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HOW TO CREATE

A FAMILY

TECHNOLOGY PLAN

Top 5



PROTECTIVE
STRATEGIES

For Ensuring
Child Safety

WELLNESS BEYOND COVID

PARENTS WITH PREPAREDNESS MAGAZINE

EDITION #3

PARENTS WITH PREPAREDNESS

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Welcome to *Parents with Preparedness Magazine*



Welcome to the third edition of Parents With Preparedness e-magazine, as we also welcome Spring and reflect on what seemed to be an endless 2020 where even the abnormal became almost acceptable. In this issue we again hear from student authors, including a high school senior, each of whom is already changing the world to be a better and safer place. Their optic on life is invaluable. Our other contributors include four senior law enforcement leaders, each sharing their earned career experience at the extremes of human behavior, but as parents first. We learn about the value of gratitude and the art of effective communication, situational awareness, and dangers hidden in plain sight posed by child predators and human traffickers. We also learned that having a family technol-

ogy plan that each member understands and plays a role in, can and should be considered. We have come to understand that whether piloting an actual airplane or navigating societal challenges also teaches us that resiliency means never giving up in the face of adversity. Moreover, we learned how to identify and practice five protective strategies for ensuring child safety, while minimizing their fear.

The Resource Guide has been updated with new information including a new section on financial literacy, safe travel and cyber security. The team is actively working on Lucky's newest book on civics, lessons which are infrequently taught in the classroom. Please keep the ideas coming, each will make us better. My thanks to all of the contributing authors, an amazing Advisory Board and Creative Director. A special thanks to the Washington D.C. Police Foundation and the Washington D.C. Metropolitan Police Department for the selfless work that they do to keep us safe and for sharing Lucky with the community.

Dr. Kathleen Kiernan

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A PARENT'S GIFT OF GRATITUDE

By Patrick Burke

A tough year: There is no way to sugarcoat the fact that 2020 was a difficult year. Businesses failed, unemployment soared, and millions of Americans suffered financial hardships and struggled with increased anxiety and mental health issues. On a personal note, I lost two family members and was saddened that we could not even gather as a family to celebrate their lives. I miss seeing my parents and the cherished time that I normally spend with my extended family. While it would be easy to complain or feel sorry for myself, instead, I choose to feel thankful for all the blessings of this past year. I am fortunate to have a job that I love, and working from home has allowed me more time to work out, spend time with my immediate family and take time to reevaluate my life's priorities. With nearly thirty years in Law Enforcement in Washington DC, I have learned to

compartmentalize tragic experiences I've encountered and focus on the many things that I am grateful for. While that may be a coping technique that has served me well, passing that on to my children is not quite as easy. For this reason, I have had to do some self-reflection in learning how to sympathize with their emotions and on the challenges this pandemic has presented.

Observing and acknowledging:

From my teenager to my three adult children, who are in their young 20's, I realize that their worlds have been turned upside down. School cancellations, remote work, isolation, anxiety, and a social overhaul of their lives have impacted each of them differently. I must remind myself to be an active listener in hearing their concerns as well as acknowledging them.

Validating the difficulty of these trying times:

My daughter who just graduated from college and had a job lined up, saw that prospect change due to COVID and has since struggled to find a permanent job in her career field. My wife and I have been supportive of her efforts to be self-reliant, while assuring her that there is an end in sight and that many others are in a similar position.

Be honest – to a point:

I think it is fine to talk to our children about our concerns and feelings, but as parents, who also love our children unconditionally, putting their well-being above our own comes naturally and we do not want to saddle them with the additional burden of worrying about us. Still, it's ok to let them know that we miss the normalcy of our routines as they do.





Adapt and bond:

It is interesting to see what coping mechanisms our children develop to handle adversity. One of my daughters started a side-business, one daughter surfs, my son enjoys video games, and my youngest has immersed herself in her studies and fitness. While I know I will never surf, I find it important to get myself involved in their activities and participate in any way possible – whether

watching from the shore, learning more about the business, or participating personally. At some point in my pre-COVID life, I had the opportunity to coach all four of my children in sports. This was a great way to learn more about them – and new interests simply mean new ways of bonding.

Quotes to live by:

When packing my kids lunches every-

day from kindergarten through high school, I would include a note telling them that I loved them and a horribly drawn picture of an animal along with the simple quote ‘Carpe Diem’ – Seize the Day. It’s nice to see my children use this quote frequently and even tell me to ‘Carpe Diem’ when they want me to join them in an activity.

Einstein was quoted as saying “In the middle of difficulty lies opportunity.” That couldn’t be more relevant to the times that we’re living in and we merely need to find these opportunities. From a preparedness perspective, President Kennedy said, “The time to repair the roof is when the sun is shining.” This time away from the office can be used to do the things that we often put off (like updating insurance and wills, checking smoke detectors, refreshing emergency preparedness (go) kits, etc). I’ll close with my favorite quote that I try to live by and remind myself of frequently. Aristotle stated, “We are what we habitually do. Excellence, therefore, is not an act, but a habit.” If we can commit to making ourselves lifelong learners, who consistently seek to be excellent parents, spouses, coaches, leaders, and teachers – we can in fact improve who we are as humans and leave an impactful legacy on our children and our communities. This remains a work in progress. ■



Patrick Burke currently serves as the executive director of the DC Police Foundation after finishing a term as the U.S. Marshal for the District of Columbia and serving 27 years with the DC Metropolitan Police Department.

The Honorable Patrick A. Burke was nominated by President Barack Obama on February 4th, 2016 and confirmed by the Senate on May 25th, 2016 to become the 42nd United States Marshal for the District of Columbia. During the President’s nomination remarks he praised Burke’s “stellar track record” in public safety. President Obama credited Patrick Burke with helping coordinate security for major events as the Metropolitan Police Department’s principal coordinator and

ABOUT PATRICK BURKE

incident commander for a Papal Visit, G-20 Summit, Nuclear Security Summit and for the 2009 Presidential Inauguration.

Prior to joining the United States Marshals Service, Patrick Burke received his undergraduate degree in criminal justice from the State University of New York College at Buffalo, and holds a Certificate in Public Management from the George Washington University, as well as two Master’s degrees: one from Johns Hopkins University in management; the other, from the Naval Post Graduate School’s Center for Homeland Defense and Security in executive Homeland Security Studies. Patrick Burke completed intense executive training at the Senior Management Institute for Police (SMIP) in Boston, MA. He also clinched complex counter-terrorism training in Israel and is a distinguished graduate of the Federal Bureau of Investigation’s National Academy. He has taught at both the graduate and undergraduate level at the George Washington University, College of Professional Studies and at the Graduate level at Georgetown University’s School of Continuing Studies in Applied Intelligence.

Patrick Burke was recognized by the Center for Homeland Defense and Security when presented with its Straub Award for Academic Excellence and Leadership and by the National Highway Traffic Safety Administration when presented with its Award for Public Service. He received MPD’s Achievement Award for Meritorious Service, Lifesaving Medals and the Police Medal. Patrick Burke also is the recipient of the prestigious Morris and Gwendolyn Cafritz Foundation Award for Distinguished D.C. Government Employees for his excellence in public leadership. During his tenure with the Metropolitan Police Department, he served as the agency’s first Homeland Security Chief and later served as the Assistant Chief of the Strategic Services Bureau. Patrick lives in Washington DC with his wife and four children, where he serves on several boards and is heavily involved with youth intervention and coaching.

A DAUGHTER'S JOURNEY

GRIT, DETERMINATION, STRENGTH AND RESILIENCY

By Cynthia Renaud

In my role as President of the International Association of Chiefs of Police, I write an introductory article for each Police Chief magazine, highlighting key themes, commenting on the comprehensive content and identifying those universal components of the profession, regardless of the size of the department. The February edition was about leadership, a topic which has been discussed and dissected, challenged and commented upon, especially during the last year and the beginning of this one. As I wrote, I found my article coalescing around key terms: grit, determination, strength, and resiliency, those ever-present characteristics which build and sustain law enforcement leaders always, and especially in the most challenging of times.

And then, I thought about my own daughter and my role as a parent. 2020 has certainly affected all of us both personally and professionally. I suggest that the same skills of successful leaders, those of grit, determination, strength, and resiliency are indistinguishable from those of a successful parent. But as parents, how

do we model, mentor and lead in our own homes, with our own children, to infuse those characteristics of strength that will enable them to adapt and overcome – and lead into a better future?

I'll share some stories about my own experience fumbling along the path called 'parenthood', and for a period of time, that path of 'single-mom parenthood.' Each story has two different endings: mine, and my daughter's.



The first story takes place on Christmas Eve a number of years ago. I was a police commander and two officers had been shot the day before; one was recovering, one was clinging to life, and there was a violent suspect still at large. I was assigned to work in the Department Operations Center on the graveyard shift that night, from 6:00pm to 6:00am. As a single mom with a four-year old child, I called my best friend (and my daughter's Godmother) and asked for help.

Tina and I met in the parking lot of the Union Bank on Pacific Coast Highway at 5:30 pm on Christmas Eve. I gave her my daughter to watch for the night, and continued the drive into work, thinking how sad my daughter would be on Christmas Eve without me and bemoaning my fate at scarring my child in this way. A couple of years later, my daughter said to me, "Mama, do you remember that night I spent Christmas Eve with Nina? How did Santa know where I was? He filled my stocking at Nina's house! That was so much fun, when can I do that again?" I had agonized over nothing it seems, she

"It was only a few years ago my teenage daughter told me, "Mom, I used to cry every time you left for school. I missed you so much."



had a wonderful Christmas morning, unspoiled by the crisis I was dealing with.

