

SAFE FOOTPRINTS



A Kids Guide to Staying Safe from Human Trafficking



FOOTPRINT TO FREEDOM

www.info.footprinttofreedom.org

WELCOME TO YOUR SAFETY GUIDE!

Hi there, young heroes! This guide is your secret tool to staying safe. Learn to spot tricks and traps that strangers might use and discover the superpowers you have to avoid them.

Ready to start your adventure in staying safe? Let's zoom in!

Sometimes, people we don't know might try to trick us or make us do things we don't want to do. This is called human trafficking. It's when someone tries to trick, take, or force kids or adults into doing things they don't want to do. But don't worry!

By learning some simple safety tips, you can protect yourself and help keep your friends safe, too.



Human trafficking is when someone makes another person go somewhere they don't want to or do things they don't want to, and it's very unfair. It's important to learn about this so you can stay safe and help keep your friends safe too.

Here's what to look out for

Being Taken Away: Sometimes bad people try to take kids from places like home or school without permission.

What you can do: Stay with your friends, and always tell a trusted adult where you're going

Working Too Much: Some kids are made to do hard work all the time, without getting to play or go to school.

What you can do: If you see friends who are always tired because they work too much, tell a teacher or adult you trust.

Too Many Chores at Home: Some kids are forced to do all the housework and can't play or go to school

What you can do: If you know someone who has too many chores and no time for fun, talk to a teacher or family member

Being Forced to Marry: Some kids are told they must marry someone, even though they're too young and don't want to

What you can do: Everyone should choose who they marry when they're older, not when they're too young!

Being Hurt: Sometimes bad people hurt others in ways that are very wrong. It's never okay for anyone to make you feel scared or uncomfortable

What you can do: If you or someone else feels scared or hurt, always tell an adult you trust.



Staying safe is important, and helping others is a kind thing to do!



CHILD LABOUR



CHILD SOLDIERS

FORMS OF CHILD TRAFFICKING



CHILD FORCED MARRIAGE



STREET BEGGING

I SAID NO!



Sometimes, there are people who make very bad choices, like taking parts of the body, such as hearts or lungs, that help us stay healthy. This is called organ trafficking. It's not something you need to be afraid of happening to you, but it's important to know about it so we can all stay safe.

WHAT WE CAN DO!

1

Personal Boundaries:

Your body belongs to you, and you are the boss of it! That means you get to decide who touches your body, like when you're at the doctor and your parent is there with you.

2

Safe Adults: If you ever feel confused, uncomfortable, or need help, there are adults you can trust. These are people like your parents, teachers, and doctors. They are there to make sure you are safe and healthy.

3

Being a Good Friend: If a friend ever tells you something that makes you worried or sounds wrong, like someone asking them about their body in a way that doesn't seem right, it's very important to tell a grown-up you trust

We talk about these things not to make you worried, but to make sure you know how to be safe.

Just like superheroes in stories who protect others, knowing about safety helps you protect yourself and your friends



Red Flags:

Warning Signs to Watch Out For

There are certain signs, or 'red flags,' that can help you spot when something isn't right. Let's take a look at some red flags that you should watch out for:

- **Too Good to Be True:** If someone offers you gifts, money, or fun things for no reason, that's a red flag!
- **Keeping Secrets:** If someone asks you to keep secrets from your parents or trusted adults, that's another red flag.
- **Alone Time:** A stranger or someone you don't know well wants you to go somewhere alone with them- big red flag!
- **Pressure or Threats:** If you feel pressured or threatened to do something you don't want to do, that's a sign to get help right away.



Maya's Story

Maya was at the park when a man she didn't know offered her some sweets and asked her to come see her puppies. Maya remembered her safety rules: she said "No," walked away, and told her mom. Her mom was proud of her for making a smart choice!



Making Safe Choices

Now that we know what red flags to watch for, let's talk about making safe choices. Here are some rules to help you stay safe:

- **Always Tell a Trusted Adult Where You Are Going:** Whether it's your parents, a teacher, or another trusted adult, always let them know where you'll be.
- **Never Go Anywhere with Someone You Don't Know Well or Without Permission:** Even if it sounds fun, always ask first!
- **It's Okay to Say 'No' to Adults if You Feel Unsafe:** You have the right to say "No" to anything that makes you uncomfortable.
- **Trust Your Instincts:** If something feels wrong, it probably is. Trust your gut!
- **Talk to a Trusted Adult if Someone Makes You Feel Uncomfortable:** Whether it's your parents, a teacher, or another trusted adult, always share your worries.

Ben's Story

Ben was online when someone he didn't know started chatting with him about a secret game that required meeting in person. Ben felt unsure and decided to tell his dad. His dad explained that it was a trick, and Ben made the right choice by speaking up!



