

Parents Edition

# HIR CURRICULUM



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Hope Is Restored



Many parents come to us with many questions. Our goal is to clear up a few of these questions.

## **Who Are Sexual Predators**

Often, they are ordinary people that look a lot like you and me. Typically, they are men and women who blend into society and are clean-cut and appear to be law-abiding. They may even be doctors, lawyers, accountants or businessmen and women. Statistically, they are usually middle-aged men who engage in activities involving children and appear trustworthy to both parents and children. However, there is no one-sized-fits-all profile.

They are experts on how to gain access to kids, they talk to them and earn their trust. That is why it is vital to keep open communication with your children regardless of their age.

If your child has been sexually abused or assaulted, or they have been in the foster care system, they are especially susceptible to sexual predators due to their previous exposure

## **HOW TO HAVE OPEN COMMUNICATION?**

Use the technical terms for your child's body parts and get comfortable with them. That means your child will know and say the words penis, testicles, vagina, and nipples. It might feel awkward, but it is important for your child to have this vocabulary so they can clearly communicate with you if a predator crosses any boundaries. Having a discussion about healthy and unhealthy boundaries.

Kids even at a young age are familiar with technology. Most gaming platforms and apps have an option to chat. Predators are very aware of all the chat options. It is important to have conversations with your children about the dangers of chatting.

It can be difficult to have these conversations with teens and teens, when body image issues develop, and porn use begins it is essential to continue having an open line of communication. Unfortunately, this is also the age when many kids are lured by sex traffickers.

The more you talk to them the more they will feel comfortable coming to you.



## SOCIAL MEDIA AND GAMING APPS

SOCIAL MEDIA	GAMING APPS
INSTAGRAM	ROBOLOX
SNAP CHAT	LUDO KING
OMEGIE	HOUSEPARTY
KIK	FORTNITE
TIKTOC	CALL OF DUTY
TUMBLR	FREE FIRE
TELEGRAM	PUB G
TINDER	BATTLE ROYALE
ASK.FM	TWITCH
WHISPER	DISCORD
BLENDR	NORD
MEWE	
HOLLA	
BIGO LIVE	
OK CUPID	
CHATSPIN	
PERISCOPE	

## ACRONYMS PARENTS SHOULD KNOW

8	Oral Sex
1337	Elite or leet or 1,337
143	or 459 I love you
182	I hate you
420	Marijuana
1174	Nude Club
2DAY	Today
4EAE	For ever and ever
ADN	Any day now
ADR	Address
AEAP	As early as possible
AFAIK	As far as I know
AFK	Away from keyboard
ALAP	As late as possible
ASL	Age/sex/location



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ATM	At the moment
BFN	Bye for now
BOL	Be on later
BRB	Be right back
BTW	By the way
C-P	Sleeply
CTN	Can't talk now
CD9	Code 9 - it means parents are around
DWBH	Don't worry, be happy
F2F or FTF	Face to face
FWB	Friends with benefits
FYEO	For your eyes only
GAL	Get a life
GB	Goodbye
GLHF	Good luck, have fun
GNOC	Get Naked on Cam
GTG	Got to go
GYPO	Get your pants off
HAK	Hugs and kisses
HAND	Have a nice day
HTH	Hope this helps / Happy to help
HW	Homework
IDK	I don't know
IIRC	If I remember correctly
IKR	I know, right?
ILY / ILU	I love you
IM	Instant message
IMHO	In my honest opinion / In my humble opinion
IMO	In my opinion
IRL	In real life
IWSN	I want sex now
IU2U	It's up to you
IYKWIM	If you know what I mean
J4F	Just for fun
J/K	Just kidding
J/O	Jerking off



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JIC	Just in case
JSYK	Just so you know
KFY	Kiss for you
KOTL	Kiss On The Lips
KPC	Keeping parents clueless
L8	Late
LMBO	Laughing my butt off
LMIRL	Let's meet in real life
LMK	Let me know
LOL	Laugh out loud
LSR	Loser
MOOS	Member Of The Opposite Sex
MOSS	Member(s) Of The Same Sex
MorF	Male or Female
MIRL	Meet in real life
MOS	Mom over shoulder
MPFB	My Personal F*** Buddy
NAGI	Not a good idea
NALOPKT	Not A Lot Of People Know That
NIFOC	Nude in front of computer
NM	Never mind
NMU	Not much, you?
NP	No problem
NTS	Note to self
OIC	Oh I see
OMG	Oh my God
ORLY	Oh, really?
OT	Off topic
OTP	On the phone
P911	Parent alert
PAW	Parents are watching
PAL	Parents are listening
PCM	Please call me
PIR	Parent in room
PLS or PLZ	Please
POS	Parent Over the Shoulder or Piece of Sh**



