Introduction to

Human Trafficking
Training Outline

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Report Suspicious Activity

If you see something out of place, please report it. The National Hotline also has a text in number, shown in 2013 to double the rate of victims reaching out. With this information, they can track the potential victim even if they move state to state. They can also link you with resources, like connecting you to the local number.

1-888-373-7888
What is human trafficking?

Human trafficking is the second largest criminal enterprise in the world - it is also the fastest growing, outpacing both drugs and arms trafficking. There are roughly 27 million victims of human trafficking, defined as people living in slavery today. There are also a considerable number of forms human trafficking can take.

United Nations Office on Drugs and Crime Definition:
“Recruitment, transportation, transfer, harbouring or receipt of persons, by means of the threat or use of force or other forms of coercion, of abduction, of fraud, of deception, of the abuse of power or of a position of vulnerability or of the giving or receiving of payments or benefits to achieve the consent of a person having control over another person, for the purpose of exploitation. Exploitation shall include, at a minimum, the exploitation of the prostitution of others or other forms of sexual exploitation, forced labour or services, slavery or practices similar to slavery, servitude or the removal of organs”
Source: United Nations Office on Drugs and Crime

Sex Trafficking

Federal law defines a victim of sex trafficking as someone trapped in the industry under force, fraud or coercion, or under the age of 18 years. Despite significant strides taken at the federal level, state and local government officials often fail to accurately recognize minor victims of sex trafficking.

Commercial sex acts induced by force, fraud, or coercion.

or

Commercial sex acts in which the individual induced to perform commercial sex has not attained 18 years of age.

Commercial Sex Acts | Any sexual act (including stripping and creation of pornography) performed in exchange for anything of value: this includes shelter, food, drugs, clothing
Source: International Labor Organization 2016
How prevalent is it?

Any numbers presented about trafficking are estimates. It is extremely difficult to be accurate when evaluating numbers because many victims do not identify as such or are unable to report their case for fear of the consequences. Most adults in prostitution are recruited into the sex industry as young adolescents. Across the US and in Ohio, the average age of recruitment into prostitution is 15.

Polaris Project 2016 National Report

Ohio Department of Health 2015 Ohio Drug Overdose Report
Domestic Minors in Sex Trafficking

Traffickers are strategic in how they recruit potential victims. In the US, young victims of domestic violence are often targeted because they do not have a support system and often have a very poor sense of self. They are desperate for the kind of attention they are getting from their trafficker, and are willing to make incredible allowances in order to hold onto the belief that “he loves me.” Our cultural perception of adolescents engaged in prostitution is slowly shifting from viewing them as “bad kids” to seeing them as abused and vulnerable children.

In a survey of 300 women in prostitution in Ohio:

![35% reported being trafficked as a child](image)

Shared Hope International (2009) conducted extensive research of current rehabilitation services available to minor victims of sex trafficking. They argue that traffickers intentionally “create vulnerabilities and remove the credibility the minor holds in the eyes of their families, the public, and law enforcement” (p. 37). This makes it difficult for them to approach the correct authorities to report the crimes in the first place, and can lead to frequent runaways even after they have been admitted to appropriate programs.

Human Trafficking and Overdose in Ohio
How does it happen?

Substance Abuse
Frequently arrested for drug possession
Used by traffickers to “criminalize” victims

Regardless of whether the individuals involved were addicted to drugs prior to their introduction to prostitution, they are caught in a self-perpetuating cycle from which they cannot free themselves without a targeted intervention.

Why does it happen?

Sex traffickers may lure their victims with the false promise of a high-paying job. Others promise a romantic relationship, where they first establish an initial period of false love and feigned affection. During this period they offer gifts, compliments, and sexual and physical intimacy, while making elaborate promises of a better life, fast money, and future luxuries. However, the trafficker eventually employs a variety of control tactics, including physical and emotional abuse, sexual assault, confiscation of identification and money, isolation from friends and family, and even renaming victims.

Drug addiction, trauma, neurobiological changes, maladaptive coping skills, missed opportunities, and criminal charges contribute to trapping many of these men and women in prostitution. Left unchecked, human trafficking will continue to flourish in environments where traffickers can reap substantial monetary gains with relatively low risk of getting caught.

Trauma in Prostitution
Prostitution is multi-traumatic. In many cases, abuse and neglect starting in childhood continue

“‘When a child has experienced chronic threats, the brain exists in a persisting state of fear,’” Dr. Bruce Perry says. This “makes the stress response oversensitive, over-reactive, and dysfunctional due to over-utilization of brain stem-driven reactions. Such reactions become entrenched over time, and the ‘lower’ parts of the brain house maladaptive, influential, and terrifying pre-conscious memories that function as a template for the child’s feelings, thoughts, and actions.”

