A bracelet. YOU. And a plan to end human trafficking, child poverty and abuse.
LETS - An Empowering SOLUTION to Human Crisis

LETS is changing the face of individuals and communities in crisis through preventative education, proven tools and self-sustaining employment and manufacturing models. The end goal of any LETS initiative is to empower life choices and prevent children being born into situations where they are victims of poverty, abuse or trafficking. Founded in Jackson, Tennessee and honed in communities in crisis in the US and Haiti, LETS is impacting thousands of lives globally.

At LETS we believe that every woman, man and young person in the world should understand their fertility and be empowered to make informed choices about family planning and their health and wellbeing.

We envision a world in which every child wakes up safe and has an opportunity to live and grow with dignity.

We know from experience that when people have this knowledge and put it into practice they have fewer unplanned and unwanted children and their quality of life improves. Fewer unwanted children equals fewer children born into poverty, trafficking and abuse.
How the Solution is Implemented

- We have a proven program, delivered by certified LETS Instructors that teaches the essential basics about fertility, health and wellbeing. This program is having a significant impact on communities in crisis and we are looking to expand this program into as many communities as possible.

- LETS manufactures and sells Lunar Essential Tracker Bracelets which help women and couples to track their menstrual cycles including their most fertile times so they can actively engage in family planning and preventing unplanned and unwanted pregnancies.

- When a bracelet is purchased, one is donated to a woman or a couple in a community in crisis along with a class in fertility, health and wellbeing. This empowers their choices surrounding intimacy, health and family planning and reduces unplanned and unwanted pregnancies.

- We provide jobs for those sourcing the raw materials, manufacturing and assembling the bracelets as well as those educating and supporting class attendees.

- LETS training is inclusive of women, men and young people. Our experience is that this is the only way for all to take responsibility for their choices regarding intimacy and sexual activity.

- The training intentionally includes essential health and wellbeing content as we have found this has a strong impact on respect, self-esteem, decision making and family planning and also improves the participants’ quality of life. Many of them have little to no awareness of the information we share on this topic.

- LETS empowers all individuals to have respect for their bodies as well as each other.
The Model

**generate**

Generate sustainable jobs in education and the sourcing and manufacturing of LETS bracelets in developing countries, increasing community living standards and purpose.

**prevent**

Prevent unplanned pregnancies and increase quality of life through essential fertility, health and wellbeing education and tools such as the LETS bracelet.

**impact**

Impact rates of human trafficking, child poverty and abuse as children will only be born into households that have the capacity to provide for them.

**enlighten**

Enlighten people about the LETS preventative solution to human trafficking, child poverty and abuse. Work together to bring light to those in crisis and change the future together.

**VISION**

A world without human trafficking, child poverty and abuse.

**MISSION**

To prevent pain and provide hope. To empower individuals to make informed decisions about their family planning, health and wellbeing and uplift communities in crisis through education and self-sustaining employment. This work will prevent unplanned and unwanted pregnancies, increase quality of life and end human trafficking, child poverty and abuse.

The **LETS** Model
We envision a world in which every child wakes up safe and has an opportunity to live and grow with dignity.

The **Let's** Process for Impact

<table>
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<tr>
<th><strong>ACTION</strong></th>
<th><strong>EFFECT</strong></th>
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<tr>
<td><strong>Impacting COMMUNITIES</strong></td>
<td><strong>Impacting LIVES</strong></td>
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<tr>
<td>Offer education, sourcing and bracelet manufacturing opportunities in developing countries</td>
<td>Preventative education about fertility, health &amp; wellbeing supported by tools</td>
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<td><strong>Impacting GLOBAL TRENDS</strong></td>
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<td>Fewer children born into unsupportive environments</td>
<td>Reduction in unplanned pregnancies &amp; increased quality of life</td>
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The Lunar Essential Tracker Bracelet is the key tool used to track a woman’s menstrual cycle. The bracelet is based upon the standard days method and research has found that it is 95% effective with consistent and correct use. Women and couples use the bracelet to track their cycles, get to know their bodies and understand when they are fertile during their cycle so that they can make informed decisions around family planning.

**Bead 1**
- is red & is the start of your period.
- Start charm here after day 1.

**Beads 2-7**
- represents your period.

**Beads 8-19**
- are your most fertile days.
- The bead for day 14 is larger and represents ovulation in an average 28 day cycle.

