Human Trafficking Prevention and Education
—FOR YOUTH AND YOUTH WORKERS—
Human Trafficking Prevention and Education for Youth and Youth Workers

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Content Overview

**For youth, upper middle and high school ages:**

- **Human Trafficking 101:** a 45-minute informational overview of trafficking, including definition of terms, a look at who is involved, red flags for possible trafficking scenarios, and action steps for how youth can be involved in standing up against this problem.

- **Empowering Youth to End Sexual Exploitation:** four 45-minute sessions looking at cultural myths, trends, and influences that feed into sex trafficking and sexual exploitation. Engages youth in activities, critical thinking, and learning to become change agents.

- **My Life, My Choice:** 10-session course for adolescent females. Geared toward at risk or former victims of trafficking. Covers topics such as reducing risks of exploitation, developing self-esteem, and sexual health.

**For those who work with youth:**

- **Human Trafficking:** Myths, Facts, and our Community’s Response: an introduction to the issue of human trafficking, including scope, definitions, vulnerability factors for victims, indicators of possible trafficking, services available, and how to identify and report. Length is flexible, from 45 minutes to 1.5 hours.
Human Trafficking Prevention and Education for Youth and Youth Workers

Curricula Overviews and Samples
Human Trafficking 101
Human Trafficking 101

Developed by the Indiana Protection for Abused and Trafficked Humans Task Force

Human Trafficking 101 is a brief introduction to the issue of human trafficking with a goal of educating youth about the reality of this crime and how they can be involved in preventing it. The curriculum includes basic terminology, media literacy, a look at who is involved in trafficking, red flags for possible trafficking scenarios, and action steps for how youth can be involved in standing up against this problem.

**Target Audience:** High school or middle school aged youth, males and females

**Sessions:** One 45 to 60-minute session

**Group Compilation:** No specific requirements in terms of minimum or maximum number of participants

**Cost:** There is no cost to your school or youth program.

**Equipment Needed:** Projector that can connect to a laptop computer; speakers; Internet connection, if possible

**Curriculum Sample:** A sample of the Human Trafficking 101 curriculum is included on the following pages.

If you are interested in having a trained facilitator lead a group of your students or youth through this curriculum, please contact the Attorney General’s Office at humantraffickinginfo@atg.in.gov or 317-234-2301.
Human Trafficking 101: Curriculum Sample

What is Human Trafficking?

Human trafficking is modern-day slavery, when people are recruited to work or provide services through the use of force, fraud, or coercion.

Force
Fraud
Coercion

Two types of trafficking

Labor Trafficking

Sex Trafficking

-Commercial sex is when someone trades sex services (like prostitution) for something of value, like money or drugs.
Human Trafficking 101: Curriculum Sample

How does human trafficking affect youth?
-12-14 is the average age that U.S. kids are first brought into commercial sex.

-100,000 to 300,000 U.S. children are victims of sex trafficking every year.

-Every year 1 million children are exploited by the commercial sex trade.

Pimp Culture

Media: distorted glorification of the pimp culture (pimps are glorified, women are degraded)

Reality: the pimps are abusing and profiting off of the sexual exploitation of the people they control
Empowering Youth To End Sexual Exploitation
Empowering Youth to End Sexual Exploitation

Developed by the Chicago Alliance Against Sexual Exploitation

Empowering Youth to End Sexual Exploitation is a program aimed to educate youth about sexual exploitation as a form of gender-based violence. The program is designed to facilitate student discussion about the social perceptions of masculinity and femininity, as described by peers and the media, and to become allies against sexual exploitation by identifying practical ways to end gender-based violence.

**Target Audience:** High-school students, 14 to 18 years of age. Specific content can be modified to facilitate groups for middle school-aged youth as well. The curriculum may be offered in all-male, all-female, or mixed gender groups.

**Sessions:** Preferred format is four 45-60 minute sessions, held once per week over a four-week period. This can be modified if necessary.

**Group compilation:** No specific requirements for minimum or maximum number of participants.

**Cost:** There is no cost to your school or youth program.

**Equipment needed:** The school or youth program will collaborate directly with the assigned facilitator on these needs. Possible equipment needed includes a computer, CD player, speakers, projector, and white board/chalkboard.