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PPL	People
PRON	Porn
PTB	Please text back
QQ	Crying. This abbreviation produces an emoticon in text. It's often used sarcastically.
QTC	Quick to cum
RAK	Random act of kindness
RL	Real life
ROFL	Rolling on the floor laughing
RT	Retweet
RUOK	Are you okay?
RU/18	Are You Over 18?
RUMORF	Are You Male OR Female?
RUH	Are You Horny?
S2R	Send To Receive
SMH	Shaking my head
SorG	Straight or Gay
SOS	Someone over shoulder
SRSLY	Seriously
SSDD	Same stuff, different day
SWAK	Sealed with a kiss
SWYP	So, what's your problem?
SYS	See you soon
TBC	To be continued
TDTM	Talk dirty to me
TIME	Tears in my eyes
TMI	Too much information
TMRW	Tomorrow
TTYL	Talk to you later
TY or TU	Thank you
VSF	Very sad face
WB	Welcome back
WTF	What The F***
WTH	What the heck/hell?
WTPA	Where the party at?
WUF	Where You From
WYCM	Will You Call Me?



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WYRN	What's Your Real Name?
YGM	You've got mail
YOLO	You only live once
YW	You're welcome
zerg	To gang up on someone
ZOMG	Oh my God (sarcastic).

92% of teens (age 13-17) go online daily, with 24% of them reporting constant activity

81% of teens have access to a gaming console"

23% of teens reported unwanted exposure to porn

11.7% of boys and 18.7% of girls reported having had someone try to talk to them about sex when they did not want to

19.9% of boys and 35.5% of girls reported receiving unwanted online sexual solicitation

14.6% of boys and 25.6% girls reported that someone they did not know online asked them to meet in person

Unfortunately, social media/online gaming has become a tool for harm and exploitation, as the statistics above demonstrate.

Online Safety Tips to protect your tween/teen on social media

1. Keep profiles private



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2. Do not accept friend request from people you do not know
3. Warn about the dangers of tagging pictures or locations they are at, turn locations off
4. Make sure there is limited personal information listed online (Birthday, school, or address)
5. Remind them once something is out there (nude picture) it cannot be taken back. Be mindful that now future employers, colleges, and teachers can and will view this information. Scholarships and Jobs have been lost because of what is posted online.

### Safety and tips for online gaming

1. Be aware of voice masking technology - while masking can be a safety feature, predators can use it to pretend to be someone they are not.
2. Beware of strangers. While there are both safe and dangerous strangers, they are still strangers. We advise that younger gamers, under 15, only play with people they know in person and that are parent-approved.
3. Use suitable screen names (gamertags) - don't use your actual name
4. Be aware of cyberbullies (griefers)
5. Never give out personal information about him/herself or that of another player.
6. Kick out any players that make them feel uncomfortable (ignore/block), and tell a trusted adult.
7. Report abusive or inappropriate behavior in the reporting area of the game.





## HOW DOES THIS HAPPEN?

When someone else is manipulating, coercing threatening a human at any age, they may believe lies about consequences or their rights. They might be led to distrust adults and authority figures.

Often, tactics such as shame, addiction, embarrassment, or the pressure to fit in play a role, especially in cases where a child has been manipulated by someone, they believe cares about them. They may not even understand a crime has taken place.

Sexual predators also take advantage of the fact that a child's prefrontal cortex, which is essentially the brain's decision center, isn't finished developing until our early 20s. Consequently, mature reasoning, self-control and wise decision-making are the last things to develop.

Many predators are patient and waiting for the right opportunity strike.

