



Signs of Human Trafficking

Social Media Toolkit

Who We Are:

JTM's (Join the Movement Events, Inc. a 501©3 non-profit) mission is to teach awareness and education about human trafficking and it's affects in local communities. We work with law enforcement, health care professionals, hospitality professionals, schools, libraries, government, non-government, civil organizations, clubs, LGBTQ+, addiction support groups and private organizations and advocating for victims. We also provide advocacy for victims of this health crisis.

What's included in this packet?

This toolkit offers tips and resources that should help you inform and educate yourselves and your family, neighbors, and community about social media's role in human trafficking.

Human trafficking is modern-day slavery and involves the use of force, fraud, or coercion to obtain some type of labor or commercial sex act. *Traffickers* use force, fraud, or coercion to lure their victims and force them into labor or commercial sexual exploitation.

Every year, tens of thousands of men, women, and children are trafficked in the United States. It is estimated that human trafficking generates many billions of dollars of profit per year, second only to drug trafficking as the most profitable form of transnational crime.

Human trafficking is a hidden crime as victims rarely come forward to seek help because of language barriers, fear of the traffickers, and/or fear of law enforcement.

Traffickers look for people who are susceptible for a variety of reasons, including psychological or emotional vulnerability, economic hardship, lack of a social safety net, natural disasters, or political instability. The trauma caused by the traffickers can be so great that many may not identify themselves as victims or ask for help, even in highly public settings.

Social media is the new "mall" and is widely used by predators to groom and exploit their victims. As a result, education and awareness and teaching our youth is increasingly helpful in recognizing the unique role our youth can play in preventing and disrupting this crime among their peers.

Traffickers are capitalizing on the lack of awareness around this issue within our youth. All too often, they continue to exploit their victims unchecked because we as a community do not know what to look for.

www.jtme.org

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Do you believe your child is ready for a cell phone?

Adapted from Familiesmanagingmedia.com

Many parents jump right on the cell phone bandwagon and assume that their child needs a cell phone. They don't really think it is a great idea, but their kids are wearing them down and they don't want their child to be the one left out. Sometimes, they even just want the convenience of reaching their child whenever they want. Before you buy, consider the following questions.

Why does your child NEED a phone?

What is the purpose for your elementary age child to have a phone? Middle school? High school? Write out the distinct purpose.

- Is the child in a dangerous situation daily?
- Is the child unsupervised daily?
- Are driving?
- Are they walking to sports in a rough part of town after school without an adult?
- Is the child moving between two homes in a divorced family? If this is the case, does he need access to his phone all through the school day or just weekends? During visitation?
- Are they socially fragile and you think a phone will help their social development?

One way to assess if your kids are mature enough for a phone is to look at how they are progressing developmentally. Maturity, impulse control, judgement, and low risk-taking are all needed for responsible cell phone use.

Your child is not ready for a cell if YOU are still:

- Reminding them to brush their teeth
- Cutting their meat at dinner.
- Listening to their inappropriate bathroom humor
- Ordering their meals from the kid's menu
- Cleaning their room for them.
- Retrieving their lost and found items from school for them.
- Cringing because they can't "control their mouth"
- Noticing regular social impulse control issues like gossiping or teasing others.

Your child may be getting close if they:

- Do their own laundry on a regular basis.
- Make their own school lunches
- Wake up in the morning without your help
- Speak confidently to adults and friends and make eye contact
- Plan for events (pack for a trip)
- Get a driver's license
- Secure an after-school job and pay for monthly cell service.

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Let's have a conversation about electronics and social media

Age Restrictions:

Due to the Children's Online Privacy Protection Act, websites that collect personal information are not able to collect information from a child under the age of 13. Thirteen is the minimum age required for all social media sites.

