



HEALTHY NATIVE YOUTH

**WE WILL START AT 10:00 AM PST.
TALK SOON!**

Social Media Protective Factors Against HT & MMIR



HEALTHY² NATIVE YOUTH

**SOCIAL MEDIA PROTECTIVE FACTORS AGAINST HUMAN
TRAFFICKING & MISSING & MURDERED INDIGENOUS
RELATIVES**

**GUEST SPEAKERS: TRISH MARTINEZ, JERI MOOMAW, BETSY
TULEE**

April 8, 2020 from 10am-12pm PST



Today's Agenda

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- **Welcome & Welcome Back!** (3 minutes)
- **Human Trafficking 101** (20 minutes)
- **Red Flags & Indicators** (15 minutes)
- **Social Media Safety** (30 minutes)
- **Recommendations** (15 minutes)
- **Call to Action** (10 minutes)
- **Self-Care** (5 minutes)
- **Resource Handout** (5 minutes)
- **Discussion Time** (15 minutes)
- **Closing** (2 minutes)

Welcome & Welcome Back!

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Use the Chat Box to tell us:

- Your Name & Role
- **Email Address**
- What is the difference between Trafficking & Smuggling?

Human Trafficking 101

...with **Trish Martinez**,
(Mesa Grande Band of
Mission Indians)

Native Liaison: San Diego
Regional Human Trafficking-
CSEC Advisory Council

Email: tish.cali@gmail.com,
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...with **Jeri Moomaw**,
(Shoshone/Cree)

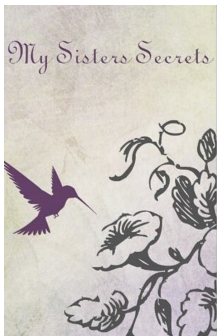
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...with **Betsy Tulee**,
(Makah Nation)

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Consultant: Department of
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Washington State Department of
CHILDREN, YOUTH & FAMILIES



Trafficking vs. Smuggling

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Human Trafficking vs. Smuggling



It is not a choice

A person consent & pays to moved



Crime against a person

A crime against a border



Does not require a person to
move across state lines.



Based on exploitation



The two crimes can occur together

When I say the word “trafficking” what comes to mind?



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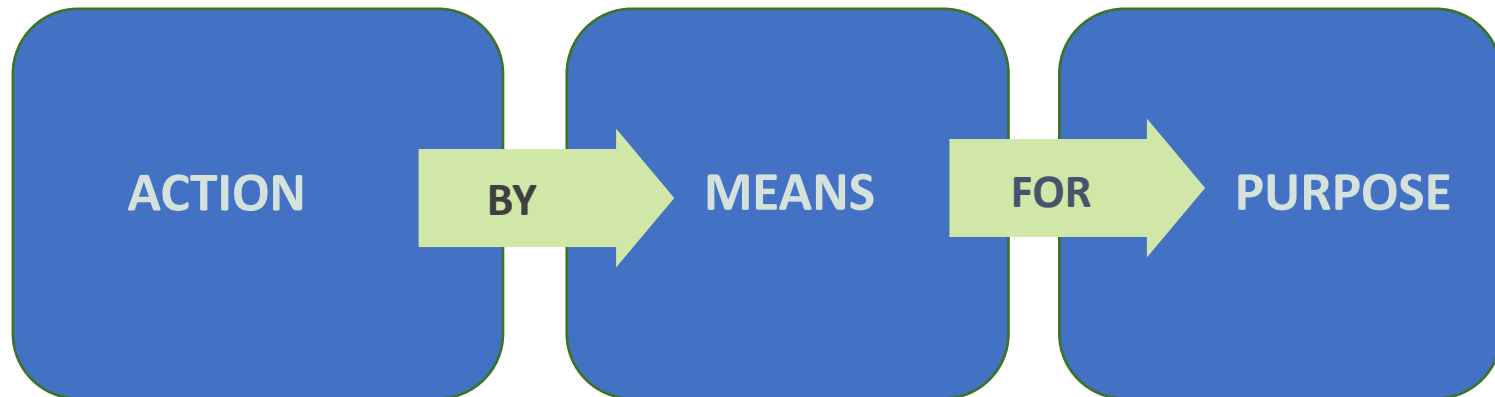
**This is the Hollywood
version**



Image Source: Google Images

Trafficking Victims Protection Act of 2000 (TVPA)

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Victims of Trafficking and Violence Protection Act of 2000 (TVPA), Pub. L. No.106-386, 8 U.S.C. §1101, §7101, 114 STAT 1464 (2000)





Action

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- ☐ Recruiting
- ☐ Harboring (or housing)
- ☐ Transporting
- ☐ Providing
- ☐ Obtaining

In the case of sex trafficking

- ☐ Patronizing
- ☐ Soliciting
- ☐ Advertising



Image Source: Google Images



Means

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Force—Physical assault, sexual assault, controlled movement, or isolation



Fraud—False promises about work and living conditions, false pretenses for interpersonal relationships, use of false promises of a better life, fraudulent employment offers, exciting travel



Coercion—Threats of serious harm or psychological manipulation such as holding someone at gunpoint, threatening the life and safety of a person or their family and friends, withholding legal documents, threats or CPS or ICE



Sex Trafficking of Minors

11

Minors induced into commercial sex are trafficking victims regardless of whether force, fraud, or coercion have been used.



Image Source: Google Images



Purpose

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Forced Labor



Commercial Sexual Exploitation



Sex & Labor Trafficking

13

Sex and Labor Trafficking may Co-Occur

State & Federal Law Divides Human Trafficking into Categories...

...of sex trafficking or labor trafficking, in many cases a survivor has experienced both forms of exploitation.

When working with victims, it is important to ask about potential sex and labor exploitation to identify the full range of services they may need.



Who is affected?

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Sexual exploitation and trafficking affects:

- Youth of all genders (girls, boys, transgender, gender variant)
- Youth of all sexual orientations
- Youth of any economic class
- Youth of any race
- Youth at any education level

However, sexual exploitation **disproportionately** affects young people experiencing poverty, homelessness and discrimination, particularly youth of color, LGBTQ2I youth, and youth in foster care

A number of studies have found that among homeless youth, there are comparable numbers of boys and girls who disclose sexual exploitation (ECPAT USA, 2013).



Risk Factors

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Individual

History of abuse or neglect
Mental health issues
Family dysfunction
Homelessness
Immigrant
Racism
Ageism
Sexism / misogyny
Homophobia / heteronormative culture
Low IQ or developmental assets

Environmental

Adult sex industry
Transient male populations
Substance abuse
Poverty
Violence
Use of women's bodies in media/advertising
Glorification of "Pimp and Ho" subculture
Proximity to borders/ports

Social

Sexism and Misogyny
Privilege
Racism
Homophobia
Transphobia
Classism
Acceptance of violence towards women and minority groups
Inaccessibility of legal economies
Materialism/consumers



INDIGENOUS TRAFFICKING RISK FACTORS

Why are Indigenous people at heightened risk ?



Innovations HTC 2020



Prevalence in Child Welfare Systems

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- The Administration on Children, Youth and Families, (ACYF), within the U.S. Department of Health and Human Services (HHS) Administration for Children and Families, (ACF), cited a number of alarming statistics in a 2013 document, including several studies showing that **50% to more than 90% of children and youth victims of child sex trafficking had been involved with child welfare services** (ACYF, 2013)*.
- **60% of runaways who are victims of sex trafficking had been in the custody of social services or in foster care** (Ryan, 2013)*.
- Statistics from a California organization indicate that **between 50% and 80 % of commercially sexually exploited children in California in 2012 had been involved with the child welfare system** (California Against Slavery Research and Education, 2015)*.

