

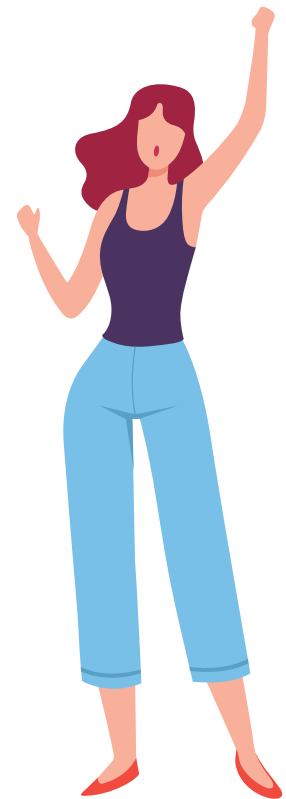
How to Prevent Human Trafficking

Many people every year are tricked into becoming victims of human trafficking. So how can you keep the people you support safe? Learning more about human trafficking, like you're already doing, is an important first step. This resource will provide information about other skills and protective factors that can help individuals from being victimized.

Relationship Skills

Strong, healthy relationships can lessen the risk by providing them a network of trusted adults to turn to if they have questions or are in a situation that makes them uncomfortable. Having good social skills, particularly around understanding friendships and relationships are also protective factors.

- Help people develop social supports in multiple settings.
- Teach healthy relationships vs unhealthy relationships, with a particular focus on equal relationships.
- Teach different types of relationships and how to tell the difference between them (e.g., stranger, acquaintance, friend, family, romantic). For more information and resources on this topic visit the Be Safe Relationship Social Stories.



Independence

Teaching individuals about independence can help them learn to stand up for themselves. Self-advocacy, body autonomy, and body safety are all important skills that can help increase a person's independence and lessen the risk of victimization.

- Teach and encourage them to talk about their wants, needs, and opinions.

Saying No

Many individuals with disabilities are taught to be compliant from a young age. Learning that it's okay to say no and that they have control over their bodies is an important protective skill.

- They should be able to say no to:
 - Any touch that makes them feel uncomfortable.
 - Situations that make them feel unsafe or uncomfortable.
- They should have a list of trusted adults in their life that they are comfortable talking to in case of emergencies or situations where they are uncomfortable or unsafe.