



## Essential Knowledge for Parents & Guardians on Human Trafficking Prevention for Children Ages 5–13

- Human trafficking is the **exploitation of people** for labor or sex, and children can be targeted in their own communities without ever being taken far from home. [[unicefusa.org](https://www.unicefusa.org)]
- Children should be taught that **no one has the right to make them feel unsafe, uncomfortable, or pressured** to do things in exchange for money, gifts, attention, or favors. [[acf.gov](https://www.acf.gov)]
- Traffickers often build trust first—sometimes pretending to be friends, helpers, or peers—before **trying to manipulate or control a child**. [[ourrescue.org](https://www.ourrescue.org)]
- Kids need to understand that **strangers online are not always who they claim to be**, and even friendly messages can be part of **grooming or manipulation**. [[humantraff...gfront.org](https://www.humantraff...gfront.org)]
- Children should **never share personal information** (such as their address, school, phone number, or location) with anyone they do not know in real life. [[exploitati...cation.org](https://www.exploitati...cation.org)]
- Kids must know that **secrets** involving gifts, messages, or special relationships—especially ones **they are told to hide from parents—are warning signs and should always be reported**. [[safekids.h...ritage.org](https://www.safekids.h...ritage.org)]
- **Children should trust their instincts and immediately tell a trusted adult** if something feels wrong, confusing, or “not safe,” even if they are unsure why. [[humantraff...search.org](https://www.humantraff...search.org)]
- **Traffickers may offer gifts, money, game credits, or opportunities** (like jobs, modeling, or travel) to gain trust and create dependency. [[exploitati...cation.org](https://www.exploitati...cation.org)]
- Kids need to understand that being asked to **keep communication private**, move to another app, or meet in person is a **major warning sign of danger**. [[exploitati...cation.org](https://www.exploitati...cation.org)]
- Children should know it is **always okay to say “no,” leave a situation, block someone, or ask for help**—even if they think they might get in trouble. [[humantraff...search.org](https://www.humantraff...search.org)]
- **Parents and guardians play a critical role by maintaining open, judgment-free communication** so children feel safe reporting concerns early. [[safekids.h...ritage.org](https://www.safekids.h...ritage.org)]
- **Regular conversations about online safety, friendships, and boundaries** help children recognize manipulation and prevent exploitation before it begins. [[humantraff...search.org](https://www.humantraff...search.org)]
- **Children should be reassured that trafficking can affect anyone**, regardless of age, background, or location, so awareness and caution are always important. [[unicefusa.org](https://www.unicefusa.org)]
- The **most powerful protection for children is strong, trusted relationships with adults who listen**, believe them, and act quickly when concerns are raised. [[acf.gov](https://www.acf.gov)]

- For immediate danger call **911**, and to report tips you can call the HSI Tip Line at **1-866-347-2423**. [dhs.gov]
- To get help or share concerns, contact the National Human Trafficking Hotline at **1-888-373-7888** or text **“BEFREE/HELP” to 233733** (24/7, confidential support). [humantraffickinghotline.org], [dhs.gov]

**Blink3** is the **Universal nonverbal SOS** for victims of human trafficking and abuse, blinking 3 times is a way to ask for help please see <https://blink3.org/> for more information, and free courses

## Essential Safety Tips for Kids Ages 5–13 on Staying Safe from Human Trafficking

- **You are important**, and no one has the right to hurt you, scare you, or make you do something that feels wrong or unsafe.
- **If someone asks you to keep a secret** from your parents or trusted adult, **that is a big warning sign**—always tell a safe adult right away.
- **People you meet online are not always who they say they are, even if** they seem nice, fun, or your age.
- **Never share your name, address, school, phone number, or location** with someone you don’t know in real life.
- **If someone offers you gifts, money, game points, or special opportunities, be careful and tell a trusted adult.**
- **If anyone asks you to move a conversation to another app or meet in person, say no and tell an adult you trust.**
- **Trust your feelings**—if something feels **“weird,” scary, or uncomfortable**, it is okay to leave and get help.
- **You can always say “no,” walk away, block someone online, or ask for help**—you will not get in trouble for staying safe.
- **Safe adults include your parents, guardians, teachers, school counselors,** or another grown-up you trust—talk to them anytime you feel unsure.
- **Real friends do not pressure you, threaten you, or ask you to do things that make you uncomfortable.**
- **If someone tries to make you feel special but also wants you to keep secrets, that is not safe**—tell someone right away.
- **It is always okay to speak up,** ask questions, and get help—your safety matters more than anyone else’s feelings.
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- To get help or share concerns, contact the National Human Trafficking Hotline at **1-888-373-7888** or text **“BEFREE/HELP” to 233733** (24/7, confidential support). [humantraffickinghotline.org], [dhs.gov]

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