**As cited by Child Welfare Information Gateway, 2015*

SEEKING INFORMATION

ADREANNA ANITA JACKSON



Indian Country's
Help Find Me

Adreanna Anita Jackson, 34 years old, was last seen on August 10, 2014, in the area of the Indian Reservation. She is 5'6" tall, weighs 130 lbs, and has brown hair and eyes. She is wearing a black jacket and a black hat. If you have any information pertaining to her whereabouts, please contact the FBI at 1-800-452-7324.

MISSING SINCE SEPTEMBER 2017

ASHLEY ROSALES



Our sister is 30 years old and has been missing from Phoenix, Arizona since July 19, 2017. She is 5'6" tall, weighs 130 lbs, and has brown hair and eyes. She is wearing a black jacket and a black hat. If you have any information pertaining to her whereabouts, please contact the FBI at 1-800-452-7324.

MISSING

Gloria Jarverson King



Gloria Jarverson King is 54 years old and has been missing from Albuquerque, New Mexico since November 10, 1996. She is 5'6" tall, weighs 130 lbs, and has brown hair and eyes. She is wearing a black jacket and a black hat. If you have any information pertaining to her whereabouts, please contact the FBI at 1-800-452-7324.

MISSING SINCE JUNE 2017

ASHLEY



Our sister is 27 years old and has been missing from Phoenix, Arizona since June 2017. She is 5'6" tall, weighs 130 lbs, and has brown hair and eyes. She is wearing a black jacket and a black hat. If you have any information pertaining to her whereabouts, please contact the FBI at 1-800-452-7324.

MISSING SINCE OCTOBER 2013

KESSINA NIKKAPPO



Our sister is 27 years old and has been missing from Phoenix, Arizona since October 2013. She is 5'6" tall, weighs 130 lbs, and has brown hair and eyes. She is wearing a black jacket and a black hat. If you have any information pertaining to her whereabouts, please contact the FBI at 1-800-452-7324.

MISSING

Jana Cooney



Jana Cooney is 27 years old and has been missing from Phoenix, Arizona since October 2013. She is 5'6" tall, weighs 130 lbs, and has brown hair and eyes. She is wearing a black jacket and a black hat. If you have any information pertaining to her whereabouts, please contact the FBI at 1-800-452-7324.

MISSING SINCE JUNE 16 2018

JERMAIN LIZ CHARLO



Our sister is 27 years old and has been missing from Phoenix, Arizona since June 16, 2018. She is 5'6" tall, weighs 130 lbs, and has brown hair and eyes. She is wearing a black jacket and a black hat. If you have any information pertaining to her whereabouts, please contact the FBI at 1-800-452-7324.

Missing Female

Freda KnowsHun



Our sister is 27 years old and has been missing from Phoenix, Arizona since June 16, 2018. She is 5'6" tall, weighs 130 lbs, and has brown hair and eyes. She is wearing a black jacket and a black hat. If you have any information pertaining to her whereabouts, please contact the FBI at 1-800-452-7324.

MISSING

JoJo Boswell



JoJo Boswell is 32 years old and has been missing from Phoenix, Arizona since July 19, 2017. She is 5'6" tall, weighs 130 lbs, and has brown hair and eyes. She is wearing a black jacket and a black hat. If you have any information pertaining to her whereabouts, please contact the FBI at 1-800-452-7324.

MISSING PERSON

TINA MARIE FINLEY



Tina Marie Finley is 32 years old and has been missing from Phoenix, Arizona since July 19, 2017. She is 5'6" tall, weighs 130 lbs, and has brown hair and eyes. She is wearing a black jacket and a black hat. If you have any information pertaining to her whereabouts, please contact the FBI at 1-800-452-7324.

MISSING

Leila Kinney



Leila Kinney is 32 years old and has been missing from Phoenix, Arizona since July 19, 2017. She is 5'6" tall, weighs 130 lbs, and has brown hair and eyes. She is wearing a black jacket and a black hat. If you have any information pertaining to her whereabouts, please contact the FBI at 1-800-452-7324.

MISSING SINCE 1988

Shantelle Hudson



Shantelle Hudson is 32 years old and has been missing from Phoenix, Arizona since 1988. She is 5'6" tall, weighs 130 lbs, and has brown hair and eyes. She is wearing a black jacket and a black hat. If you have any information pertaining to her whereabouts, please contact the FBI at 1-800-452-7324.

MISSING

ANTHONETTE CHRISTINE CAYEDITO



Antthonette Christine Cayedito is 32 years old and has been missing from Phoenix, Arizona since July 19, 2017. She is 5'6" tall, weighs 130 lbs, and has brown hair and eyes. She is wearing a black jacket and a black hat. If you have any information pertaining to her whereabouts, please contact the FBI at 1-800-452-7324.

MISSING PERSON

Bevany Ann Ullrich



Bevany Ann Ullrich is 32 years old and has been missing from Phoenix, Arizona since July 19, 2017. She is 5'6" tall, weighs 130 lbs, and has brown hair and eyes. She is wearing a black jacket and a black hat. If you have any information pertaining to her whereabouts, please contact the FBI at 1-800-452-7324.

MISSING

Bevany Ann Ullrich



Bevany Ann Ullrich is 32 years old and has been missing from Phoenix, Arizona since July 19, 2017. She is 5'6" tall, weighs 130 lbs, and has brown hair and eyes. She is wearing a black jacket and a black hat. If you have any information pertaining to her whereabouts, please contact the FBI at 1-800-452-7324.

MISSING

Bevany Ann Ullrich



Bevany Ann Ullrich is 32 years old and has been missing from Phoenix, Arizona since July 19, 2017. She is 5'6" tall, weighs 130 lbs, and has brown hair and eyes. She is wearing a black jacket and a black hat. If you have any information pertaining to her whereabouts, please contact the FBI at 1-800-452-7324.

MISSING ALERT

Debra L. Otis



Debra L. Otis is 32 years old and has been missing from Phoenix, Arizona since July 19, 2017. She is 5'6" tall, weighs 130 lbs, and has brown hair and eyes. She is wearing a black jacket and a black hat. If you have any information pertaining to her whereabouts, please contact the FBI at 1-800-452-7324.

MISSING

OLYMPIA LONE BEAR



Olympia Lone Bear is 32 years old and has been missing from Phoenix, Arizona since July 19, 2017. She is 5'6" tall, weighs 130 lbs, and has brown hair and eyes. She is wearing a black jacket and a black hat. If you have any information pertaining to her whereabouts, please contact the FBI at 1-800-452-7324.

MISSING

Larissa Lonehill



Larissa Lonehill is 32 years old and has been missing from Phoenix, Arizona since July 19, 2017. She is 5'6" tall, weighs 130 lbs, and has brown hair and eyes. She is wearing a black jacket and a black hat. If you have any information pertaining to her whereabouts, please contact the FBI at 1-800-452-7324.

MISSING

ALECA MANNING



Aleca Manning is 32 years old and has been missing from Phoenix, Arizona since July 19, 2017. She is 5'6" tall, weighs 130 lbs, and has brown hair and eyes. She is wearing a black jacket and a black hat. If you have any information pertaining to her whereabouts, please contact the FBI at 1-800-452-7324.

MISSING SINCE 1975

CYRA BOOTH



Cyra Booth is 32 years old and has been missing from Phoenix, Arizona since 1975. She is 5'6" tall, weighs 130 lbs, and has brown hair and eyes. She is wearing a black jacket and a black hat. If you have any information pertaining to her whereabouts, please contact the FBI at 1-800-452-7324.