75% report a substance abuse problem (Cooper, 2004)
63% report that the problem began after entry into prostitution (Farley, 2003)
89% wanted to escape, but did not have other options
75% had been homeless
60% physically assaulted
63% raped (Farley, 2003)

75%
63%
Survivors of sex trafficking form complicated bonds with their traffickers, known as trauma bonds. The U.S. Department of Health and Human Services defines trauma bonding as, “a form of coercive control in which the perpetrator instills in the victim fear as well as gratitude for being allowed to live” (Reid, 219). One trauma expert, Dr. Patrick Carnes, explains that “the victims have a certain dysfunctional attachment that occurs in the presence of danger, shame, or exploitation. There is often seduction, deception, or betrayal” (Shared Hope International, 43). Psychologically, the survivor is convinced the trafficker cares about them. This special bond is confirmed by random acts of kindness and even love that the perpetrator might show. The acts of cruelty and abuse are absorbed within this overarching understanding that the trafficker truly loves them and sometimes does things that he or she may not wish to.

**Understanding Trauma**

The biggest question you may be asking yourself is this: *Why wouldn’t they leave?* Choi et al showed that these “additional symptoms in response to a repeated and prolonged interpersonal traumatic stressor have been characterized as a variant of PTSD termed complex PTSD, also known as disorders of extreme stress not otherwise specified (DESNOS)” (p.934) The services available are inadequate to meet the demanding needs of these individuals, especially because they often do not self-identify as victims. A sense of potential or real rejection may seep into their self-concept as well. If the rest of the world sees them as a prostitute, as a drain on society, as worthless, then perhaps they really are. With no messages to the contrary, these subliminal messages can take hold and create a new framework for how they see themselves.

**Seeing past the Behavior**

Initially, providers may identify the traits on the left as maladaptive and negative behaviors. They are commonly encountered when working with survivors. With a slight change in perspective, we can begin to appreciate how those traits that we identify as negative were very functional in helping the individual survive life on the streets. The skills which allow them to sustain life in the midst of so much chaos are also the skills which may alienate them from those in other parts of society. As they try to transition out of prostitution and drug use, they often need to develop new coping skills for conflict, pain, and boredom. Boredom is considered one of the primary triggers for drug relapse because a person addicted to drugs has always had an immediate source of stimulus in their drugs. They must now find new ways to occupy their time and thoughts.
Needs of Survivors

The chart below outlines the needs experienced by survivors of human trafficking. The question of how to begin addressing these needs is complex and difficult to answer. Current best practices are still in development, but many experts agree that care should be “whole person” centered, seeking to address the real physical needs, while also emphasizing appropriate processing of the survivor’s traumatic experiences.

<table>
<thead>
<tr>
<th>Medical</th>
<th>Psychological</th>
<th>Physical</th>
<th>Social</th>
</tr>
</thead>
<tbody>
<tr>
<td>Treatment of STIs and physical trauma</td>
<td>Specialized rehabilitative services</td>
<td>Secure housing</td>
<td>Life Skills</td>
</tr>
<tr>
<td>Substance abuse rehabilitation</td>
<td>Trauma-focused counseling</td>
<td>Will attempt to run away</td>
<td>Conflict Management</td>
</tr>
<tr>
<td>Underlying mental illness</td>
<td>Often resist help and deny abuse</td>
<td>May traffic other residents</td>
<td>Educational services</td>
</tr>
<tr>
<td>Consistency in Care</td>
<td>Emotional Regulation</td>
<td>Relaxation Skills</td>
<td>Job Skills Training</td>
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Survivors will have a lot of trouble learning to trust. Some will have mental disorders, especially if they have a history of traumatic brain injury. All will have relational, emotional, mental, physical, and spiritual (REMPs) needs:

- **Relational** | problems forming, maintaining, and sabotaging relationships
- **Emotional** | struggling with self-identity, working through shame and self-blame.
  Most women will have a hard time identifying themselves as victims.
- **Mental** | mental health disorders, traumatic brain injuries
- **Physical** | food, clothing, hygiene products
  Survivors will often not have anything to their name
- **Spiritual** | Many survivors who leave and choose a new life have a faith tradition
  They may have a hard time understanding unconditional love.
  For many, their view of love includes abuse or needing to earn love
  For some, love is an exchange system
Survivor Care Journey

Intentionally developed programming is needed at each point of contact with a survivor. With time, their physical and medical needs will become less acute, but their chronic need for trauma informed care is still present. Ongoing support for sobriety and trauma focused therapy are key components of successful programs.