The second story is when I felt certain I would receive ‘Mom of the Year’ because I was attending the Center for Homeland Security and Defense at Naval Postgraduate School in Monterey and my daughter was able to spend several weekends swimming in the pool at the hotel. “What fun she is having enjoying Monterey with a babysitter while I’m in class,” I thought! It was only a few years ago my teenage daughter told me, “Mom, I used to cry every time you left for school. I missed you so much.” No ‘Mom of the Year’ this time, but in retrospect, I was demonstrating the value of lifelong learning which did stick, thankfully.

The next story involves my first agency move from southern to northern California. I left my first agency as a commander, with several years of having a take-home car – my daughter’s car seat securely ensconced in the back of the Ford Crown Victoria with the police radio on at all times. The transmissions were all in police codes I thought, and only served as mostly routine background noise to my daughter. When we transitioned to northern California, I was given my new police car. She and I hopped into the Tahoe, and I reached over to do what I always did: turn on the police radio. And as I did, I felt my 9-year old daughter’s hand cover mine, and as she looked at me, all she said was, “No, mama.” I realized then that she had understood every bit of code and communication over that police radio. She had spent every year of her memorable life thus far listening to Code 3 calls; assault with a deadly weapon dispatches, domestic violence situations, and the list goes on. What I did not know is that she had been internalizing all of it.

Fast forward to the year 2018 when I moved her halfway through high school to return to Los Angeles County when I switched agencies again. This brings us to the Woolsey Fire

which raged through our neighborhood requiring teamwork to evacuate safely, in this case trailering horses, a lamb, and putting the dogs and chickens in the back of my work car, with the flames chasing us as we drove out close to midnight. Earlier that week, my husband had suffered a major medical emergency at home and my daughter and I again navigated the crisis as a team, partners really.

Fast forward to the present. My daughter left for college in August of last year. It was different from the long-anticipated experience. Most of her classes were online as a result of the pandemic restrictions, although her Track and Field team practices were in person. With a first, rough semester finished, my child came home for the holidays no longer a child, but a young and resilient woman. She was tested by fire (literally), strengthened through adversity, proud of her scars, and nonchalant about the grit it took to get through it all. Beginning a much better semester this Spring, she off-handedly told me a few weeks ago, “My strategy is that I’m going to pretend like last semester never happened.”

Parenthood is so incredibly difficult. You never know if you are doing it right, doing it well, doing it wrong, or just completely failing altogether. But somehow, through what you model as a parent and what your child is exposed to along the way, one day an adult looks back at you through eyes that shine with the qualities they have earned: grit, determination, strength, and resiliency. ■



ABOUT CHIEF (RET) CYNTHIA RENAUD

Chief (ret) Cynthia Renaud serves as the President of the International Association of Chiefs of Police (IACP); the world’s largest and most influential professional association for police leaders with over 31,000 members from over 165 countries. Chief Renaud has served as the Chief of Police in the City of Santa Monica, CA., the City of Folsom, CA., and as a Commander for the Long Beach, CA., Police Department.

Chief Renaud serves as the Representative of California Police Chiefs Association (CPCA) to the Standardized Emergency Management (SEMS) System, she volunteers for a number of charitable organizations focused on educational engagement for families in need.

Chief Renaud, a published author has been recognized with a number of civic and academic awards and has earned dual Master’s Degrees from California State University-Long Beach (in English Literature) and the Naval Postgraduate School (National Security Studies).

HOW TO CREATE A FAMILY TECHNOLOGY PLAN

By Erin Hang

As a working mom of two, I have been more reliant on technology than I would like to admit. We live in a time where technology dominates our lives. The pandemic has changed the way both children and adults use the internet. Most of our children have used technology to learn, be entertained, and connect with family and friends. Now that children are on their computers more often, more screen time comes with risks that all parents should consider and monitor.

Most school-aged children have some sort of technology easily accessible to them and use online sites such as YouTube and numerous social media sites like TikTok, Instagram, and SnapChat, or popular gaming platforms such as Fortnite and Minecraft. This easy accessibility gives your child the ability to connect with others they may not know or engage in content you don't approve. Allow-

ing access to some or all of these media platforms may or may not be something you allow your child, but it is important to determine what you will allow and then set up some ground rules for your family usage. Setting technology guidelines may be difficult as there is much to consider. The best way to do this is by creating and implementing a "Family Technology Plan." This plan outlines how technology is used within your home. You can consider utilizing a template online. One I found helpful is from the American Academy of Pediatrics <http://www.healthychildren.org/MediaUsePlan>.

Here are some areas all parents should consider when setting up a family technology plan.

1. Technology Dangers – Determine what dangers your family should be aware of and discuss them. Watch for signs that

technology may be negatively affecting your child.

- *Connecting with strangers* - Most children don't seem to see an issue with someone they don't know requesting to be their friend on a video game or social media. The more followers you have on most media platforms, apparently, the more popular you are. It is so important no matter your child's age, to remind them of one simple rule – if you don't know the person don't "friend" them online.

- *Overuse* – Is your child experiencing issues with school, sleep, or communication? If so, consider how much computer usage they are getting and if it should be modified.

- *Cyberbullying* – This is a major issue our children face today. If your child feels



they are being bullied online, they should bring it your attention or an adult they trust.

2. Limit Usage and Apps Allowed – Determine how much time your child should have online and what apps or technology you're allowing them to use.

- **Usage limits** – What is an appropriate amount of screen time for your child's age? You may consider consulting their pediatrician or research it online. Most phones or tablets have technology or applications (apps) that can be downloaded to help with limiting use. For example, there is a setting on your child's iPad to turn off all apps after 1 hour. You should consider utilizing one of these applications if you are having a hard time limiting use.

- **Apps and downloads** – What types of apps are you allowing your child to use? You can restrict your child from downloading new apps without your permission. If a child wants to download a new game on their tablet, a request can be sent to a parent or caregiver to review for appropriateness and approval/denial. For example, if you have an iOS device (Apple) you can easily lock down downloads under the family feature for free. There are also many apps out there you can download. A couple great ones can be found in the App Store such as, Parental Control App-OurPact or Parental Control



App-Famisafe.

- **Earning usage** – Consider having your child earn screen time by completing chores, exercising or completing homework.

3. Create Technology Free Zones and Times – Setup times and places where technology is not allowed.

- **Tech free times and places** – Consider no technology when eating at the table or in bedrooms. Setup a block or blocks of time when technology cannot be used daily.

4. Monitoring Device Activity – Set up a time to monitor the technology being used to ensure appropriateness and safety.

- **Be involved** – It's also important to discuss with your child that if technology is

going to be used, you as their parent will be monitoring it. Monitoring will have a different meaning for everyone, but it is highly suggested that text messages, email, social media and gaming discussions be reviewed. All online activity monitoring is important.

Every family is different and like everything in our lives there should be balance when it comes to your family's technology use. By creating a Family Technology plan, you can ensure everyone feels ownership of the plan and understands the importance of how and when they should be utilizing their time online. Building responsible digital citizens is an important part of parenting. 📱



ABOUT ERIN HANG

Erin Hang has worked in the security industry for nearly 20 years and is a Senior Director for Fortior Solutions, LLC where she is the company's subject matter expert in regards to identity and vetting solutions.

She has worked with a number of federal organizations, primarily the U.S. military to help create and enhance government vetting and vendors, contractors and visitors accessing secure facilities.

Erin is a wife and mother to two boys, ages 10 and 13. She is often found on the sidelines supporting her boys in their various sports. She enjoys spending her personal time with friends and family and working out.

TOP 5 PROTECTIVE STRATEGIES FOR ENSURING CHILD SAFETY

By Spencer Coursen

How to best protect a child from harm is a question every parent will ask. At its most fundamental level, it is about striking the right balance between overprotectiveness and overexposure. Despite best efforts to keep a child protected, they will inevitably be exposed to crime, chaos, and confusion well before any of us will ever wish they would. But safety is ultimately the by-product of awareness and preparedness. This means an aware child is a safe child, and a prepared child will always be far more empowered to play a proactive role in ensuring their own certainty for safety.

So what are the best practices for a parent to employ? Here are five protective strategies to help your child prepare today for a safer tomorrow:

1. It is always better to have “the talk” too soon rather than too late.

It doesn't matter if the concern is about “inappropriate touching” or “safe sex.” As soon as something presents itself as a realistic risk, it's time to have the talk. Too many parents find themselves so consumed by their fears of the improbable that they blind themselves to the reality of the possible. If you ever find yourself thinking, my child “couldn't possibly be dealing with that issue now” the answer is, yes, they likely are.

2. Practice makes perfect

It is important to keep in mind that talking to children about safety or just telling them what to do is not enough.

Children learn best through active participation. When talking to a child about danger, we want to provide them with simple solutions to problems they can solve themselves, but to do so without raising their level of anxiety. Remember: no one fears what they know well, which means we want them to be engaged in their own decision-making process. Ultimately, to utilize their own problem-solving skills, and then practice those skills in a safe, learning environment. Instead of telling your child to call 911 in an emergency, actually practice (be sure you don't really call 911, so put your phone in airplane mode). Help your child respond to the dispatcher's probable question, “What is your emergency?” You can reinforce simple sentences such as “please send the police and ambulance” and remind kids not to hang up the phone. You can also put that information on a piece of paper on the refrigerator where the kids will see it all the time.

