

Lesson Plan: Understanding Sex Trafficking

Grade Level: 9

Class: Family Health

Lesson Duration: 49 minutes

Video Length: 3 minutes, 55 seconds

Lesson Title: *Sex Trafficking Awareness – Recognizing and Preventing Exploitation*

Lesson Overview

This lesson introduces students to the topic of **sex trafficking** in a way that is informative, age-appropriate, and supportive.

Students learn what sex trafficking is, how traffickers use manipulation and coercion, and how to recognize warning signs.

The class includes:

- A short educational video,
- Teacher-led discussion, and
- A group vocabulary-matching activity using flashcards.

The goal is to help students understand **how exploitation can happen**, recognize **when something doesn't feel right**, and know **how to seek help** for themselves or others.

Learning Objectives

By the end of the lesson, students will be able to:

- Define **sex trafficking** in age-appropriate terms.
- Describe **sexual exploitation**.
- Identify **recruitment tactics** traffickers use to target youth.
- Recognize **warning signs** of trafficking or grooming.
- Explain **how and where to seek help** if needed.

Materials

- Video: “*Sex Trafficking: What Is It?*” (3:55)
- PowerPoint slide deck (*Sex Trafficking Presentation*)
- Printed **Flashcards** (vocabulary and definitions)
- Whiteboard/markers for class discussion

Lesson Outline (49 minutes)

1. Introduction (5 minutes)

- Ask students what they already know about sex trafficking.
- Explain that the goal is to understand how traffickers manipulate people and how to stay safe.

2. Video & Discussion (10 minutes)

- Play the short video “*Sex Trafficking: What Is It?*”
- Discuss:
 - What stood out to you?
 - How do traffickers trick people?

3. Guided Notes & Class Slides (15 minutes)

- Teacher presents slides explaining:
 - What sex trafficking is
 - Common tactics traffickers use (grooming, manipulation, control)
 - Prevention tips and ways to get help

4. Group Activity (15 minutes)

- Students work in small groups to **match vocabulary terms** (e.g., *grooming, sexual exploitation, trafficker*) with their definitions using the printed flashcards.
- Groups share one reflection or example aloud.

5. Wrap-Up (4 minutes)

- Review key takeaways from the lesson.
- Display hotline information and emphasize that **help is always available**.

Resources

National Human Trafficking Hotline: 1-888-373-7888

Text: “HELP” to 233733

Website: humantraffickinghotline.org