

# Online Safety & Human Trafficking:

What Parents Can Do

## 55%

of trafficking victims were recruited online

(Source: NCMEC)

## 27%

of traffickers use social media to target youth

(Source: Polaris Project)

### Myth:

Only women and girls can be victims of trafficking

### Reality:

Trafficking can target individuals regardless of gender, age, or background.

## OPEN COMMUNICATION IS KEY

- ✓ **Talk About Online Risks**  
Traffickers use gaming, chat apps, and dating sites to target young people
- ✓ **Encourage Questions & Honest Dialogue**
- ✓ **Ask Questions & Listen Without Judgement**
- ✓ **Set Clear Boundaries**



## SAFE ONLINE HABITS



### PRIVACY SETTINGS

Use parental controls and review privacy settings regularly



### KNOW THEIR APPS

Know if your child has accounts on Instagram, TikTok, Facebook, and more.



### MONITOR ACTIVITY

Talk about safe vs unsafe information to provide online

For example, sharing your location and daily routines allow people to find you easier.



### LOOK FOR WARNING SIGNS

Secrecy, defensiveness, withdrawal from family/friends, referencing older "friends"

Secrecy examples: clearing browser history, deleting messages, using "vanish modes, refusing to share passwords"

## Social Media Parent Guides



**Instagram**  
Parents Guide



**TikTok**  
Safety Center



**Facebook**  
Parents Portal



## Conversation Starters to Build Trust

- ? What apps or games are most kids using right now?
- ? What makes people feel seen or valued online?
- ? Has anyone ever made you feel uncomfortable or pressured online? Do you know how to block or report someone?
- ? I've heard teens get pressured to share pictures or personal info. Why do you think that happens?
- ? What advice would you give a friend if someone online was getting too personal?