BACKGROUND

High school students in Des Moines, Iowa, just like in other parts of the country, have many strengths, and also face challenges. One serious challenge some high school students experience is sex trafficking. Sex trafficking is when someone does something sexually for the financial benefit of another person or in exchange for something, like food or money. In a new project we are starting in Des Moines, we want to prevent sex trafficking of students and help students have bright, happy and healthy futures.

PROJECT OVERVIEW

What
We will be using the READY to Stand Curriculum™ which was developed by The Set Me Free Project™ — a Nebraska-based nonprofit organization that brings human trafficking prevention education to youth, families and school personnel.

Who
The curriculum will be shared with students and school personnel at eight Des Moines high schools, including: Hoover, East, Lincoln, North, Roosevelt, All Points, Focus and Options. Caregivers of youth will also be provided resources on sex trafficking.

Why
We want to ensure the program is working and make it even better. To help meet these goals, we will do research through things like, surveys, group discussions and one-on-one conversations.
**How can I be involved?**

<table>
<thead>
<tr>
<th>Youth</th>
<th>Caregivers</th>
<th>School Personnel</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Participate in six 45-minute modules of The READY to Stand Curriculum™ during PE or health class.</td>
<td>• Share your knowledge by participating in an advisory board.*</td>
<td>• Participate in one 90-minute module targeted at school personnel.</td>
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<tr>
<td>• Complete a before and after survey.</td>
<td>• Support your child’s participation in the READY to Stand Curriculum™ and surveys (sign the consent form!).</td>
<td>• Support your school’s involvement in the The READY to Stand Curriculum™.</td>
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<tr>
<td>• Leadership opportunities through participation in a youth advisory board.*</td>
<td></td>
<td>• Share your knowledge as part of an advisory board.*</td>
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**What are the benefits of the project?**

<table>
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<tbody>
<tr>
<td>• Reduced sex trafficking of children and youth.</td>
<td>• Increased knowledge of your child’s health and safety.</td>
<td>• Increased knowledge about sex trafficking.</td>
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<tr>
<td>• Increased ability to help peers who are at risk for sexual exploitation.</td>
<td>• Community engagement in preventing sex trafficking and positive youth outcomes.</td>
<td>• Development of skills to help youth at risk for sex trafficking.</td>
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<tr>
<td>• Increased valuing of self and others.</td>
<td>• Safer schools and communities for your child.</td>
<td>• Being a role model for students.</td>
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<td>• Increased healthy relationships skills.</td>
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</table>

*Advisory Board

Advisory boards will meet periodically to help the research team with all aspects of the project. Advisory Board board members are compensated for their time.

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**PROJECT COLLABORATORS**

**UNL researchers:** Drs. Katie Edwards, Rochelle Dalla and Lorey Wheeler

**The Set Me Free Project™ staff** (including Founder Stephanie Olson)

**DMPS personnel:** Stacie Nessa, LISW, and Jennifer Stalder, SUCCESS Support Specialist

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**FOR MORE INFORMATION, CONTACT:**

Katie Edwards, Ph.D.
Principal Investigator
Associate Professor, CYFS and Educational Psychology
University of Nebraska–Lincoln
katie.edwards@unl.edu | 603-422-3207

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