MISSING

CYRA BOOTH



Cyra Booth is 32 years old and has been missing from Phoenix, Arizona since 1975. She is 5'6" tall, weighs 130 lbs, and has brown hair and eyes. She is wearing a black jacket and a black hat. If you have any information pertaining to her whereabouts, please contact the FBI at 1-800-452-7324

Many MMIW are Trafficking Victims

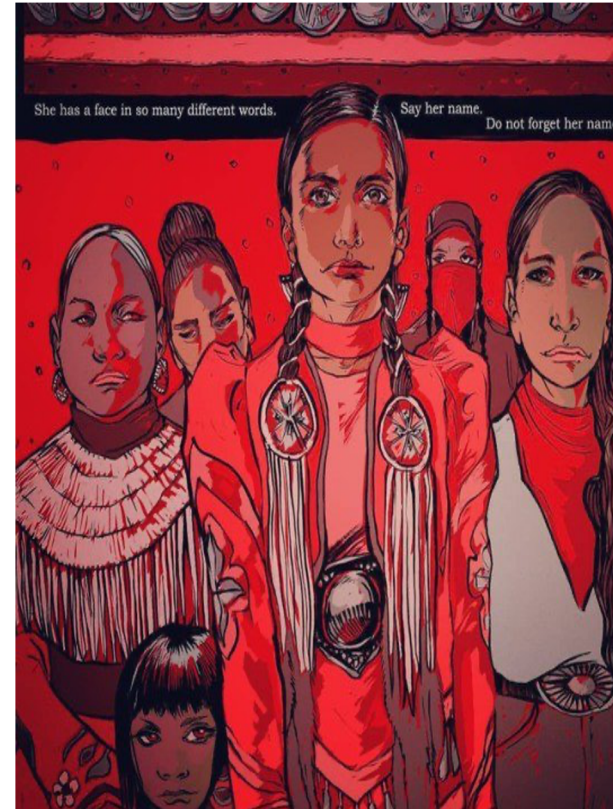


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According to a 2016 National Institute of Justice Report,

- **56%** of Native women have experienced **sexual violence in their lifetime**
- **38%** were unable to receive any type of **victim services**

The **high rates of sexual violence** is closely interconnected with the likelihood of **Native women going missing or being murdered**, and on some **reservations, they are murdered at more than ten times the national average.**



Many MMIW are trafficking victims

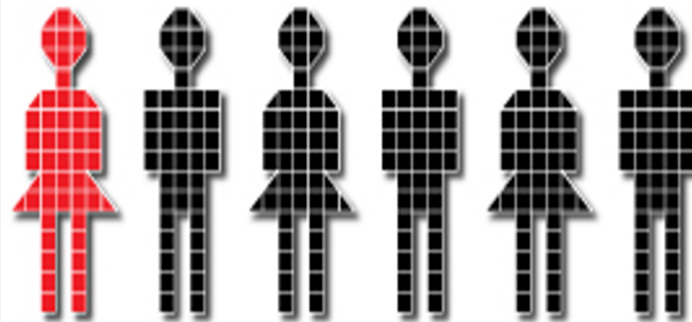


Trafficking of Children

20

CHILD SEX TRAFFICKING

1 in 6 of the 18,500 runaways reported to the National Center for Missing & Exploited Children® in 2016 were likely sex trafficking victims.



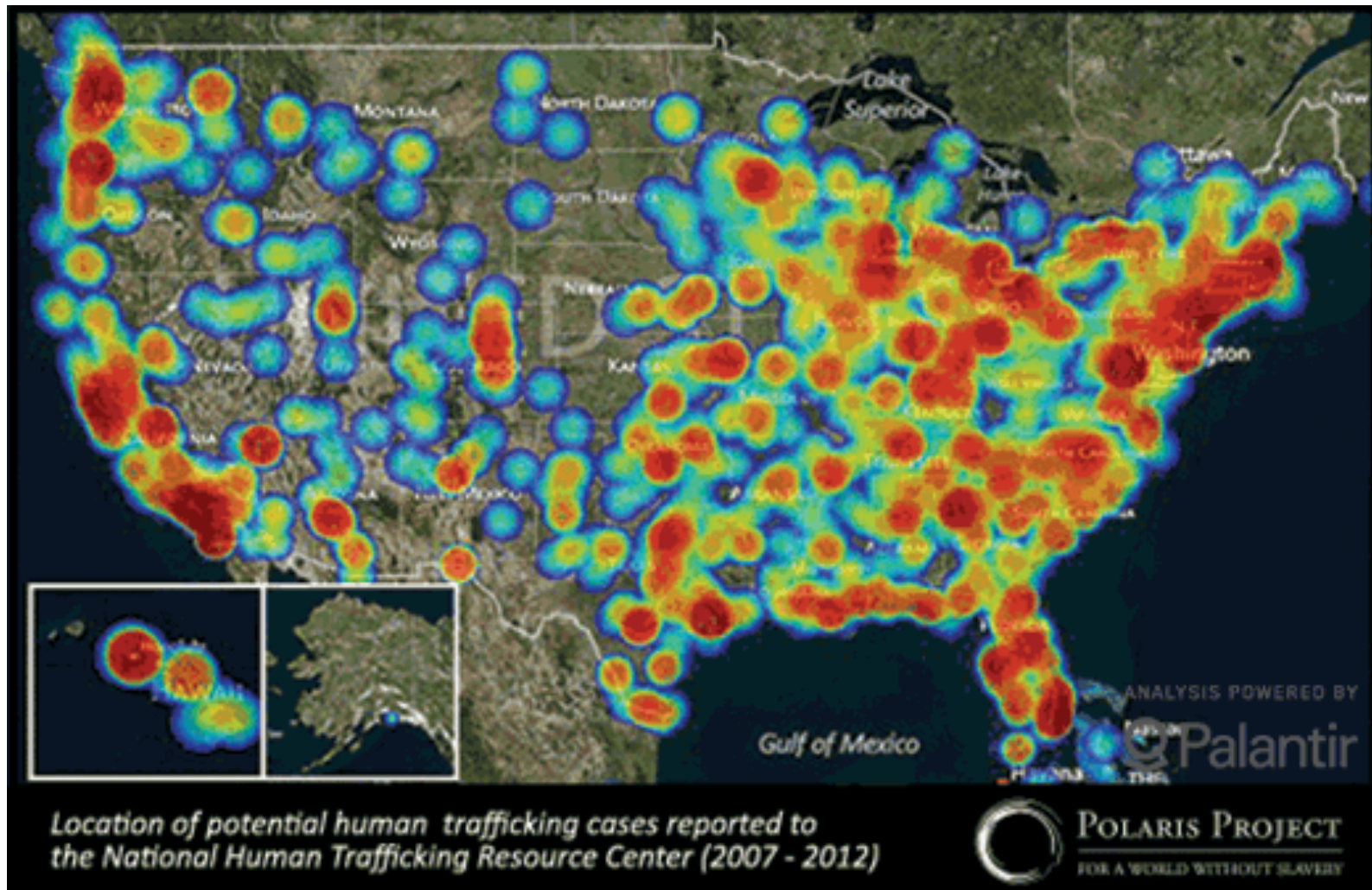
Fact: Foster care children are targeted by traffickers because of their need for love, affirmation, and protection.

