

Stop Trafficking !

Anti Human Trafficking Newsletter



Awareness

Advocacy

Action

February 2016 Vol. 14 No. 2

This issue highlights expanding forms of sexual exploitation, especially pornography and offers various means for parents and professionals to safeguard potential or actual victims.

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Growing Numbers of Victims of Sexual Exploitation

'Operation Reclaim'

Los Angeles Vice investigators conducted a three-day operation targeting sex exploitation in Los Angeles County. The sweep, dubbed 'Operation Reclaim,' ran Jan. 21-23 in unspecified areas of LA County.

Authorities said they discovered gambling, a home that was used for prostitution, and women and minors who were being prostituted on streets throughout LA County.

Officials made 198 arrests, with 115 people booked in connection with soliciting prostitution, and six pimps. Six women and 12 minors, mostly African American, were identified as trafficking victims used for sexual slavery. They were placed in protective custody and offered social service assistance.

The sweep involved personnel from the LAPD's Human Trafficking Unit, the LA County Sheriff's Department and the FBI's Innocence Lost Task Force.

(<http://www.latimes.com/local/lanow/la-me-ln-human-trafficking-operation-20160128-story.html>)

Study: 'The Porn Phenomenon'

A recent study shows that porn use poses an unprecedented public health crisis in American society. The groundbreaking study, *'The Porn Phenomenon: A Comprehensive New Survey on Americans, the Church, and Pornography,'* released key findings, which underscore the necessity of addressing pornography on a large scale.

Research facts already known: Porn use --

- Decreases brain matter in areas of decision-making/motivation.
- Increases rates of sexual aggression and violence.
- Is linked to increasing cases of sexual dysfunction.

A wide-ranging, nationally representative audience of nearly 3,000 participated in four online studies, including in-depth surveys among the general population, American teenagers, Christian pastors and the Christian church.

Dangers of Porn cont. pg. 2

"There is a negative tendency in public information to say, 'Oh my God, how awful,' for the pathetic but sexy subject of sexually exploited girls, while tacitly assuming that exploitation of the same or similar girls once they have turned 18 years old is a matter of their sluttish choice. It must be pointed out that whenever youth-focused films or programs are being promoted it can subtly justify keeping adult prostitution going. It was informative to find that both Nicholas Kristof and Ben Skinner, when asked directly about adult prostitution, saw no objection to it." (Partial quote of Twiss Butler, Equality4Women)



Awareness

Dangers of Porn *cont. from pg. 1*

The research study was conducted by *Barna Group*, a research and resource company in Ventura, CA. Started in 1984, *Barna* is considered a leading research organization focused on the intersection of faith and culture.

- More than one quarter (27%) of young adults (ages 25 – 30) first viewed pornography before puberty.
- Nearly half of young people (ages 13-24) actively seek out porn weekly or more often.
- Teens and young adults consider ‘not recycling’ more immoral than viewing pornography.
- Teenage girls and young women are more likely to actively seek out porn than women over age 25.
- 66% of teens and young adults have received a sexually explicit image and 41% have sent one.
- More than half of Christian youth pastors have had at least one teen come to them for help in dealing with porn in the past 12 months.
- 21% of youth pastors and 14% of pastors admit they currently struggle with using porn. About 12% of youth pastors and 5% of pastors say they are addicted to porn.

Adolescents are especially vulnerable to addictions, which means that such early exposure is a potentially dangerous precursor to porn and sex addictions. Further, pornography has the power to shape sexual templates, to which children are especially vulnerable. When pornography is the primary sex educator, it teaches lessons of violence, degradation, and selfishness that are not compatible with healthy, loving, relationships. (<http://www.josh.org/announcing-release-porn-phenomenon/>)

Study: Exposure to High-Risk Online Ads by Brazilian Children

A number of recent studies have investigated the role that advertising plays in funding and sustaining piracy sites. In a December 2015 study for ECPAT International (End Child Prostitution and Trafficking), the composition of advertising on piracy websites in Brazil was analyzed, measuring both mainstream and ‘high-risk’ ads using samples generated from the most-complained about sites, as well as the most popular sites (among Brazilians). The results indicated that high-risk ads pose significant problems for Brazilian users, especially children, who may be harmed by exposure to ads promoting the sex industry, gambling, scams, malware, as well as data theft.

The study was carried out by Dr. Paul Watters, Professor of Information Technology at the University of Massey in New Zealand, an author of several studies on this topic in different parts of the world.