3. Don't make safety scary, make safety fun.

The more you are able to encourage your child to participate in effective and practical strategies that will help to keep them safe, the more natural those strategies will become when they need them the most. If you are visiting an amusement park, or the zoo, or even a shopping mall, have your child pick out a place that is easy to recognize and easy to remember. Since they identified this landmark, they will be more likely to remember it if they get lost or separated from you.



4. Board games offer a treasure-trove of everyday safety strategy.

While board games are a great way to spend quality time together as a family, they also offer the opportunity to engage your children in conversations about what is going on in their life. No matter what game you're playing, there will be multiple opportunities to initiate a dialogue about a wide variety of subjects and topics. Board games also offer a parent the perfect platform to talk about safety because so much of the success in winning a board game is related to strategy and thinking/talking through how to navigate different scenarios and challenges.

While playing, have your children tell you about their school day or how they felt during the school's practice fire drill or practice lockdown. Help them to think





slowly and methodically and give key details. Ask your child how they made some quick decisions about their safety.

5. Most importantly listen more than you talk.

The more you listen to your child, the more connected the two of you will become, and the safer they will feel — not just emotionally safe — but secure in their comfort to come to you with their concerns, too. Ask questions that will spark their interest, and respond with as many open-ended questions as possible. If you are ever unsure of what one of their questions may mean, or the intention

behind such a question, one effective technique may be to “boomerang” the question back onto them: “Mommy, what does bravery mean?” could be easily responded with, “Well, what does bravery mean to you?” Or help them to answer their own question themselves, “Hmmm, well let’s think about this together, which character in *The Lion King* do you feel was the bravest?” By encouraging your child to take part in the answering of their own questions, you not only encourage them to participate in their own learning process, but you will re-confirm the bond that you have with your child as a shepherd of safety. 📌



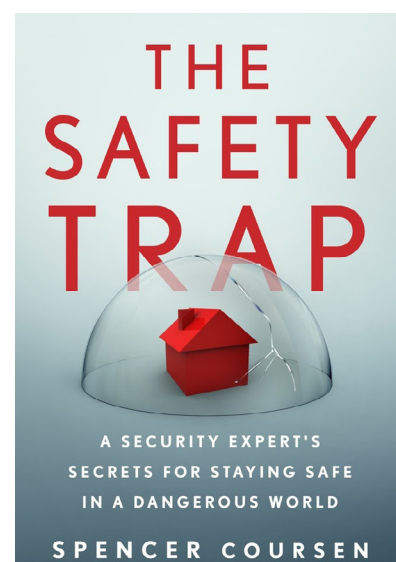
ABOUT SPENCER



Spencer Coursen is a nationally recognized threat management expert and author of *The Safety Trap* (St. Martin's Press, 2021. *see below*) He is a combat veteran, former supervisory special agent, and private security professional who's unique global experience has supported an exceptional record of success in the assessment, management, and resolution of threats, conflict resolution, employee terminations, physical security assessments, expert witness testimony, policy authorship, protective intelligence, and vulnerability reduction. Mr. Coursen is the founder of Coursen Security Group (CSG) — a premier threat management firm based in Austin, Texas. CSG provides expert security assessment, consultation, and protective strategy to help organizations, public figures, and private families succeed in staying safe.

SPENCER'S BOOK

[GET IT ON AMAZON HERE](#)



HUMAN TRAFFICKING AWARENESS

By Christian Nanry



Human trafficking is a criminal act occurring globally in all communities with victims from various demographics. Traffickers utilize multiple methods to force, trick, or coerce their victims into exploitation. Often traffickers use means of violence, false promises, manipulation, high pay, and romantic relationships to lure victims into modern slavery. Traffickers often prey upon people who are emotionally, financially, and physically vulnerable. Victims often have a history of physical and sexual abuse, homelessness, family members addicted to narcotics, and sometimes their own substance use disorder. Trafficking victims usually lack family support and a safety net to fall back on, making them vulnerable to traffickers. Lack of access to education and literacy are also key factors in identifying those who are more likely to become victims of human trafficking.

Victims of human trafficking are often unable or intimidated not to seek help and face barriers such as: trauma bonding, fear of law enforcement, an inability to overcome language barriers, foreign environments, and sustained abuse from their traffickers. These barriers to assistance

make human trafficking a crime which often goes unnoticed. Unfortunately, because of the severe forms of trauma endured, victims become so traumatized they often do not see themselves as victims and do not ask for assistance, even when opportunities are presented.

Human trafficking is as profitable as it is capricious. In 2016, an estimated 89 million people experienced some form of modern slavery from a period of a few days to five years. In one sampling, 5.4 out of every 1000 people in the world were victims of trafficking; 25 million victims worked in forced labor, 15 million victims were forced into marital arrangements, and one in four victims were children. Women and young girls were disproportionately represented at 28.7 million, or 71% of all trafficking victims, and 50% of trafficking victims were affected by debt bondage. An estimated 3.8 million adults were victims of sexual exploitation, and 99% of those victims were young girls and women. State imposed labor estimates revealed 4.1 million victims perform community services and military conscription not prioritized by local communities. It is estimated traffickers gained \$150 billion in US currency annually in profits

from the use of forced labor in the private economy. Two thirds of the profit in this region comes from forced sexual exploitation. The highest valued margins are found to be in the most developed countries, followed by the Middle-East, and finally in the Asian-Pacific. Annual profits from sexual exploitation reaches \$99 billion, agriculture or domestic work, \$51 billion, fishing and wildlife, \$9 billion, domestic household workers, \$8 billion. Other activities earn traffickers an estimated \$34 billion annually.

The US Courts reported that at least 1,584 criminal cases against human traffickers were prosecuted in the 12 Circuits in FY 2020. This number only represents cases against traffickers in which they are prosecuted and have not plead out to lesser charges and does not reflect the number of victims. The 4th Circuit had the most prosecutions this year at 1,048 cases. Similarly, in 2020, US State Department Trafficking in Persons (TIP) report, there were only 11,841 prosecutions and 9,548 convictions for trafficking globally and 118,932 victims identified. The US Department of State reported only 1,038 cases of forced labor were prosecuted globally.

Recognizing the signs of human trafficking saves lives and exposes human trafficking enterprises. Victims of human trafficking are unwilling participants in commercial sexual and labor acts who are unable to leave; they are often accompanied by a trafficker who controls their movements. Victims are often working in industries in which is common to engage in sex acts for money or something of value, and the acts are masked in the open. Victims are accompanied by groups of handlers transporting them to and from their labor sites and where they are forced to live. Members of LGBTQI+ groups have higher rates of victimization within human trafficking than any other demographic, LGBTQI+ youth are 7.4 times more likely than non-LGBTQI+ counterparts to experience sexual violence.

Some of the red flags for parents to identify as signs of potential human trafficking are numerous school absences, young girls dating much older men, children having large amounts of cash or jewelry with no reliable income, children having unexplained injuries and signs of physical assaults, and physical marks on a child such as branding, scarring, and tattoos. Parents should also note if their child or others have the ability to gain resources beyond what their own family can generate. Fraudulent identification and keys to places other than their own homes can also be a red flag indicator for parents. A child who is homeless or a runaway may also be a victim of human trafficking.

Parents can take steps to help protect their children from human trafficking. Know what your children are doing online, and who they are in contact with. Parents should communicate with their children and know where they are going and who they are associating with. Teach resiliency and build up a child's self-esteem early in life. Create lasting rapport so your child feels comfortable approaching you with any issue they have. Parents should stay educated with current events and what is happening in their child's environment.

Although the capabilities and efforts of law enforcement have increased, human trafficking remains a low-risk/high reward enterprise for traffickers. Joint efforts between financial institutions, national governments, and local communities will undoubtedly benefit from public-private partnerships and stakeholder collaboration. Eliminating the means to distribute

and accumulate wealth from trafficking may be the best tactic to reduce trafficking in the future. Private organizations such as the Knoble group and DeliverFund have created large networking connections across several industries to prevent, disrupt, and dismantle human trafficking criminal networks. It is my hope these organizations continue to work with global communities in partnerships to combat human trafficking. 📌

As a private citizen, if you recognize signs of human tracking, do not approach or engage the situation, instead call the National Human Trafficking Hotline at 1-888-373-7888 or 1-866-347-2423 to Federal law enforcement. You can make a difference.

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ABOUT CHRISTIAN NANRY



Christian A. Nanry has worked as a Military Policeman and Criminal Investigator since 1996. His experiences include time as a Military Working Dog Handler, Special Reaction Team member, Fugitive and Threat Investigator, Protective Services, Training Cadre member, and has worked on various operational and logistical committees. He holds an undergraduate's degree from Empire State College, a master's degree from Seton Hall University, and is awaiting graduation at Texas State University in May 2021 with a Doctorate of Philosophy.

FIGHT THROUGH THE CLOUDS

BUILDING RESILIENCY IN YOUR KIDS

By Bill Woolf

When they were 15 and 13 years old, I sat my two oldest children down to tell them about the time that the three of us almost died. They didn't know that several years before, when flying in a small plane, we had been caught in a deadly situation and almost did not make it.

To understand this story, you first need to know some basic principles of flight. When pilots get their first license it is a license to fly in clear skies. It takes an increased level of skill and training to fly in other weather conditions when the pilot doesn't have visibility and has to fly by instruments alone. In the flight community, these two types of flight are called Visual Flight Rules (VFR) and Instrument Flight Rules (IFR).