Tips & Recommendations:

- Just because you "friend" or "follow" your child does not mean that you have access to everything they see. You may see what they post but may not see what their friends are posting.
- Knowing your child's passwords should be mandatory. Let your child know that you may be accessing their accounts.
- Consider being the "keeper" of your child's Apple ID. If they have to ask you to add an app, you'll always know what apps and social media sites they are using.
- Always keep open communication about electronics and social media.
- Set aside certain times during the day as "electronic free" times. No phones or tablets during dinner.
- Have an electronic turn-in routine at bed time. Electronics too close to bed time can cause problems with sleep! At least one hour before bedtime.
- If your child wants an app that you don't know much about, check it out for yourself first.
- Teach Netiquette: Consider the "Grandma Rule." Encourage your child to always think about how their Grandma (teacher, principal, etc.) would feel if they saw the post.
- Talk about Cyberbullying and what to do if it happens.
- Posts on the internet can last FOREVER!
- Parents should know the lingo.
- Phones/Tablets are a privilege and not a right.
- Don't skip out on face-to-face time to spend time online.
- If you allow a social media site, set privacy settings together.
- Talk about internet safety
 - Kids should only "friend" people they know in real life.
 - Kids should never meet someone they only met online.
 - Don't share personal information.
 - Use the privacy settings!
 - Identify trusted adults they can talk to about internet safety concerns.

Resources:

CommonSenseMedia.org – Ratings on books, movies, apps, and games

InternetSafetyProject.org – How-to articles

Netlingo.com/acronyms.php – Common internet acronyms

Netsmartz.org – Information for parents, teens, and kids

Your cellular provider – AT&T, Verizon...

Apple

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[Dangerous Apps and Why?](#)

Thank you to familyeducation.com and Internet Crimes Against Children

We try to keep the dangerous apps as up to date as possible but with today's technology it changes daily. The following is just a few apps listed, why they were created and what the problem is. Parents, we urge you to be aware of what is on your youth's cell phone. You should also be aware of "Jailbreaking" an iPhone or "rooting" an Android phone. This basically means hacking your own device to lift restrictions on allowable applications. The user can then download third-party apps not sold in the App Store or Google Play store. It's hard to say how many teens have jailbroken their mobile device, but instructions on how to do it are readily available on the Internet. "Cydia" is a popular application for jailbroken phones, and it's a gateway to other apps called "Poof" and "SBSettings" which are icon-hiding apps. These apps are intended to help users clear the clutter from their screens, but some young people are using them to hide questionable apps and violent games from their parents. Be aware of what the "Cydia" app icons look like so you know if you're getting a complete picture of your teen's app use.



GamePigeon: is a gaming app designed for iOS devices that can specifically be used within the Messages app. Available games include "8 Ball", "Checkers", "Four in a Row", "Word Hunt". It has received positive feedback for allowing introverted people to play games with others in multiplayer format and for providing distanced entertainment throughout the pandemic.

Problem: This app has in-app purchasing available so younger children can easily run up significant bills without realizing what they are doing. Parents may also want to establish time limits during the use of this app if they are concerned about screen time.



Houseparty: is a video chatting app that's open. Friends can communicate with each other through live video and texts in chat groups. It has become particularly popular throughout the COVID-19 pandemic as a way for tweens, teens, and adults to stay in touch and hang out while maintaining physical distance.

Problem: There's no screening and the video is live, so there's nothing to keep kids from inappropriate content. Users can send links via chat and even take screenshots. There's also nothing keeping friends of friends joining groups where they may only know one person.



IMVU: This is a virtual world game like SIMS. Users interact with each other as avatars. IMVU stands for Instant Messaging Virtual Universe.

Problem: There is nudity and sexual encounters in areas that are for 18+, but there is sexual talk and behaviors in the regular area of IMVU as well. There is a Chat Now feature that randomly pairs users with other users and can lead to inappropriate pairings and interactions. All profiles are public, and there can be bullying and predators trying to get other users to share their phone numbers and to send pictures.



Instagram: This hugely popular photo-sharing site is owned by Facebook, so you may be more familiar with it than with other photo-sharing apps. Users can add cool filters or create collages of their photos and share them across Facebook and other social media platforms.

Problem: The app is rated 13+ and may be slightly tamer than Tumblr, but users can still find mature or inappropriate content and comments throughout the app (you are able to flag inappropriate content for review). "Trolls" or people making vicious, usually anonymous comments are common. A user can change the settings to block their location or certain followers, but many users are casual about their settings, connecting with people they don't know well or at all just like Facebook. Instagram is owned by Facebook.

