

# YOU ARE:

loved.

worthy.

valued.

strong.

powerful.



# How To Spot A Victim Of Child Sex Trafficking:

## RED FLAGS

### CLOTHING



New expensive clothing and accessories may be gifts from a predator. If someone begins to dress in very revealing clothing who did not do so before (or even the other way around), this is cause for concern.

### NEW TECHNOLOGY



Predators and Traffickers often buy victims new technology either as a new private form of communication or as a gift. Be wary of new unexplained cellphones, P35s, Apple Watches etc.

### NEW OLDER FRIENDS



If someone begins to hang out with a new older friend or friendgroup, this could be a sign of the recruitment process. Especially if this new friend group is completely separate, goes to a lot of parties, and gets into trouble.

### NEW OLDER PARTNER



If someone you know has a new older boyfriend or girlfriend, who they don't invite you to hang out with or whom they are suddenly obsessed with... it's a little sketchy.

### DEPRESSION OR ANXIETY



When someone is in a bad/scary/traumatic situation, it affects their mental health.

Keep an eye out for someone who becomes fearful, withdrawn, , depressed, or who mentions mental health concerns.

### BEHAVIOURAL CHANGES



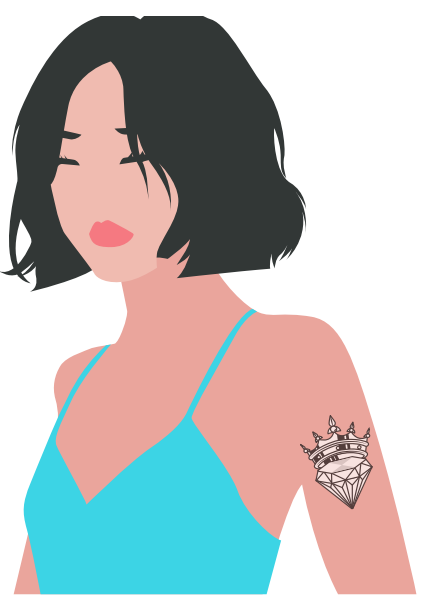
Watch out for someone who was previously extremely outgoing becoming quiet or someone who was previously withdrawn becoming confident. Another red flag is a change in interests- like someone who loved working out who now refuses to do it.

### NEW GIG OR JOB



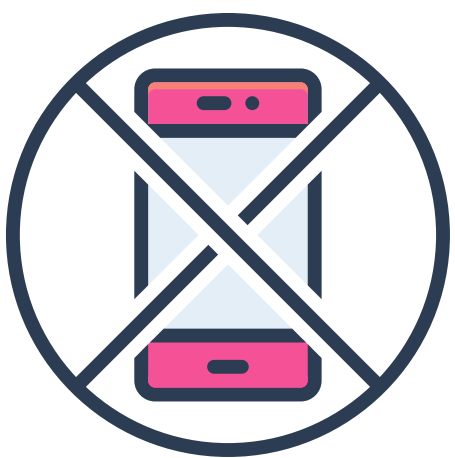
Does your friend have any details on their new job? Does their job sound legitimate? Sometimes modeling gigs or job postings can be a trap, propped up on lies.

### TATTOOS



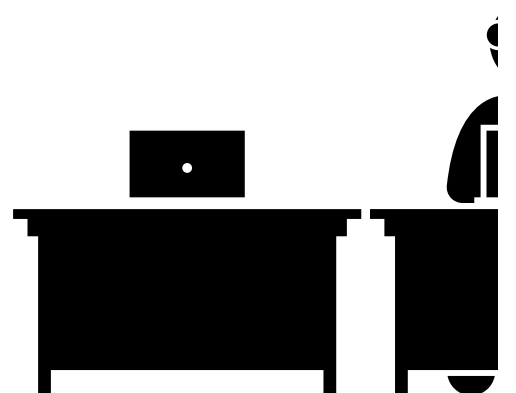
Traffickers sometimes brand their victims with tattoos. Given this, tattoos can be kinda sketchy. Common trafficking tattoos are: "Daddy", A Crown, A Male Name, A Number, Dice...