<https://www.ojjdp.gov/pubs/250199.pdf>

Rural and Urban Communities

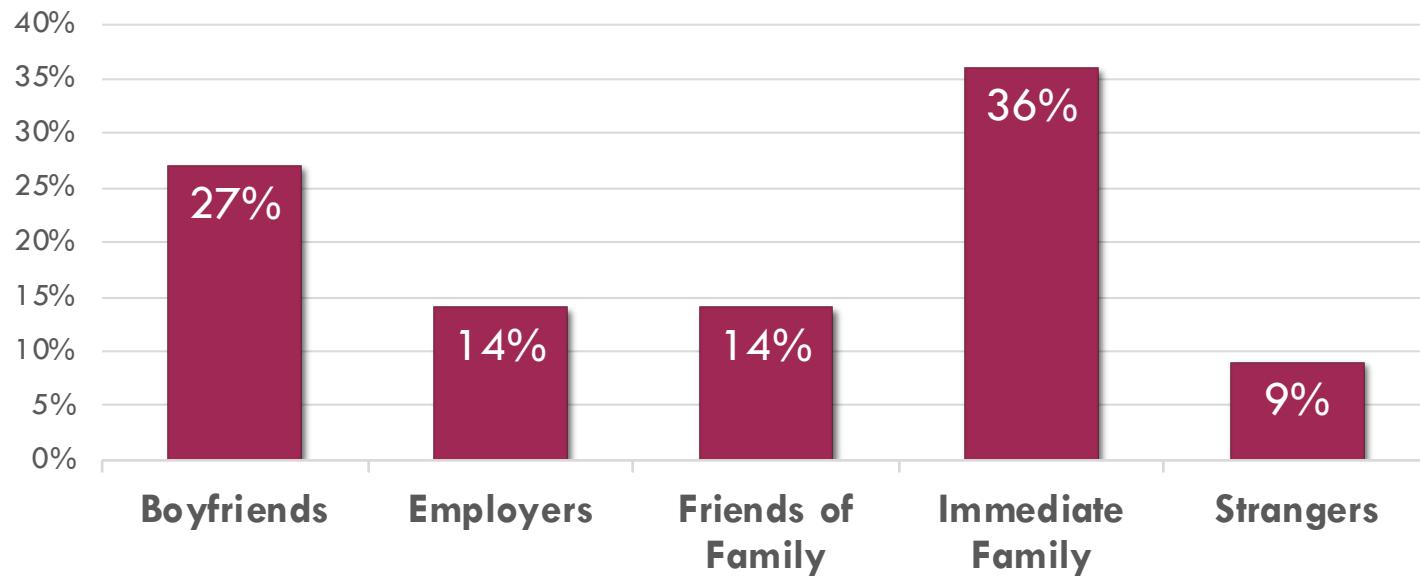


21



Common Relationships Between Victims and Traffickers

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Covenant House New York and Fordham University's Applied Developmental Psychology Department. Homelessness, survival sex, and human trafficking as experienced by the youth of Covenant House New York. May 2013.
<https://traffickingresourcecenter.org>





Boys can be trafficked too

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MEN AND BOYS – RISK FACTORS & OTHER CONSIDERATIONS

Child pornography contains over 50% boys.



Image Source: Google Images





Court Room Safety

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For future training:
Trish 619.884.1079
TISH.CALI@gmail .com

Image Source: Google Images

Red Flags & Indicators

...with **Trish Martinez**, (*Mesa Grande Band of Mission Indians*)

Native Liaison: San Diego Regional Human Trafficking-
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Use the Chat Box to...



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SHARE:

Who do you think owns the internet? Who's responsible for what goes up on the internet and who do you report to?

Social Media

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Social Media: Know the Repercussions



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DIGITAL MORALITY

- Sex is not sex
- Killing is not killing
- Morality or immorality is not a factor
- Sin on the internet, is not sin!!

• BECAUSE IT IS NOT REAL!

The internet is a world without consequences, correct?



Test your Knowledge

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Sex-Related Acronyms:

- ❖ IWSN:
- ❖ GNOC:
- ❖ NIFOC:
- ❖ LH6:
- ❖ CU46:
- ❖ 53X:
- ❖ CD9:
- ❖ 9:
- ❖ 99:



- ❖ KPC:
- ❖ POS:
- ❖ SUGARPIC:
- ❖ LMIRL:
- ❖ 8:
- ❖ TDTM:
- ❖ IPN:
- ❖ WTPP:
- ❖ GYPO:
- ❖ PIR:

Test your Knowledge

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Sex-related Emoji's



Image Source: Google Images

Human Trafficking Quick Guide



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EMOJIS USED BY TRAFFICKERS TO SELL YOUTH

Know, so you can keep youth safe



1 SINGLE CROWN

A single crown indicates the victim is advertising themselves and does not deal with a trafficker.



2 DOUBLE CROWN

A double crown indicates the victim is advertising themselves and deals with their trafficker.



3 HOW \$\$\$ TO BUY

The number of roses may indicate the youth's price (how much it costs to buy her or him).



4 VIRGINITY

A cherry or cherry blossom implies youth virginity, or that they are underage.



5 YOUTH IS A MINOR

Child Trafficking SEX RELATED ACRONYMS

It's important to know the hidden language that traffickers use to communicate with their victims.

IWSN I want sex now

GNOC Get naked on camera

NIFOC Naked in front of computer

LH6 Let's have sex

CU46 See you for sex

53X Sex

CD9 Parents around/Code 9

9 Parent(s) watching

99 Parents gone

PIR Parents in room

KPC Keeping parents clueless

POS Parents over shoulder

SUGARPIC Suggestive or erotic photo

LMIRL Let's meet in real-life

8 Oral sex

TDTM Talk dirty to me

LDN



Social Media Safety

...with **Trish Martinez**,
(Mesa Grande Band of
Mission Indians)

Native Liaison: San Diego
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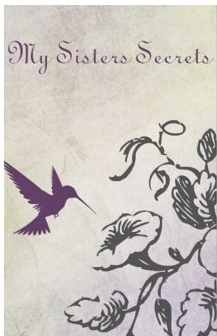
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Washington State Department of
CHILDREN, YOUTH & FAMILIES

What percent of Native youth say they do the following on a DAILY basis?



76%

Go online from a phone or mobile device



63%

Visit facebook

62%



use snapchat



53%

view instagram



45%

see references to drugs or alcohol on social media

44%

see people stirring up drama on social media



35%

see references to violence on social media



29%

see people posting concerning messages (depression, suicide, self-harm, etc)

HELP AND SUPPORT
24%

experience people supporting them through tough times on social media

Chat Roulette

34



Partner



You



> Connected, feel free to talk now

You: Hi. Wanna see my huge instrument?

Stranger: what do you mean by instrument :|

You: wait

You: I'll show you

Stranger: i don't know if i want you to

Engage in Screen Time

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Image Source: Google Images



“Omegle” Talk to strangers with video

- **How to Get Unbanned from Omegle: 15 Steps (with Pictures)**
- **Is it illegal for me to masturbate on Omegle?**
- **How to find dirty kids on Omegle :) –**

Are phones allowed everywhere?