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Kik Messenger: An instant messaging app that over 100 million users that allows users to exchange videos, pics and sketches. Users can also send YouTube videos and create memes and digital gifs.

Problem: The app is rated ages 17+, but there is no age verification so anyone can download it. Like some other instant messenger apps, Kik allows your teen to connect with others using just a username. But it begs the question: Should teens be texting with people beyond their phone contacts? Reviews in the App Store and Google Play store reveal that many people use Kik to meet strangers for sexting. The app has also related to cyberbullying. It's no surprise Kik has landed on some parents' "worst apps" lists.



LiveMe: This app, is a popular live streaming app. The app shares the user's location and allows users to search for who is streaming near them. *LiveMe* is a popular broadcasting platform for young people who love to share. You can find all kinds of great content including talent performances.

Problem: It has been found that pedophiles are using this popular live streaming app to manipulate underage youth into performing sexual acts, reward them with virtual currency, and post screen captures or recordings of the youth online to be sold and distributed as child porn.



Look: A free video messaging app. Users can send video (of course), text, emojis and gifs. They can also draw on and use filters on their videos.

Problem: With Look, strangers can message youth quite easily, and because there are no content filters, kids can come across inappropriate content. Users have reported cyberbullying activity and have found it difficult to delete their accounts.



MeetMe: Chat and Meet New People is popular online flirting, entertainment, and social networking app and website formerly called "MyYearbook", and has some privacy and safety concerns. Users primarily log on to interact with new people, instead of keeping up with real-life friends.

Problem: Teens, who must be 13+ and in high school to sign up (if they enter a younger age, they'll be blocked from registering), use "lunch money" or credits to do things like put their profile at the top of the homepage as a spotlight for others to see; to get "priority in match" to increase the number of "secret admirers" you get; and play online games. Much of the communication has flirty overtones.



Omegle: This app is primarily used for video chatting. When you use Omegle, you do not identify yourself through the service. Instead, chat participants are only identified as "You" and "stranger". However, you can connect Omegle to your Facebook account to find chat partners with similar interests, when choosing this feature, Omegle Facebook App will receive your Facebook "likes" and try to match you with a stranger with similar likes.

Problem: Sexual predators use this app to find youth to collect personal information from to track them down more easily in person.



Snapchat: This app allows a user to send photos and videos to anyone on the user's friend list. The sender can determine how long the receiver can view the image and then the image "destructs" after the allotted time.

Problem: It is the #1 app used for sexting, mostly because people think it is the safer way to sext. However, the "snaps" can easily be recovered, and the receiver can take a screen shot and share it with others. Also, a lot of images from Snapchat get posted to revenge porn sites, called "snap porn".



Tellonym: This is an anonymous messenger app. It calls itself "the most honest place on the internet." This app is extremely popular in middle schools and high schools, and it allows kids to ask and answer questions anonymously.

Problem: It is a regular occurrence to see cyber bullying, violent threats, and sexual content. It also offers unmonitored access to the internet. The age restrictions are inconsistent ranging from 12 to 16, but this app is inappropriate for anyone younger than being in their late teens.



Tik-Tok: Livestream kids and adults post videos of dancing and singing. It encourages users to express themselves creatively through video. Special effects can be added to the videos.

Problem: Thirteen is the minimum age, but there isn't a real way to validate age so anyone can download the app. Also, parents express concern that there is a lot of inappropriate language in the videos so it's not appropriate for young children. Lastly, by default, all accounts are set to public so strangers can contact your children.



Tinder: An app that is used for hooking-up and dating. Users can rate profiles and find potential hook-ups via GPS location tracking. The good news is, this app pulls information from user's Facebook profiles, so it is more authenticated than other apps.

Grindr: Is like Tinder but for homosexuals. There are ads that were advertising pay-to-play

Problem: The apps are rated ages 17+ but the privacy policy allows teens as young as 13 to register (the app connects with Facebook). Tinder helps people find others in their geographic location and allows users to view each other's photos and start instant messaging once both people have "liked" one another. The geo-location features and anonymous nature of the app put kids at risk for catfishing, sexual harassment, stalking, and worse.