**Beads 20-32**
- are non-fertile days & when you will most likely not get pregnant.

**Use the charm to track your cycle.**
- Each day, move the charm after the next bead to keep track of your fertility.
MEDIA TOPICS

The founder and CEO of LETS, Kristin Van Wey, is available for media interviews and appearances. She’s passionate about the mission of LETS and can speak to the following topics:

SOLUTIONS to Trafficking, Poverty and Abuse

- The impact of education on birth rates.
- Proven methods to reduce unplanned pregnancies.
- The LETS Lunar Essential Tracker Bracelet and natural family planning.
- What the Haitian situation can teach us all about empowering people’s choices.

Health and WELLBEING

- Health and wellbeing education covering the individual or collective and the 10 laws of health.
- Preparing for international travel for individuals or teams.
- Essential oils - trauma, grief and loss and emotions
- Essential oils and natural health for international travel and within developing world communities.
Community Empowerment

- The LETS Training Program - educating people globally about their fertility, health and wellbeing.
- Measures that can make a profound impact on communities in crisis and people's quality of life in general.
- Building self-sustainable communities.
- Supporting parents to communicate successfully with children and each other. This includes respectful and clear communication about human bodies, menstruation, fertility and boundaries.
- Inspiring organizations and their staff to make a difference.

Individual Empowerment

- Fertility, infertility and hormonal harmony.
- Empowering women, couples and families.
- Men’s role and co-responsibility in understanding menstruation and how they can better partner.
- Living your purpose and finding your why.

Non-Profit Models

- How non-profits can partner together to create sustainable change. Innovating the model to teach self sustainability by modeling it with the way we operate.
LETS is expanding rapidly and impacting communities across the globe in both developed and undeveloped countries.

1,400+ Facebook followers
1,300+ Instagram followers
Kristin is an internationally recognized leader, educator, speaker and trainer in innovative approaches to wellbeing and has helped thousands experience insights, understanding and remarkable results. With 30 years of professional experience in health, energy medicine and energy psychology, Kristin is one of the leading voices on the use of essential oils. Her humanitarian efforts have brought hope and empowerment to communities in crisis and she’s dedicated to partnering with others to serve communities globally. Kristin is passionate about family and has been blessed with her incredibly supportive husband, Shane, seven children and four grandchildren.
Each year dōTERRA International recognizes a dōTERRA Wellness Advocate for their influence for good in the world with the Elevation Award. The 2018 award was given to Kristin Van Wey for her outstanding work with LETS. The award was presented by dōTERRA’s founding executives and Shannon Bible, vice president of global leadership services, at the company’s Annual Global Convention and accepted by Kristin in front of over 30,000 attendees.

“I’m humbled to receive this award,” said Kristin, founder of LETS. “This award represents not just me, but all of us out in the field who give their heart and soul to creating solutions. I’m associated with so many phenomenal, strong people who are committed to their cause and do a lot of good in the world. This desire to give back is an energy that encompasses all of dōTERRA. The company beautifully models the ‘why’ and the ‘how’, and gives us the vehicle to make an impact globally. For me, the Elevation Award is a constant reminder of what one person can do when they tap into their purpose and allow their vision to be stronger than their fears. Ending child trafficking through our educational courses and tools has become that purpose for me. I believe that in one generation all children can be safe, and I will continue to passionately advocate for their safety.”

The LETS Training Program delivers face-to-face fertility and health training to communities that are experiencing unsustainable and unwanted pregnancies, which often result in child labor and trafficking as well as increased poverty. As part of the program, Kristin commissioned and developed a Lunar Essential Tracker Bracelet to accompany family planning training. This bracelet is a key education tool to assist women and their partners in monitoring their monthly cycle, including their most fertile days. Made from recycled trash by a team of women artisans in Haiti, the sale of these bracelets allows the education that teaches families to plan pregnancies so they are not faced with the unthinkable choices of orphanages, giving children to more affluent families or selling them.
LETS has developed a proven method for reducing the numbers of children born into crisis. We do this through fearless education and training people globally on their fertility, health and wellbeing. This empowers their choices and helps them to consider both family planning and how to improve their quality of life. This is not just an issue in developing countries; we are also seeing this trend towards unwanted and/or unsupported children in developed countries like the US.

The Current Situation is Unsustainable

- At LETS we believe that the current environment for women and children in crisis is unsustainable and unsafe. If you’re not convinced, consider this statistic. In America an average of 738 children enter foster care every day. That's 30 children every hour. One every two minutes. Children are being born into homes that can't sustain them. *(US Department of Human Services – 2015)*

- To compound the issue many women that end up trafficked in the US and in other countries become pregnant. According to Hestia, based in the UK, one in four female slavery survivors in the UK are pregnant when they escape from their captors and birth their children into poverty.