**Use of media:** The curriculum includes discussion of media influence on perceptions of gender, commercial sex, and gender-based violence. To facilitate these discussions, the curriculum is designed to use popular images and song lyrics to evaluate their influence on the commercial sex trade. You will have the opportunity to approve the use of any and all images and song lyrics that are used in your school or youth program.

**Curriculum sample:** A sample of the curriculum is included on the following pages.

If you are interested in having a trained facilitator lead a group of your students or youth through this curriculum, please contact the Attorney General’s Office at humantraffickinginfo@atg.in.gov or 317-234-2301.
Empowering Youth: Sample

**ACTIVITY:**
Definitions: The Words We Use

**Approximate time needed:** 20 minutes

Introduce terminology that is associated with the sex trade (sexual exploitation, gender-based violence, prostitution, human trafficking, pimping). The purpose of this activity is to get students acquainted with the terms that will be used throughout the program and to create a foundation of understanding about the subject matter among group participants. Emphasize to the group that these terms will be used regularly throughout the program and that it is important that everyone understand what the words mean and how they are used.

Divide participants into pairs, or groups of three, depending on group size. Distribute one index card to each pair/group. Each index card will display a term associated with the sex trade. Instruct students to come up with a definition for each of these terms within their small group.

**Sample Script:**
“I want all of you to look at the words on each index card. Take a moment to think about where you’ve heard this word and what you think it means. In your small groups, share with each other the first thing that comes to your mind when you hear this word and try to come up with a definition for the word.”

Circulate throughout the room to assist and keep students on track. Once each group has written a definition, draw the room back to order. Going one at a time, ask a representative from each group to come to the front and share the definition and examples his group created. Write down everything the group says, and then share the definition from the Activity Definitions hand-out. Ask the entire class to examine how closely the group’s definition matches the “official” definition. Keep this positive and encouraging, focusing on how much the group already knows, while taking care to elucidate the portions that may be absent. Continue until each group has shared.

**Sample Script:**
“I would like all of you to take a look at what this group came up with, and compare it to what the ‘official’ definition is. I see quite a few similarities. What do you see? Is there anything that we should add to their definition? I’m really glad that you all were willing to share your thoughts, and I’m excited by how much you already seem to know.”

**ACTIVITY:**
Identifying Examples

**Approximate time needed:** 15-20 minutes

This is an opportunity to see how well the young men understand these concepts by asking them to identify some of them from various media examples. It is best to begin with the more obvious and outrageous (e.g. scenes from “Grand Theft Auto”) and move into the more subtle (e.g. a “Maxim” cover). The discussion should move toward society’s demand for the sex trade.

**Sample Script:**
“Now that we’ve defined these words, I would like to see if we can identify them when we see them. Is this an example of any of the five terms we’ve just defined? Yes? How does this fit within the definition?”

Press the students to support their answers within the framework of the definitions. Be aware that the natural reaction may be for them to be defensive; some students may hesitate to classify a song as “sexual exploitation” if they listen to it regularly. It is ok if the group does not come to a consensus. After three or four examples, ask the students what they all have in common. The responses may vary widely, but steer the conversation toward “they are examples of the different parts of the sex trade.” Once there, ask why the sex trade exists.

Sample Script:
“Excellent answer! They are all parts of the sex trade. Now let me ask you, why does the sex trade exist in this country?”

Again, responses will be varied, but continue leading the discussion toward the demand created by men in society.

CHECK-OUT:
Reflect & Review
Approximate time needed: 3-8 minutes

Thank the students for their participation, and share that the next and session will build upon their discussion of why the sex trade exists. Emphasize that demand is one of the major driving forces behind the sex trade industry, and that they will explore these further in the next session of the training. Do a brief “check out” with the participants and ensure that they are able to safely leave the space and continue the conversation in the following session.

Sample Script:
“We are now finished with our second session. Thank you for being such great participants again. As we continue to explore this issue in further detail, I understand that this may be a challenging for some of you, but I want to encourage you to continue to be as engaged and respectful as you have been so far. Everything that we have talked about up to this point is very important and I appreciate your patience and participation in this experience.”

If time allows ask each participant to state one thing they learned from the last meeting. You may choose to participate in this activity to facilitate the rapport-building phase of the group.
My Life, My Choice (MLMC)

Preventing Commercial Sexual Exploitation Among Adolescent Girls

MLMC is a national model of empowerment for girls and effective education on prevention of sexual exploitation. The curriculum is centered on the goals of changing attitudes and perceptions about the commercial sex industry, improving knowledge about sexual health and substance abuse, and increasing skills that help reduce the risk of exploitation.