### GHOSTING



If a friend starts to block you out of their life, it might be a good idea to evaluate the situation. Traffickers/Exploiters intentionally isolate victims from their support systems... which might appear as ghosting.

### UNEXPLAINED ABSENCES



Skipping school and other obligations isn't totally crazy. But when it's happening often and with no explanation... there may be a reason that someone is always "on vacation" or who's "never around".





ATTENTION ALL YOUTH!

# HOW CAN YOU FIGHT CHILD SEX TRAFFICKING?

USE YOUR TALENTS,  
SKILLS, GIFTS, & PASSION

- **MAKE TIK TOKS OR A FILM**
- **PERFORM SPEECHES**
- **WRITE A STORY**
- **CREATE ART**
- **MAKE GRAPHIC DESIGNS**
- **HOLD A FUNDRAISER**
- **WRITE TO POLITICIANS**

YOU CAN DO THIS! CHECK OUT OUR  
WEBSITE FOR MORE IDEAS & INSPO

JOIN THE ONECHILD MOVEMENT  
[WWW.ONECHILD.CA/YOUTH](http://WWW.ONECHILD.CA/YOUTH)





# Your Mental Health Matters



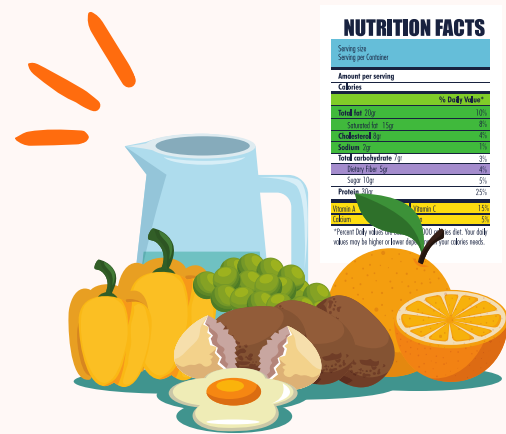
Everyone deserves to be in good mental health. Being healthy and happy can help you stay safe!



Mental health is a balance & it requires the ability to check in with yourself, manage stress & respect your weaknesses/strengths!

Stress & bad days are normal...but too much/many may mean that something is up with our mental health.

Small improvements in...



**NUTRITION**



**SLEEP**



**COPING SKILLS**



**EXERCISE**

can help to better manage our mental health, making us a little bit less vulnerable to predators and exploiters. AKA, keeping us happy, healthy, and safe.





# SELF-ESTEEM 101



How we look at & think of ourselves matters.

When you have healthy self-esteem, you feel good about yourself & you see yourself as worthy & deserving of respect from others.

When you have low self-esteem, you place little value on your self, your looks, & opinions, and count every mistake you make.

Let's try to boost that self esteem:

1 Make a list of things that you're good at and keep adding to it over time

2 Practice the things that you're already skilled at to become an expert.

3 Try new activities and trends and celebrate your attempt

4 Every time you look in the mirror, give yourself a genuine compliment

5 Decide to change your mindset. Turn "I cant" into "I can" & "I'm ordinary into "I'm extraordinary:

6 Join forces with a friend or an adult so that you can help build each other up!

For more information on self-esteem, check out Dove's Self-Esteem Project or KidsHealth.org. Learn more about protecting yourself at our website [www.onechild.ca/youth](http://www.onechild.ca/youth)



# HOW DO I HELP A SEXUALLY EXPLOITED FRIEND?



ONE CHILD EXPLOITED IS ONE CHILD TOO MANY.

## Empathize with them.

Validate their fears & anxiety. Let them know that it is okay to be scared and that it is okay to ask for help. Be there for them if they have to involve adults or the authorities. Assure them that you & others want to help.

## BE AN ALLY.

Educate yourself on the sexual exploitation of children, including child sex trafficking and how it is maintained in society. Be the person to call out behaviours that may perpetuate the issue whenever you see or hear them. Then, call those people back in to explain why it wasn't cool.