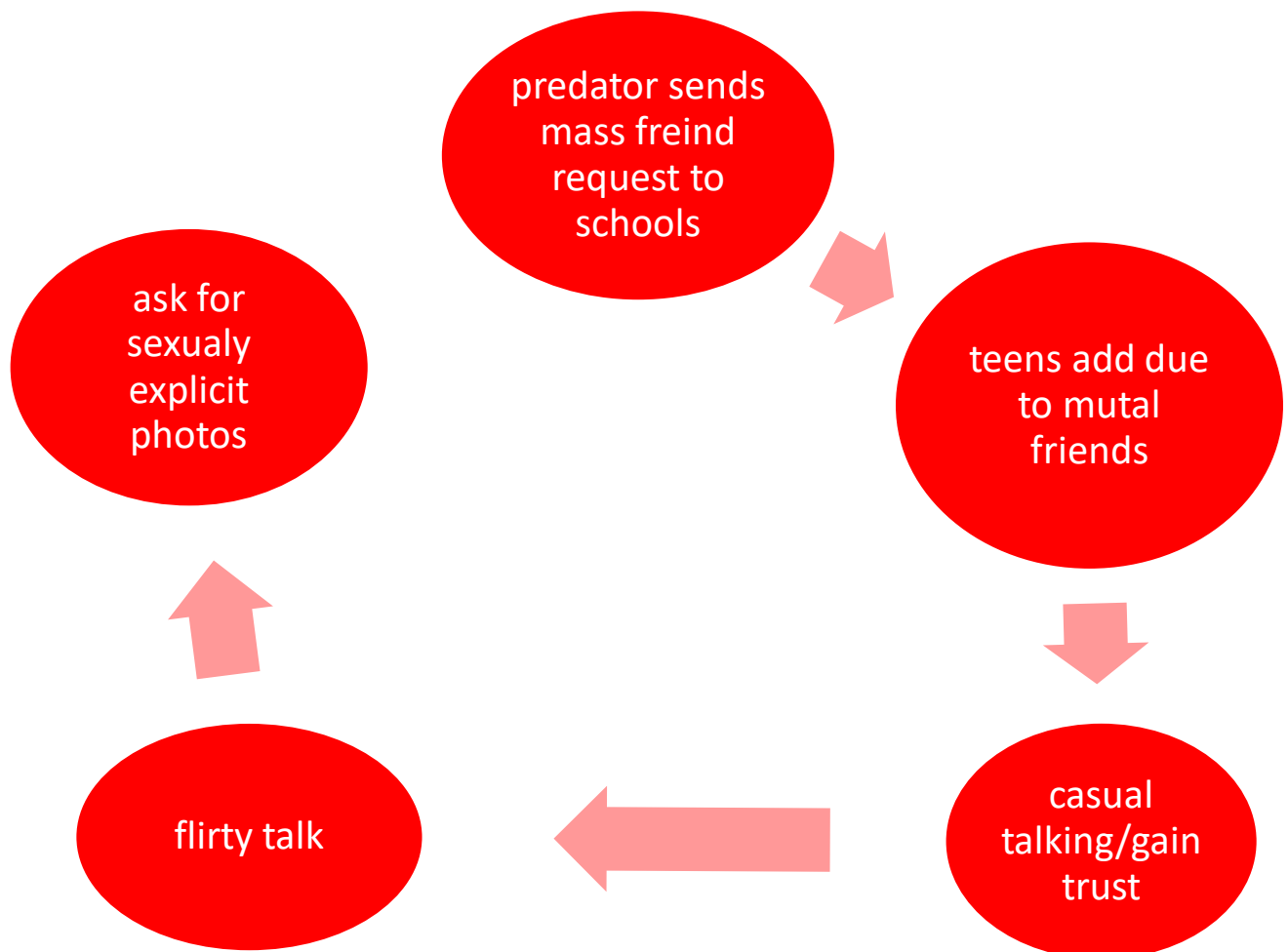
- ⇒ Research the technology you buy for your kids. Some devices have unexpected, hidden webcams or Internet capabilities Use Internet can still filters to block certain sites and content, but remember that phones access blocked content unless the same software is installed on them as

## SCENERIO

This is a scenario that illustrates the importance of what we have covered Shay was normal little girl. She decided one day to post a photo of her Dog from her tablet. Her friends all liked and commented on her photo, which made her feel good. She got a random message from a stranger who liked her picture. She didn't think anything of it. A few days later she got another photo sent to her, this time of her house She got really scared when the person gave her address and details about her family. Apparently, they had been watching after figuring out where she lived from the geotag in her photo. They started threatening her family if she didn't send them the photos they wanted. She was SO scared that she did



One night after going to bed, her mom picked up her tablet to check Shay had been acting strange, but things seemed fine at school. She found the messages and called the police, but there was nothing anyone could do to remove the photos or pinpoint who the person was behind the fake profile talking to Shay. It could have gotten much worse if her mom did not check her tablet.