Dr. Watters analyzed 1,402 advertisements placed on piracy sites. Of these, 94% were classified as ‘high risk’ with over half being related to the sex industry. The remaining 6% were advertisements for well-known global brands such as Amazon, Cadillac, PayPal, Crowne Plaza and Marriott. A number of well-known Brazilian brands were also identified in part of the Watters study: Buscapé, Brastemp, Netshoes and GVT.

Links between Brazil-focused piracy websites and Child Exploitation Material (CEM) were also documented. Policy options for dealing with this issue were discussed. CEM poses a threat not only to the children depicted in it but also to children who might be exposed to it. Indeed any viewer who is exposed to CEM is in jeopardy in a number of ways. (<http://ecpat.net/news/new-research-piracy-website-advertising-brazil-and-its-linkages-child-exploitation-material>)

Concern Over Pornography

In November 2015 the U.S. Conference of Catholic Bishops published a document, ‘*Create in Me a Clean Heart: A Pastoral Response to Pornography.*’ The document urges people of all ages and walks of life to realize the harms of pornography and take steps to help heal its addiction over the hearts of people. An excerpt follows:

“Young people born in the digital age have grown up immersed in media and the Internet, and many times are savvier at navigating this world than their parents. Since it is estimated that the average age of first exposure to pornography is eleven, many children exposed to pornography are even younger. Almost all young males and over half of young females see pornography before age eighteen, often accidentally, such as finding a family member’s ‘stash’ or happening upon a pornographic website through a pop-up ad or typo. Other times a child may search online for a term he or she heard and did not understand, or intentionally search for online pornography out of curiosity. Sex education curricula may treat pornography as neutral or even good, in some cases even using it as a ‘teaching tool.’ Children and teens may experience pressure from peers or some family members to look at pornography. More and more, young people produce their own pornography, in the form of sexual photographs or videos shared with peers. ‘Sexting’ is associated with other risky sexual behaviors, charges of child pornography, and tragically has even led to suicide when the image is shared with unintended recipients.

Concern over Porn *cont. pg. 3*





Awareness

Concern over Porn

cont. from pg. 2

“Being exposed to pornography can be traumatic for children and youth. Seeing it steals their innocence and gives them a distorted image of sexuality, relationships, and men and women, which may then affect their behavior. It can also make them more vulnerable to being sexually abused, since their understanding of appropriate behavior can be damaged. A child who is exposed to pornography may experience a mixture of pleasure, pain, disgust, guilt, and curiosity. Without a trusted parent or other adult with whom to talk through these feelings, a child may disengage from family relationships and return to viewing pornography to try to understand his or her feelings.

“Children and teens who view pornography in effect receive an education about sexuality from what they are viewing. They are likely to be more accepting of premarital sex, to view women as sex objects, and to overestimate the prevalence of certain degrading sexual practices. They also tend to engage in sexual activity earlier than their peers and are more likely to participate in risky sexual behavior, which puts them at greater risk of getting pregnant as a teenager (or impregnating someone) or contracting an STD. They are at increased risk of sexual addiction later in life. For girls, an over-sexualized society in general and pornography in particular can contribute to low self-esteem, eating disorders, and depression. Data indicates that children repeatedly exposed to pornography are more likely to sexually harass or molest other children, imitating the behavior they have seen.

“Tragically, children and youth are also victimized by being forced or coerced into participating in the production of child pornography. Child pornography is illegal, abusive, and a form of human trafficking because of a child’s inability to consent. There are many reasons why a child might become a victim of child pornography, including extreme poverty, deplorable neglect by his or her parents or guardians, or manipulation by child pornographers. Children and youth exploited in this way face serious side effects and need plentiful resources for emotional, psychological, and physical healing. Most of all, they need to know that the abuse was not their fault or choice, no matter how their abusers deceived them.”

(Pastoral, pg. 13 <http://www.usccb.org/issues-and-action/human-life-and-dignity/upload/create-in-me-a-clean-heart-statement-pornography-2015-11.pdf>)

Potential Red Flags: Acronyms Children Use Online

The National Center on Sexual Exploitation cautions parents to monitor how their children communicate online. The Internet has truly become an integral aspect of society. One thing that has become particularly popular among its younger users is “Internet slang,” also known as acronyms. These shorthand phrases, used globally by teens both online and while texting, are generally just a simpler way of writing things out. However, there is a dark side of which all parents should be aware and acronyms have become much more complex.

