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What can you do in 10 minutes, 10 days, 10 months?

## 10 MINUTES

- Add National Human Trafficking Hotline to your phone: 1-888-3737-888
- Follow BAATC on social media: [facebook.com/baatc.org](https://facebook.com/baatc.org), [twitter.com/BaatcDotOrg](https://twitter.com/BaatcDotOrg)
- Talk to someone you know about what you learned about human trafficking
- Sign-Up for the BAATC monthly e-newsletter: [baatc.org](https://baatc.org)

## 10 DAYS

- Record your own Slavery Footprint: [slaveryfootprint.org](https://slaveryfootprint.org)
- Change consuming habits: [betterworldshopper.com](https://betterworldshopper.com), [goodguide.com](https://goodguide.com)
- Write companies to encourage a slave-free supply chain: [chainstorereaction.com/](https://chainstorereaction.com/)
- Research anti-trafficking websites for more education

## 10 MONTHS

- Read a book, watch a film, start a discussion group with friends to continue your education
- Attend a training, conference, seminar, or course to learn more
- Hold an awareness and/or fundraising event
- Volunteer with an anti-trafficking organization