This is happening in developed and developing countries alike. Unplanned pregnancies can also result in abortion for these women.

According to a study by Global Centurion, 55% of the trafficked women surveyed had at least one abortion, and 30% had multiple abortions during the time of trafficking.
Women and Birth

- Birth rates are indicating a worrying trend. According to the UN, the global birth rate is 44 per 1000 women aged 15-19 and is 5 times higher in low-income countries. It is likely that 5x more children are at risk of being born into poverty in these countries.

- Many men and women also avoid or have little education about contraception. According to the World Health Organization, 214 million women of reproductive age in developing countries, who want to avoid pregnancy are not using a contraceptive method.

Access to Family Planning

- Educational opportunities for family planning are not available to the extent that they need to be. In some countries, such as Haiti and Mozambique, almost half of sexually active, unmarried women ages 15 to 19 have an unmet need for family planning. (Population Reference Bureau)

- In the western pacific region, 9 out of 10 women had their family planning needs met. It’s less than half in the African Region. This trend is global in developing countries. (UN)
Abortion

- With no family planning, no education about fertility and no support, women in developing countries are increasingly seeking abortions.

- Women in developing regions have a higher likelihood of having an abortion than their counterparts in developed regions: The abortion rates are 36 per 1,000 women and 27 per 1,000, respectively. We do know that in many cases, abortions are also unsafe and unsanitary and can result in infection, disease and death. (Guttmacher Institute)

- From 1990-2014 the number of abortions fell from 12 to 7 million in developed regions and increased from 38 million to 49 million in developing regions. Abortions in developing regions account for 76% to 80% of all abortions. That’s over ¾ of all abortions globally – an incredibly worrying trend. (Guttmacher Institute)

 Trafficking and Sex Trade

- What's the outcome for those children who do live? The outcome for those who survive birth, particularly in developing countries is very troubling. Many are given or sold into sex slavery. Two million children are subjected to prostitution in the global commercial sex trade (UNICEF).

- Others are trafficked for labor or both. It is estimated that 40.3 million are victims of trafficking worldwide within a 150 Billion dollar industry - 25% are children and 75% are women and girls. (2017 – International Labor Organization)

- Human trafficking is the second most profitable crime alongside weapons. Drug trafficking is the most profitable.

- According to UNICEF every two minutes a child is being prepared for sexual exploitation globally.

- UNICEF also reports that approximately 30 million children have lost their childhood through sexual exploitation over the past 30 years.
What is TRAFFICKING?

Sex trafficking occurs when a commercial sex act is induced by force, fraud, or coercion if the victim is 18 years of age or older. Any minor who performs a commercial sex act is defined -- under US federal law -- as a victim of sex trafficking, regardless of the use of force, fraud, or coercion. The term “commercial sex act” is the giving or receiving of anything of value (money, drugs, shelter, food, clothing, etc.) to any person in exchange for a sex act. Commercial sex acts may include prostitution, pornography, and sexual performance. Some forms of sex trafficking include pimp-controlled trafficking, gang-controlled trafficking, or familial trafficking. In some cases, minors engage in ‘survival sex’ in order to meet basic needs such as food or shelter.

Children Born Into Poverty

- One in four victims of modern slavery are children. *(International Labor Organization)* If these children do happen to stay within their family, many are also faced with poverty from the moment that they are born.

- One billion children worldwide are living in poverty. According to UNICEF, 22,000 children die each day due to poverty.

Trafficking in Developed Countries

- Developed countries are not immune to this crisis. These trends are also prevalent in developed countries such as the US, though the onset and risks often come in different forms than in the developing world. According to the United Nations Office on Drugs and Crime up to 300,000 Americans under 18 are lured into the commercial sex trade every year. From 14,500 - 17,500 of sex trafficking victims are trafficked into the United States each year.

- The European Union reported over 30,000 victims of trafficking from 2010-2012 and 1,000 of these victims were children trafficking for sexual exploitation.

WORLD Trafficking Flows

The arrows represent 5% and above of total victims detected in destination subregions

*United Nations Office on Drugs and Crime (UNDOC)*
WHEN AND WHERE DID LETS START?

LETS was developed in Haiti and officially founded in 2019 after 6 years in the field. The head office is in Jackson, Tennessee.