First, a list of some *basic Internet 101 phrases*:

BRB- Be Right Back; **GR8**- Great; **ILY**- I Love You; **JK**- Just Kidding; **POV**- Point of View; **IDK**- I Don’t

Know; **TMI**- Too Much Information; **TTYL**- Talk to You Later; **G2G/GTG**- Got to Go; **THX/TY**- Thanks/Thank You; **NP**- No Problem; **BFF**- Best Friends Forever; **IDC**- I Don’t Care; **LYLAS**- Love You Like a Sister; **NVM**- Never Mind; **MYT**- Meet You There; **NBD**- No Big Deal; **BAE**- Babe/Before Anyone Else; **HMU**- Hit Me Up; **ATM**- At the Moment

Acronyms pointing to risky decisions:

420- Marijuana; **DOC**- Drug of Choice; **CICYHW**- Can I Copy Your Homework?; **TWD**- Texting While Driving; **WTPA**- Where’s the Party At?

Acronyms with sexual connotations:

IWSN- I Want Sex Now; **53X**- Sex; **MIRL**- Meet in Real Life; **TDTM**- Talk Dirty to Me; **8**- Oral Sex; **IPN**- I’m Posting Naked; **GYPO**- Get Your Pants Off; **CU46**- See You for Sex; **GNOC**- Get Naked on Camera; **NSFW**- Not Safe for Work; **ASL**- (What is your) Age, Sex, Location?; **FWB**- Friends with Benefits

Acronyms that monitor parents:

PIR- Parent in Room; **9**- Parent Watching; **99**- Parent Gone; **POS**- Parent Over Shoulder; **303**- Mom

These red flags are just a few of many. These acronyms are the top of a very slippery slope that have the possibility to lead to potential harms, including ‘sexting’, risky sexual behaviors, stalking, and even rape. If parents notice their children or any of their friends using any unusual language, including examples from above, it is time to talk to them about it. Although these conversations may be hard and awkward, they are necessary and they do help to protect and inform children.

(<http://endsexualexploitation.org/articles/are-the-acronyms-your-child-uses-online-a-red-flag/>)



Awareness

‘Sexting’ Is the New ‘Flirting’

The phenomenon of ‘sexting’ — the practice of taking/sending sexually provocative or explicit photos of oneself and sending them to another person via email or mobile device — has taken youth culture by storm. Dr. Kristin Perry, a psychologist and founder of a parenting resource called *Inparentis*, stated, “*Sexting is the new flirting.*” However, sexting among those under 18 is more correctly considered self-produced softcore or hardcore child pornography, depending on what is depicted.

Even though it is self-produced, it is important to recognize that tweens and teens are immature and that key psychosocial skills, such as the ability to weigh risks, are not fully developed. Also, they are frequently enticed, pressured, and even bullied by their peers to create and send ‘sexts.’ In many other instances, they are groomed by older, predatory adults seeking sexually suggestive or pornographic images of, and even sexual encounters, with minors.

The so-called ‘sexting scandals’ in the news reveal how today’s technologically savvy teens use ‘Hidden’ (a.k.a. ‘Ghost’) and other apps in order to surreptitiously send sexually explicit images privately on their mobile devices — apps such as: **iVault**, **KeepSafe**, **Secret Calculator**, **Poof**, **Whisper**, and **Kik Messenger** to name a few. Each of these has different features that hide sensitive photos or videos, and/or can be used to facilitate connections with unknown individuals.

How harmful are these apps?

The ability to self-destruct messages and images is an app feature that appeals to teens who wish to engage in ‘sexting.’ For instance, **BurnNote**, as

the name implies, is a messaging application service that claims to destroy users’ message data, as does the popular **Snapchat** app.

Another feature found in many apps permits users to not authenticate their identity, thus allowing them to remain anonymous. An example is the dangerous **Omegle**. It functions as a video chatting app, which randomly pairs anonymous users who can chat either by video or by text. Users are able to connect to Facebook to find chat partners who purport to have similar ‘likes.’ The service is also home to sexual predators. The app **Whisper** also does not require users to register. It is known as a ‘confessional’ app that allows users to communicate with other users nearby through GPS.

Megan Maas, a sex educator, whose summary of dangerous apps appears on the **ForEveryMom** website, tells of a Seattle man who was charged with raping a 12-year-old girl he met on the **Whisper** app.