The most dangerous situation for a pilot is when VFR flight turns into Instrument Meteorological Conditions (IMC), which means the weather was clear but then the plane flies into bad weather conditions. When the plane flies into clouds, the pilot loses visual reference to the ground and with the turbulence can't tell if the plane is turning or spinning. More than 80% of VFR flights into IMC results in a fatal accident.

On a small aircraft, like the plane I was flying, the most dangerous weather condition that can happen is ice. If your plane gets caught in the clouds and it is cold, the moisture in the clouds adheres to the plane and the plane turns into a flying popsicle. If too much ice accumulates, the

plane will fall out of the air and crash. So, as a pilot if you encounter an ice situation, you have to get out of it immediately.

At the time, I was a fresh pilot and I was flying an airplane in for routine maintenance. It was a plane I shared with other pilots, and I had volunteered to fly it from Virginia to the plane shop in Kentucky. I took two of my children along for a fun flight with Dad. I thought it would be an uneventful trip to Kentucky. I didn't know about reading weather conditions.

As we were flying over West Virginia, I started to see clouds ahead. At the time, I thought I could just stay underneath them. I continued on. Now they warn you as a pilot about the dangerous phenomenon of "get-there-itis" which makes you take dangerous risks because you are set



on getting to your destination. Well, I fell into it. I had people counting on me to get the airplane fixed and I didn't want to let them down.

The tops of the clouds started skimming the top of the airplane as we were over the mountains of West Virginia. I couldn't see far enough ahead to tell if higher mountains were coming and I was worried about crashing into the top of a mountain so I took the plane up to higher altitude. I thought that I could just punch through the clouds and get on top of them quickly. As I came up into the clouds though it got colder. I started picking up ice. The worst issue that could happen.

I tried to problem-solve quickly. I realized I needed to go back down to where it was warmer to get out of the ice so I started



descending again. I thought once I got down and the cloud layer thinned out then I would be able to see the ground again and get a plan. As I started descending though, I saw the tops of trees and immediately had to go back up into the clouds.

In that moment, when I was trapped in a deadly situation, an unexpected wave of euphoria came over me. I remember it like it was yesterday. It was the feeling some people describe that they experience right before death. My body was telling me to just let go and let the plane crash.

I had to fight with every ounce of mental fortitude that I had to overcome that feeling. As I fought, I went through everything I could think of to do in my head and remembered my flight instructor telling me if I ever got into this situation to put the engine to full power and climb. Climb until you get through the clouds. So I put the plane in full power and climbed and climbed until finally the plane broke out of the clouds. I had to continually fight myself at every moment from giving up until we finally broke through to clear sky.



When the plane touched down on the runway in Kentucky, I could hear the ice falling off it. As we climbed out of the plane, I held it together in front of my kids, and they never knew anything was wrong. When we got to the hotel where we were spending the night, I went into the bathroom and just collapsed to the floor as the reality that we had all almost died fully hit me. According to statistics, none of us should be alive.

The reason I then told my children this full story years later wasn't because I wanted to shock them that they had almost died in a plane crash but because I wanted them to understand the power of perseverance. That you NEVER give up in the face of difficulty. If I had given up and listened to my body telling me to just relax and let the plane crash, then we wouldn't be here.

We all have life stories, maybe not as dramatic as mine, of times we persevered through a hard situation. As parents, we need to leverage these stories to teach our children resiliency. Everything is survivable. We would do our children a huge disservice to let them have a false expectation that life is always easy and to not prepare them for how to handle challenging times when they come. When life gets hard, we don't want them to give in to hopelessness and let the plane crash into the ground, but to keep fighting until they break through the clouds. They will come out stronger on the other side. 🍀

ABOUT BILL WOOLF

Bill Woolf is former law enforcement officer whose career was focused on addressing gang violence and human trafficking. Having a true passion for prevention, he founded a non-profit organization in 2013 called the Just Ask Prevention Project. Their efforts focused on the prevention of human trafficking and exploitation. Their principle ideology was that everyone should be prepared to respond to threats before they happen. In 2018, Bill received the Presidential Medal for Extraordinary Efforts to Combat Trafficking in Persons for his sustained dedication and achievements in combatting human trafficking by employing a victim-centered approach to transform law enforcement efforts, and equipping communities and front-line responders to more effectively address and prevent human trafficking. Bill currently serves as the Director of Human Trafficking Programs at the U.S. Department of Justice, and as an adjunct professor at both George Mason University and Mt. Aloysius College. He is an avid pilot, who has since gained a significant amount of additional training. Despite his professional achievements, he is most proud of his six amazing children who continue to amaze him every day through their perseverance and accomplishments.



ADVICE

By Michael Breslin

FROM A LAW ENFORCEMENT PROFESSIONAL AND FATHER ON PREPARING AND RESPONDING TO CRIMES AGAINST CHILDREN

As a parent of elementary age children, I strive to teach them the real dangers and risks they face daily. The avoidance of physical harm of riding a bike without a helmet or reminders to wear a seatbelt are the easy lessons. The risks of sexual exploitation and human trafficking are much harder for me to address with my children, even with my 24 years of experience working in law enforcement.

According to the FBI, there were more than 421,000 National Crime Information Center (NCIC) entries for missing children in 2019. The danger is real, as evidenced by these staggering numbers and open cases.

Parents must strike the right balance of teaching children the harsh realities of the problem without scaring them and ending further constructive conversation. I found that with self-education, honesty and consistent communication, I have achieved an appropriate balance in reinforcing safety with my children.

In the wake of the COVID-19 pandemic, life has transformed. We have experienced shutdowns, work from home mandates and disruptions in routines on how we live and educate children. This disruption has caused isolation and depression in some households. One thing that has not changed during the pandemic is the ability of criminals to adapt and exploit these frustrations and turn them into vulnerabilities. Digital devices are

everywhere and have helped communities and families stay connected. However, this digitally connected environment has created the unintended consequence of exposing children to grooming practices for sexual exploitation by predators.

The COVID-19 pandemic has brought child predators into our living rooms. Risks to children for exploitation have increased with criminals shifting their tactics to on-line streaming services. The need for cyber and physical security measures has never been more important for children.

According to the National Center for Missing and Exploited Children (NCMEC), there were 16.9 million reports made to its Cyber Tipline of suspected online child sexual abuse and exploitation in 2019. These reports sur-

passed 2 million by March 2020. The rise in complaints are partly a result of the increased use of social media and digital devices, providing more opportunity for exploitation.

Prior to my law enforcement career, I was a caseworker for inner-city foster children and the Director of a New York City homeless shelter for women and children. Many of these children were victims of abuse and others were in the high-risk population for exploitation. I learned many years before I became a parent that children are resilient. Children can process a great deal of information and are able to digest difficult messages when done with some careful planning. Personally, I have had great success by following some basic concepts and using some of the online national resources available.

Communication

Be honest with children when talking to them about the dangers they face. Explain the precautionary steps to avoid being a victim and what to do if ever in danger. Develop a plan with your child and discuss this emergency plan frequently.

Education

Know the signs of child exploitation and abuse. Parents must educate themselves on these issues and know what signs to look for as potentially dangerous indicators.

Online Safety Knowledge

Advanced computer knowledge or experience is not a prerequisite to learning about online safety and ensuring safeguards are in place on all devices. There are countless resources and free guides available to help reduce exposure. Parents should consider

the use of child protection apps. Criminals constantly adapt and so should you. Children are spending more time online with less parental or adult scrutiny during this pandemic. The increased online time combined with a determined child predator is a recipe for potential disaster. Good cyber hygiene and consistent cyber vigilance is needed to help keep children safe.

Planning

What will you do if your child goes missing and is a victim of a child exploitation scheme? Have you considered this type of





incident in your preparedness planning? Do you have recent color photos available of your child? Do you know your child's height and weight, blood-type, medicines and dosage requirements? Do you know who to call? Every parent needs to have a plan in the unfortunate event that you need to take immediate action to find your child.

Reporting

Report any suspected incident of abuse immediately to your local law enforcement agency. Contact your local FBI field office or file a report with the NCMEC at 1-800-THE LOST or online at www.cybertipline.org. Most importantly, if you see or suspect something say something, and make the call.

There are both healthy and unhealthy ways in which parents can deal with these risks to their children. The preferred choice is where the parent takes a proactive role in teaching their child about the dangers and preventive steps they may take together to help mitigate these dangers. Ignoring the idea of the danger or thinking it could never happen to your child is not the right approach. Parents must remain vigilant to the signs and potential risk factors and always maintain an open line of communication with their children. Take advantage of some valuable national information to make certain that you share in the joy of watching your children grow and experience life. ■

National Resources

- National Center for Missing and Exploited Children-
[CLICK HERE](#)
- ADAM Program,
[CLICK HERE](#)
- "Essential Resources During the COVID-19 Pandemic." Join the Fight Against Sex and Labor Trafficking -
[CLICK HERE](#)
- "COVID-19 Resources, Services, and Support – Anti-Trafficking," ACF,
[CLICK HERE](#)
- Kidpower Child Abuse and Bullying Prevention Resources for Schools | Kidpower International
[CLICK HERE](#)

ABOUT MICHAEL BRESLIN



Michael Breslin has more than two decades of experience in federal law enforcement and transnational financial and cyber-crime investigations. He serves on the Cyber Investigations Advisory Board of the U.S Secret Service and is the Strategic Client Relations Director for Federal Law Enforcement at LexisNexis Risk Solutions.