## Help them heal.

If your friend opens up to you about a bad situation, sincerely see and hear them out. They are telling you because they trust you. Be the person they can honestly disclose their worries and feelings to.

## Walk with them.

Be there for them in spaces where you both feel safe. Offer to join them as they go out to exercise, walk home from school, or pick up groceries. Assure them they don't have to live in fear and that professionals can help.

## SEND THEM A CARE PACKAGE.

Express your support as they process their trauma and fear. Send activities they like and can make them happy. Let them do these whenever they feel like it!

## Get Help.



647-497-7312

1-833-900-1010



Canadian  
Human  
Trafficking  
Hotline



victim services toronto

416-808-7066

905-721-4226





# **NO ONE SHOULD FORCE YOU TO SELL YOUR BODY.**

CHILD SEX TRAFFICKING IS HAPPENING  
CLOSER THAN YOU THINK.

[WWW.ONECHILD.CA/YOUTH](http://WWW.ONECHILD.CA/YOUTH)

**JOIN THE ONECHILD MOVEMENT**

FOR AN EMERGENCY CALL 9-1-1  
HUMAN TRAFFICKING HOTLINE: 1-833-900-1010



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# STOP CHILD SEX TRAFFICKING



ONE CHILD EXPLOITED IS ONE CHILD TOO MANY.

JOIN THE MOVEMENT AT [WWW.ONECHILD.CA/YOUTH](http://WWW.ONECHILD.CA/YOUTH)





# I'M IN A BAD SITUATION WHAT DO I DO?

FOR AN IMMEDIATE EMERGENCY CALL 9-1-1



## **Talk to a Trusted Adult**

For safety, adults have to be involved. So talk to someone you trust and who makes you feel safe.



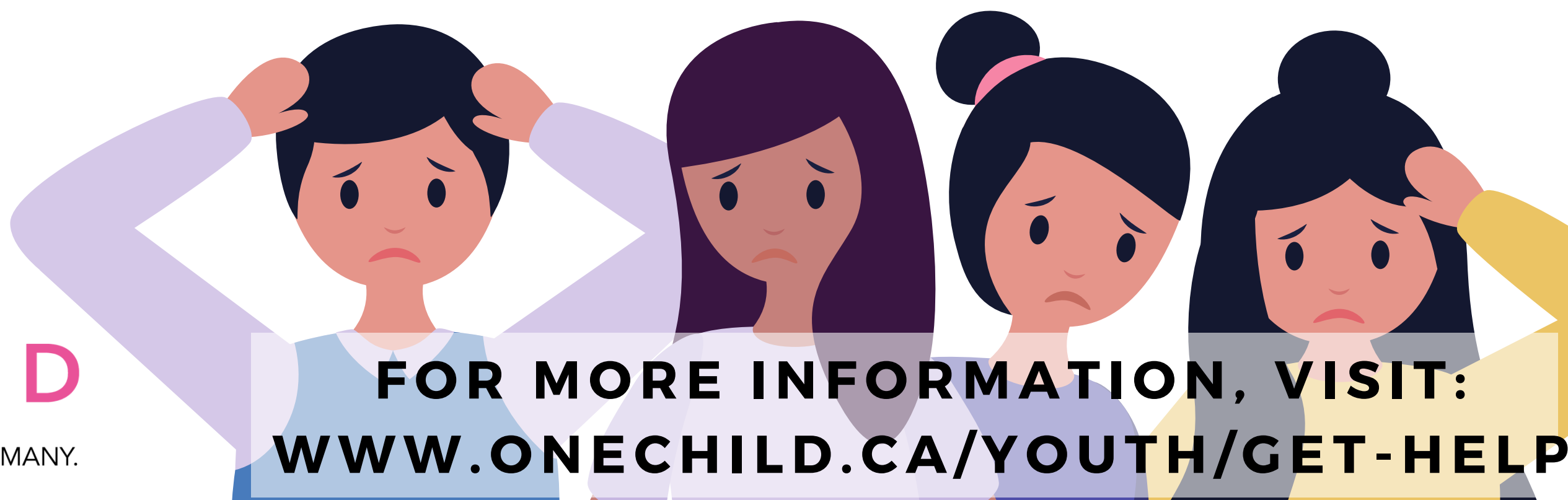
## **Report It**

Call the police,  
Victim services 1-888-579-2888  
Or a crisis line like the Human  
Trafficking Hotline: 1-833-900-1010



## **Stay Safe**

Avoid situations where you might run into whoever put you in or wants you in a bad situation. Travel in groups & hang-out in public spaces!