The curriculum includes comprehensive material on the following subjects:
  • Myths about commercial sexual exploitation
  • Awareness of recruitment tactics by pimps
  • Education about sexual health
  • Link between substance use and exploitation
  • Improving self-esteem
  • Awareness of resources and a path out of commercial sexual exploitation

**Target Audience:** High school (or upper middle school) girls through adults who are at risk or have been sexually exploited.

**Sessions:** Ten 75-minute sessions, preferably 1-2 sessions per week for consecutive weeks.

**Group Compilation:** No more than 10 girls in a group. It is preferred that after the second session, no new members join the group.

**Cost:** There is no cost to your school or youth program.

**Equipment Needed:** Private meeting room; CD player; TV/DVD player.

**Curriculum Sample:** A sample of the MLMC curriculum is included on the following pages.

If you are interested in having a trained facilitator lead a group of your students or youth through MLMC, please contact the Attorney General’s Office at humantraffickinginfo@atg.in.gov or 317-234-2301.
Session 3

Do You Really Want to Hurt Me?:
Reducing Your Risk of Exploitation

This session will give participants the opportunity to increase their ability to reduce their risk of exploitation. Participants will discuss the risks to physical safety inherent in the Life. Participants will examine the differences between being passive, aggressive, and assertive and see where they fall on the continuum. Participants will make the links to how this relates to their risk of being commercially sexually exploited. Further, participants will think critically about the demand for exploited girls.

Time: 75 minutes

Learning Objectives:
Through involvement in this session, participants will be able to:
• understand the risks to personal safety associated with the Life;
• understand the damaging origins of the demand for exploited girls;
• assess their ability to advocate for themselves;
• identify an assertive female role model in their lives, and
• identify the link between assertiveness and reducing their risk of exploitation

Materials:
For distribution during the session:
Role play write-ups
Flipchart
Markers
Recording of any music with a positive message
The My Life, My Choice Project

30 min.  **Telling It like It Is**

Explain that you want to spend some time looking at participants’ ability to stand up for themselves and get their own needs met. Acknowledge that this can't always help you in a dangerous situation but it may help you avoid one or at least avoid a compromising situation. Ask all the participants to stand in the middle of the room. Explain that you are going to read different scenarios out loud and then ask them a question related to the scenario. If they would answer “yes” to the question, they should move to the right; if they would answer “no” to the question, they should move to the left. [Facilitator’s Note: You may wish to use landmarks in the room—i.e. “move toward the couch”, “move toward the window”]

Once participants have moved to reach the question (and before asking the next question), facilitate a small discussion on why they answered yes/no.

Use the following questions for this activity:

1. A friend spends a lot of money to change her hair style. She asks your opinion on how it looks. Would you tell her that you think it looks awful? Would you give her your honest opinion?

2. You are in line for check out at a store. You are really tired and ready to go home. Right before you get to the front of the line, someone cuts in front of you. Would you confront the person?

3. A staff member tells you that you are assigned to cook dinner for other residents tonight. You have never cooked a full meal for that many people before. Do you tell the staff member that you don’t think that you can do it?

4. You are on a date at a nice restaurant. When your meal arrives, it is cold and tastes terrible. Would you send it back to the kitchen?

5. Your boyfriend/girlfriend has been spending a lot more time with his/her friends lately. You feel like you need more time with him/her. Would you tell him/her how you feel?

After participants have taken their seats, facilitate a large group discussion on the following:
The My Life, My Choice Project

In which of the situations listed was it most difficult for you to assert yourself? Why?

With whom is it hardest for you to assert yourself? Why?

Is there a link between your ability to assert yourself and becoming a victim of commercial sexual exploitation?

Facilitate a group discussion on each person’s assessment of themselves. Ask participants to think of a woman in their lives who is an assertiveness role model. Go around the room, asking each person to describe this woman.

Conclude this activity with the following, in your own words:

Knowing yourself is a piece of being able to reduce your risk of being exploited or get out of prostitution. Could you assertively tell a boy you don’t want to go on a “date” with his friend just this one time? Could you assertively tell your friend no when she asks you to help her recruit? If being assertive feels hard for you, think again about what you want to stand up for. It could save your life. And you are worth standing up for.