Prior to joining LexisNexis Risk Solutions, Michael served as Deputy Assistant Director for the Office of Investigations for the Secret Service where he oversaw the planning and coordination of investigative responsibilities. Michael is also a Board Member for the National Center for Missing and Exploited Children.

WHAT I *LEARNED* ABOUT PREPAREDNESS WHILE HANGING OUT WITH MY DAD

by Sophia Ward



As far back as I can remember, Saturdays were spent with my dad. We'd start the day at Home Depot, and a bookstore or lunch usually followed. Our house in Texas and then in Connecticut had large yards or pastures which required maintenance of some sort. No matter how many tools we had in our shed, he always needed something new. Once my mom confirmed that nothing was planned for the day, we'd head off to Home Depot. We'd wander the aisles as he'd talk about the weekend projects. Thinking back, I realize it was about spending time together in places that he loved, getting me familiar with tools, and instilling confidence in me. Saturdays is when our conversations about preparedness and resilience began, and my awareness of my surroundings started improving.

Lessons about 'observing others'

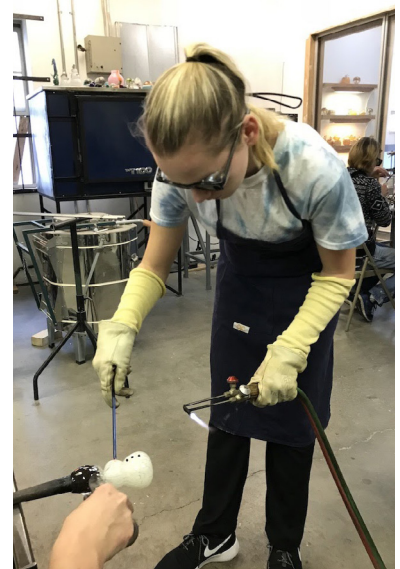
Together, we would watch people and try to pick out those who did not seem to be familiar with the area, or somehow seemed out of place. My Dad was a top expert in the criminal justice field. He would talk to me about how to observe

without being observed; to identify things that did not seem quite right - maybe how someone was dressed or what they were carrying. Because of what he did for a living, he also talked to me about the danger of jumping to conclusions without evidence, and about "profiling" because of someone's race or gender. He taught me to consider possibilities and different explanations about what I saw. He would also challenge me to tell him what I would do if something was wrong in certain situations. We would talk about who I'd call first, what I would say, knowing my exact location, how to exit an area, and where a meeting spot might be.

Lessons about communication and personal space

One of my Dad's pet peeves was about people who were not aware of personal space or boundaries. Again, in Home Depot while shopping, I learned that it's okay to say, "excuse me," in a loud voice as a way to ask people to move. It bothered him when people would stop or hesitate when they reached the bottom of an escalator or exit an elevator - especially in airports. Likely, it is because they are un-

familiar with the layout of the airport or where exits are. While an inconvenience for us, he knew it was also an opportunity for theft, something he learned traveling the world. By the time I was eleven years old, I had visited over thirty countries with him and my Mom. When I was old enough, we would practice our observation, awareness and communication skills



together. I learned so much about different cultures on those trips, and I know it was because both my parents wanted me to become a responsible global citizen.

Some lessons were just from watching him

My Mom pointed out that my Dad always insisted on sitting in a position to see the main entrance if we were in a restaurant, for example. It was something he learned as a young police officer for the NYPD and also as a U.S. Marine – to be loyal and to protect others. One time I sat in what I knew would be his choice seat. My mom said, “He’s going to make you move.” As a ‘daddy’s girl,’ I really didn’t think he would. When he got into the restaurant, he looked at me, smiled and made me move to a different seat. I am 17 now and I try to sit facing the door. While I may not be able to fight off someone, I want to see potential trouble before it happens and warn my friends and family. I always make sure I know where the exits are and where I could hide if I could not get out. I also try to keep my phone charged in case I have to call for help or hide for a long time.

Lessons learned while doing things together

Also, we learned the hard way to always close your trunk when leaving Home Depot, especially if you have gallons of paint in the back. One time he didn’t close the trunk all the way. As we drove onto a main road, we saw our newly bought paint flying out of the trunk at 50 miles per hour. Luckily, nobody was behind us.

Another important lesson about preparedness he taught me was to use my observation skills when I was old enough to drive by myself. That means paying attention to any cars that seem to be following me for any extended period of time. I know I should change my route, pull off the road and turn around, and if I feel in any danger, pull into a police or fire station.

One of my Dad’s favorite sayings was that if you’re not early, you’re late. We would always leave what seemed like a million minutes early for any kind of outing. While I didn’t understand it totally back then, he taught me that being on time for things

is important, and is a sign of respect for others. When he would drive us to my softball games, we would arrive early and be there in case anyone needed extra help. He wanted me fully ready when the game started and not fiddling around looking for things or delaying my teammates. Now, I cannot remember not being early for everything. Before I leave the house, I plan backwards and calculate time, distance, traffic, weather and the unplanned slow driver or accident causing delays.

Unfortunately my dad passed away 6 years ago, just before my 12th birthday, but the lessons I learned from him will stay with me forever. He instilled in me the confidence to tackle problems that will come along, to always be aware and prepared, and to teach those skills to others; it was his way of ‘paying it forward,’ which he did with students for over 50 years! My mom and I will soon be moving into a smaller home. The condo we’re looking at, as it turns out, is right behind a Home Depot! I think my Dad would be happy. ●



ABOUT SOPHIA WARD

Sophia Ward is a high school senior in Connecticut. She has played softball for the past 10 years - favorite position is 1st base.

Her interests include traveling, listening to Taylor Swift music, going to Taylor Swift concerts, hanging out with her friends, baking, and art. She is a safe and excellent driver.

She’s been studying Chinese for the past six years and plans on majoring in International Relations, Intelligence or Cybersecurity.



WELLNESS

By Logan McIntosh

BEYOND COVID

The Sars-CoV-2 virus, the virus that causes COVID-19, has dramatically changed how we interact with our environment. This pandemic has put an emphasis on how we distance ourselves in social spaces and how we take care of our personal hygiene. Effective handwashing techniques, hand sanitizers, and disinfectant wipes are around every corner, in the hopes of countering this highly contagious virus and enabling our communities to return to a level of normalcy in the near future. As we enter the spring season, the break of winter, and the return to regular gatherings, we mustn't forget the other, highly contagious illness and their symptoms children are likely to encounter.

As a parent, we always look to protect our children from all illnesses and harms, and with the COVID-19 pandemic rightfully at the forefront of our thoughts, we must not overlook other illnesses our children may pick up as they return to in-person learning. Children do not yet have a fully formed immune system and in turn, tend to get sick more often. Coupled with the right treatment and rest, bouts of sickness with a disease (one of which may be listed below) will enable a child's immune system to adapt and become stronger in the future, empowering their little bodies with the genetic knowledge on how to fight those same viruses

"WITH THE HELP OF THIS GUIDE, PARENTS SHOULD FEEL MORE EMPOWERED."

and bacteria were they to encounter them again!

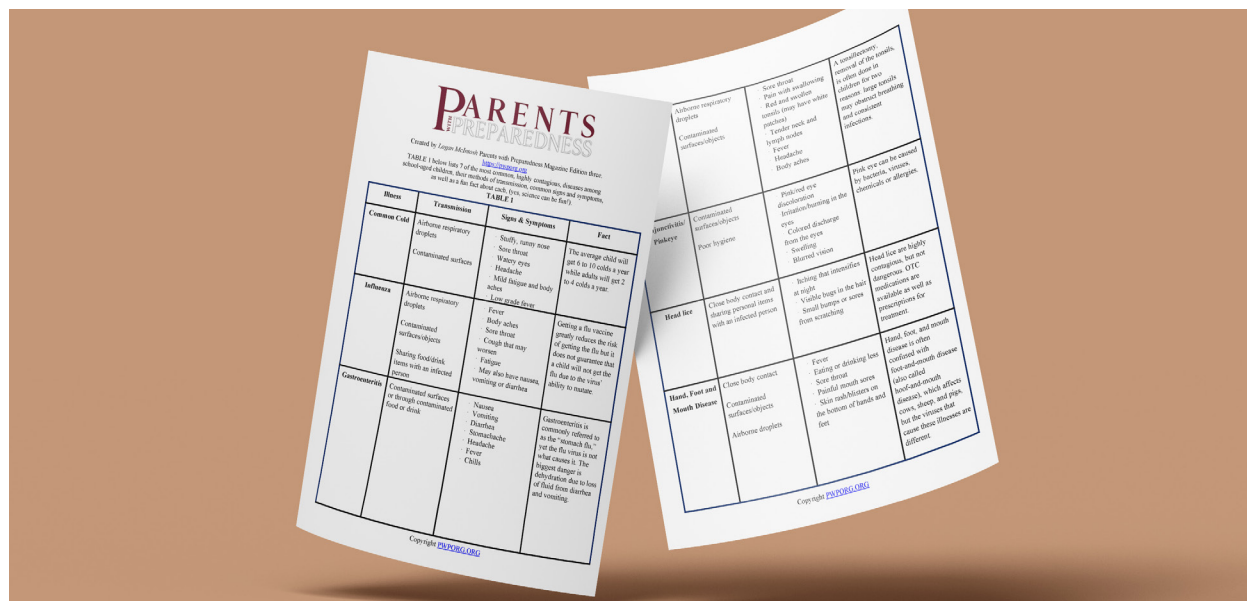
As a first time parent, we are even more cautious when it comes to our children getting sick, and in the wake of this pandemic, it is important to have the knowledge and skills to differentiate the signs and symptoms of what may be COVID-19 or what may be another common illness among school-aged children. With the help of this guide, parents should feel more empowered and prepared to tackle the challenges posed by re-entering our communities and gatherings again.