40.3  
Million

People were victims  
of **exploitation**  
worldwide on any  
given day in 2016.

1 +  
Million

of those people,  
were **children.**

TO LEARN MORE, VISIT  
[WWW.ONECHILD.CA/YOUTH](http://WWW.ONECHILD.CA/YOUTH)

4.8  
Million

of those people  
were being  
**sexually exploited.**



TO REPORT SUSPECTED  
HUMAN TRAFFICKING, CALL



Canadian  
Human  
Trafficking  
Hotline

1-833-900-1010



# RESOURCES



## I Need Help: WHO CAN I TALK TO?



Sometimes, we see something that makes us uncomfortable and we need to tell someone. Othertimes, we find ourselves in a bad situation-- maybe we feel really unhappy or kinda "off", maybe we feel scared, maybe we're being hurt, maybe we're in an exploitive situation.

If this applies to you or someone you know, please get help. Talk to a trusted adult or reach out to any of the numbers below.

We all deserve to be happy, healthy, and safe.

**FOR AN EMERGENCY: CALL 9-1 -1**

### Sexual Exploitation:

Canadian Human  
Trafficking Hotline:  
1-833-900-1010

Arise Ministry:  
647-497-7312

CyberTip:  
[www.cybertip.ca](http://www.cybertip.ca)

Male-only support line:  
1-866-887-0015

Sexual Assault Hotline:  
1-800-656-4673

### General Assistance:

Kids Help Phone: 1-800-668-6868  
Youthspace Night Support: Text 7787830177  
Victim Service Support Line: 1-888-579-2888  
Good2Talk : 1-866-925-5454  
Lesbian-Gay-Bi-Trans Youth Line:  
1-800-268-9688

### Mental Health

Suicide Prevention Lifeline : 1-800-273-8255  
Canadian Crisis Hotline: 1-833-353-2273  
Big White Wall Support: [www.bigwhitewall.ca](http://www.bigwhitewall.ca)  
Download the "Lifeline" or "Better Health" App

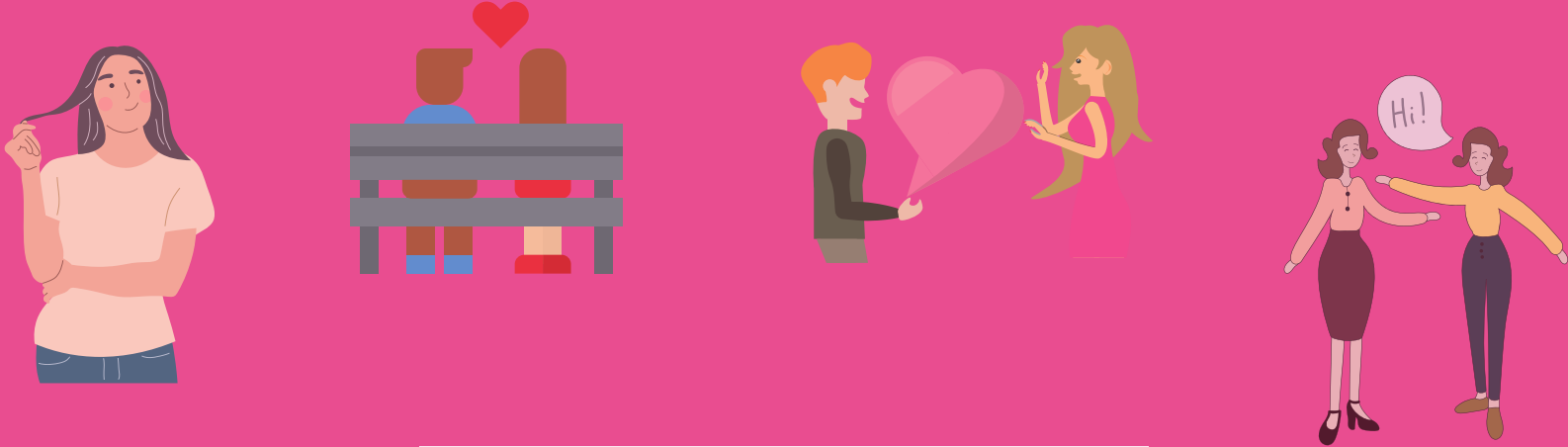
Remember, there is no shame in getting help.  
All of these numbers are listed on our website...  
<https://www.onechild.ca/youth/get-help>