## PREPARE TO TALK TO YOUR KIDS

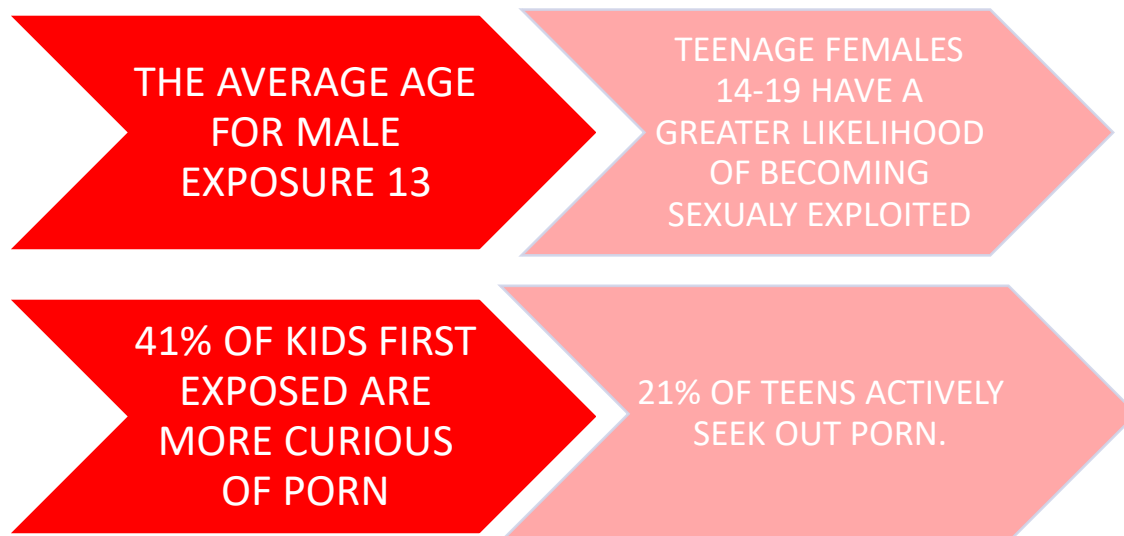
kids are not learning about sex from their parents most are getting the information elsewhere friends, older teens, movies, or Internet. This is why open communication is essential and helps them feel comfortable coming to you when they have questions.

Communicate the characteristics of healthy relationships.

A lack of boundaries naturally correlates to a lack of self-worth. Helping your children determine what their boundaries are early on is one of the best safeguards you can provide for them. Expanding boundaries is the first thing predators do. We are very similar to rubber bands, in that our boundaries can slowly be stretched without even fully realizing it.

What may start out as a friendship turns into flirting, sending photos back and forth. Then, once a predator knows they have your child's attention, they begin to make things sexual.

## PORNOGRAPHY



⇒ America is the top consumer of pornography



Sextortion is defined as: the practice of extorting money or sexual favors from someone by threatening to reveal evidence of their sexual activity. 51% of victims of sextortion did not tell their parents, family, or friends about their victimization.

**Possible signs of a pornography habit or addiction:**

- Hides their phone or device
- Device history contains pornographic websites
- Language becomes more sexualized
- Jokes about sex
- Inappropriate knowledge about sex for their age or objectifying comments about others,
- Makes inappropriate particularly women
- Spends more time alone in room, in the bathroom, or takes excessively long showers
- Mood changes may be a possibility, but should be evaluated individually
- Loses interest in spending time with others or in activities they once enjoyed
- Begins acting out, which may include sexting, sexual harassment, explicit emails, etc,
- Secret about relationships
- Uses devices to find or discuss pornography (for example, texts, video game messages, social media, email, etc.)
- Views multiple pornography sites
- Engages in risky sexual behavior despite consideration of negative results (for example, using school, church or neighbor's computers to look at porn)

**TIES TO HUMAN TRAFFICKING**

Many people do not understand that pornography is also largely tied to sexual exploitation and trafficking. It is the gateway that makes the sex industry acceptable to buyers. Often, women who are in pornographic materials are forced or coerced; they do not participate because they have a desire to be there. It is common for prostitutes and trafficking victims to

Pornhub and other porn sites are made up of rape videos and victims of trafficking.

