

RESET Recognizing Exploitation, *a Syllabus to End Trafficking*

R.E.S.E.T. is a curriculum to address human trafficking with 12-15-year-old youth of all genders. This curriculum provides information and activities to have conversations with youth about vulnerability, exploitation, consent, healthy relationships, and social media. It culminates in a scenario-based activity where students can use what they have learned to apply their knowledge and skills. Through these discussions, youth will build an understanding of what trafficking looks like and be able to identify concerning behaviours.

Why R.E.S.E.T.?

R.E.S.E.T. was developed by the Anti-Human Trafficking and Public Education teams at the Sexual Assault Support Centre of Waterloo Region. We have significant experience providing front-line services to survivors of human trafficking, as well as curriculum development and workshop delivery.

It is vital to talk about human trafficking with youth. The average age of entry is 13, and most victims are Canadian girls and women under 25. There is a general unawareness of what trafficking is, and the problematic normalization of misogyny, violence, and unhealthy relationship behaviours makes it difficult to recognize. As social media grows and changes new avenues for luring and grooming pop-up regularly and complicate intervention strategies. Although there are different types of human trafficking, most police-reported cases involve sex trafficking, which is the use of fraud, force, coercion, threats, or violence to manipulate someone into providing sexual services against their will. The most important factor to consider is choice. Individuals who are trafficked or exploited do not have choice.

Throughout the curriculum we focus heavily on relationships due the prevalence of the Romeo/Boyfriend Effect. This occurs when an individual poses as a friend or boyfriend to gain love and trust; this love is then used for manipulation into providing sexual services. We support the students to identify the harmful behaviours on the part the trafficker, recognizing that experiencing violence/exploitation is never the fault of the victim.

Our curriculum takes difficult and challenging concepts and makes them easy for students to comprehend and digest. The activities are simple to facilitate and engaging for students. The included worksheets also provide opportunities for assessment. The curriculum supports facilitators by providing instructions, advice, information, and resources. This also includes a list of signs that someone is being trafficked as well as information about accessing community resources.

Curriculum Breakdown

Part One: **Vulnerability and Exploitation**

- This exercise is to help students understand and recognize vulnerability. Through identifying factors which can make an individual vulnerable, students can discuss how through no fault of their own, others may prey on those vulnerabilities. Students will also build empathy for one another's experiences.

Part Two: **Consent and Healthy Relationships**

- The first exercise will support students in identifying unhealthy and non-consensual behaviours within relationships. This will allow them to not only recognize behaviours that could be related to sexual exploitation, but also understand aspects of unhealthy relationships in general.
- Using the FRIES model of consent, developed by Planned Parenthood, students will learn key concepts in understanding affirmative consent in both sexual and non-sexual contexts.

Part Three: **Online/Social Media Safety**

- In this exercise, students brainstorm different methods of staying safe online. This allows students to identify tools and resources available to them as they navigate social media.

Part Four: **Recognize and Respond**

- In this activity, students work in small groups to critically analyze scenarios which include exploitation and unhealthy relationships. Through applying the various skills they have learned throughout the program, they should be able to identify vulnerabilities, concerning/harmful behaviours and red-flags. This activity is also meant to help them build their advocacy skills and recognize what steps they might take to support the person.

Provincial Curriculum Connections

While there are many possible places to incorporate these lessons, the best fit is in the Health and Physical Education Curriculum. Generally, *R.E.S.E.T.* situates well within and builds onto healthy relationship classes but also has specific connections throughout the courses. Below are the suggested connections to grade 7, 8 and 9. If you are looking to provide the curriculum in another subject, please reach out and we can suggest options. *R.E.S.E.T.* can also be adapted for other age groups to meet curriculum requirements.

Grade 7

- D1.1 **Technology**: includes covering exposure to online predators, such as those involved in sex trafficking
- D1.3 **Consent**: includes the concept of consent, how to communicate consent clearly and decision making, identifying the need for a healthy, loving relationship
- D2.2 **Exploitation**: includes understanding impact of exploitation, abuse and coercion, with a particular note on sexting and online activities, how to report incidents and seek help

Grade 8

- D2.2 **Safety**: includes recognizing dependencies or coercion in relationships and violence
- D2.3 **Consent**: includes the concept of consent and skills to discuss boundaries
- D3.2 **Violent Behaviours**: includes analyzing the impact of violence including online violence, dating violence, and gender-based violence
- D3.3 **Exploitation**: includes discussing exploitation and dating violence

Grade 9

- C1.2 **Technology**: includes discussing sexual predators and privacy
- C2.2 **Relationships**: includes understanding healthy social and intimate relationships
- C2.3 **Consent**: includes having a strong understanding of consent and safety
- C3.3 **Response**: includes learning strategies for prevention and response in regards to bullying and harassment including dating violence, gender-based violence, coercive behaviour and sexually inappropriate behaviours

R.E.S.E.T. is owned and copyrighted by the Sexual Assault Support Centre of Waterloo Region. If you are interested in licensing or want more information, please reach out to PubEd@sascwr.org