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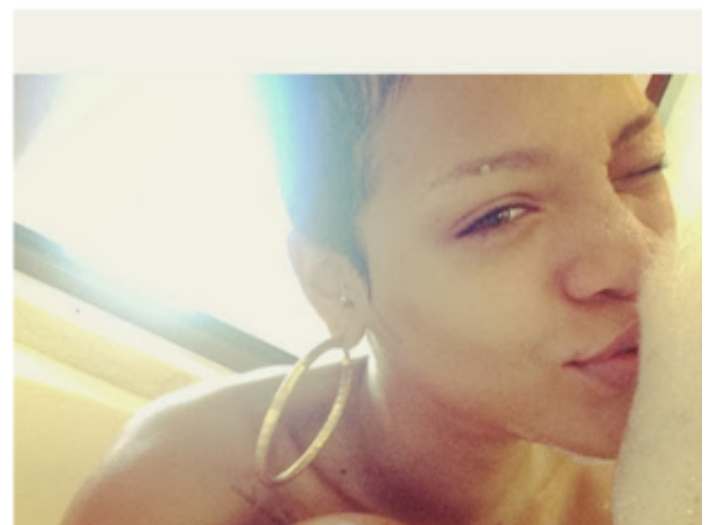


Image Source: Google Images



Vulnerable Youth

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FBI warns **children in isolation** may be more vulnerable to predators

Online Child Exploitation

Discuss Internet safety

Review and approve games and apps

Check privacy settings

Monitor your children's usage

Check your children's profiles

Images posted online will be permanent

If a child is asked to engage in sexually explicit activity

Children should not be afraid to tell

Calculator App's

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At First Glance

- These apps are popular because they help a student to hide their behavior from their parents.
- Many of these apps help students to hide their sexting photos and other inappropriate images/videos from prying eyes.



Internet Filter Software



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Internet Filter Software

~ BARK.us

~ \$5 to \$14 per month

~ TeenSafe

~ \$14.95 a month

Net Nanny: shows you what your child do online and lets you identify info that is to never to leave the PC. Home address. Credit card. Etc.

AVG Family Safety monitors chat rooms and social network sites, filters, website based on age appropriate content, etc.

Web Watcher: Collects data about the user activity on PC or mobile devices and creates a detailed time tracking and activity reports available online.



Support

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Adults and community members can support youth by

- ❑ Cultural & Community Connections
- ❑ Developing/strengthening healthy relationships and permanent connections
- ❑ Being consistent and following through
- ❑ Facilitating pro-social activities
- ❑ Giving choices and promoting self-determination
- ❑ Maintaining a compassionate and non-judgmental attitude
- ❑ Meeting their immediate needs (medical, housing, etc.)

Recommendations

...with **Trish Martinez**,
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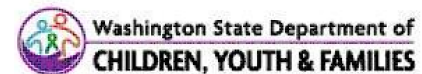
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PARADIGM SHIFT

A change from
one way of
thinking to
another.





Culture as Prevention

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Looking at the Whole Person Healing

- Prioritize:
 - ▣ Spiritual Healing
 - ▣ Resilience
 - ▣ Increased Protective Factors
 - ▣ Culture

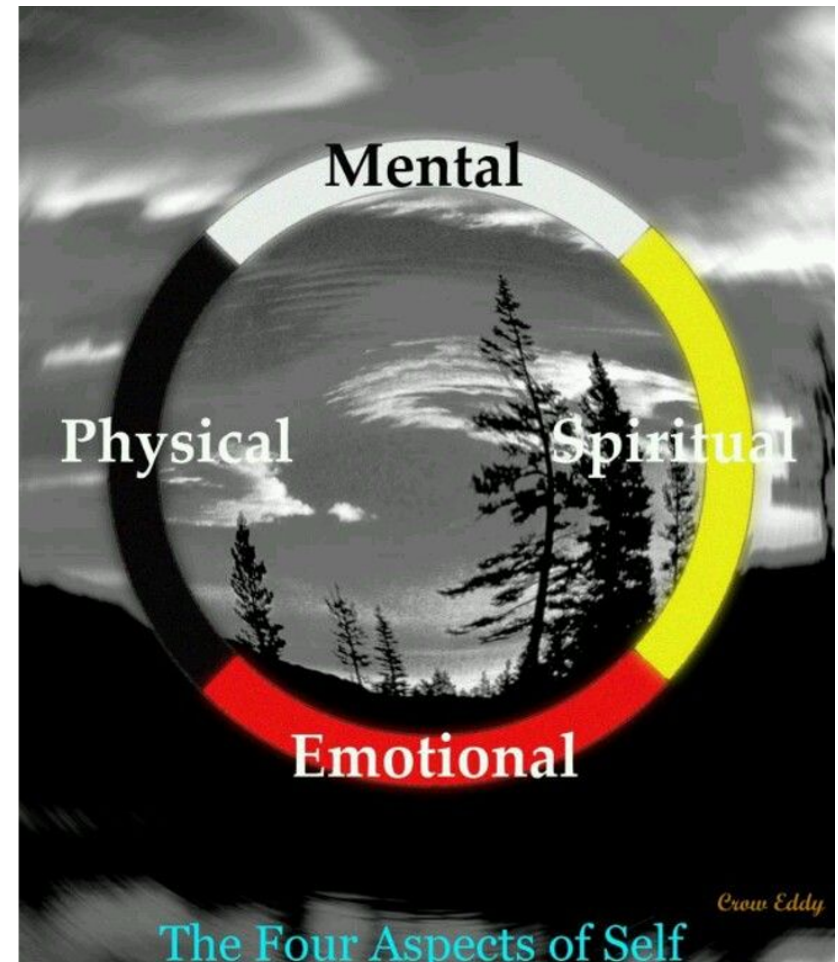


Image Source: Google Images

Spiritual Healing

We are emotional, mental,
physical, and spiritual.
We are spiritual beings on a
human journey, not human
beings on a spiritual journey.





Get Folks Involved

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- ❑ Elders
- ❑ Youth
- ❑ Community Leaders

Call to Action!

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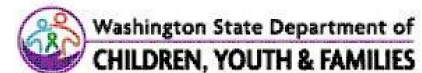
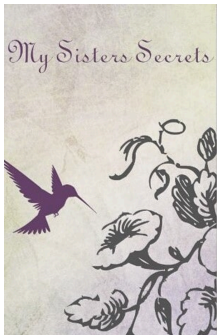
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Include Survivor Leaders

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Image Source: Google Images

Nothing about
us, without us!
“By and For”

Promising Practices

Honoring Culture and Tradition



48

- Modeling of traditional behavior
- Offering sage, sweet grass, or something to drink in a warm, caring environment
- Traditional healing, sacred medicines, ceremonies
- Welcome home ceremonies
- Wiping Away the Tears (Lakota)
- Naming ceremony
- Making relatives
- Connect to Elders
- Talking Circles



Image Source: Google Images



Recommendations

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- ☒ Work with Schools
- ☒ Train Staff
- ☒ Develop Policies & Procedures
- ☒ Strength-based Education
- ☒ Know Local Services
- ☒ Build Opportunities
- ☒ Cultural & Western Healing



Collaborate

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TAKE ACTION

Tribal government, coalitions, and organizations and state and federal governments need to work together to effectively combat human trafficking in Indian country.

Why?

- ❑ Leverage resources
- ❑ More effective response to incidents of human trafficking
- ❑ Greater agency buy-in or support of anti-trafficking efforts
- ❑ Joint training opportunities
- ❑ Promote a unified message on human trafficking to tribal communities



Collaborating is Key

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TAKE ACTION



National Human Trafficking Hotline

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**NATIONAL
HUMAN
TRAFFICKING
HOTLINE**


1-888-373-7888

- Comprehensive service referrals for potential victims of human trafficking
- Tip reporting to trained law enforcement
- Data and trends on human trafficking in the United States
- **Text HELP to 233733 (BEFREE)** to get help for potential victims of human trafficking or to connect with local services.



Everyone had a Role

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**EVERYONE
HAS A
ROLE**

- ***Families - Parents***
- ***Neighborhoods – Homeowners***
- ***Healthcare workers – 1st Responders***
- ***Taxpayers – Real estate agents***
- ***Hotel workers – Meter readers***
- ***Business owners – Letter carriers***
- ***Teachers – Landlords***

What Can I Do?