Read “Kim’s Story”

5 min. Relaxation and Inspiration
Play the CD you brought with you.

5 min. Journal Writing

Hand back journals to each of the participants. Allow quiet time for writing.

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Human Trafficking: Myths, Facts, and our Community’s Response

Developed by the Indiana Protection for Abused and Trafficked Humans Task Force

This training is a brief introduction to the issue of human trafficking and commercial sexual exploitation, with a goal of educating professionals, parents, and the community about the impact of this crime, some of the myths associated with trafficking, and how it can be prevented. The curriculum includes:

• Basic terminology
• The impact of trafficking both nationally and in Indiana
• A look at who is involved in human trafficking and exploitation
• Red flags for possible trafficking scenarios
• How to report any suspicion of trafficking or exploitation

We will also review action steps for how adults can be involved in preventing this crime that impacts some 27 million adults and children worldwide.

TARGET AUDIENCE: Youth-serving professionals, parents, general community members

SESSIONS: Programs can run from 1 to 2 hours. Programs can be completed in one or two sessions.

COST: There is no cost for this program.

EQUIPMENT NEEDED: Projector that can connect to a laptop computer; speakers; Internet connection (if possible). If some of this equipment is not available to you, we will try and provide what is needed.

CURRICULUM SAMPLE: A sample of the curriculum is included on the following pages. Please note: presentations may vary somewhat in content, depending on the audience and length of presentation.

If you are interested in having a trained presenter offer this curriculum to your organization or group, please contact the Attorney General’s Office at humantrafficking info@atg.in.gov or 317-234-2301.
Human Trafficking: Myths, Facts, and our Community’s Response

CURRICULUM SAMPLE

A FEW FACTS

12–14 is the average age of entry for US girls into commercial sex and the average age for boys is 11–13. (2)

Every year 1 million children are exploited by the commercial sex trade worldwide. (3)

Video: http://www.youtube.com/watch?v=-NQoaf-2nsE

HUMAN TRAFFICKING TODAY

Human Trafficking is tied as the SECOND largest and FASTEST growing criminal industry in the world, just behind the drug trade. (6)

Trafficking is a 150.2 billion dollar business. (6)

An estimated 27 MILLION people worldwide are held captive and sold for profit. (6)
Human Trafficking: Myths, Facts, and our Community’s Response

Curriculum Sample

WHO IS INVOLVED IN TRAFFICKING?

The **recruiter** gains the victim’s trust and then sells them for labor or to a pimp. Sometimes this is a boyfriend, a neighbor, or even a family member.

The **trafficker** is the one who controls the victims. Making the victim fearful through abuse, threats, and lies the trafficker gains power over his/her victim.

The **victim** could be anyone.

The **consumer** funds the human trafficking industry by purchasing goods and services. Often s/he is unaware that someone is suffering.

THE TRAFFICKED PERSON

Regardless of their demographics, victims are vulnerable in some way, and the traffickers will use their particular vulnerability to exploit the victim.

Some risk factors—Think: “What makes a person vulnerable?”

- Youth
- Poverty
- Unemployment
- Desperation
- Homes in countries torn by armed conflict, civil unrest, political upheaval, corruption, or natural disasters
- Family backgrounds strife with violence, abuse, conflict
- Chronic runaways; involvement with child welfare system
- Homelessness
- A need to be loved
- Immigration status
- Addiction
IPATH offers three different curricula to educate youth about human trafficking:

- **Human Trafficking 101**: a 45-minute informational overview of trafficking, including definition of terms, a look at who is involved, red flags for possible trafficking scenarios, and action steps for how youth can be involved in standing up against this problem.

- **Empowering Youth to End Sexual Exploitation**: four 45-minute sessions looking at cultural myths, trends, and influences that feed into sex trafficking and sexual exploitation. Engages youth in activities, critical thinking, and learning to become change agents.

- **My Life, My Choice**: 10-session course for adolescent females. Geared toward at risk or former victims of trafficking. Covers topics such as reducing risks of exploitation, developing self-esteem, and sexual health.

