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 the 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 and girls are being disrespected, or 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 & Links webpage 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 training resources for Youth & Confirmation Groups.

- 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 volunteer opportunities at [www.lssmn.org/volunteer](http://www.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 [www.cherishallchildren.org](http://www.cherishallchildren.org).

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