

## For Teens:

**Vulnerable** means “susceptible to being hurt or harmed physically or emotionally.”

**Ask yourself:**  
“What are my vulnerabilities?”

Some of those vulnerabilities may include:

Youth, inexperience, abandonment issues, isolation, lack of love and support, neglect, abuse, drug or alcohol abuse, money issues, stress, insecurity, lack of positive friendships, lies, fake love, separation from family (such as foster care, incarcerated family members)

**The Grooming Process** is “the process by which someone builds an emotional connection with a victim to gain their trust for the purposes of sexual abuse, sexual exploitation or human trafficking.”

**Ask yourself:**  
“What are some ways someone may try to take advantage of me?”

**Exploitation** means “taking advantage of someone’s vulnerability to achieve personal gain.”

- Ask yourself:**  
“If I or a friend was in this situation, what could I do to get help?”
- Talk to an adult you trust like a parent, doctor, teacher, or counselor.
  - Go with your gut— if you suspect human trafficking or need help call the Human Trafficking Hotline (1-888-373-7888) or local law enforcement.
  - Resource Fierce Freedom— If you would like to speak to a member of our staff, message us on Facebook, or [office@fiercefreedom.org](mailto:office@fiercefreedom.org).



# For Parents & Mentors:

**Vulnerable** means “susceptible to being hurt or harmed physically or emotionally.”

**Ask yourself:**

**“What are some possible vulnerabilities in my child’s life?”**

**The Grooming Process** is “the process by which someone builds an emotional connection with a victim to gain their trust for the purposes of sexual abuse, sexual exploitation or human trafficking.”

**Ask yourself:**

**“How would I intervene if I began to notice red flags in my child’s life?”**

**Exploitation** means “taking advantage of someone’s vulnerability to achieve personal gain.”

**Ask yourself:**

**“Does my child know who they can talk to if they are ever in this situation?”**

## **Tips for tough conversations with kids & teens:**

- Be proactive- talk with your child about the dangers of human trafficking and how to be safe online. Know who your child is interacting with, both in person and online. Set limits and monitor your child's online communication.
- Traffickers often use the argument that the victim is “damaged goods.” Be sure you let your kids know that they can always come to you, that the abuse was never their fault, and that you love them unconditionally.
- Help your kids identify positive people they can talk to if they ever find themselves in this kind of situation, i.e. doctors, counselors, teachers.
- Resource Fierce Freedom— If you would like to speak to a member of our staff message us on Facebook or at [office@fiercefreedom.org](mailto:office@fiercefreedom.org).