The table (*Table One*) on the next page lists seven of the most common, highly contagious, diseases among school-aged children, their methods of transmission, common signs and symptoms, as well as a fun fact about each, (yes, science can be fun!).

Continued on next page.

TABLE ONE

[DOWNLOAD HERE](#)



It is in a child's nature to make messes, interact with their environments, and explore their world! To keep them safe from the common illnesses a child is likely to encounter through these engagements at school and interacting with friends, the following hygiene and cleanliness habits are recommended:

- Always consult with your child's doctor to determine the best treatment and call them right away if at home treatment does not help or their symptoms worsen.
- Practice good hand washing using soap and water, washing the hands for at least 20 seconds. Alcohol-based cleaners and sanitizers are useful too, remind your children to keep a small bottle handy! Toss a small bottle in their school backpack or lunch bag.
- Wipe surfaces and commonly used items with disinfectant wipes or alcohol-based cleaners. These surfaces may include light switches, doorknobs, faucets, and handles among others.
- Get at least 8 hours of sleep a day, maintain a regular, healthy diet, and drink water regularly throughout the day. This will help your child's immune system function its best!
- Keep hands away from eyes, nose and mouth to prevent bacterial and viral transmission to the mucous membranes.
- Keep your child home if they are sick or have a fever. Going to school with a fever or other active symptoms will only help the spread of infection. Stay home to do your part! 🍌

Resources

Center for Disease Control [CLICK HERE](#)
 Family Doctor [CLICK HERE](#)
 Hopkins Medicine [CLICK HERE](#)
 Kids Health [CLICK HERE](#)
 Mayo Clinic [CLICK HERE](#)
 St. Louis Children's [CLICK HERE](#)

ABOUT LOGIN MCINTOSH



Logan McIntosh is a Research Analyst intern for Kiernan Group Holdings. She assists with data collection and analysis, primarily on domestic extremist groups. She graduated Magna Cum Laude from the University of Pittsburgh-Johnstown with a Bachelor of Science in Biology and a minor in Chemistry.

After graduation, she worked at The New Academy Charter School in Pittsburgh, PA as a Certified Pennsylvania Private High School Biology teacher to children in 9th grade. In this extremely rewarding role, she worked as a teacher/counselor to the students, many of whom were delinquent or troubled youth.

After a year at the school, she moved to Arlington, VA to complete her Master of Arts in Forensic and Legal Psychology at Marymount University. She is expected to graduate May 2021 and looks to explore a career in intelligence analysis, threat assessment and gun violence, or criminal investigations.

GOOD TECHNOLOGY BAD DATES?

BY Catherine Kildea

As a college student, I am surrounded by people using dating apps.

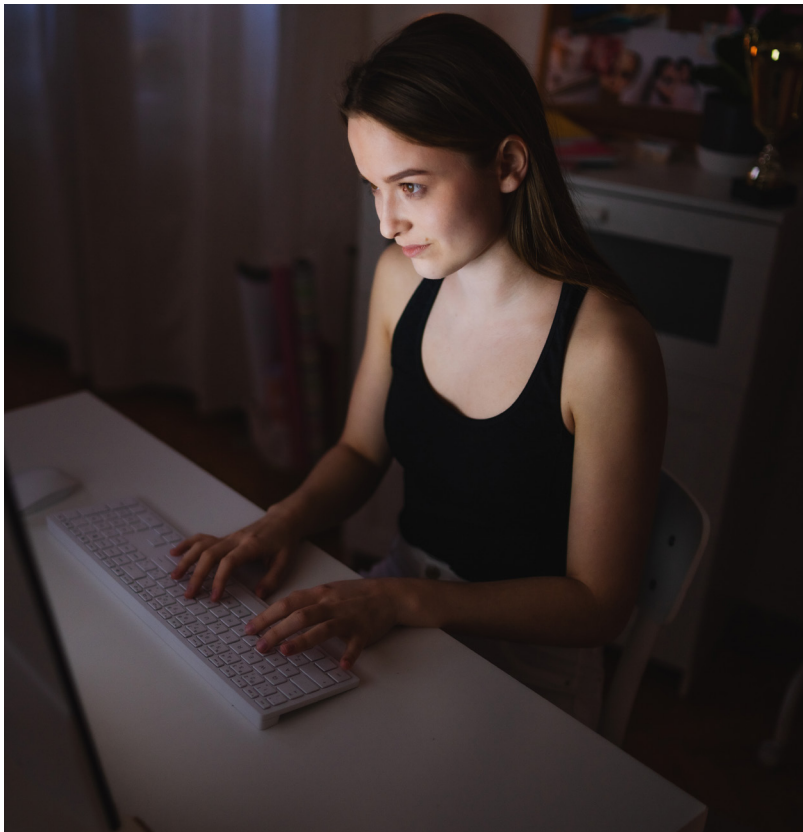
Two of my best friends met their current boyfriends on a dating app, and they are in healthy and happy relationships. However, I am no stranger to the horror stories of bad dates, catfishes, and hook-up culture. Most people who use these apps do not consider the misuse of these technologies to gather information on potential victims by criminals. The often-overlooked dangers of online dating are rooted in a false sense of security. As young adults, we are comfortable with the internet and social media. We feel a sense of understanding of online security because we have grown up with the internet. There is a general lack of privacy where posting personal information is considered normal. However, according to Spencer Coursen in *The Safety Trap*, we

are in the most danger when we feel the safest and let our defenses down.

Using online dating apps without the proper safety precautions may unintentionally increase the vulnerability of victimization. As a society, we have been taught that human trafficking and sexual exploitation happens in dark, dingy places or overseas in third-world countries. Unfortunately, that is simply not the case. The connection between human trafficking and dating applications is simple; information gathering. Human trafficking is not always as cinematic and extreme as being kidnapped in the middle of the night. Human traffickers use a strategic grooming process to gain access to information to coerce their victims. Grooming questions can look like, “What do

your parents do for a living?” or, “Which school do you attend?” These seemingly innocent questions can create the foundation of trust that eventually leads to compromising information being exchanged. A skilled social media stalker could easily find a Facebook or Instagram account with minimal information provided on a dating app profile, such as a user’s first name, place of employment, or college. Dating applications are full of people trying to build healthy relationships, so it is essential to be wary of individuals without the interest of a healthy relationship in mind.

When we are young, our parents tell us not to talk to strangers; now, we have an app to meet and connect with strangers with the swipe of a finger. They tell us



never to get in the car with someone we do not know; now, we have an app on our phone that allows us to do just that. The world is changing, and security concerns are changing, too. The truth is, young adults are going to use dating apps. While the statistical correlation across all adults and their use of dating apps vary, it is clear that many young adults are using dating apps and websites. According to Pew Research Center, “48% of 18- to 29-year-olds say they have used a dating site or app.” It is convenient and generally an enjoyable form of social media. However, there is value in being familiar with the tactics of criminals or those with ill intent.

As young adults, we are going to make mistakes. It is challenging to grow up in a world where your mistakes are preserved for all to see in an online footprint. It is important to understand that dating applications are a reality, and you can be targeted for your vulnerability. While the extent to which people take the relationships from online to in-person varies drastically, there are some tips that can

be taught to ensure they are making good decisions with whom you choose to connect with online. Many of these tips are transferable to remaining safe in the “real life” dating world, as well.

1. Someone you have never met owes you no loyalty. Any compromising information or images that you share with them can be used as blackmail. Be careful with what personal information you share.
2. Identify the reason you are using the dating app. What is your goal? Are you looking to meet someone to have a long-term relationship?
3. If you decide it is safe to meet up with someone, share your location with a friend or family member. Let them know the details of the date: Where are you going? How are you getting there? When will you be back?
4. Recognize grooming signs and do not accept large gifts during the first couple of meetings.
5. If you end up in a compromising situation, reach out and get help. Between 2015 and 2018, the National Human Trafficking Hotline found that over 1,000 trafficking cases involving young adults involved online platforms like social media and dating apps. There is an outlet to seek help and protect your safety.

It is important to note that most human trafficking victims are trafficked by someone they know and often trust. However, that only validates the grooming tactics used in the on-line dating scenario. ■

"Using online dating apps without the proper safety precautions may unintentionally increase the vulnerability of victimization"

ABOUT OUR CONTRIBUTOR CATHERINE KILDEA

Catherine Kildea is a junior at The Catholic University of America in Washington, DC. She is studying politics and intelligence studies. She has interned for Congressman Ralph Abraham as well as Congressman Mike Rogers. She recently finished interning for The Heritage Foundation where she completed research used for the Yearly Report, which the President and Vice President of Heritage reviewed. She was chosen to participate in the Cherry Blossom Princess Program in 2020 and 2021.

The program is week-long and offers cultural, educational, and professional development opportunities for young women leaders, ages 19 through 24, from across the United States and worldwide. She has conducted research on counterterrorism and virtual kidnapping. She is currently a research intern for Kiernan Group Holdings where she is focused on domestic extremism. Her interests include national security, intelligence, and specifically human trafficking.