We also offer training for those who work with youth:

- **Human Trafficking: Myths, Facts, and our Community's Response**: an introduction to the issue of human trafficking, including scope, definitions, vulnerability factors for victims, indicators of possible trafficking, services available, and how to identify and report. Length is flexible, from 45 minutes to 1.5 hours.

*For more detailed information regarding any of these, please see the curricula overview and samples provided in this packet.*

**IPATH Policies Guiding These Programs**

IPATH has collaborated with the Department of Education and representatives from schools and youth programs to develop some basic policies around our youth prevention and education programs. Below is a summary of those policies which were recommended and have been incorporated into this IPATH educational initiative.

**Facilitation**

IPATH has a team of facilitators who have been trained on our youth curricula, as well as our training for adults who work with youth. If your school or youth program is interested in any of these educational opportunities, please complete a Group Facilitator Request Form provided in this packet. IPATH will then match a facilitator with your request, who will lead the training or sessions at your location.
Criminal Background Checks
IPATH requires that each group facilitator have a completed criminal background check before facilitating any trainings or educational sessions. If your school or program has specific background check requirements, please note this on your Group Facilitator Request Form.

Parental Consent Forms
IPATH does not require parental consent forms for students to participate in most of these groups (please see next paragraph for exception). If your school or program requires consent forms, it is your entity’s responsibility to obtain those forms from parents prior to the first group session. Sample consent forms are available upon request for school/program use, but you are also free to utilize your own consent forms.

Please note that IPATH does require parental consent forms for students to participate in the My Life, My Choice program. Please see below in the section “Policies Specific to My Life, My Choice.”

Teacher/School or Program Staff Presence
IPATH requires that a teacher or school/program staff member be present in all student/youth sessions facilitated by an IPATH group facilitator.

Policies Specific to Empowering Youth to End Sexual Exploitation

Media Images and Song Lyrics
The Empowering Youth curriculum includes components of media literacy, wherein students are asked to review media images and song lyrics and discuss their messages with regards to gender roles, sexuality, and commercial sex. IPATH has selected specific media images and song lyrics that are approved by the task force. Upon your request, you will be provided with the list of approved images and songs and will be asked to indicate which you/your school or program approves for use with your students. Your IPATH facilitator will be required to utilize only those images and songs approved by the requesting school/program.
Evaluation Surveys

The Empowering Youth curriculum includes anonymous pre and post surveys for students to complete, as well as follow-up surveys to be administered one month after the final group session. At the beginning of session one, the group facilitator will have students sign in on the sheet provided in the curriculum. Using this sign-in, each student will be assigned an anonymous ID number. They will use this ID number to complete their pre, post and follow-up surveys.

IPATH group facilitators are required to give the student sign-in sheet to the teacher or program staff member and to not retain either the original or a copy of the sheet. The teacher or program staff member should maintain the original sign-in sheet throughout the course of all sessions and until the students/youth have completed their follow-up surveys one month after the final session. If needed, the teacher or staff member will remind students of their ID number for completion of their surveys. IPATH group facilitators will collect all pre and post surveys and submit them to the IPATH representative maintaining records of all groups. This IPATH representative will also coordinate with the requesting school or program to have follow-up surveys completed and returned one month after the final session.

Policies Specific to My Life, My Choice

Group Members

Group members must be invited to join a group by the school counselor, group home staff, social worker, etc. Although this program is primarily for girls who are at-risk and have previously been victims, staff may consider inviting girls who may be peer mentors within the group.

Group members must commit to the ten sessions, either ten consecutive weeks or no more than 2 per week for consecutive weeks.

Parental Consent Forms

Group members must have written parental consent to participate in a group. Your school or youth program is responsible for obtaining parental consent from each student prior to the first group session. The required consent form is provided in this packet for your use.

IPATH and Facilitator Responsibilities

IPATH must secure a referral resource (licensed social worker or someone trained and certified to work with victims of abuse) prior to offering the group and must have access to them throughout the course of the program. Whenever possible, IPATH asks that the school or youth program provide this referral resource.
in-house (school social worker, counselor, etc.) If the school or program does not have access to their own referral resource, an IPATH representative (from the Indiana Attorney General’s Office, The Julian Center, or Purchased) must coordinate with the requesting school/program to arrange for an appropriate referral. This referral resource may be present at sessions, but is not required to attend. This referral resource must be available to refer girls to or on site to talk with a group member who needs it during the time between sessions. The facilitator must meet with a school or youth program staff member before and after the program. This curriculum is likely to raise issues that may cause group members to act out, need to talk, etc. It is important for the staff to know what topics will be covered and be prepared for follow up between sessions.