Who Are Trusted Adults?

Trusted adults are people you can go to if you ever feel unsure or uncomfortable. They are there to keep you safe. Trusted adults could be: Always look for people you can rely on, like your parents, teachers, or local police. They're real-life superheroes when you need help!

- Your parents or guardians
- Teachers or school counselors
- Coaches
- Police officers
- A close family friend

Online Safety



HI, WANT TO BE FRIENDS?

Some people use online spaces to pretend they're someone they're not. If anything feels weird or makes you uncomfortable, tell a trusted adult right away.

Sofia's Story

One day, Sofia's neighbor asked her to help find his lost dog, but she felt uneasy. Instead of going, Sofia went back inside and told her mom, who helped her call the neighbor to check. Her mom was glad Sofia chose to speak up and stay safe!



How to Speak Up

If something doesn't feel right, it's important to speak up. Here's how you can do it:

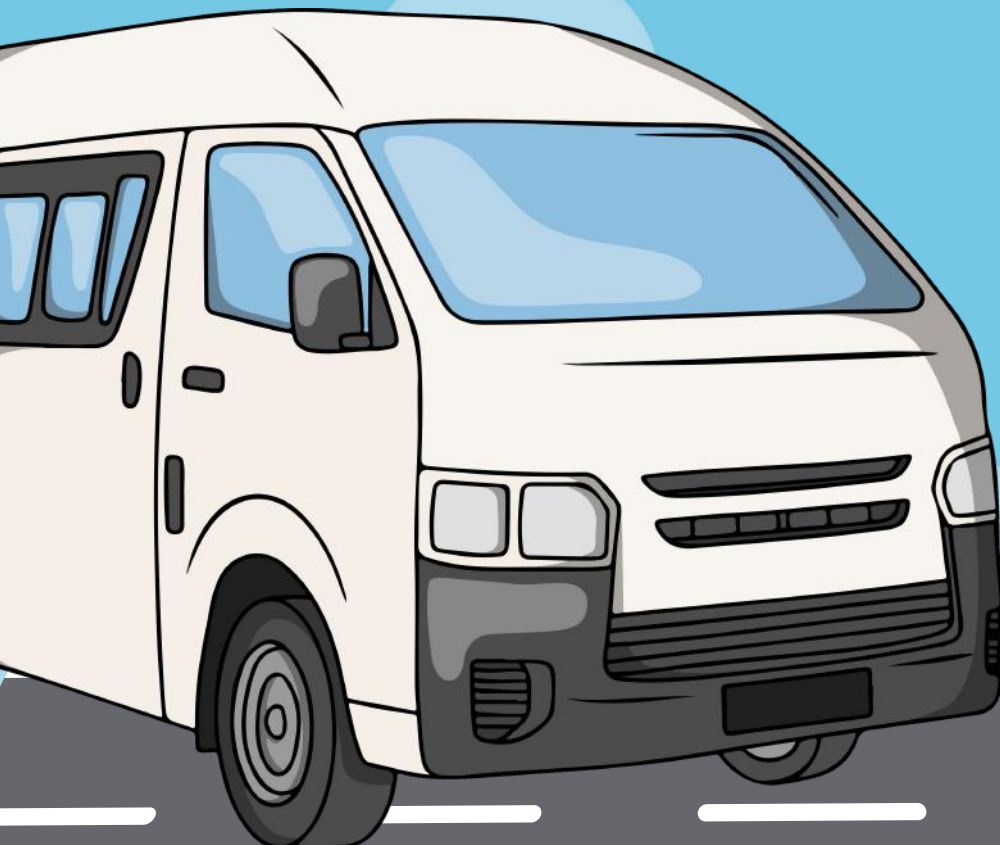
You can say, **"I need to tell you about something that happened."**
Or, "I'm worried about something."

Or even, **"I don't feel safe about this."**

It's always okay to ask for help. Adults are here to keep you safe, and they want to help you if something doesn't feel right.

Jamal's Story

Jamal was walking home when a car pulled up, and the driver asked if he needed a ride. Jamal remembered his safety tips—he said "No," walked quickly to a nearby store, and told the shopkeeper what happened. The shopkeeper called Jamal's parents, who were glad he knew how to stay safe.



Safe Stories: Real-Life Examples

Mia and the Secret Party: Mia's friend told her about a secret party at an abandoned building. She felt excited but also a little worried because it was far from home and she didn't know everyone going. Mia decided to talk to her older sister, who explained that going to unknown places without adults could be dangerous. Mia made the safe choice and stayed home instead.