Blendr, a non-authentication ‘sexting’ or ‘flirting’ app, allows a teen to meet users close to home through GPS. Apart from being a venue to send sexual images, videos, and messages, users of **Blendr** can rate the ‘hotness’ of other participants’ images much the same as does the **Hot or Not** app. Unfortunately, sexual predators can use **Blendr** and similar apps to entice or coerce a minor to a meet-up locally.

The *Tech Journal* lists its own top apps to hide one’s private photos and files, which parents should review before monitoring their teens’ phones. These are: **iPrivacy**; **Lock Photo + Video Safe Free**; **HiFolder**; **iVault**; **Secret Calculator Folder Free** (an interface that looks like a

calculator but requires a PIN); **Best Secret Folder** (Password and pattern lock protected, it sets off an alarm if accessed without permission.); **Lock Photo Pro: Private Album Manager & Organizer** (sexy ‘pics’ can be kept in a separate stash); **NQ Vault – Hide** (privatizes photos, videos, & Facebook messages).



The *Internet Watch Foundation* (IWF) estimates that 88% of self-made sexually explicit images are ‘stolen’ from their original upload location such as laptop webcams or phones. Two examples will illustrate this point. According to *ForEveryMom*, **Snapchat**, a popular ‘sexting’ app, is not as safe as some believe; the photo ‘snaps’ can be recovered—the receiver can take a screen shot and share them with others. Many **Snapchat** images have found their way on ‘revenge’ porn sites. Sexual predators can also ‘steal’ images by using messaging apps such as **Kik** to groom unsuspecting teens, and then they extort images to be shared as child pornography (i.e. child sexual abuse images).

What can parents do to address the situation specifically if their teens are using dangerous hidden apps?

Parents need to identify the types of apps specific to their teen’s mobile devices. Some are specific to **iPhone** while others to **Android** phones (see <https://www.uknowkids.com/>). In addition, <http://www.teensafe.com/> describes a number of apps particular to each phone type. **Hide it Pro**, disguised as an ‘Audio Manager,’ is an example of an app that is available for both Android and iPhone smartphones.



Awareness

'Sexting' cont. from pg. 4

Teensafe describes red-flag behaviors that parents might watch for when monitoring the digital media activities of their teens.

Among these are a sudden increase in media usage, a browser history with missing chunks of texts, and the act of hiding phone screens in the presence of parents. Refusing to hand over passwords could also indicate a red flag.

Refusing to hand over passwords could also indicate a red flag.



Dealing with the secretive and ubiquitous nature of hidden apps is a challenge. Parental controls on mobile devices and Internet usage is one way to address the problem. There are also apps that allow parents to monitor their kids' smartphone activity, such as **Kids Place** and **Abeona**. Other messaging services like **Kik Messenger** do not offer parental controls.

Parents need to be cautious in their monitoring efforts. A *Mashable.com* article describes **Private Photo Vault's** (iPhone) capabilities and features. This vault app provides a 'break-in report' – the GPS location of someone entering the app, as well as their photo. Monitoring is not enough. Parents must engender in young people some digital media 'street smarts.'

Ensuring that Internet filters are installed on home computers, video

games, and smart phones is also essential. Internet filter providers such as *Covenant Eyes* can help shield a family from the dangers. Nevertheless, it is important to be vigilant in monitoring a child's online activities, to maintain an open dialogue about their Internet presence, and what is happening among their friends and acquaintances, since much of what happens in schools and children's social networks is beyond parental control.

The *National Coalition on Sexual Exploitation* (NCOSE) advocates that parents engage early on with their tweens and teens about the 'sexting' issue. Parents should ask: "What do you want your online 'persona' to be?" or "What do 'sexts' say about the people sending and requesting them?" The wisdom parents need to convey is their children's value as human beings is not in their sexuality.

Parents can find valuable information on the topic of 'sexting.' *Porn Harms Research*, which is affiliated with and linked to NCOSE, is a resource for studies on sexual exploitation. The research topics vary and include the emerging trend of youth-produced sexual content (IWF study). On the *Uknowkids* website parents will find notable 'sexting' facts and statistics.