The facilitator will provide journals for group members to reflect, ask questions, etc. at the end of each session. The facilitator will respond to these entries after each session.
If your school or youth program would like a trained facilitator to lead a group of your students or to train your staff, please complete the following form. There is no charge to your school or program. Please note: we will match a facilitator with your request, and that facilitator will communicate directly with you to establish the details of your group.

Please return your completed Group Facilitator Request Form to humantraffickinginfo@atg.in.gov or by fax to 317-232-7979 (Attention: Human Trafficking Prevention).

Please select one of the following to indicate which curriculum/training you are requesting:

- Human Trafficking 101 (for middle and high school ages)
- Empowering Youth to End Sexual Exploitation (for middle and high school ages)
- My Life, My Choice (for adolescent females at high risk or who were previously victims)
- Human Trafficking: Myths, Facts, and our Community’s Response (for adults who work with youth)

________________________________________________________
Name of school, organization, or youth program

________________________________________________________
Address

________________________________________________________
Contact name

________________________________________________________
Telephone

________________________________________________________
Email address

Number of individuals expected to participate: _________

Please select one of the following (not applicable if requesting training for adult staff):

- Male only group
- Female only group
- Mixed gender group

Age/grade of students (not applicable if requesting training for adult staff): _________
Please tell us a little about the group (i.e. is this a specific class, study period, after-school group, etc. Are there any special needs or concerns we should be aware of?)

**PLEASE NOTE:** Our group facilitators have all completed criminal background checks, and proof of those are on file with the IPATH task force. If your school requires a specific, additional background check for guest speakers, please indicate here:

**Parental Consent Forms.** Please Note: *We do not require parental consent forms, except for My Life, My Choice groups. If you require these forms for other groups or if you are requesting My Life My Choice, your school or program will be responsible for obtaining parental consent prior to the group starting. Sample consent forms are available upon request. If you are requesting a My Life, My Choice group, we require that you utilize the provided consent form for that curriculum.*

**Teacher/Staff Presence.** We require that you have a teacher or staff member present in all group sessions we facilitate among your students or youth.

The following sections require information specific to each youth curriculum offered through IPATH. Please complete only the section relevant to the curriculum you have selected.

**Human Trafficking 101**
Preferred date/time when group could be facilitated:

Are you able to hold one 45-minute to an hour session? ○ Yes ○ No
If not, how long can this session be?

**Empowering Youth to End Sexual Exploitation**
Preferred date(s) when group could be facilitated:

Additional date range or semester for group, should a facilitator not be available for your preferred date(s):

Day(s) of the week and time requested:
Are you able to hold one 45-minute to an hour session? ○ Yes ○ No
If not, how many sessions are you requesting, and how much time can each session last?
Please contact humantraffickinginfo@atg.in.gov and request the list of images and songs for this curriculum. Upon review of those materials, please indicate which images and songs you approve for use with your students.

Please indicate in the blank spaces below the titles of songs from the section “Policies Specific to Empowering Youth to End Sexual Exploitation” that you approve for use:

•

•

•

•

•

EVALUATION. Please Note: Anonymous student pre and post surveys from each group will be collected and used for evaluating curriculum effectiveness.

**My Life, My Choice**

Are you able to hold ten, 75-minute sessions? Please indicate ☐ Yes ☐ No

*(May be reduced to 8 weeks if there is no need to cover the sexual health material.)*

If not, how many sessions are you requesting, and how much time can each session last?

Preferred dates when group could be facilitated:

Additional date range or semester for group, should a facilitator not be available for your preferred dates:

Day(s) of the week and time requested:

*Please see the section “Policies Specific to My Life My Choice” for requirements related to group membership, parental consent, and other important details.*

**Human Trafficking: Myths, Facts, and our Community’s Response**

Preferred date/time when group could be facilitated:

How long would you like this session to be?

☐ 1 hour   ☐ 2 hours   ☐ Other (please specify) ________

Please return your completed Group Facilitator Request Form to humantraffickinginfo@atg.in.gov or by fax to 317-232-7979 (Attention: Human Trafficking Prevention).