

COVENANT HOUSE
TRAFFICK STOP

Sharing Knowledge to End Sex Trafficking

Sex Trafficking 101

Module Overview



Sex trafficking can happen to anyone. Across Canada unsuspecting young girls and boys are being lured at schools, malls, parties and increasingly online.

Survivors of sex trafficking didn't always understand what was happening to them as they were being lured, groomed and later trafficked. Having a trusted adult talk about the issue can make young people more aware of how to recognize the warning signs, how to protect themselves and where to get help.



Module Overview

- Part I** **Creating a Safe Space**
- Part II** **Ice Breaker (optional)**
- Part III** **Understanding Sex Trafficking**
Includes animated video narrated by a sex trafficking survivor and discussion questions
- Part IV** **Safety Planning & Getting Help**
- Part V** **Wrap-Up & Resource Support**

INTENDED AUDIENCE

Grade 7 – 12 students

TIME DURATION

40 – 70 minutes

MATERIALS REQUIRED

- Smart board or computer
- Projector and screen
- Speakers

Adjust for virtual presentations as needed.

Students Will Learn

- 1** The basics of sex trafficking—what it is, where it happens, the tactics traffickers use to manipulate victims and the red flags to watch out for themselves and their friends.
- 2** How to protect themselves from unsafe encounters both offline and online.
- 3** To identify an adult in their life that they can reach out to if they find themselves in an unsafe situation or suspect a friend may need help. They will receive important contact information for community agencies available to support young people.

TAKE NOTE

You can complete this module in one session or do Parts IV – V another day.

Duration will depend on if you do the optional ice breaker and time taken for discussion questions.

Recommended Advance Preparation

Learn More About the Issue

Before facilitating this module, we recommend that you learn more about sex trafficking by reviewing our [Educator Guide](#) and [FAQs](#).



Review Content

To have an enriching discussion with your students, we recommend that you take some time to familiarize yourself with the content and activities. Review the flow of the module, discussion questions, slides and facilitator notes.

Be prepared to answer questions students have and share our resources to provide further information and support. Follow your school's protocol for disclosures.

TAKE NOTE

Ice breaker, video and discussion questions are all included on the slides for this module.

Part I—Creating a Safe Space

 5 MINUTES

When introducing a topic like sex trafficking, it is important to create a space that allows students to feel comfortable engaging in discussion and reaching out for support, if needed.

Let students know their options of what they can do if the session stirs up difficult feelings for them.

This can include:

- Stepping out to take a deep breath, a quick drink of water or make a trip to the bathroom during the session
- Reaching out to trusted adults in the school including the school social worker, guidance counsellor or child youth worker

You may also establish some 'ground rules' for class participation to ensure everyone feels heard, respected and valued in the group.

Part II—Ice Breaker: True or False

 10 MINUTES

Overview

There are many myths about sex trafficking. The purpose of this activity is to have students begin with reflecting on their own thoughts around the issue.

They will not be judged on whether their responses are right or wrong, nor will they be expected to justify their responses to the class. The hope is that by the end of the session, they are able to recognize the correct answers for each of these statements.



Discussion

Explain that you will read one statement at a time and ask students to give a thumbs up or down after each according to whether they agree or disagree. After each of these statements below, simply acknowledge the split of the room without discussing reasons.

- Sex trafficking could never happen in my neighbourhood
- I could easily spot a trafficker
- Only strangers lure victims into trafficking
- Unless victims are physically restrained, they can leave anytime
- Only girls and young women can be victims of sex trafficking
- Sex trafficking could never happen to someone I know

Upon completion of the activity, you can share how the point of this activity was to start thinking about the issue. As the session progresses students will be able to identify the correct answers for each of these statements.

TAKE NOTE

If comfortable, you can also open or close this section by talking about what students have heard in the news about sex trafficking to level set their knowledge base.

Part III—Understanding Sex Trafficking

🕒 30 MINUTES

Overview

This section begins with a three minute animated video narrated by a sex trafficking survivor and anti-human trafficking advocate. It provides an overview of what sex trafficking is, how traffickers target and groom their victims and what students should look out for.

Following the video are discussion questions and slides summarizing the key information. Students will review how sex trafficking can happen to anyone, different trafficker tactics, types of vulnerabilities that traffickers look for and red flags to be aware of to protect themselves and their friends.



Video & Discussion

Once students have finished watching this video, you can engage in a group discussion by asking the following questions:

- 1 What are your top three takeaways from this video?
- 2 What does the narrator say about who can be a victim of trafficking?
- 3 What kind of vulnerabilities can a trafficker target to lure and manipulate victims?
- 4 What can make it hard for a victim to leave their trafficking situation?

TAKE NOTE

You can summarize this discussion by taking students through the slides in this module.

Check the notes section of the slides to help guide the conversation.

Part IV—Safety Planning & Getting Help

🕒 20 MINUTES

Overview

This section focuses on helping students identify the different ways they can protect themselves from unsafe encounters, both offline and online. Students will engage in a discussion followed by slides summarizing key safety tips.

TAKE NOTE

You may wish to stop here and leave students with one or more of these questions to consider for a follow-up discussion. Check the notes section of the slides to help guide the discussion.



Discussion

You can initiate the discussion by having students brainstorm in groups or pairs about what they can do to keep themselves safe. You may need to reframe the questions to ensure they are appropriate for the age of your students.

Traffickers hang out wherever young people hang out.

What are some red flags to look out for when you're out alone or with friends?

What can do to protect yourself and your friends from something like trafficking?

Traffickers are increasingly finding their victims online, through social media, gaming sites and chat rooms.

Why is it so easy to lure someone online?

What are things you can do to protect yourselves online?

As students share their ideas, you can write them down on the board. You can summarize the discussion by taking students through the Safety Tip slides.

Part V—Wrap-up & Resource Support

🕒 5 MINUTES

Conclude this module by emphasizing that help is available. Encourage students to trust their instincts if something does not feel right or seems too good to be true. They should reach out to a trusted adult for support if they ever find themselves in a situation that feels unsafe.

A trusted adult is somebody who cares about their well-being and who will take action to keep them safe. This person could be a parent, a neighbour, a teacher, a social worker, a mental health professional, a guidance counsellor, a chaplain or a youth worker.

You may share our digital resources which have key information on sex trafficking and contact information of community agencies available to support young people.

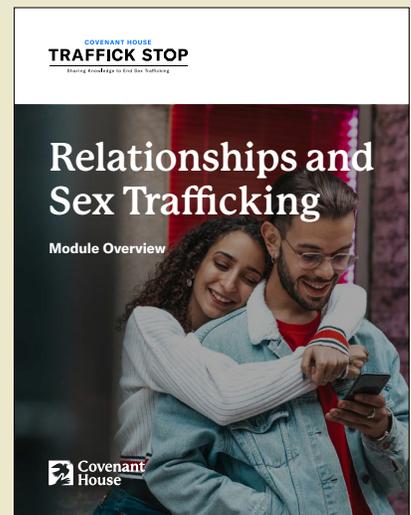


Potential Follow up Module

If you would like to continue the conversation on sex trafficking with your students, the following module is recommended:

Relationships & Sex Trafficking

Includes a video based on the real-life experience of a teen girl trafficked by a man she believed was her boyfriend, followed by discussion and activities on healthy versus unhealthy relationships.



FOR MORE INFORMATION ON SEX TRAFFICKING, VISIT OUR RESOURCE HUB AT [TRAFFICKSTOP.CA](https://traffickstop.ca).