INTRODUCING LUCKY®



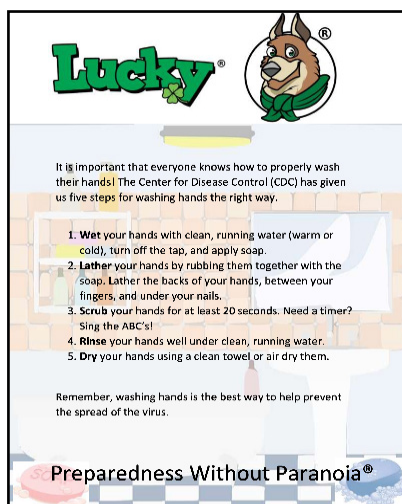
MEET LUCKY®

Lucky® the Preparedness Dog serves as Kiernan Group Holdings' mascot. When we found Lucky® in the animal shelter, he didn't have a name. We were *lucky* to find him, and now he has a new mission!

Lucky® enjoys working in his community and helping others. He serves. He protects. He teaches. Lucky® will help kids learn a variety of safety tips and teach you how to listen and be prepared for any situation.

PWP® has created a variety of educational programs centered around Lucky®. Security education begins at home. Lucky® will teach kids about Superpowers that they may need to activate when an ordinary day becomes extraordinary.

CLICK ON THE IMAGES BELOW TO CHECKOUT LUCKY'S HELPFUL RESOURCES



LUCKY'S LATEST BOOKS

LUCKY®

THE PREPAREDNESS DOG!



LUCKY BOOK #4
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HEROES THROUGH THE
PANDEMIC

MARCH 2ND
READ ACROSS AMERICA DAY
PROMOTE READING AT ALL AGES. READING IS THE KEY TO KNOWLEDGE. CLICK THE BOOK TO LEARN MORE!

MARCH 2021

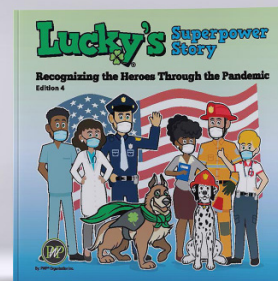
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

National Nutrition Month

Below are some helpful hints that you can use this month on the path to healthier eating!

- Include foods from all groups in your meals. Aim for a balanced plate!
- Avoid distractions and take your time when eating.
- Pre-plan your meals. This helps with portion control and saves time throughout the week!
- Personalize your plate! Make shopping for and cooking your food fun with new ingredients and recipes.

International Day of Happiness is celebrated March 20th. Spread joy, kindness, and happiness in your school, workplace and family.



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03

LUCKY'S® SUPERPOWER STORY:
NEW ADVENTURES,
SAME RULES



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01

LUCKY'S® SUPERPOWER STORY:
LEARNING NEW
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LUCKY'S® SUPERPOWER STORY:
SUPER LEARNING
DURING THE PAN-
DEMIC



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Staying Connected



Back in my teens, I saw this phrase, 'Stop The World - I Want to Get Off,' and it just seemed to express how I was feeling at the time. The teen years—need I say more?

Fast forward many, many years to 2021. I suspect that because of COVID, many people share this same sentiment. Back in March 2020, my daughter and I were waiting for news about school being closed temporarily because of COVID. We bought puzzles, and I decided I'd pull out my old crocheting needles and make a blanket. We binge-watched a few shows, believing this virus would all go away in a few weeks. But the two-week school closing turned into spring sport season, proms, and graduation ceremonies being cancelled. COVID extended into summer vacation and now through another school year. COVID forced us to stay distanced from friends and loved ones.

As I read through the articles in this issue of PWP, the themes of love, connectedness, and preparedness emerged. John Dewey once wrote that 'we are made for conversation with our kind.' People need to communicate. We are all trying to find ways to stay emotionally connected and physically prepared to be with others. The authors of PWP articles offer data, stories, strategies and tips to help us stay safe. They write because they care about a topic or loved ones, offer optimistic viewpoints, and it's clear they care about the community around them and offer ways for us all to stay in the conversation.

As an educator and parent, I know that security sense is common sense and preparedness skills learned early can last a lifetime. Even though my husband passed away when my daughter was only 11-years old (See What I Learned About Preparedness While Hanging Out With My Dad by Sophia Ward page 19), he helped her to be prepared, to stay open to opinions, to be loyal to friends and to communicate with others.

I am proud to be working with Dr. Kieran and the wonderful people here at PWP. They work together to inform the dialogue and share best practices about connectedness, preparedness, and resiliency for families and communities.

Michelle Ward, PhD

Editor-in-Chief

PWPORG.ORG

RESOURCES
FOR
PARENTS
GUIDE

A police officer in a dark blue uniform and sunglasses is sitting on a stone ledge outdoors. He is holding an open children's book and looking down at it. A large, fluffy dog with black, tan, and white fur is sitting next to him, looking down. The background is a light-colored stone wall and some green grass.

PARENTS WITH PREPAREDNESS

Helpful
RESOURCES

ON AWARENESS
AND PREPAREDNESS

SPECIALLY
CURATED

For Parents

BY PARENTS

PWPORG.ORG



The Parents With Preparedness Resource Guide

INTRODUCTION

The following resource guide has been specially curated for you and your family. It is full of useful links to help you stay informed, safe, and prepared.

Pandemic Precautions

8 Things to Know about the U.S. COVID-19 Vaccination Program

[LEARN MORE HERE](#)

Keeping Children Healthy: Ways to Promote Children's Wellbeing

[LEARN MORE HERE](#)

Coronavirus (COVID-19) parenting tips

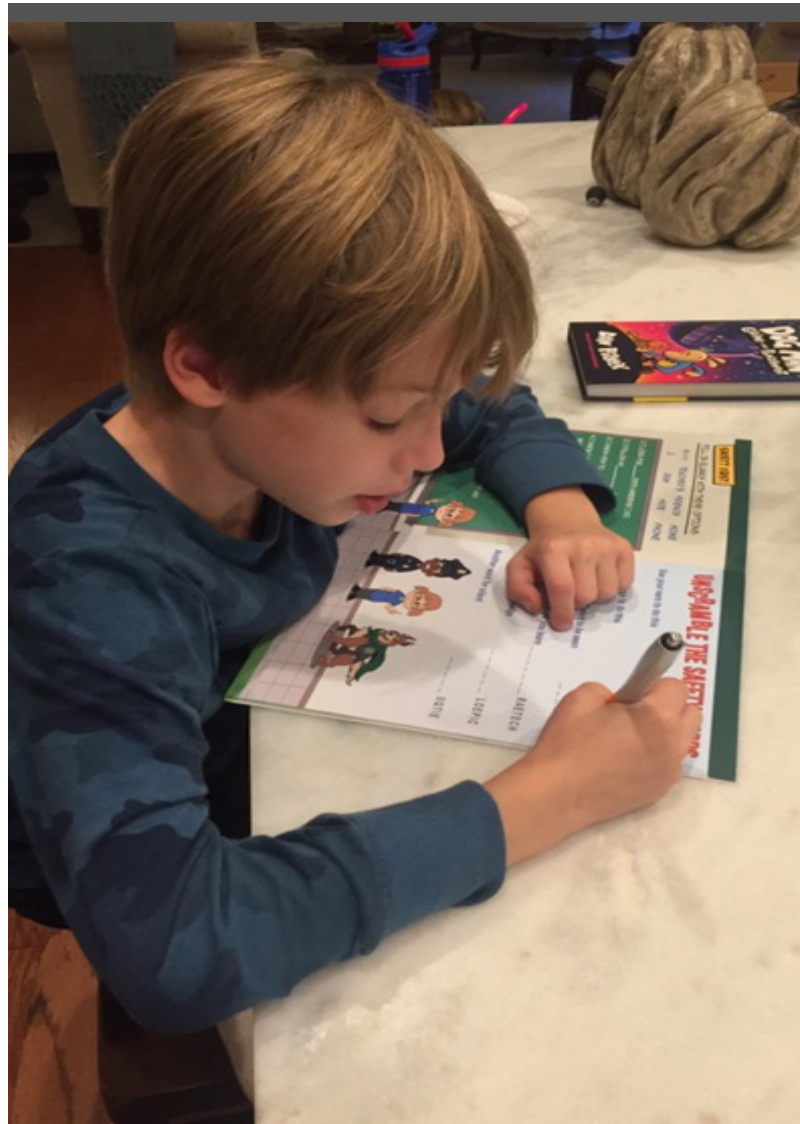
[LEARN MORE HERE](#)

Coping in Hard Times: Fact Sheet for Parents

[LEARN MORE HERE](#)

Supporting Children During Coronavirus (COVID19)

[LEARN MORE HERE](#)



Teaching and Learning

Checklists for Going Back to School

[LEARN MORE HERE](#)

Getting Children Ready to Learn: Tips for Educators and Families

[LEARN MORE HERE](#)

Remote Learning Resources

[LEARN MORE HERE](#)

Remote Teaching and Learning Resources

[LEARN MORE HERE](#)

PBS Learning Collection

[LEARN MORE HERE](#)

Coping With Hard Times: Fact Sheet for School Staff

[LEARN MORE HERE](#)





CYBER SAFETY

Readiness and Emergency Management for Schools (REMS) Technical Assistance (TA) Center – Cyber Safety Quick Links for Protecting Youth
[LEARN MORE HERE](#)

