



BECOME *a* SHEPHERD

STOP HUMAN TRAFFICKING AND EXPLOITATION.
PROTECT, HELP, EMPOWER AND, RESTORE DIGNITY

Build-a-Backpack for Human Trafficking Victims

For victims of human trafficking, a backpack with new clothing, toiletries, and personal hygiene products can help them take that very first step toward the long journey of healing. Many times, when police or social service agencies encounter victims, they only have the clothes they are wearing and are in need of basic personal care items. By receiving these items and experiencing the care of others, the individual's sense of dignity, self-worth, and safety begin to be restored.

Things to consider if your parish, church, or youth group wants to host a Trafficking Victims Backpack Activity:

- ❖ Form a group to oversee the activity
- ❖ Decide which items to include in the backpack
- ❖ Decide how you are going to raise funds/secure donations to obtain the items and the backpacks
- ❖ Consider reaching out to local businesses or encouraging parishioners/members of your group to become a backpack "sponsor"
- ❖ Contact law enforcement, your local human trafficking task force, safe houses, or other organizations that assist victims to identify the need, if any, for backpacks
- ❖ Recruit volunteers to help assemble the backpacks (advertise in your church bulletin, local newsletter)
- ❖ Once the backpacks are ready, designate volunteers to drop them off at the chosen agency
- ❖ Follow up with the agency to find out when and how the backpacks were distributed
- ❖ Share photos of the event to raise awareness in your community of trafficking survivors and their needs



Thank you to the Diocese of Orlando Human Trafficking Task Force for their assistance and support in developing this activity.



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Suggested Backpack Items

- Soap
- Shampoo & Conditioner
- Hand Towel
- Wash Cloth
- Lotion
- Hairbrush
- Toothbrush & Toothpaste
- Feminine Products
- Tissues & Wet Ones Wipes
- Flip Flops
- Sweat Pants & Sweat Shirt
- T-shirt
- Underwear, bras, and socks
- Deodorant
- Chapstick
- Hair Ties
- \$10-15 gift certificate from a grocery store, pharmacy, Walmart, or Target
- Bus passes
- Teddy Bear—Having something to hug can provide a sense of security and comfort



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