

# What's a Parent to Do?



*Some helpful hints for parents to communicate with their daughters.*

- Speak destiny into your daughter. If she is hearing she has a hope and a future from home, she'll be less likely to search for such affirmations elsewhere.
- Speak worth into your daughter. She needs to know she is valued for who she is and not for what she does. This will give her confidence, making her less likely to become a target.
- Date your daughter, setting the level of expectation high.
- Make it a point to know your daughter's friends, where they live, and what their families are like. If your daughter is spending time with someone outside of school, you need to have their last names and contact information.
- Teach your daughter to only accept friend requests on her social media pages from people with whom she has a face to face relationship.
- Teach your daughter to be wise when posting comments about her family members and friends on social media pages. Many times teens reveal far more than they realize to their cyberspace community.
- Make your presence known on your daughter's social media pages.
- Read through the comments made on your daughter's page, making sure you're familiar with everyone who is posting on her page. If someone unfamiliar to you pops up on her page, look into it immediately.
- Teach your daughter to only post where she's been, never where she's going. If she posts where she's going, she's giving potential traffickers a roadmap to find her.
- Establish guidelines for appropriate pictures to post on social media and check her photos regularly to make sure she is abiding by your guidelines.



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