Online Safety: Tips for the Digital World

Being safe online is just as important as being safe in real life. Here are some tips for staying safe on the internet:

- **Never Share Personal Information:** Don't give out your address, phone number, or school name to people online.
- **Be Careful Who You Talk To:** Not everyone online is who they say they are.
- **Don't Meet Up in Person:** If someone you only know online asks to meet, say "No" and tell a trusted adult.
- **Ask Before Downloading:** Always get permission from a trusted adult before downloading apps or games.

Emma's Story: Emma was playing an online game when another player asked her for her phone number. She remembered her online safety rules and didn't share any information. Instead, she told her mom, who helped her report the player. Emma made a safe and smart choice!



Session 1: Trusted and Tricky People

Part 1: Steps to Staying Safe

First things first, let's talk about how to keep ourselves safe. Sometimes, people might try to trick us into doing something that isn't safe. But guess what? You have the power to say "no," move away, and find a trusted adult to help you!

Fun Time! Imagine you're a Safety Superhero! Draw your own superhero and think about what powers they have to keep you safe. Is it saying "no" super loudly? Is it running really fast to get away? Your superhero can do it all!

Draw Here:

Part 2: Safe Circle

Now, let's think about your Safe Circle. This is a group of people you can trust, like your family, teachers, or maybe a neighbor. These are the people you can talk to if you ever feel scared or uncomfortable.

Fun Time! Grab some paper and draw your Safe Circle! Put yourself in the middle, and draw the people you trust around you. Add your parents, maybe your teacher, or even your best friend. If you ever feel unsure, these are the people you can go to!

Session 2: Safe and Unsafe Communication

Part 3: Strangers: Who is Safe and Unsafe?

Let's talk about strangers! A stranger is anyone you don't know well. Some strangers can be helpful, like police officers or teachers, but some might not be. It's important to know who's safe.

Fun Time! We're going to play a sorting game! Look at these cards and decide if the person is a safe stranger (thumbs up!) or someone you shouldn't trust (thumbs down). Remember, if someone feels tricky, it's okay to walk away.

Part 4: Secrets: What is Safe and Unsafe?

Secrets can be fun, like keeping a surprise party a secret. But sometimes, secrets can be unsafe, like if someone tells you not to tell about something that makes you feel uncomfortable.

Fun Time! Let's make a Secrets Jar. You'll write down what you think are safe secrets (like surprise gifts) and unsafe secrets (like when someone asks you to keep something uncomfortable). Then, we'll talk about them!

Session 3: Invited and Uninvited Touch

Part 5: Safe and Unsafe Touch

Your body is yours, and only you get to decide who can touch you! Safe touches are things like high-fives or hugs from people you trust. But if a touch ever makes you feel weird or yucky, it's okay to say "no."

Fun Time! We're going to play "Red Light, Green Light!" I'll describe different types of touches, and you'll show me a green light (thumbs up) for safe touches and a red light (thumbs down) for unsafe touches.

Part 6: Safe Body Boundaries

Let's talk about personal space. Your body has boundaries—kind of like an invisible shield—and it's important that everyone respects that. If someone gets too close or touches you without permission, it's okay to say "stop" or "no."

Fun Time! Grab a balloon and draw or write your body boundaries on it. This balloon is your personal space, and it's okay to tell people to respect it!

Session 4: Online Safety

Part 7: Safe and Unsafe Online Behavior

The internet can be a fun place, but we have to be careful about who we talk to and what we share. Never give out your name, address, or school to strangers online.

Fun Time! We're going to take a fun quiz about what's safe and unsafe online. Then, you'll get to design your own online avatar—an online version of you that doesn't use your real picture!

Session 5: Recognizing Unsafe Situations

Part 8: Recognizing Red Flags

Let's learn about red flags—these are signs that something might not be safe. If someone asks you to keep secrets, gives you gifts you didn't ask for, or makes you feel uncomfortable, that's a red flag!

Fun Time! We're going to play Red Flag Bingo! As we talk about different situations, mark off the red flags on your bingo card. Let's see who gets bingo first!

Session 6: Building Confidence and Taking Action

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Part 9: Taking Action

You've learned so much about staying safe! Now, let's practice using your new skills. If something feels wrong, remember to say "no," get away, and tell a trusted adult.

Fun Time! Let's make Safety Skits! You'll team up with friends and act out different scenarios where you can show off your safety skills. At the end, you'll get a Certificate of Safety to show that you're a real Safety Superhero!

Remember: You Have the Power to Stay Safe!



Congratulations, young hero!!



You've mastered the secrets of staying safe. You are smart and capable of making safe choices.

Always **trust your instincts**, **make good decisions**, and remember to **talk to someone** if you're ever unsure about anything.

Keep this guide handy, share it with your friends, and always remember – you have the power to stay safe and help others do the same!



Helplines: +256 741 037 279