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