ONE CHILD EXPLOITED IS ONE CHILD TOO MANY.

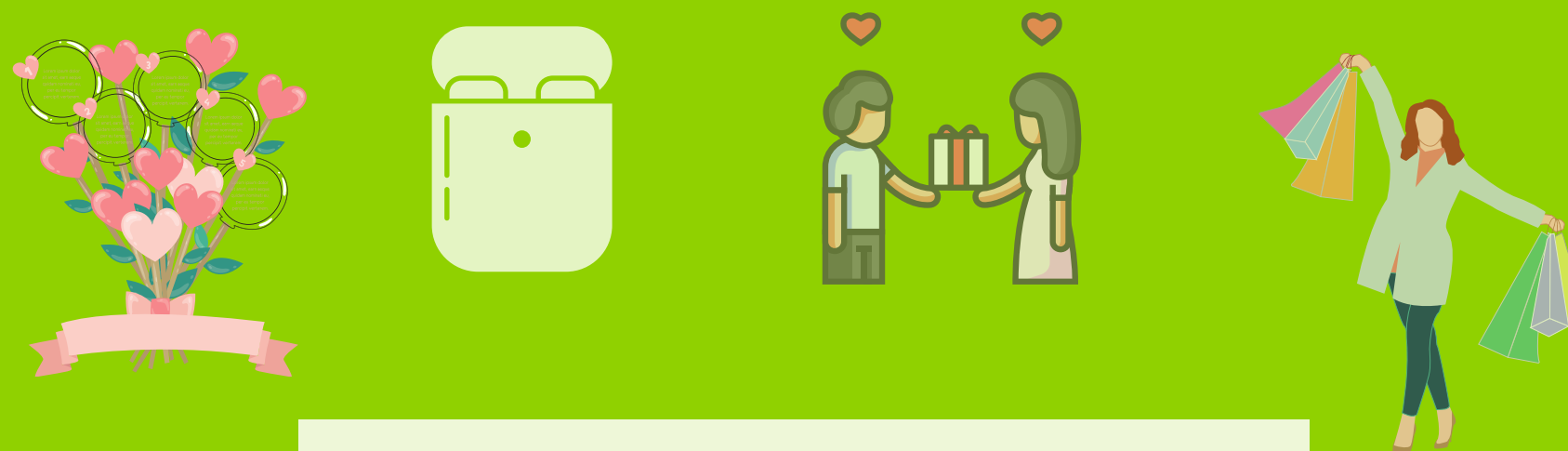
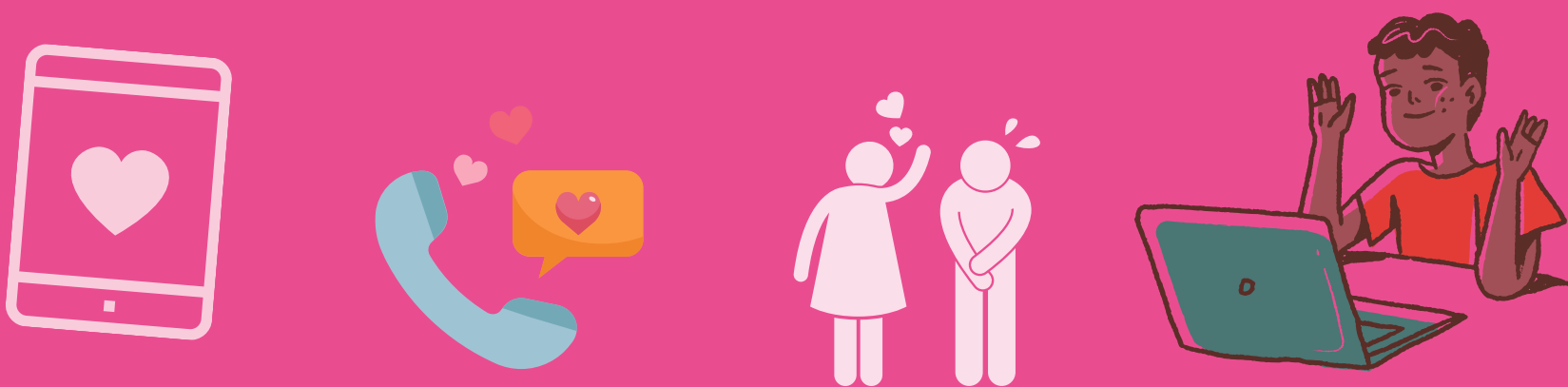


