



READY To Stand Curriculum® Survivor Preview Guide

**Human Trafficking
Prevention Education Curriculum**

Home Office: (402) 521-3080



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Note from the CEO

Thank you for your interest in The Set Me Free Project's® READY to Stand Curriculum®. This curriculum aims to empower our youth to value themselves and others as individuals and ultimately help them stay safe. Our curriculum is informative, interactive, and flexible – reaching students from K-12th grades, college-age youth, and adults in every facet of our communities.

It is an honor to see some youth hear for the first time that they have value and worth. It is an honor to see youth engaged because they know the person having a conversation with them genuinely cares about them. It is an honor to see lives changed. It is an honor to do what we do and make a difference.

Prevention education gives communities the tools to recognize human trafficking and the grooming process of people who want to do harm, Prevention education also helps us all to lower and eliminate human trafficking in our communities. But more important than that, powerful prevention education changes lives.

So, thank you for joining us in this important work! We are READY to stand together, and with your help, we can stop human trafficking before it starts.

~ Stephanie Olson, CEO and Founder



Our History

In the summer of 2014, the founding members of The Set Me Free Project® began researching and training on human trafficking. They quickly realized that they had not fully understood the risk to their children, and most parents did not understand either. Furthermore, no school district in their community provided any awareness or prevention education on human trafficking to any youth - the targets.

For this reason, The Set Me Project®, incorporated in 2015, is now serving communities nationwide by bringing prevention education to students, parents, educators, businesses, and industries.

Our Mission

The Set Me Free Project's® mission is to stop human trafficking before it starts by providing prevention education to all ages.

About the Curriculum

The Set Me Free Project's® READY to Stand Curriculum® is designed to engage and empower participants. By offering fun and flexible programming for all groups, we believe everyone can take a stand against human trafficking.

We believe that our READY to Stand Curriculum® has a place in every school, organization, and community because prevention education benefits all communities and can have an enduring impact on the world.

We are committed to meeting youth where they are. In doing so, we bring you various tools to reach every individual.

Every Lesson Includes:

- Relevant and Unique Videos
- Small Group Discussion
- Large Group Discussion
- Activities
- Worksheets
- Safety Strategy
- Fun, Engaging Material
- Use of Critical Thinking Skills
- Physical Movement
- Resource Cards
- Interactivity
- Flexibility

Our Core Values

- **Personal Value:** We are committed to the belief that every person has value and deserves equitable treatment.
- **Compassionate Prevention:** We are committed to keeping youth safe through compassionate and empathetic prevention.
- **Integrity:** We are committed to personal and professional integrity, working individually and collaboratively.
- **Striving for excellence:** We are committed to boldly, yet humbly, striving for excellence.
- **Creative Solutions:** We are committed to finding creative solutions through ongoing education.
- **Fun:** We are committed to fun in everything we do.



Survivor Curriculum

At The Set Me Free Project, we provide impactful prevention education curricula that empower survivors and people with lived experience. Our comprehensive offerings include specialized curricula explicitly tailored for those with lived experiences of adversity.

Our curriculum dives deeper into the unique challenges and circumstances these those who have been trafficked and exploited face. It is meticulously designed to address their needs and vulnerabilities, providing them with tools and knowledge to recognize and respond to potential threats. By focusing on scenarios and discussions relevant to their experiences, such as navigating the complexities of life and healing, this curriculum equips individuals with critical life skills that foster resilience and self-worth.

This specialized attention ensures that all individuals, no matter their circumstances, receive the education and support they need to stand empowered against exploitation and build healthier, safer lives.



Social Media

OBJECTIVES

Understand the intrinsic value in self and others.

Describe the positives and negatives of social media use.

Identify risks of social media use, including human trafficking and cyberbullying.

Distinguish perception vs. reality in social media use.

ACTIVITIES

- Phone check
- Stages of grooming
- Written safety strategy-take home

DISCUSSION

- Everyone has intrinsic value
- Social media positives and negatives
- Online gaming-unintentional sharing of information
- Cell phone addiction and mental health.
 - The power of a like-what does it mean?
- Social media vs. reality
- Social media posts are FOREVER
- Social media and the human trafficking connection
 - Determine the stages of grooming in scenarios
- Social media and privacy
- Understanding the criteria for trusting someone
- Are you “READY” to respond in an unsafe situation?
- Dating/dating apps and safety strategies
- Sexting, nude photos, and how to say “NO.”
- What is sextortion, and how to get help.



Healthy Relationships

OBJECTIVES

Ability to understand intrinsic value in self and others.

Understand the difference between healthy vs unhealthy relationships

Understand the different types of abuse

Know what a healthy partner looks like and know how to be a healthy partner.

ACTIVITIES

- Intrinsic value
- Love is
- Build a partner activity
- Written safety strategy-take home

DISCUSSION

- Everyone has intrinsic value
- Characteristics of healthy relationships
- Characteristics of unhealthy relationships
- Frequency of teen dating violence
- Consent
- Boundaries
 - Setting boundaries
 - Honoring boundaries
- Understanding the criteria for trusting someone
- Being a good partner
- The effects of an unhealthy relationship
 - It's not your fault
- Are you 'READY' to have a great relationship?





Contact Us

Should you need any further information, please do not hesitate to contact us.

For additional information please contact us at:
Home Office (402) 521-3080
info@setmefreeproject.net
3606 N. 156th Street Ste 101 #128
Omaha, NE 68116



The Set Me Free Project