(<http://endsexualexploitation.org/articles/sexting-dangers-hidden-apps/>)

Related Websites:

<http://www.foreverymom.com/parents-kids-10-dangerous-apps-time-hit-delete/>
<http://resources.uknowkids.com/sexting-ebook>
<http://mashable.com/2014/09/29/sexting-photo-apps/>
<http://www.covenanteyes.com/>
<https://www.abeona.com/>

2015 National Human Trafficking Resource Center Statistics

The National Human Trafficking Resource Center (NHTRC) maintains one of the most extensive data sets on the issue of human trafficking in the United States. The statistics below are non-cumulative and based on aggregated information learned through signals -- phone calls, emails, and online tip reports -- received by the hotline.

Cases may involve multiple victims and include males and females, foreign nationals and U.S. citizens, adults and minors. In some cases, callers do not provide demographic information.

The data do not define the totality of human trafficking or of a trafficking network in any given area. The NHTRC uses this data to help human trafficking victims and survivors and to provide the anti-trafficking field with information to help combat all forms of human trafficking.

Gender

Female (4,683); Male (574)

Age

Adult (3,559); Minor (1,621)

Citizenship

US Citizen/LPR (1,660)

Foreign National (1,041)

Breakdown of Requests on Human Trafficking Cases

Report a Trafficking Tip (3,291)

Access Service Referrals (1,750)

Request Crisis Assistance (368)

Request General Information (88)

Request T&TA (47)

Ways Callers Found the Hotline

Internet-Web Search (878)

Referral (755)

Word of Mouth (461)

Know Your Rights Pamphlet (286)

Television (271)

Top Caller Types

Community Member (5,833)

Victim of Trafficking (3,506)

NGO Representative (2,293)

Other (1,546)

Family of Trafficking Victim (1,383)

(<https://traffickingresourcecenter.org/states>)



Advocacy

For Parents: Ways to Prevent Children from Being Recruited Into Prostitution

- Recruiters frequent malls, movie theaters, bowling alleys, parks, typical teen hang out areas, and around school grounds. Make sure your children are supervised and not alone when in these areas.
- Recruiters are always looking for girls who are alone or isolated; if your child is with a group, she is much less likely to be targeted.
- Make sure your child is not alone when they are going to or from school or other extracurricular activities.
- Check your child's emails, social media, and Internet activities. Many recruiters will build a relationship with children through the Internet over time in order to gain their trust.
- Screen any boyfriend by checking his age and status in the community. Check with his parents to verify his age, any gang affiliation, or any criminal history. Recruiters are notorious for lying about their age and who they are in order to gain a girl's—and even her parent's—trust.
- Know where your child is at all times. It may be annoying to your child, but it also could mean saving a life.
- Adding a GPS tracker to your child's phone is a great form of protection, as it allows you to find out exactly where your child is at any time.
- Have a code word or phrase. For example, saying "I'm fine" means "Not okay! I need help!". This way, if they are in the hands of an abductor they can text you this code without raising the suspicion of the abductor or recruiter.
- Use the percentage sign or some unique symbol that will allow your child to text you one quick symbol to tell you they are in trouble. *(cont. next col.)*
- Have specific and periodic check-in times with your children. Setting a recurring alarm on your child's phone will help them remember to check in. If your child misses a check-in time, you can set a response in motion assuming that they are in trouble.
- Ethical Modeling agencies do not typically solicit girls who are alone. Thoroughly screen any solicitation for your child to model or to go somewhere with someone who has not been vetted.
- Talk to your child about what to do if they get into trouble with someone who is threatening them. The basic rule is to never go to the second location once you realize you are in danger. No matter what the threat, advise them to go to a figure of authority immediately.
- It is a difficult discussion to have, especially with junior high age children, but 8 to 14 year-olds are the primary targets of recruiters. Children need to be coached on how to respond to that type of threat if it happens to them.
- If your child is going to a party, make sure that you know it is held at a safe place with the supervision of people you trust. Recruiters for sex trafficking will often frequent parties that teenagers attend and wait until a child is alone, single them out, and actually take them during the party. Many times the recruiter will take them to a back room where any kind of disturbance would not be heard due to the noise of the party.
- Advise your child to never leave any drink, even water, unattended at any party or event. Recruiters will drop what they call a "roofie" into the drink, which causes the victim to become submissive to anyone without bringing attention to the situation.
- Get involved with your children and be a parent, not a buddy. They may resist, but it is the parents' job to protect children from predators that seek to destroy their lives. (<http://www.faces.org/protect-child/>)

U.S. Dept. of Justice Inaction

Federal law prohibits distribution of obscene adult pornography on the Internet, on cable/satellite TV, on hotel/motel TV, in retail shops, through the mail, and by common carrier. The U.S. Supreme Court has also repeatedly upheld obscenity laws against First Amendment challenges, explaining that obscenity is not protected speech.