# TRAFFICKING STAGES



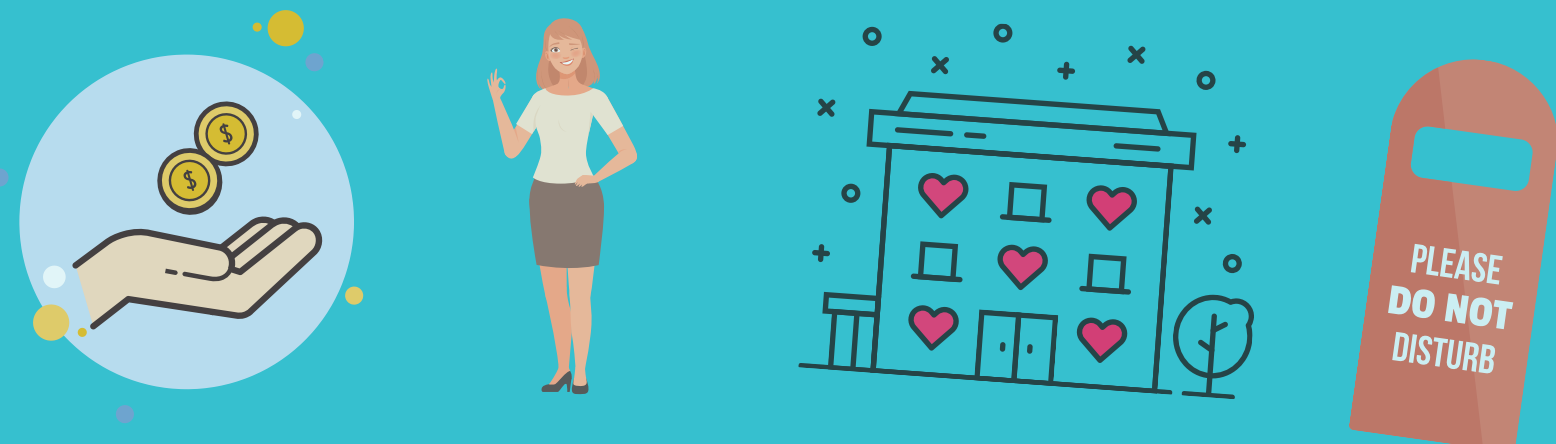
## LURE

Luring is the first and introductory phase. It appears as though someone is very interested in you upon meeting/connecting, but it is often targeted and planned.



## GROOM

Grooming happens once a relationship is established. It often involves flattery, expensive dates, gifts, and lies about a future life together.