Tumblr: Many children and young teens are also active on this 17+ photo-sharing app. It can also be used for sharing videos and chatting.

Problem: Tumblr is "too raunchy for tykes" because users can easily access pornographic, violent, and inappropriate content. Common Sense also notes that users need to jump through hoops to set up privacy settings and until then, a user's photo and content is public for all to see. Mental health experts say that Tumblr can be damaging to adolescents' mental health because it tends to glorify self-harm and eating disorders.



Voxer: This walkie-talkie PTT (push-to-talk) app allows users to quickly exchange short voice messages. They can have chats going on with multiple people at a time and just must tap the play button to hear any messages they receive. Although it largely has an adult following, including some people who use it for their job, it's becoming popular among teens who enjoy its hybrid style of texting and talking.

Problem: Hurtful messages from cyberbullies can be even more biting when they're spoken and can be played repeatedly. Surprisingly, the app is rated ages 4+ in the App Store.



VSCO: Is a photo creation app that gives users the tools to shoot, edit and post images to a profile, kind of like Instagram.

Problem: You must manually turn on privacy settings and limit location sharing. There are also in-app purchases for more serious photo editing tools that could cost you some serious money if your kid decides to download them.



Whisper: Whisper is an anonymous confession app. It allows users to superimpose text over a picture to share their thoughts and feelings anonymously. However, you post anonymously, but it displays the area you are posting from. You can also search for users posting within a mile from you.

Problem: Due to the anonymity, kids are posting pics of other kids with derogatory text superimposed on the image. Also, users do not have to register to use Whisper and can use the app to communicate with other users nearby through GPs. A quick look at the app and you can see that online relationships are forming using this app, but you never know the person behind the computer or phone. Sexual predators also use the app to locate kids and establish a relationship.



YouTube: is a place to house and share your videos. You can control privacy settings. It's also a great resource for educational videos and entertainment.

Problem: Inappropriate content has been sliced into both all-ages content and children's content. Also, comments on videos can be extremely inappropriate and hurtful. YouTube also has a known pedophile problem which is a major cause for concern.



Zoomerang: is one of the most popular apps right now. It is a simple video creator that allows you to capture short videos, apply filters, and add special effects and background music. You can then share these videos on social media. It is most popular for helping people create videos for Instagram and Tik Tok.

Problem: The cause for concern with Zoomerang is location tracking. This can allow online predators to see where your child is located when using the app.

Lastly, this app will look like a regular calculator on the cell phone...



Calculator%: is a vault app that hides private files behind a functioning calculator app. Calculator+ can be found in the App Store, and is free to download and use, but does offer in-app purchases. This app is rated for everyone. Calculator+ is not safe for kids and parents should take note if their child downloads this app.

Resources:

CommonSenseMedia.org – Ratings on books, movies, apps, and games

InternetSafetyProject.org – How-to articles

Netlingo.com/acronyms.php – Common internet acronyms

Netsmartz.org – Information for parents, teens, and kids

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What's Next? Internet Safety Tips

- Sit down with your youth and find out which apps they are using, how they work, and whether they have experienced any issues on them, such as cyberbullying or contact from strangers.
- Look into apps and products that help you monitor your child online.
- If your main concerns are web browsing and social media safety, we recommend “**Qustodio**”. They provide a comprehensive dashboard to help you monitor your child's online activity. Their premium subscription allows you to track kids' location, block certain games and apps, monitor calls and text messages, and more.
- If your main concern is filtering web content and setting internet time limits for multiple kids and/or devices, “**Net Nanny**” is a great option. The software automatically filters web content for each user based on whether they fit the Child, Pre-Teen, Teen, or adult profile. It allows you to "mask" profanity on web pages. It also makes it easy to prevent web access during homework time or bedtime.
- Do not give out personal information about yourself online without your parent's permission. This includes your name, where you live or your telephone number.
- Never agree to meet someone that you have met online. If you do not know the person in 'real life', tell your parents about anyone that is asking to meet you.
- Talk to your parents first about pictures you want to post online, whether they are of yourself or your friends and family members.
- Do not respond to messages you receive that are mean or speaking meanly about others. Tell your parents about these messages.
- Do not give out any of your passwords to friends or anyone you meet online.
- Check with your parents first before downloading or installing any software on your computer.
- Ensure privacy settings are activated on all social media websites you use.
- Always be kind to others online. Do not do anything that may hurt others, this includes joining in conversations discussing other people's problems.
- Be careful about discussing details about your own personal problems with your friends online. It is better to speak to them in person. Tell your parents or teacher if you are struggling with something.
- Remember that rules for online safety also apply to texting on your phone.
- Agree to computer rules set up by your parents, teachers, or guardians. With freedom and trust comes the expectation that you will act responsibly.