The U.S. Department of Justice (DOJ) refuses to enforce existing federal obscenity laws against pornography despite the fact that these laws have been upheld by U.S. Courts and previously enforced. Pornography is a public health crisis and DOJ must not be on the side of pornographers.

Call - Tweet - Email the DOJ by visiting:
<http://endsexualexploitation.org/doj/>

Thank Hyatt Hotels: No More 'On-Demand' Porn

Hyatt Hotel Corporation intends to remove all on-demand pornography from its guestrooms worldwide. Thanking companies that are making the right choices, gives others more incentive to follow suit and to create a culture of valuing human dignity above profits.

Tweet @HyattTweets to thank Hyatt for this policy change and their commitment to oppose sexual exploitation.



Advocacy

Missed Opportunity

Mimi could feel the blood start to run through her hair and down the side of her face. Her head ached where her customer had grabbed a handful of her hair and pounded her face into the gravel-strewn alley, where they'd gone so no one could see them. Now Mimi wished she hadn't chosen such a private spot. She told herself she'd be more careful next time—if she lived through this time. As she lay on the ground, her assailant kicked her several times in the stomach, then took all the money she'd made that night and ran off. Scared that she'd been badly hurt, Mimi struggled to her feet and made her way toward the street, where another man was waiting for her. In the light of a street-lamp, he could see that she needed medical attention. He drove Mimi to a hospital emergency room, where she was seen by well-intentioned physicians and nurses who treated her injuries.

But what didn't happen at the hospital was almost as harmful as the beating Mimi suffered. No one questioned why such a young-looking girl was out late on an unusually cold night, underdressed and wearing too much makeup. And no one thought to separate Mimi from the man accompanying her in order to find out more about what had happened.

If they had, they might have learned that "Mimi" wasn't her real name; it was Elis. (This person's names and other identifying details have been changed to protect her anonymity.) Elis was an 18-year-old girl from Brazil who'd been promised a job as a babysitter for a wealthy American family and the opportunity to go to school. But the babysitting job never

existed; instead, when she arrived from Brazil, Elis was taken to a brothel and threatened with injury to her and her family if she didn't cooperate. She was trafficked to Las Vegas and forced to work as a prostitute by the man who'd brought her to the hospital—her trafficker.

The clinicians who treated her injuries didn't recognize the situation for what it was and had released her back to a man whose actions were arguably worse than those of her assailant that night. If even one nurse had realized what was going on, Elis might have been spared further physical and emotional suffering. On that night, she was allowed to leave the ER with the man who was her trafficker, and her ordeal continued for another six months. Eventually Elis managed to escape on her own with just enough money for a cross-country bus ticket, allowing her to return to the East Coast, where she had family. She went to a shelter and was referred to an agency that provided services for runaways; the agency in turn found her a social worker, who helped Elis to obtain permission to stay in the United States and to find a part-time job while she was in counseling. Elis continues to recover and rebuild her life.

Because the one and only time a nurse might encounter a trafficking victim is when she or he presents with a health problem, it's important that nurses be knowledgeable and prepared to offer appropriate help.

The reference offers insights into what to recognize and how to intervene:
http://www.dcf.state.fl.us/programs/human-trafficking/docs/The_Role_of_the_Nurse_in_Combating_Human.25_1.pdf

Educational Module for Healthcare Professionals

Catholic Health Initiatives (CHI) produced a clinical education module entitled, *Addressing Human Trafficking in the Health Care Setting.* The course is available online for all health care providers and organizations interested in furthering clinical education around human trafficking.

The website includes a concise and clear educational video that is healthcare-focused and includes an embedded 11-minutes video on general human trafficking information.

The website also includes a Quick Reference Guide and a transcript of the training video. The course is self-directed, so it can take as little or as much time as needed. The module was developed through collaboration among CHI's national Advocacy and Talent Development teams and experts from Massachusetts General Hospital Human Trafficking Initiative.

Health providers are in a unique position to identify and assist victims. Over 80% of human trafficking victims report being seen by a medical provider at some point during their enslavement, and two-thirds of these victims report being seen in an emergency department. Health professionals can have a substantial and positive impact in preventing this violent form of modern-day slavery.