WHY WAS LETS FOUNDED?

LETS was founded to empower people's choices through education, jobs and tools and reduce the rates of unwanted children suffering from human trafficking, child poverty and abuse.

HOW DOES THE LETS LUNAR ESSENTIAL TRACKER BRACELET HAVE AN IMPACT ON HUMAN TRAFFICKING, CHILD POVERTY AND ABUSE?

Trafficking exists because there are traffickers but the children abused are coming from somewhere. Unplanned and unwanted pregnancy and lack of education are at the foundation of trafficking, poverty and abuse. Women and couples who track the woman's menstrual cycle using the bracelet and abstain or use protection during the woman's most fertile phase are in control of conception and their futures. Many jobs are created in our sourcing, manufacturing and education departments. When people have jobs, their children go to have a safe place to live, eat and go to school.
WHERE'S THE PROOF THAT THE LETS BRACELET WORKS?

This system has a 95% success rate when used correctly with cycles ranging from 26-32 days.

WHY DOES LETS EDUCATE MEN AND BOYS AS WELL AS WOMEN AND GIRLS?

One of the key principles of the LETS Training Program is that it's inclusive of men, women, teenagers, families and the whole community. This is 100% essential to the success of the training. If we educate women alone then the men don't have the education nor do they feel the responsibility for family planning, fertility and health and often the physical and emotional care of their children. The younger people also need to be educated before they are entering or have entered puberty. They need to be prepared for the emotional and physical changes their bodies will be going through and understand the effects of their choices. They need to feel the support of their parents and community. All of our students are taught about respect for choices around intimacy and how to work together in family planning and nurture their bodies, minds, spirits and their environment.

DO YOU GIVE DISCOUNTS FOR BULK ORDERS OF THE BRACELETS OR ENROLLMENTS IN THE LETS TRAINING PROGRAM?

Use code LETSEMPOWER for 20% discount for orders of 20 or more. We also offer discounts for group enrollments for the LETS Instructor Training Program. The discounts are:

- $100 off for groups of 5 or more.
- $150 off for groups of 10 or more.

WHAT IS THE EMPOWERMENT CLUB?

The Empowerment Club is a community of passionate individuals that want to change the world. Our members understand that the most powerful way to do this is through small acts of service and compassion. When you join The Empowerment Club you'll be asked to commit to purchasing or donating Lunar Essential Tracker Bracelets on a monthly basis.

Each month your commitment provides women and couples in need access to bracelets and our essential training in fertility, health and wellbeing. It also provides our growers, artisans and educators reliable jobs.
How Can People Get Involved

**Buy**

**Buy a Bracelet** and gift a woman or couple in need a bracelet and essential fertility, health and wellbeing training. The purchase of a bracelet connects the purchaser with a woman or couple in another part of the world. They are wearing one half of the solution and the other woman or couple is wearing the other. The bracelet symbolizes this connection and the beauty of truly caring for each other.

**Join the Empowerment Club**
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**Give**

**Donate**
Donate to the solution and become part of the cause. Regular donations will go towards empowering LETS to hire and pay staff in the communities we partner with. They will contribute towards the cost of running the non-profit, including bracelet supplies and in country expenses. They will be used to hire and train more instructors, expand into new territories, further develop and micro-invest back into existing territories and promote the LETS Lunar Essential Tracker globally.

**Become a Patron**
Our LETS Patrons are the backbone of our work as they provide regular donations we can count on to plan and action initiatives globally. If people are passionate about making a difference and want to work with us to educate and empower people in crisis, they can become a LETS Patron. They will see their financial input generate significant change in the lives of many people.

**Fundraise to Empower Lives**
Become an active part of our fundraising efforts to have real impact on projects globally and spread to new territories and new communities.
**Become an Instructor**
Become a certified LETS Instructor and teach communities locally and globally about essential fertility, health and wellbeing.

**Volunteer**
LETS volunteers are passionate world changers who believe that education and self-sustainability is the key to empowering and saving lives.

**Become an Ambassador**
Influencers and people with a public profile can become a LETS Ambassador. LETS Ambassadors use their influence to help us educate others about the LETS solution and the value of preventative measures to stop human trafficking, child poverty and abuse.

**Partner With Us**
LETS is seeking partnerships with individuals and organizations that wish to make both small and large-scale sustainable differences in the world. Together we can reduce the cases of human trafficking, poverty and abuse.
Contact us and become part of the solution to human trafficking, child poverty and abuse.

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