## INTRODUCE

An introduction to the sex trade could look like a "one-time favour" or a "job" or a necessary way to "get rich" or even "stay together". Whatever it's called, if it involves youth & a coerced sexual act, it's sexual exploitation.



## CONTROL

This phase includes total emotional control, coercion, and potentially the use of violence or force in order to keep you in the sex industry and listening to the trafficker.



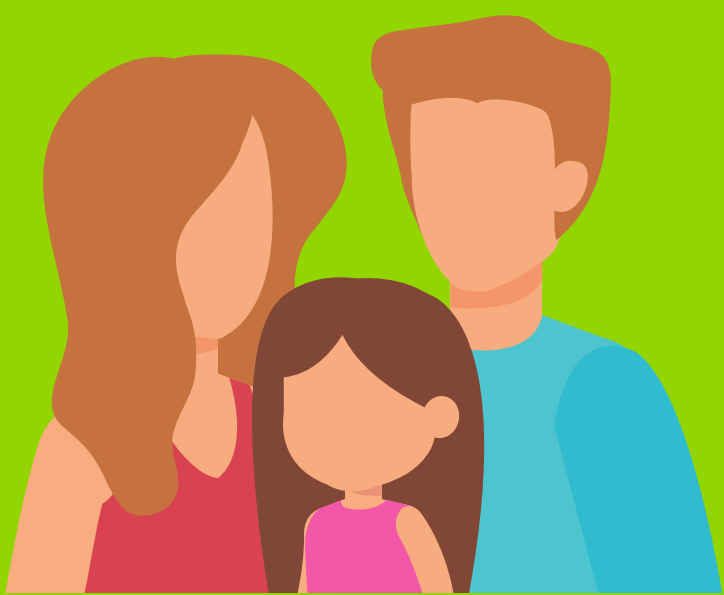


# WHO IS A TRAFFICKER?



There is no one-size fits all description of a trafficker. But, usually they are someone the victim knows & trusts. Such as a romantic partner. These traffickers appear perfect at first but gradually the relationship turns exploitive.

Traffickers can be friends or other youth. They initiate a fast & amazing friendship, invite victims to parties & job opportunities... but it's all lies.



Traffickers & abusers can also be parents, guardians, & other family members. Sadly, not everyone has a home where they are safe and free of sexual exploitation.

Traffickers can be neighbours, mentors, community leaders, & celebrities. They can be any age, gender, ability, or race. Don't be fooled by someone's title or appearance.





# Myths & FACTS



## Child Sex Trafficking



### MYTH

### FACT



Child Sex Trafficking doesn't happen in "rich" countries. It doesn't happen here in Canada...

Child sex trafficking is happening in Canada, occurring most frequently in Ontario.



Only non-Canadians and people in really bad situations get trafficked.

All youth are vulnerable to being trafficked. But certain factors like race, ability, sexuality, and one's financial and living situation can make some even more vulnerable.



Traffickers kidnap children, restrain them, & quickly transport them to different cities, provinces, & countries before anyone knows what happened.

Traffickers are most often someone the victim knows and trusts.

Trafficking victims can still live at home & continue attending school.





# Safe or Sketch?

## Romantic Relationships

Are there times where you don't feel happy, respected, and safe in your relationship?

**YES**

Does your partner do things that make you feel this way? Pressure you to do things after you said no? Make you feel guilty? Say mean things to you? Threaten you? Hurt you? Say you owe them?

**YES**

These behaviours suggest that this relationship may not be healthy. You deserve to be happy, to feel safe, to experience love. Does this relationship really do that for you? Consider talking to a trusted adult or a professional using the numbers below.

Remember: A good partner wants what's best for you, not what's best for them. You don't owe anyone anything. You never have to do something you don't want to do.



**NO**

Great news! A healthy relationship makes you feel happy because your partner respects you and your choices. You should always feel safe and supported! Even in an argument, a good partner listens and respects you.





# Safe or Sketch?

## Image & Video Sharing:



Thinking of sending some flirty pictures or videos of you to someone?