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WHAT CAN I DO?

COMFORT & CARE

- **Provide financial support to other agencies in order to meet an immediate need of a client.**
- **A utility or medical bill payment.**
- **Educational or State document fee's.**
- **An airline ticket for the client to return home.**

When You Think Nobody Cares



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Donated items needed
for *female/male
To Go Packs:

- Girls/Boys pajamas
(Elastic waist pants and sleep shirt. All adult sizes needed.)
- Socks (1 pair)
- Blanket
- Journal or spiral-bound notebook – Pens (2)
- Hairbrush
- Shower puff and shower gel (travel size)
- Shampoo (travel size)
- Chap Stick
- Small stuffed animal (with tags still attached)
- *Tampons (2) and liners (2) in a small Zip Loc bag
- Lotion (travel size)
- Deodorant (travel size)
- Granola bar (no chocolate) – Bottled Water
- Mini flashlight with batteries
- Small hand sanitizer
- 'Freedom' bracelet

Self-Care





Enhancement Activity

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Self-Care Plan - YOUTH

My Self-care Plan

This activity was created as an Enhancement Activity for [Healthy Native Youth](#).

Activity Overview: Self-care Plan (~30 minutes)

Age Groups: Middle School, High School, Young Adults

Activity Purpose:

The primary purpose of this activity is for youth to create a self-care plan that includes selecting positive self-talk statements.

Folks will:

- select “self-care” activities and “positive self-talk statements, to
- create a “self-care plan”

Activity Outline	Core Content Components	Instructional Method	Timing
Welcome and Icebreaker	<ul style="list-style-type: none">• Welcome youth• Icebreaker	Minilecture	5 minutes Time varies
Self-Care Strategies	<ul style="list-style-type: none">• Creating My Self-care Plan• Use Handouts:<ul style="list-style-type: none">• <i>My Self-Care Plan</i>	Minilecture Individual & Small Group Work Large Group Activity	15 minutes
Closing	<ul style="list-style-type: none">• Reflection on learning• Cultural Teaching (if time allows)	Large Group Reflection	5 minutes

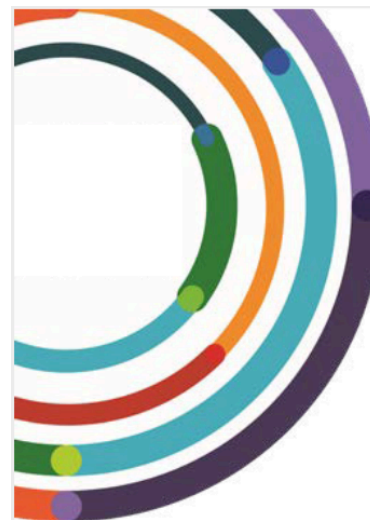
Materials:

- *My Self-Care Plan* Handout - -- enough for each person

Preparation:

- Print enough handouts for each youth of:
 - *My Self-Care Plan*, p. 5
- Consider inviting local mental health professionals to introduce themselves to folks and let them know of their services, fees (if applicable), hours, and location.

Self-Care Plan - ADULTS



My Self-Care Plan for Elders/ Adults

Created for Healthy Native Youth



Enhancement Activity

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My Self-Care Plan

The things you do and the way you talk to yourself matters!
Be your best self by selecting activities that nurture your soul.

Create a Self-care Plan...

How you take care of yourself affects how you think, feel, your sense of who you are, and your place in this world.

Select three activities from the example box below (or create your own!), that will help to nourish your mental, spiritual, physical, and social self. Then select a positive self-talk statement that you can say to yourself when you need a little encouragement.

1: Select three Self-Care Activities

My 1st Self-care Activity is...

My 2nd Self-care Activity is...

My 3rd Self-care Activity is...

Examples of Self-care Activities:

Start a Journal, Unplug, Take a Walk, Pray, Talk to an Elder, Plant a garden, Make Art, Sit by a body of water, Make a funny video, Sing, Trim my nails, Volunteer, Play with my pet, Dance, Write, List 3 things I'm grateful for, Talk to a Friend, Take a Shower, Breathing Exercises, Listen to Music, Read a Book, Daydream, Play Basketball, Write a song, Eat with my family, Look at the Stars, Connect with my Culture, Be nice to Someone, Laugh, Sweat, Learn my Language. Nap...Create Your Own!

2: Select a Positive Self-talk Statement

My Positive Self-talk Statement is...

Examples of Positive Self-talk Statements:

I am Strong, I am Loving, I am Special, I am a good person, All is well - right here - right now, I control my choices, I am working towards my goals, I can treat myself gently and with kindness, I have gifts, I am taking things one step at a time, I have a purpose, I have all that I need, Today I will look for the good, I am learning to take care of myself, I am freaking awesome!...Create your Own.

3: Live it!

Make these activities and positive self-talk statements part of your daily life. This can help you to be the best version of yourself. Go you!



www.weNative.org
www.healthynativeyouth.org

Resources

...with **Trish Martinez**,
(Mesa Grande Band of
Mission Indians)

Native Liaison: San Diego
Regional Human Trafficking-
CSEC Advisory Council

Email: tish.cali@gmail.com,
Phone: 619.884.1079

...with **Jeri Moomaw**,
(Shoshone/Cree)

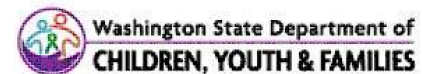
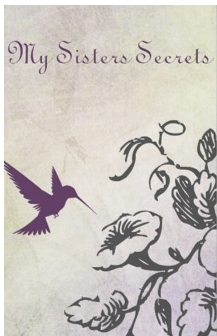
Exec Director: Innovations
Human Trafficking
Collaborative (IHTC)

Email:
jeri@innovationshtc.org,
Phone: (833) 201-0940

...with **Betsy Tulee**,
(Makah Nation)

Tribal Liaison/ ICWA
Consultant: Department of
Children, Youth and Families

Email:
betsy.tulee@dcyf.wa.gov,
Phone: 360-631-9735



Human Trafficking Quick Guide



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- ❑ Signs of Youth Trafficking
- ❑ Acronyms
- ❑ Emoji's
- ❑ Parental Control Apps
- ❑ Grace Bags
- ❑ Resource Handout

Signs of Youth Trafficking

Here are some red flags and indicators that may clue you in that a youth is being trafficked.