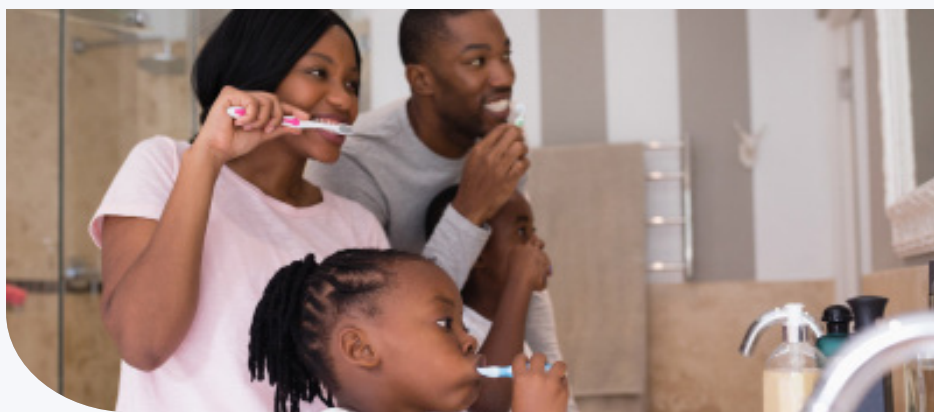
STOP.THINK.CONNECT. Student Resources
[LEARN MORE HERE](#)

STOP.THINK.CONNECT. Parent and Educator Resources
[LEARN MORE HERE](#)

Internet Safety for Kids – Resources
[LEARN MORE HERE](#)

NetSmartz - Internet Safety Resources for children, teens, and parents
[LEARN MORE HERE](#)





Hygiene HOW-TOS

Everything you need to know about washing your hands to protect against coronavirus (COVID-19)

[LEARN MORE HERE](#)

Personal Hygiene for Children

[LEARN MORE HERE](#)

Hand-washing and Coronavirus Prevention for Children: Infographic

[LEARN MORE HERE](#)

Coronavirus disease (COVID-19) advice for the public

[LEARN MORE HERE](#)



STOP THE SPREAD OF
GERMS
[DOWNLOAD HERE](#)

HANDWASHING IS YOUR
SUPERPOWER
[DOWNLOAD HERE](#)

STOP THE SPREAD OF
GERMS
[DOWNLOAD HERE](#)





Travel Recommendations



Travel Recommendation Resources

Travel During Covid-19

[LEARN MORE HERE](#)

Protect Yourself When Using Transportation

[LEARN MORE HERE](#)

TSA: What to Know Before You Go

[LEARN MORE HERE](#)

Plan Your Travel

[LEARN MORE HERE](#)

Fly Healthy, Fly Smart

[LEARN MORE HERE](#)

For Our Military Families

What Military Families Need to Know About Covid-19
[LEARN MORE HERE](#)

Preparing Your Family For Emergencies
[LEARN MORE HERE](#)

Covid-19 Resources
[LEARN MORE HERE](#)

Covid-19 Resource PDF for Military Families
[LEARN MORE HERE](#)

Coronavirus Updates
[LEARN MORE HERE](#)



FOR OUR VETERANS



Resources for Our Veterans

Coronavirus FAQs: What Veterans need to know
[LEARN MORE HERE](#)

Take Care of Your Mental Health
[LEARN MORE HERE](#)

Covid-19 Resources for Veterans
[LEARN MORE HERE](#)

Novel Coronavirus Disease and the VA
[LEARN MORE HERE](#)





Tribal Resources

Indian Affairs Documents (Coronavirus)

[LEARN MORE HERE](#)

Tribal Communities (Plan, Prepare, Respond)

[LEARN MORE HERE](#)

CDC Tribal Communities PDF

[LEARN MORE HERE](#)

COVID-19 Resources for Tribes

[LEARN MORE HERE](#)

COVID-19 Fact Sheets for Tribes and Urban Indian Communities

[LEARN MORE HERE](#)

For Parents and Students

How to Talk to Your Student About Coronavirus

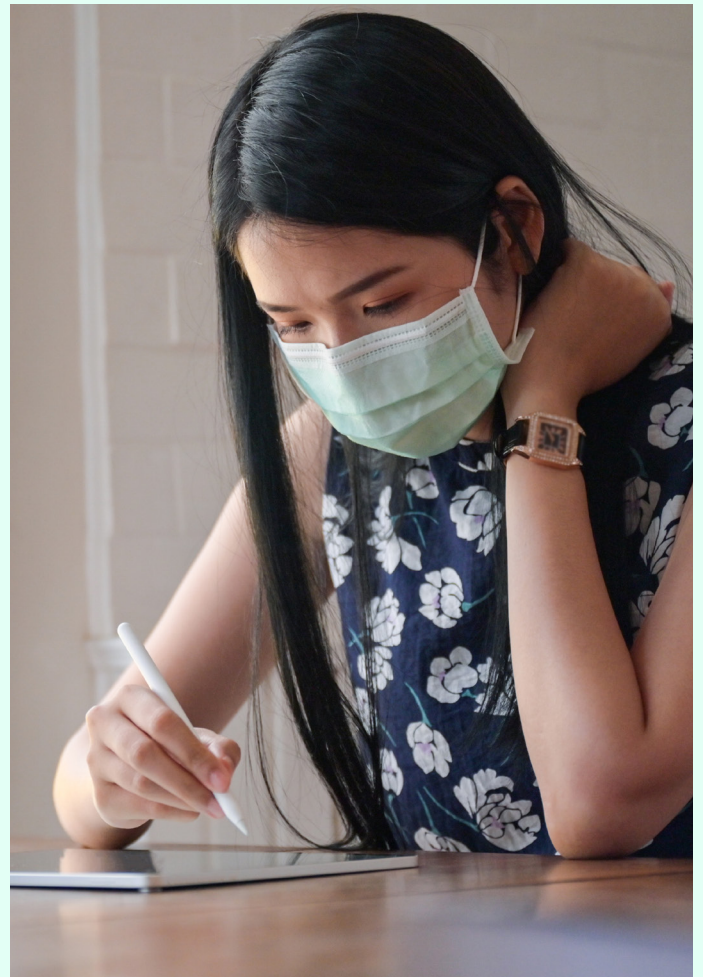
[LEARN MORE HERE](#)

Colleges, Universities, and Higher Learning

[LEARN MORE HERE](#)

COVID-19: Resources for Parents and Teens

[LEARN MORE HERE](#)



Access and Functional Needs Pandemic Resources

National Governor's Memorandum PDF

[LEARN MORE HERE](#)

FEMA Functional Needs in Disaster Operations

[LEARN MORE HERE](#)

Emergency Preparedness Resources

[LEARN MORE HERE](#)

Covid-19 Information for People with Disabilities

[LEARN MORE HERE](#)

COVID-19's Impact on Kids with Autism & How Parents Can Help

[LEARN MORE HERE](#)



Emergency Preparedness and Response

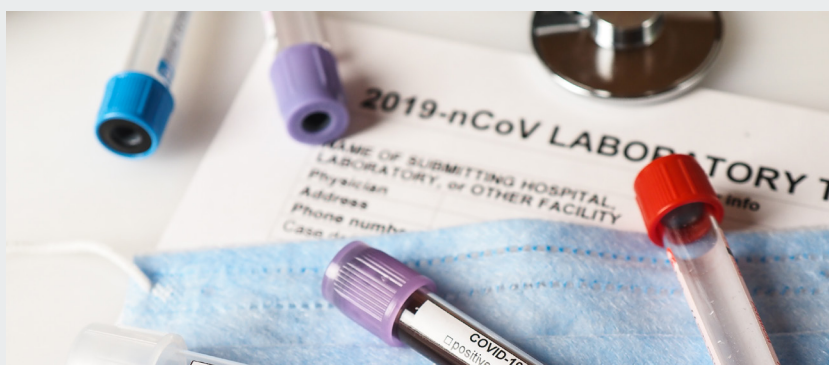
[LEARN MORE HERE](#)

Coronavirus Disease 2019 (COVID-19)

[LEARN MORE HERE](#)

Covid-19 Related Resources

[LEARN MORE HERE](#)



FINANCIAL

Financial Resources

Financial Health During Covid-19

[LEARN MORE HERE](#)

Avoiding Financial Fraud

[LEARN MORE HERE](#)

6 Tips for Parents Looking to Improve Financial Literacy for Kids

[LEARN MORE HERE](#)

Financial Fraud Checklist

[LEARN MORE HERE](#)

Financial Literacy for Kids Category – Ages 4-8

Financial Literacy for Kids

[LEARN MORE HERE](#)

Teaching Kids About Money, Ages 3-4

[LEARN MORE HERE](#)

Teaching Financial Literacy, Ages 5-7

[LEARN MORE HERE](#)

Financial Literacy for Kids, Ages 8-10

[LEARN MORE HERE](#)

Teaching Kids About Money: An Age-by-Age Guide

[LEARN MORE HERE](#)

15 Ways to Teach Kids About Money

[LEARN MORE HERE](#)

A photograph of three people—two women and one man—collaborating in a professional setting. They are gathered around a table, looking at a laptop. The woman on the left is a Black woman with her hair in a high ponytail, wearing a light-colored blazer. The woman in the center is a white woman with blonde hair, wearing a tan blazer over a black top. The man on the right is a white man with a beard, wearing a blue button-down shirt. They are all looking intently at the laptop screen. In the background, there are white shelves with various books and documents.

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And Make
a Difference

PARENTS WITH PREPAREDNESS

GET INVOLVED

Are you a parent, caregiver, first responder, or educator who would like to contribute to *Parents With Preparedness* magazine? Send us your thoughts, or article submissions to:

<https://www.pwporg.org/authors/>

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