



READY To Stand Curriculum® Adult Curriculum &
Presentation Preview Guide

Human Trafficking
Prevention Education Curriculum

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Note from the CEO

Thank you for your interest in The Set Me Free Project's® READY to Stand Curriculum® for Adults of every facet of the community. This curriculum aims to empower our community to recognize the signs of human trafficking and to recognize that each of us and others have value, human dignity, and worth. Our curriculum is informative, interactive, and flexible –bringing empowerment instead of fear.

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 human trafficking and the grooming process of people who want to do harm, Prevention education also helps us all 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 and Founder



Our History

In the summer of 2014, the founding members of The Set Me Free Project® began researching and training on human trafficking. They quickly realized that they had not fully understood the risk to their children, and most parents did not understand either. Furthermore, no school district in their community provided any awareness or prevention education on human trafficking to any youth - the targets.

For this reason, The Set Me Project® is now serving communities nationwide by bringing prevention education to students, parents, educators, businesses, and industries.

Our Mission

The Set Me Free Project's® mission is to stop human trafficking before it starts by providing prevention education to all ages.

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 everyone can take a stand against human trafficking.

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



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.



Specific Audiences

Who do we speak to? Everyone!

Each industry is different, but many see human trafficking in some way, shape, or form. Understanding what it is and how to prevent it is critical.

Prevention happens when our entire community is educated. We teach what human trafficking is, what it is not, how to spot it, and what to do to report it. With industry-specific presentations and curriculum, we can help your organization or company know what human trafficking may look like in your industry.

Caregiver and Community Presentations

Industry-Specific Presentations:

- School Educators & Administration
- Social Services
- Foster Care Staff & Families
- Medical
- Law Enforcement
- First Responders
- Coffee Shops
- Restaurants
- Salons
- Financial Institutions
- Hotel Motel and Hospitality



Sex and Labor Trafficking

OBJECTIVES

- Understand the intrinsic value in self and others.
- Describe how traffickers use social media.
- Understand how sex trafficking and labor trafficking intersect.
- Understand what trauma is and how it impacts vulnerabilities.
- Understand responding and disclosure techniques.

DISCUSSION

- Everyone has intrinsic value
- Introduction to human trafficking
 - Distinguish Force, Fraud, or Coercion
 - The reality of sex and labor trafficking
 - Identifying a trafficker
 - Understanding Forced Criminalization
- Determine the stages of grooming in scenarios
 - In-person or on social media
- Recognizing vulnerabilities/protective factors
- Understanding how we can be safe adults for others
- Consent - Understanding consent and how we can use it for trauma-informed responses
 - Physical and social media consent
- Recognizing how social media relates to human trafficking
 - Minimizing risk on social media and online gaming for youth
- Are you 'READY' to respond to trafficking concerns
- Trafficking warning signs



Social Media

OBJECTIVES

Understand the intrinsic value in self and others.

Describe the positives and negatives of social media use.

Identify risks of social media use, including sex and labor trafficking.

Help youth distinguish perception vs. reality in social media use.



DISCUSSION

- Social media positives and negatives for our youth
- Online gaming and our youth
- Cell phone addiction and mental health
- Social media and the human trafficking connection
 - Determine the stages of grooming in scenarios
- How to talk to youth about social media
- Are you “READY” to respond to youth with social media concerns?
- Dating/Dating apps and safety strategies
- What is sextortion, how to respond, and how to get help

Healthy Relationships

OBJECTIVES

Ability to understand intrinsic value and why it is important.

Understand how to discuss 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.

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 for trusting someone
- Understanding how we talk to our youth about healthy relationships
- The effects of an unhealthy relationship
- Are you 'READY' if someone discloses?



Labor Trafficking In Depth

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 and how it relates to labor trafficking.

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 practices.



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

Trauma

OBJECTIVES

- Define trauma; recognize the three (3) different types
- How to serve with a trauma-informed lens
- Recognize how trauma manifests in individuals

DISCUSSION

- Understanding trauma
- Different types of trauma
- Trauma responses in individuals
- Trauma and trafficking
- How can trauma impact interviewing?
- What about your trauma?





Contact Us

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

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