Physical Clues

- Traffickers often use violence to retain control
- Signs of sexual assault or abuse
- Sometimes bruises are hidden under the hair or clothing
- Dark glasses, broken bones
- New Tattoos



Changes in Lifestyle

- Multiple cell phones you didn't buy
- Always texting on cell
- Has an unusually large number of friends on social networks, cell phone contacts
- Alluring messages from others:
 - "You're beautiful" or
 - "Can I be your friend?"
- Messaging and pictures allude to sexual activity
 - Sexting
 - Sending or posting nude/sexually related photo
- Profile photo is sexually provocative
- Posting with other young females or adults whom you do not know
- Pictures with sexually revealing poses (used in ads)
- Internet/web history shows access to certain websites used to post escort ads and solicit sex buyers
- Hotel key card(s)
- Clothing, shoes, a wardrobe you didn't buy
- Has hair and nails done regularly
- Dresses inappropriately or carries a change of clothes
- New, expensive purse, jewelry or other luxury items, gifts
- Prepaid credit cards (traffickers provide these for ads & escorts)



Behavioral Clues

- Quickly escalates to anger or defensiveness; trying to hide something
- Depression or anxiety
- Reclusive, no eye contact, ashamed, PTSD, depression, suicidal
- Self-blame/self-loathing
- Loss of sexual desire, feelings, or response



Social Clues

- Changes in use of language or terminology
- May have an adult boyfriend/girlfriend or close adult companion
- Their friends are not a group they would normally have
- Traffickers will isolate victims from others & closely monitor them



Changes in Habits & Patterns

- Sleep deprivation or sleep cycle is off, nightmares
- Appears malnourished
- Hyper-sexualization
- Grades drop, tired, late or missing of school
- Frequently runs away from home
- Drug use or increase in drug use
- Is gone a lot yet doesn't explain why, or to where
- His or her story doesn't add up
- Trust issues, difficulty maintaining relationships
- Disconnection from family, community
- Teen pregnancy





Human Trafficking Resource

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Quick Resource List

- ❑ Crisis Hotlines
- ❑ Training & Materials
- ❑ Print Materials
- ❑ Text Messaging
- ❑ Videos
- ❑ Social Media Channels

HUMAN TRAFFICKING & MMIR RESOURCES

CRISIS HOTLINES

National Suicide Prevention Lifeline
Call (24/7): 1-800-273-8255
Text: "START" to 741741
<https://suicidepreventionlifeline.org/>

Human Trafficking Hotline
Call (24/7): 1-888-373-7888
Text HELP to 233733
<https://humantraffickinghotline.org/>

RAINN - National Sexual Assault Hotline
Call (24/7): 1-800-656-HOPE
<https://www.rainn.org/>

Stronghearts - Native Domestic Violence Helpline
Call (7am-10pm CST): 1-844-7NATIVE
<https://www.strongheartshelpline.org/>

Love is Respect - National Domestic Violence Hotline
Call (24/7): 1-866-331-9474
Text: "loveis" to 22522
<https://www.loveisrespect.org/>

TRAININGS & MATERIALS

SOAR ONLINE
<https://www.train.org/resources/01/5d/26/ae616de82d66f5c1d98ca62af1.pdf>

QUESTION, PERSUADE, REFER, INSTITUTE
<https://qprinstitute.com/>

INNOVATIONS HUMAN TRAFFICKING COLLABORATIVE
www.innovationshtc.org

SOVEREIGN BODIES INSTITUTE
www.sovereign-bodies.org/

HOMELAND SECURITY - BLUE CAMPAIGN
www.dhs.gov/blue-campaign

OFFICE FOR VICTIMS OF CRIME - HUMAN TRAFFICKING
<https://ovc.ncjrs.gov/humantrafficking/>

PRINT MATERIALS

NATIVE YOUTH TOOLKIT ON HUMAN TRAFFICKING
https://www.acf.hhs.gov/sites/default/files/otip/native_youth_toolkit_on_human_trafficking.pdf

RIGHTS4GIRLS
<http://rights4girls.org/>

SEX TRAFFICKING IN INDIAN COUNTRY ADVOCACY CURRICULUM
<https://www.tribaltrafficking.org/sex-trafficking-advocacy-curriculum>

TEXT MESSAGE SERVICES

National Human Trafficking Hotline
Text "HELP" to 233733

National Suicide Prevention Lifeline:
Text "START" to 741741

Love is Respect:
Text "loveis" to 22522

VIDEOS

The Life Story
www.thelifestory.org

Ask Auntie & Ask Uncle
www.weRnative.org

SOCIAL MEDIA

@Rights4Girls

@Human Trafficking in Indian Country

@weRnative

@iknowmine

Discussion Time: Use the Chat Box...

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Use the Chat Box
to tell us what
you think...

What do we
KNOW? What
can we *SHARE*?



HEALTHY
NATIVE
YOUTH

Find Curriculum on Healthy Native Youth



Search for lessons, subjects and videos



HOME

CURRICULA & LESSONS

RESOURCES & SUPPORT

ABOUT

find curricula

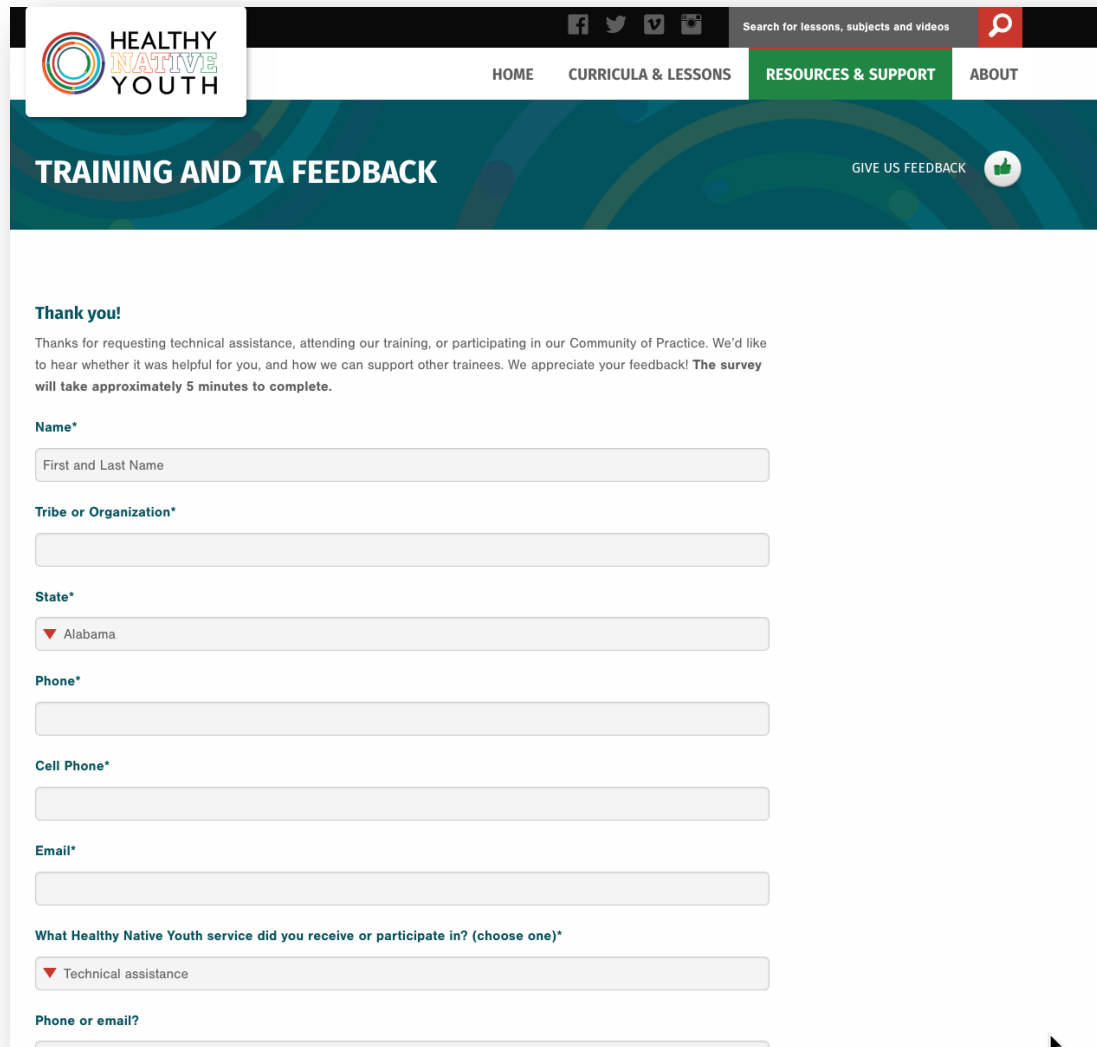
RAISING HEALTHY NATIVE YOUTH THROUGH CULTURALLY RELEVANT HEALTH EDUCATION

ENGAGING. RELEVANT. EFFECTIVE.

