



What Can You Do?

IN 10 MINUTES

- NATIONAL: Add the National Human Trafficking Hotline to your phone: **1.888.373.7888** and the Be Free text line: **"HELP" to BeFree (233733)** for potential victims.
- MINNESOTA: Add the Minnesota Day One Crisis Hotline to your phone: **1.866.223.1111** or text: **612.399.9995** for local shelter and supportive services for potential victims.
- Learn to recognize red flags that might indicate sexual exploitation or trafficking.
- Talk to people in your life about what you know – have critical, courageous conversations.
- Speak up when women, girls and individuals of all genders are being disrespected and when men are not holding other men accountable.

IN 10 DAYS

- Research anti-trafficking websites or watch documentaries and TED Talks for more education. Visit our resources and links page for recommendations.
- Pray for children and youth – sign up to receive our Wednesday Prayers and partner with Cherish All Children through your church.
- Talk to your children about personal safety relevant to their age, and don't stop talking to them when it gets uncomfortable (especially with teens)!
- Find out what your children's schools are teaching on the subjects of sexual violence and healthy relationships. Advocate for a prevention curriculum.

IN 10 MONTHS

- Educate your church and community by using our *My Neighbor is Not for Sale* Guide and our *Safe and Healthy Relationships Youth Guide*, or contact us for training.
- Attend a training or conference to learn more and get more involved, then host your own education event in your community.
- Volunteer with an anti-trafficking organization or an organization supporting youth experiencing homelessness or other risk factors that may lead toward exploitation. View LSS Youth Services volunteer opportunities at lssmn.org/volunteer.
- Engage in raising the next generation. Learn about raising healthy boys and young men, and ending the demand for sexual exploitation.

Learn more at cherishallchildren.org