- **Awareness**
  - Training and Educating.
  - End it Movement, Exodus Cry, "Nefarious", Unearthed, Central Ohio Rescue & Restore Coalition (CORRC), SOAP, etc., non-profits, organizations that educate and train. Businesses who sell products to raise funds Ex. Eleventh Candle Co.

- **Outreach**
  - Involves initial outreach to victims.
  - The Well, hotline, Survivor's Ink, guest house, case mngnt, counseling, referrals
  - Reach for the Shining Starz, Out of Darkness Princess Night, Life Beyond the Streets
  - Detox: Maryhaven (Engagement Center), Woods at Parkside, Talbot Hall, etc.

- **Short-term Housing**
  - Up to 12 weeks.
  - Homeless shelters, Domestic Violence Shelters, Safe Homes
  - Salvation Army, Gracehaven, YWCA Family Shelter

- **Long-term Housing**
  - Length of stay varies.
  - My Sister's Place, Amethyst, Maryhaven (the Women's Program), CHAT House, Sober Houses, Ohio Women's Refuge, Safe Harbor, etc.

- **Transitional Employment**
  - Offer survivors soft skills training and workforce development.
  - She Has A Name Cleaning Services, Freedom A La Cart

- **Permanent Employment**
Indicators of Sex Trafficking

<table>
<thead>
<tr>
<th>Older boyfriend</th>
<th>Poor living conditions - homeless</th>
</tr>
</thead>
<tbody>
<tr>
<td>Criminal behavior</td>
<td>Can’t speak to individual alone</td>
</tr>
<tr>
<td>History of family violence</td>
<td>Answers scripted and rehearsed</td>
</tr>
<tr>
<td>STDs, pregnancy, and abortions</td>
<td>Employer holding ID</td>
</tr>
<tr>
<td>Substance use</td>
<td>Signs of physical abuse</td>
</tr>
<tr>
<td>Access to things that can’t afford</td>
<td>Submissive or fearful</td>
</tr>
<tr>
<td>Child sexual abuse/rape</td>
<td>Unpaid or paid very little</td>
</tr>
<tr>
<td>Not attending school, frequent absences, or academic failures</td>
<td>Under 18 and in prostitution</td>
</tr>
<tr>
<td>Living with employer</td>
<td></td>
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</tbody>
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*From Sex trafficking and the Exploration of Adolescents by McClain and Garrity*

Practical Applications

Education is a key factor in reducing public ignorance on this issue and the ability of predators to meet their demands. Prevention is a tool to help combat slavery.

**Questions to Ask**

- Can you leave your job if you want to?
- Can you come and go as you please?
- Have you been hurt or threatened if you tried to leave?
- Has your family been threatened?
- Do you live with your employer?
- Where do you sleep and eat?
- Are you in debt to your employer?
- Do you have your passport/identification? Who has it?

**What to Do In the Face of Need**

**Myth | “Something is better than nothing”**

It is an easy myth to believe because it often is true, or seems true. When there truly is no one else to do it, we are tempted to step in and offer whatever level of skill we can to the situation. When working with survivors, the urgency is especially compelling. In the case of counseling or therapy, something is not better than nothing. The survivors we serve need specialized care, trauma informed care. Offer care and support, but do not try to fill a role for which you are not trained.

Redirect to available resources - If you are going to maintain boundaries, you need to know that the survivor has access to the appropriate resources. It is important for you to know what they are and how they can get connected. Ask a representative from the organization that you’re working with for therapist referrals and other resources. If they don’t know, contact us.

Pursue longevity but recognize immediate needs. Being aware of available resources will help ease that process and help them get long term access to support.
Our Mission

She Has A Name is a strong community of abolitionists that exists to fight human trafficking through education, collaboration, and survivor care.

What We Do

**Equip survivors | Strategies for Success**

Survivors of human trafficking often face intense employment barriers. By offering job readiness classes, our hope is that more and more survivors would be restored into society, welcomed in the workplace and thriving in their community.

**Educate Communities  | Anti-Human Trafficking Training**

Community is essential for the complete healing of any single individual. We seek to engage the broader community in responding to human trafficking. We hold quarterly classes that offer a framework to understand human trafficking and serve survivors. Training focuses on the needs of survivors, working with survivors, and getting connected.

**Partner with Existing Efforts | The Survivor Care Alliance**

We love Columbus and desire to see united efforts in our city. We have chosen to partner with organizations by providing connections between existing resources, training and coordinating volunteers, and developing job skills curriculum for survivors.

Join Us

**Learn** | Attend our upcoming training May 3, 10, & 17th

**Share** | Subscribe to our newsletter

**Give** | Securely online at shehasaname.org/donate
References


Vancouver, WA: Shared Hope International