HealthyNativeYouth.org contains health promotion curricula and resources for American Indian and Alaska Native

How are we doing?

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The screenshot shows the 'TRAINING AND TA FEEDBACK' form on the Healthy Native Youth website. The header includes the logo, navigation links (HOME, CURRICULA & LESSONS, RESOURCES & SUPPORT, ABOUT), a search bar, and a 'GIVE US FEEDBACK' button with a thumbs-up icon. The form content includes a 'Thank you!' message, a survey description, and several input fields: Name* (First and Last Name), Tribe or Organization*, State* (Alabama), Phone*, Cell Phone*, Email*, What Healthy Native Youth service did you receive or participate in? (choose one)* (Technical assistance), and Phone or email*.

HEALTHY NATIVE YOUTH

HOME CURRICULA & LESSONS **RESOURCES & SUPPORT** ABOUT

Search for lessons, subjects and videos

TRAINING AND TA FEEDBACK GIVE US FEEDBACK

Thank you!

Thanks for requesting technical assistance, attending our training, or participating in our Community of Practice. We'd like to hear whether it was helpful for you, and how we can support other trainees. We appreciate your feedback! **The survey will take approximately 5 minutes to complete.**

Name*

First and Last Name

Tribe or Organization*

State*

▼ Alabama

Phone*

Cell Phone*

Email*

What Healthy Native Youth service did you receive or participate in? (choose one)*

▼ Technical assistance

Phone or email*

Fill out a Training
& TA Feedback
form and...

Receive some
HNY swag!

Sign up for Newsletter



SIGN UP TO RECEIVE CURRICULA UPDATES

FIRST NAME

LAST NAME

TRIBE OR ORGA

CELL PHONE

EMAIL ADDRESS

SIGN UP

Coming Soon...

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Talking is Power One pager

Ya'at eeh! My name's Michelle! My pronouns are she and her. Give yourself a high five from me. I'm glad you're here!

What's a rule you have for your relationships? How can you respect other people's rules and boundaries?

TALKING IS POWER
A Text Messaging Service for Parents and Caring Adults

Talking with youth about sensitive topics is never easy, but it's important. You are your teen's biggest influencer when it comes to making decisions about sex and healthy relationships.

Text EMPOWER to 97779

You'll receive up to 3 text messages per week with conversation starters, tips, video demonstrations, and words of encouragement.

We'll cover sexual health, pregnancy, STDs, and consent. You don't need to have all the answers, you just need to start talking - be open and honest - and keep at it. Talking with your teen will help them make healthy decisions.

#TalkingIsPower #weRnative #HealthyNativeYouth

www.healthynativeyouth.org
fb.com/HealthyNativeYouth
Listserve: Text "YouthNews" to 22828
https://www.instagram.com/healthynativeyouth/
@HealthyNativeYouth
native@npaihb.org

HEALTHY NATIVE YOUTH

CURRICULA LESSON PLANS HANDOUTS RESOURCES

Talking is Power Postcard

TALKING IS POWER
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#TalkingIsPower #HealthyNativeYouth #weRnative

CURRICULA LESSON PLANS HANDOUTS RESOURCES

www.healthynativeyouth.org
fb.com/HealthyNativeYouth
Listserve: Text "YouthNews" to 22828
https://www.instagram.com/healthynativeyouth/
@HealthyNativeYouth
native@npaihb.org

HEALTHY NATIVE YOUTH

SIGN UP TO RECEIVE UPDATES VIA TEXT MESSAGE
TEXT "HEALTHY" TO 97779

Stay Connected: Our Virtual Family

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1. Like or Follow *Healthy Native Youth* on Facebook or IG,
2. Stay Connected Virtual Bingo



Instagram

Promotional Materials



**HEALTHY
NATIVE
YOUTH**

www.healthynativeyouth.org
[@healthyN8Vyouth](https://twitter.com/healthyN8Vyouth)
Listserve: Text "YouthNews" to 22828
Text Message: Text "Healthy" to 97779
[fb.com/HealthyNativeYouth](https://www.facebook.com/HealthyNativeYouth)
native@npaihb.org



ENGAGING. RELEVANT. EFFECTIVE.

HealthyNativeYouth.org is a one-stop-shop to expand learning opportunities for Native youth. The site includes curricula, trainings, and tools to help you deliver age-appropriate health programs.



NEW: April 22nd – CoP Support Call

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Please join us for an additional call on, Tuesday (4/21) at 10-11am PST, for:

1. Tips for Taking Care of Ourselves
2. Support our Communities
3. Cope with Loss of Connection

As we leave this session, let's take a moment to practice sending kind thoughts to those we love and to those we don't...



Thinking Ahead...

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□ **Who Can I invite to the next call?**

Youth Identity & Healthy Relationships

Guest Speakers: Jillene Joseph (Gros Ventre), Native Wellness Institute & Jeremy Fields (Pawnee), THRIVE UNLTD

Date: May 13, 2020 (Wed.), 10-11am PST

NEW: 30 minutes of additional TA, 11-11:30am PST

□ **Ahead of the Game:**

- **How does your relationship with yourself influence how you support youth with their identities and relationships?**

COMMUNITY OF PRACTICE

2020 Schedule

- **1/8/20** Who's the Best Health Educator Around?
Brush up on your Programming & Youth Skills
- **2/12/20** 2SLGBTQ Inclusion in the Community & Classroom
- **3/11/20** Supporting Youth Experiencing Trauma in the Classroom & Beyond
- **4/8/20** Social Media Protective Factors Against Human Trafficking & MMIR (2 hour session)
- **5/13/20** Youth Identity & Healthy Relationships
- **6/10/20** Prevention: Emerging Topics & Challenges
Youth Face
- **7/8/20** Raising Healthy Native Youth: Creating Positive Pathways

Watch Previously Recorded Sessions:

1. Go to Healthy Native Youth website:
<https://www.healthynativeyouth.org/>
2. Go to Resources & Support Tab
3. Go to Recorded Sessions & Handouts

Text HEALTHY to 97779 to stay connected.

We welcome you to join in Healthy Native Youth's Community of Practice monthly virtual gatherings that include new resources and opportunities to engage with topical experts and others!

Second Wednesday of Every Month

10:00-11:00 AM PST

HEALTHY
NATIVE
YOUTH

How to Join

**AT THE TIME OF MEETING,
JOIN US VIA ZOOM:
[HTTPS://ECHO.ZOOM.US/J/458332611](https://echo.zoom.us/j/458332611)**

**JOIN BY PHONE ONLY:
+1 669 900 6833
MEETING ID: 458 332 611
PRESS *6 TO MUTE YOUR LINE
WHEN NOT SPEAKING**

Thank you! Other questions?

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Contact:

Amanda Gaston

agaston@npaihb.org



This project is funded by the Indian Health Service HIV and behavioral health programs. This work is also supported with funds from the Secretary's Minority AIDS Initiative Fund.





HEALTHY NATIVE YOUTH

**SOCIAL MEDIA PROTECTIVE FACTORS AGAINST HUMAN
TRAFFICKING & MISSING & MURDERED INDIGENOUS
RELATIVES**

**GUEST SPEAKERS: TRISH MARTINEZ, JERI MOOMAW, BETSY
TULEE**

April 8, 2020 from 10am-12pm PST