Human trafficking victims have died due to an addict craving to recreate what they have seen online.



## **WHAT CAN YOU DO?**

- Have a conversation about how it is impossible to remove things that are sent to others or posted online, and no apps are truly private or anonymous. If it's digital, it's forever.
- Monitor your child's cell phone and activity. This can be done with mobile software, but we recommend honest and upfront oversight, which creates accountability
- Place any necessary limits on cell phone usage like deleting apps you are not okay with, checking parental controls, or allowing usage only during certain time periods
- Do not allow phones or computers in bedrooms, especially at night.
- Create "charging stations" in your room or a central location.

## **WHAT IS HUMAN TRAFFICKING?**

Human Trafficking is defined as the illegal movement of people, typically for the purpose of forced labor or commercial sexual exploitation.

- ⇒ There are more slaves today than have ever been recorded in history.
- ⇒ The US is one of the highest-ranking countries for Human Trafficking; approximately 800,000 victims are trafficked out of the US every year.
- ⇒ California, Texas, and Florida are rated as the three largest hubs for human trafficking.

Grooming is defined as when someone builds a relationship, trust and emotional connection with a child or young person so they can manipulate, exploit and abuse them.



## **WARNING SIGNS OF AN ONLINE PREDATOR**

- child could be in contact with an online predator if he or she:
- Withdraws from family, friends and activities that were previously enjoyable
- Receives gifts or packages from strangers
- Receives phone calls from strangers, or makes calls to phone numbers that you do not recognize or that they are reluctant to identify to you
- Hides their screens or turns off devices when adults enter the room
- Begins downloading pornography
- Gets angry or frustrated when he or she cannot get online

## **HOW DOES THIS HAPPEN**

- The Lover Boy Syndrome or Romeo Pimp is widespread tactic traffickers use.

A trafficker can pose as their love interest for several months. Once the victim has fallen in love, he will ask them to go away with him on business or a romantic getaway. This is a ploy because he has planned to sell his victim to a potential buyer.

With the lover boy tactic, they use pictures of the victim on the dark web to sell to the highest bidder.

- Women are also involved in kidnapping new victims. Some do this as a partnership with the traffickers to gain money, power, and control. Others are forced and have dealt with abuse just like the victims. These women are called Spotters, Fake Friends, and bottom girls. A lot of times, it is the girl that has been with the pimp the longest.
- Fake Jobs are another way traffickers lure victims into slavery. Jobs disguised as modeling jobs, acting jobs, dancing gigs, or marketing.

It is probably very difficult to imagine how someone would find themselves in these horrible situations which is why many people have a difficult time believing it happens in the United States.

Brainwashing is defined to make someone believe something by repeatedly telling them that it is true and preventing any other information from reaching



them then replace it with a set of behaviors, beliefs and attitudes that benefit the controller in a way that makes the victim totally dependent on them in every way

There is no discrimination when it comes to commercial sexual exploitation and sex trafficking. Victims can be male or female, come from any socioeconomic background, be of any ethnicity, and hold any citizenship status. Traffickers are experts at

exploiting any kind of vulnerability, whether that be a foster child or runaway; someone who has suffered abuse, social discrimination, or unhappiness at home; or the simple natural vulnerability we have a need to feel love and belonging.

Traffickers are looking for any hole in the individual's life that they can help fill. You may have even heard emerging stories over the past couple of years where girls are seeking out these relationships to live a particular lifestyle by their way through school. They are called sugar babies, and it's growing across the country

Pornography feeds human trafficking as it creates demand.

### **Signs of Human Trafficking**

- Appear malnourished.
- Visible signs of physical injuries and/or abuse.
- Absence of eye contact, social interaction, and avoidance of authority figures/law enforcement.
- Rehearsed/staged responses
- Lack of official identification documents, Not knowing where they are or having an address
- Appear to be destitute and/or lack personal possessions.
- Tattoos/branding on the neck and/or lower back.