To view the module, go to:
<http://www.catholichealthinitiatives.org/human-trafficking-and-the-role-of-the-health-provider>



Advocacy

Healing Scars of Trafficking Abuses

Beatriz is a survivor of domestic servitude, who endured high levels of physical violence and neglect throughout her childhood and during her trafficking situation. She was referred to Polaris NJ for counseling services and reported high levels of generalized anxiety and stress. When Beatriz exited the trafficking situation she was having difficulty sleeping, and often felt a heightened sense of awareness of her surroundings that was accompanied by feelings of anxiety.

In her individual sessions, Beatriz started working on breathing techniques using pure essential lavender oil. Her counselor would place one drop of oil on her hands to then rub together, creating a heating sensation in her palms. Beatriz would then place her hands gently in front of her face and inhale deeply as she began to ground herself in calming breath work.

Beatriz began to associate the scent of lavender oil with tranquility and with the calmness she experienced during therapy. She was able to utilize lavender to self-soothe in other locations with this learned relaxation skill. Beatriz also practiced mindfulness awareness exercises in her sessions.



Injuries suffered by a housekeeper enslaved and brutalized in a Long Island, NY mansion.

(Photo: Assoc. Press/U.S. Attorney's Office. http://www.dcf.state.fl.us/programs/humantrafficking/docs/The_Role_of_the_Nurse_in_Combating_Human.25_1.pdf)

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She learned to notice her feet touching the floor, feel her back on the chair, and take note of the emotions and sensations that came up in her body. She practiced these mindfulness techniques in her counseling sessions and began implementing them throughout her day. Beatriz began to feel calmer in her body and environment and shared that she felt a significant reduction in her anxiety-related symptoms.

Beatriz recalled sitting at a local park and noticing kids playing in the playground, she could describe the color of their footballs, the sounds of their laughter and the sensation of the wind on her arms. She described, that for the first time in many years, she felt present and safe in her body. (Polaris)

Study: Therapeutic Support for Survivors of Human Trafficking

Many Polaris NJ clients have experienced complex trauma in situations of both sex and labor trafficking. Survivors have reported symptoms consistent with Post Traumatic Stress Disorder (PTSD), anxiety, dissociation, and depression. Upon exiting trafficking situations, clients have also reported a sense of hopelessness, feelings of shame, and a disconnection from their bodies as a result of the complex trauma they experienced.

Polaris, in collaboration with the Sanar Wellness Institute of New Jersey, which provides transformational healing services for survivors of gender-based violence including human trafficking, intimate partner violence, and sexual assault, began integrating sensory-based therapeutic support to engage survivors in processing these trauma-related symptoms and were able to identify successful strategies that proved to be critical tools in beginning the rebuilding process. Therapies used on a voluntary basis

include: therapeutic/restorative Yoga; expressive arts therapy; mindfulness and sensory-based practices: breathing techniques, aromatherapy, animal assisted therapy, and mindfulness.

The study, *Promising Practices: An Overview of Trauma-Informed Therapeutic Support for Survivors of Human Trafficking*, reviewed each of these modalities along with the outcomes, challenges and recommendations for their beneficial use. The study showed that applied therapeutic support interventions have resulted in survivors reporting an increase in characteristics positively correlated with resiliency and a reduction in symptoms associated with PTSD. Clients have expressed lower levels of stress, increased self-regulation and strengthened life skills. These gentle and accessible supports can be added to existing counseling, case management, and group interventions within diverse social service agencies to provide a trauma-informed environment.

Polaris recommends the integration of interventions that are a natural fit within a specific agency to further enrich existing support and therapy for survivors of all forms of human trafficking. (<http://polarisproject.org/sites/default/files/Sanar-Promising-Practices.pdf>)

Recommended Reading

- *Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others* by Laura van Dernoot Lipsky (<http://www.amazon.com/Trauma-Stewardship-Everyday-Caring-Others/dp/157675944X>)
- *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma* by Bessel van der Kolk MD (<http://www.goodreads.com/book/show/18693771-the-body-keeps-the-score>)
- *Trauma Made Simple: Competencies in Assessment, Treatment and Working with Survivors* by Jamie Marich PhD (<http://www.amazon.com/Trauma-Made-Simple-Competencies-Assessment/dp/1936128926>)
- *EMDR Made Simple: 4 Approaches to Using EMDR with Every Client* by Jamie Marich PhD (<http://www.amazon.com/dp/1936128063/>)



Action

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Toll-Free 24/7 Hotline
National Human Trafficking
Resource Center
 1.888.3737.888
 Text 'Help' at: BeFree
 (233733)

Film: 'Sold'

Jeffrey D. Brown recounted how SOLD, the film he directed, came into being. "My father worked for CARE and 'Save the Children' as a pediatric epidemiologist. Over the course of his career he went to refugee camps in Bangladesh, Vietnam, Haiti, Biafra and Somalia seeing some of the worst living conditions for people on this planet. He dedicated his life to making a difference in the lives of children in those situations and he is my hero.

