

HUMAN TRAFFICKING 101

Human trafficking is a modern form of slavery. It involves controlling a person through force, fraud, or coercion to exploit the victim for forced labor, sexual exploitation, or both.

Victim Vulnerability Factors

- Age
- Dysfunctional families
- History of trauma/abuse
- Drug use by parents
- Mental illness
- Runaways

High Risk Youth in Texas

- 11,942 juveniles arrested for running away IN TEXAS in 2009
- 3,200 unaccompanied international minors served by ORR (Office of Refugee Resettlement)
- Over 15,000 at risk youth in Texas alone.
- Over 466,000 missing youth in 2014
- 10% from Texas
- 12,000 or 25% of TX missing children from Metroplex
- Reports of endangered runaways- 80% or 9,600
- 1 in 5 of endangered runaways are probable trafficking victims
- That is 1,600 possible trafficking victims in the Metroplex
- 68% of runaways were in state care which is approximately
- 1,100-1,200 foster children are likely trafficking victims.

Recruitment/Grooming Process –

- Isolation
- Using Coercion and Threats
- Power and Control
- Emotional Violence
- Physical Violence
- Economic Dependence
- Purposeful Manipulation
- Sexual Violence

Trauma bonds are a major hurdle to the identification, rescue, and restoration of victims. Symptoms of trauma bonds are:

- Failure to self-identify
- Return to trafficker
- Refuse help
- Disjointed memories
- Aggression
- Protect pimp

What Can You Do?

National Human Trafficking Resource Center (NHTRC)

Call: 1-888-3737-888 or Text: BeFree (233733)

REALITIES OF AFTERCARE

GUILT

- Holding something we've done against our values and feeling psychological discomfort
- Conviction

Guilt can be _____ and _____.

SHAME

- an intensely painful feeling or experience of believing that we are flawed and; therefore, unworthy of love and belonging
- something we've experienced, done or failed to do makes us unworthy of connection

Shame is not _____ or _____!

SHAME IDENTITY

Shame always brings three things:

1. Secrecy
2. Isolation
3. Insecurity

STAGES OF ENTRY INTO COMMERCIAL SEXUAL EXPLOITATION

- Recruitment
- Seduction
- Isolation
- Coercion
- Violence

RECRUITMENT AND GROOMING PROCESS

Power and Control Wheel

- Emotional Violence
- Physical Violence
- Sexual Violence
- Using Coercion & Threats
- Isolation
- Economic Dependence

TRAUMA BONDS

- _____ trauma-due to chronic violence (may start *in utero*)
- _____ trauma-youth's neurological system is disrupted and not allowed to return to equilibrium

DYSREGULATION OF NERVOUS SYSTEM

Hyperarousal: anger, panic and phobias, irritability, hyperactivity, frequent crying and temper tantrums, nightmares and night terrors, regressive behavior, increase in clinging behavior, running away.

Hypoarousal: daydreaming, inability to bond with others, inattention, forgetfulness, shyness. Physical symptoms can include: eyes widen, pale skin, complaints of being cold, flat affect.

STRESS

- Fight-Flight mechanisms were designed for rapid action, not sustained stress
- Stress hormones damage brain structures
- When stress is early and prolonged, the resultant damage impacts stages of development
- “Neurons that fire together wire together” and results in a brain that can create its own stress.

TRIGGERS

- Five senses
- Seasonal/time sensory reminders/age
- Sex
- Boredom/loneliness
- Insomnia/hypersomnia
- Injury/surgery/pain
- Anger

EMOTIONAL REGULATION

- Understanding emotions
- Stress and _____
- Stop/Think
- Creative imaging and _____

MOTIVATIONAL INTERVIEWING

- MI is “a collaborative, person-centered form of guiding to elicit and strengthen motivation for change” in regards to a chosen or targeted behavior.
- The purpose of MI is to create a nonjudgmental, supportive environment for survivors as they move through various stages of behavior change and guide them in exploring and ultimately strengthening their motivation for health-promoting change.

STAGES OF CHANGE IN COMMERCIAL SEXUAL EXPLOITATION

- Pre-contemplative
- Contemplative
- Preparation
- Action
- Maintenance

- Relapse

RECOVERY STAGES

Stage 1 – Withdrawal

Stage 2 – Early Abstinence

Stage 3 – Protracted Abstinence

Stage 4 – Adjustment/Resolution

EXISTING SUPPORT SYSTEMS

- Brothel owners and pimps who provide daily necessities
- Friendships and “family” relationships formed with other exploited individuals
- Friendships formed with locals in the area, i.e. shopkeepers, neighbors
- Children born while in the sex industry create a family structure
- Steady purchasers who seem to provide loving relationships/ stability

SEVERING TIES WITH THE SEX COMMUNITY

Separation Trauma:

- Grieves the loss of family and friends in the CSI
- Loses her home, personal belongings and personal space
- Had little or no closure
- Loses status/prestige in the hierarchical system of the sex industry
- Has little or no money for daily expenses
- Has no friends to talk to about all the changes in her life
- She cannot live with her own children

SECURITY ISSUES / FEARS

- For the safety of family and friends
- Reprisals from the brothel owner, pimp, or crime lords because she left the sex industry
- Someone may find her and return her to the sex industry
- She cannot trust anyone
- Being kicked out of the program or being unwanted for breaking rules or having a bad attitude

ADJUSTING TO THE AFTERCARE COMMUNITY

Culture Shock

- Language and vocabulary
- Customs and manners
- Gestures

Worldview

PHYSICAL HEALING

- Malnutrition
- HIV/Aids
- Effects of drug abuse
- Dental injuries
- Head/Face trauma

EMOTIONAL HEALING

- Face to face counseling
- Group counseling
- Equine therapy
- Art therapy
- Pet therapy
- Fly fishing
- Gardening

SPIRITUAL HEALING

- Identity in Christ
- View of God

RELATIONAL HEALING

- In community