

WHAT CAN I DO?

- **Educate yourself:**
 - Attend a CI presentation
 - Join the **UnChainEd Coalition**
 - See "Additional Resources" and "CI Outreach" sections
- **Educate others:**
 - Discuss it among your circle
 - Request a speaker for your work, church, or social group
 - Raise awareness on social media by sharing our posts, website, and partner information.
- **Meet the needs of the vulnerable:**
 - Within your own circle - research shows having even ONE person who believes in and supports you can make an incredible difference!
 - Sign up with **Safe Families** (www.Safe-Families.org)
 - Mentor a child (YFC, Big Brothers, Big Sisters, Empowering Youth of Iowa, Children of Promise)
- **Support the Movement:**
 - Donate to us directly at ChainsInterrupted.com or PO Box 583, Cedar Rapids, IA 52406
 - Donate gift cards to support survivors such as: food cards, gas cards, hotel stays, retail stores, etc.
 - Donate items at Stuff Etc. or Elegant Repeats under Chains Interrupted account.
 - Host a fundraiser (house party, social media, garage sale, bake sale, etc.)
 - Email us about donating securities (stocks, bonds, mutual funds, etc.)

 - Sign up to **Volunteer**
 - Become a **Chain Breaker**
 - Join the **Prayer Team**

For more information or questions:
Info@ChainsInterrupted.com



ADDITIONAL RESOURCES

WEBSITES

PolarisProject.org A21.org
StopHTIowa.org FightTheNewDrug.org
IBAT.Iowa.gov DefendYoungMinds.com
IowaNAHT.org ProtectYoungEyes.com
SharedHope.org

BOOKS

The White Umbrella by Mary Frances Bowely
Renting Lacy by Linda Smith
Girls Like Us by Rachel Lloyd
The Natashas and The Johns; both by Victor Malarek
Your Brain on Porn by Gary Wilson

VIDEOS

No Room for Trafficking:
<https://vimeo.com/644669973>
Nefarious
Caged No More
Finding Home
Your Photo Fate by NetSmartz

Chains Interrupted is a driving force that empowers communities and contends for the freedom of youth from Human Trafficking through Awareness, Prevention and Advocacy.



Chains Interrupted

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RECOGNIZE THE SIGNS

Does the person:

- Appear to be under the control of someone else?
- Not speak for themselves or seem to be coached?
- Lack freedom to come and go at will?
- Have tattoos/branding indicating ownership?
- Appear fearful, timid, submissive, or avoid eye contact?
- Appear disconnected from family, friends and community?
- Have numerous inconsistencies in their story?
- Show signs of mental or physical abuse?
- Avoid social interaction or authority figures/law enforcement?
- Use phrases like 'the life', 'daddy', 'trick', 'track', 'game'?
- Engage in commercial sex acts? (If under 18, any sexual act exchanged for something of value [food, shelter, drugs, money, etc.] is Human Trafficking by Iowa/Federal Law)

All gender/identities can be trafficked & not always by strangers

HEARTBREAKING FACTS

- A person of any gender, race, age and socio-economic status can be a victim, buyer or trafficker.
- Most victims are not kidnapped or held captive physically. Rather, traffickers lie, manipulate and use threats to get and keep their victims.
- Force, fraud and coercion are not always obvious.
- Many agencies in and around Cedar Rapids report serving those victimized by Human Trafficking regularly.
- Many of those victimized never get out of the life.
- Almost 50 million people worldwide were living in a trafficking situation in 2021. (Int'l Labor Org.)
- The National Human Trafficking Hotline receives hundreds of calls about Iowa each year. (Polaris)
- Human Trafficking has been reported in every county in Iowa...in cities and in rural areas. (Polaris)
- 1 out of every 3 runaway teenagers in Iowa is approached for commercial sexual exploitation within 36 hours of leaving home. (Iowa Atty General Office)

BRYX PROGRAM

Building Resilience in Youth against eXploitation

Partnering with organizations working with youth through:

- Prevention education for youth
- Education for staff on Human Trafficking, Resources, and Trauma-Informed Care
- Screening tool for sex and labor trafficking
- Assistance with policies and procedures
- Eastern IA Regional Task Force
- Assistance with resources
- Survivor Guidance Program
- Youth Leadership Council

SEE SOMETHING?

National Human Trafficking Hotline
1-888-373-7888 or
text 'BEFREE'

Iowa Victim Service Center
1-800-770-1650 or
text 'IOWAHELP' to 20121

IA Office to Combat Human Trafficking
www.StopHTIowa.org

CI OUTREACH

CI Educational Presentations:

- Awareness/Action
- Schools
- Medical Personnel
- Mental Health
- Financial Institutions
- Law Enforcement
- Corrections
- Judiciary
- General Businesses
- Realtors
- Hotel/Motel
- Faith Community
- Church Safety Teams
- Technology
- Trauma-Informed Care



UnChainEd Coalition: Quarterly meetings bringing our community together with updates, education, and action steps.

Ministry Partnership/Prayer Team: Local ministries and individuals collaborating to meet needs and provide prayer support.

Volunteer: There are many things to do! Email Info@ChainsInterrupted.com to find out more.

Chain Breakers: Elite team of vetted, trained volunteers who are active in contending for freedom.