - It's not your fault
- Are you 'READY' if something should happen?



Sex Trafficking Level 2

OBJECTIVES

Understand the intrinsic value in self and others.

Describe positives and negatives of Social Media use.

Identify risks of Social Media use, including Sex Trafficking and Cyberbullying.

Distinguish the difference between perception and reality in Social Media use.

ACTIVITIES

- Value
- Force, Fraud, Coercion
- Stages of Grooming
- Written Safety Strategy - Take Home

DISCUSSION

- Everyone has Intrinsic Value
- Introduction to Human Trafficking
 - Distinguish Force, Fraud, or Coercion
 - The reality of Sex Trafficking
 - Identifying a trafficker
- Determine the Stages of Grooming in scenarios
 - In-person or online
- Recognizing Risk Factors/Protective Factors
- Understanding the criteria to trust someone
- Consent - How a trafficker may use it against you
 - Physical and social media consent
- Social Media and how it relates to Human Trafficking
 - Minimizing risk on social media and online gaming
- Are you 'READY' if something should happen?
- Trafficking warning signs



Social Media Level 2

OBJECTIVES

- Understand the intrinsic value in self and others.
 - Describe positives and negatives of Social Media use.
 - Identify risks of Social Media use, including Sex Trafficking and Cyberbullying.
 - Distinguish perception vs. reality in Social Media use.
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ACTIVITIES

- Phone Check
- Stages of Grooming
- Written Safety Strategy-Take home

DISCUSSION

- Everyone has Intrinsic Value
- Social Media Positives and Negatives
- Online gaming-unintentional sharing of information
- Cell Phone Addiction and Mental Health.
 - The Power of a Like-What does it really mean?
- Social Media vs. Reality
- Social Media Posts are FOREVER
- Social Media and the Human Trafficking Connection
 - Determine the Stages of Grooming in scenarios
- Social Media and privacy
- Understanding the criteria to trust someone
- Are you “READY” to respond in an unsafe situation?
- Dating/Dating apps and safety strategies
- Sexting, nude photos, and how to say “NO.”
- What is sextortion, and how to get help.



Healthy Relationships Level 2

OBJECTIVES

Ability to understand intrinsic value in self and others.

Understand the difference between healthy vs unhealthy relationships

Understand the different types of abuse

Know what a healthy partner looks like and know how to be a healthy partner.

ACTIVITIES

- Intrinsic Value
- Love Is
- Build a Partner Activity
- Written Safety Strategy-Take home

DISCUSSION

- Everyone has Intrinsic Value
- Characteristics of healthy relationships
- Characteristics of unhealthy relationships
- Frequency of teen dating violence
- Consent
- Boundaries
 - Setting boundaries
 - Honoring boundaries
- Understanding the criteria to trust someone
- Being a good partner?
- The effects of an unhealthy relationship
 - It's not your fault
- Are you 'READY' if something should happen?



Labor Trafficking

OBJECTIVE

Define and recognize intrinsic value in self and others.

Define labor trafficking, differentiate the three (3) types, and recognize that no community or population is immune to it.

Explain how force, fraud, and coercion can be applied in labor trafficking.

Recognize and apply each step in the Grooming Process to labor trafficking.

Identify at least three (3) common recruitment tactics used by traffickers.

Share the four (4) Characteristics of a Trustworthy Person.

Identify safe labor attributes and warning signs at work.

Explain informed consent and apply it to labor trafficking.

Be READY to respond appropriately to any unsafe labor practice they encounter.

ACTIVITIES

- Job Application Intrinsic Value Activity
- Labor Trafficking Scenarios Activity
- Job Posting Activity

DISCUSSION

- Intrinsic Value and Its Connection to Trafficking
- Labor Trafficking and Its Different Types
- Grooming and Recruitment in Labor Trafficking
- Industries Recruiting Younger Workers for Labor Trafficking
- Safe Labor, Trustworthy People, and Informed Consent
- Are you READY?
- Case Study





Health Education Standards

Mission of Health Education:

The mission of health education is to motivate young people to maintain and improve their health, prevent disease, and avoid or reduce health-related risk behaviors. It is the role of the health educator to provide young people with the knowledge and skills they need to be healthy for a lifetime and to utilize these health enhancing skills as a means for achieving life's goals.

The National Health Education Standards states:

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Standard 2: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

Standard 3: Students will demonstrate the ability to access valid information and products and services to enhance health.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance and avoid or reduce health risks.

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Standard 8: Students will demonstrate the ability to advocate for personal, family and community health.

Health Education is a unique and separate academic discipline. It influences individual, family, and societal development, knowledge, attitudes, and behavior and improves individual, family, and community health. Health education helps individuals seek that which moves them toward optimal stages of wellness. It also means helping individuals and families overcome the debilitating effects of economic deprivation, the lack of balance, disease, and accidents of life.



Contact Us

Should you need any further information, please do not hesitate to contact us.

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