



# She Is Safe

FREE & EQUIPPED

## 10 Tips to Safety for Teens



1. Talk with trusted adults about anyone who makes you uncomfortable.
2. Never share provocative photos of yourself or others.
3. Keep important phone numbers on your person at all times.
4. Call 911 if you are in immediate danger or the National Human Trafficking Hotline number at 888-373-7888 to report suspicions or trafficking situations.
5. Make sure your parents have access to your online passwords and searches.
6. Avoid online gaming or video chat rooms. These are open windows for predators to crawl through.
7. Tell your parents where you are and who you are with at all times.
8. Introduce all your contacts and friends to your parents.
9. Don't accept money, gifts or free travel from people your parents don't know.
10. Verify any business that wants to interview you for a job. Ask for the Employer Identification Number EIN and check that number out online.

**Don't think abuse and trafficking can't happen to you or your friends. To sponsor abuse prevention training for your group and help at-risk children across the globe, contact [info@sheissafe.org](mailto:info@sheissafe.org).**

# Tips for Parents of Teens

## 1. Monitor social media accounts.

In the US, the majority of traffickers find their victims through social media, especially visual sites like Instagram. Photos that appear innocent to parents can often attract the attention of sex trafficking recruiters. Keep accounts set to "private" at all times. Have continuous discussions with your kids about online safety.

## 2. Make sure your teen never goes alone.

Teenagers who are alone in malls, movie theaters, skating rinks, etc. are a top target for traffickers. This is particularly important when traveling. Coach your child to be aware of their surroundings and any person who stares at or follows them.

## 3. Create a secret code word or phrase.

For example, "I'm fine" or "I'm ok" really means, "I am not ok! I need help!" Teens may have gone willingly only to realize they are now in a really dangerous situation. Discuss what you should do if the secret phrase is used: have a follow-up text ready? Call the police?

## 4. Discuss how traffickers target victims.

Young people 8-14 years old are the most desired commodity to sex traffickers. Demand tight controls and open transparency with any online interactions, including video games.

## 5. Teach children to watch their drinks.

Recruiters are known to infiltrate parties and drug victims. Teach children to never leave a beverage or food unattended.

## 6. Install GPS tracking.

GPS tracking and location services can be acquired from your cell phone carrier. Trackers can also be installed on a teen's car, so that you or authorities can locate them.

**Raising awareness near and far is essential. To sponsor Abuse Prevention Training for your group and help at-risk children across the globe, contact [info@sheissafe.org](mailto:info@sheissafe.org).**