After directing TV and commercials for 15 years, building my career on getting amazing performances from young child actors, I was looking for a project that could help real children in the way that other films in the past like 'Salaam Bombay' and 'Born Into Brothels' had. These films both created non-profits to benefit real children in need and helped focus attention on these efforts. I wanted to create a model of a for-profit, narrative film that also had a non-profit arm, which could raise funds for deserving NGOs. Both efforts would be mutually beneficial and supportive of each other. We are hoping to create a symbiotic for-profit/non-profit model, which will have a real effect' and help to change many children's lives for the better.

"When I read the book 'Sold' by Patricia McCormick, I knew I had found the story I was looking for. I knew that this first-person account of a courageous young girl named Lakshmi, who was trafficked from rural Nepal to a brothel in bustling Kolkata, was a story that could make a powerful film, which would shed light on a dire issue and could drive a campaign to raise funds for children who had been through this terrible ordeal.

"We hope SOLD will focus world attention on the plight of sexually exploited children in the way a film like 'An Inconvenient Truth' galvanized awareness for global warming. We will launch an educational component to the film, to help raise awareness among young people, the group most often targeted by human trafficking. We have set up a fund connected to the film called the 'Wishing Tree Fund,' which will give grants to NGOs with proven track records in making a difference in the lives of trafficked children in India and Nepal. We plan for SOLD to become a part of the solution of this major human rights issue by using the film to connect Hollywood and Bollywood, Silicon Valley and Bangalore with gala events to raise funds for the many NGO's and child survivors that we met doing our research. We hope our film will foster change and raise substantial funds for survivors in India, Nepal and the United States."

The film will appear in theaters in March 2016.

(Excerpted: <http://www.soldthemovie.com/press/directors-statement/>)

Film: 'The Sex Trade'

This 2015 feature documentary, by Quebec filmmaker ÈVE LAMONT, is a study of the sex trade, a reality that has expanded worldwide to become a true industry, both online and off, over the course of the past few decades.

Part investigative report and part editorial, the 76-minute film is a foray into a brutal world whose key players trivialize the impact of their actions by claiming that prostitution is simply a service like any other.

But who's really benefiting? To meet customer demands and keep this lucrative business rolling, unscrupulous

Informative Web Sites:
 (Each contains information related to human trafficking)

2015 Polaris Hotline Statistics Report

<https://polarisproject.org/resources/2015-hotline-statistics>

Two Resources for Hospital Personnel

<http://www.massmed.org/Patient-Care/Health-Topics/Violence-Prevention-and-Intervention/Human-Trafficking.pdf>

http://www.dcf.state.fl.us/programs/humantrafficking/docs/The_Role_of_the_Nurse_in_Combating_Human.25_1.pdf

pimps and sex traffickers target women and girls, who are afraid to speak out. High-end and street prostitution, escort agencies, massage parlors, strip clubs, the porn industry, sex tourism - the sex trade is sprawling, even beyond major urban areas. Behind the glowing signs of clubs and bars and on various websites, men are paying for sex and buying the consent of the women.

With incisive comments from experts and enlightening interviews with people who have left or are still in the sex trade, the film takes a behind-the-scenes look at this industry to reveal a modern form of slavery. The 'Sex Trade' won the *Beyond Borders* ECPAT (End Child Prostitution and Trafficking) Canada 2015 Media Award in the 'French electronic media' category.

(https://www.nfb.ca/film/sex_trade/)

Stop Trafficking! is dedicated exclusively to fostering an exchange of information among religious congregations, their friends and collaborating organizations, working to eliminate all forms of trafficking of human beings.

Use the following web address to access back issues of *Stop Trafficking!*

www.stopenslavement.org/archives.htm

To contribute information, or make requests to be on the mailing list, please contact: jeansds@stopenslavement.org

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