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Screen Time: Helpful Hints for Monitoring Use

Apple

Are you a parent, guardian, or caregiver of a child wondering how to monitor screen time?

We want to make sure our kids aren't spending all day on their phones, but how do we do that?

Apple came out with new updates that allow you to get a weekly report on your kids screen time, and what they are spending it on. Apple's new app is called "**Screen Time**." This application is a new feature on the IOS 12 update. It works with iPhone, iPad and iPod touch. You will be able to find it in the settings.

Every Sunday the application sends you a report on your weekly screen time. On this report, it shows how many hours per day you are on your phone, what you are spending your time doing; it also tracks how many times you pick up your phone to look at it! After evaluating your report, you have options for change for the upcoming week. These options are:

1. **Downtime:** You can program when you would like down time in your day from certain apps
2. **App Limit:** This is setting a daily limit, and once hit, you can no longer use the app
3. **Content and Privacy Restrictions:** This means you can block what you don't want to see
4. **Always Allowed:** This setting means no matter if you have "Downtime" or "App Limit" set, you can still use those apps

How does this correlate to your children's screen time? This application has a setting on parents' "Family Sharing" to set up the child's screen time report to be sent to their phone. You can also change the settings for Always Allowed, App Limits, Downtime and Content and Privacy Restrictions (see info above) on your child's device.

A helpful link for Apple users:

<https://www.idownloadblog.com/2018/06/14/limit-kids-screen-time/>



Screen Time: Helpful Hints for Monitoring Use

[Android](#)

Are you a parent, guardian, or caregiver of a child wondering how to monitor screen time?

We want to make sure our kids aren't spending all day on their phones, but how do we do that?

Android came out with new updates that allow you to get a weekly report on your kids screen time, and what they are spending it on.

Android also has a new option of getting a weekly report on how often you use your phone through an app called ***Digital Wellbeing***. Unlike Apple, this app is downloaded through the Google Play Store. This application does a weekly report on how often you use different apps, how many notifications you are getting a day, and how often you pick up or look at your phone. After evaluating your report, you have the options for change in the upcoming week. These options are:

1. Total time per day you can use an app
2. **Wind Down:** This means you can set a time when your phone will start to shut down for bedtime. There are a couple of different features in this setting:
 1. You can set it to slowly turn to gray scale (removes the colors on your screen)
 2. You can set your "Do Not Disturb"
 3. You can also turn on "Night Light" (Dimming your display)
3. Manage notifications and Limit interruptions

Unlike Apple, the Android option doesn't come with an automatic family share account, but linked below is a great tool and step-by-step instructions on download and setup from the Google Play Store:

<https://www.common sense media.org/blog/what-androids-family-link-app-and-new-digital-well-being-features-mean-for-you>

A helpful link for Android - Digital Wellbeing:

<https://support.google.com/googlehome/answer/9141219?hl=en>

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Volunteer Opportunity with JTM



JTM CARE Team

Community Advocate Resource Evaluation Team

Advocacy Training for:

Human Trafficking – Domestic Violence – Sexual Assault

Email Dawn at dawn@jtme.org for information on availability at our next CARE Team training workshops.

We provide continual training each month after the 2 workshops have been completed.

We are collaborating with agencies from around the county to provide help and advocacy to all of those in our community who are in need.

JTM is expanding our advocacy services and volunteers are needed!

Initial training requires two in-person, three-hour sessions.

Cost is \$40. Pre-registration is required.

Email dawn@jtme.org to request a volunteer application or fill out the card in front of you.



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