**YES**

Once you send an image or video of yourself, you can't take it back. That photo can be sent to others, posted online, and seen by millions. Are you willing to take this risk?

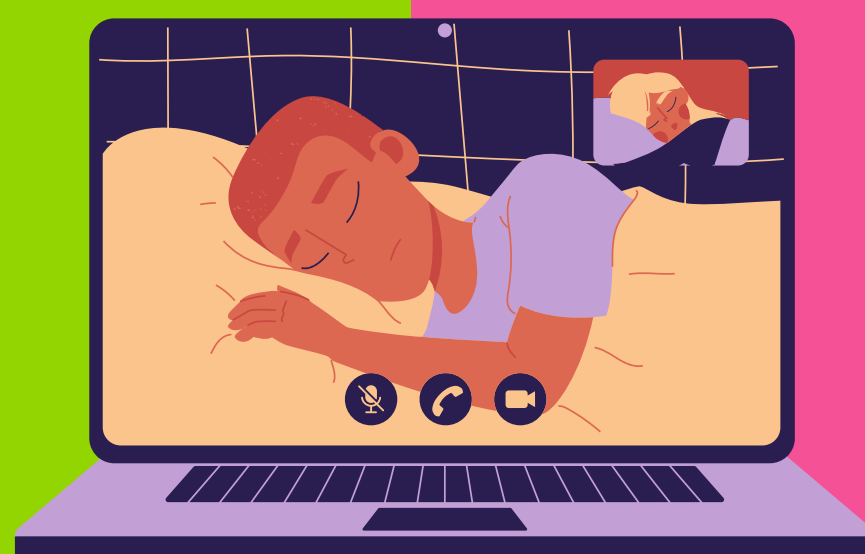
**NO**

**NO**

Good thinking! Nudes or any flirty photos/videos might seem like a good idea at the time... but they are really dangerous. They can end up in the wrong hands or online and even prevent us from opportunities later in life. Keeping our pictures PG is a great way to stay happy, healthy, and safe!

**YES**

We can't stop you from sending pictures... but we can tell you about the dangers. Flirty pictures/nudes/sexting are used by predators as a form of manipulation. They collect the videos/photos and then demand more, sexual activity, and/or money or else they'll post the photos everywhere. Be smarter than this situation-- don't send the pics.



Notice some sketchy behaviours? Feeling uncomfortable?

1. Block them
2. Stop the convo
3. Use humour or tell a story to move the convo along



# Safe or Sketch?

## Employment Opportunities:



Can you be absolutely sure that this job/opportunity/casting is legitimate? Would a trusted adult come to the same conclusion?

**NO**

**YES**

Can you find the job posting online? Can you find the company's details and staff members?

**YES**

Cool! Happy employment!

We only ask because sometimes traffickers use employment, modeling gigs, and other opportunities as a child trafficking recruitment tactic. A real job will have details, contracts, and a workplace. Don't go for anything less!

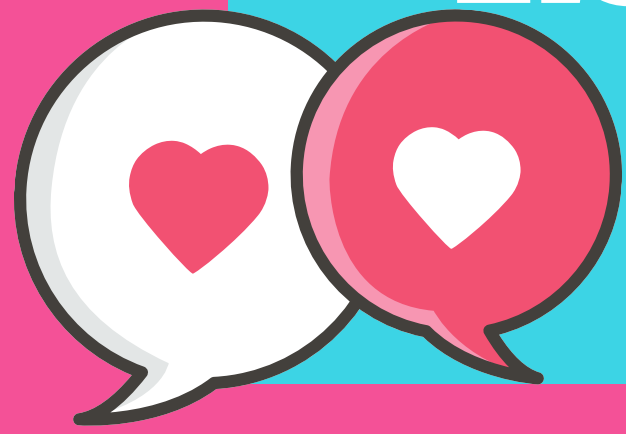
**NO**

This opportunity might be sketchy. Do your research, talk to a trusted adult about the opportunity, and have them accompany you to your interview/casting call. It is always better to be safe than sorry!

Remember: Traffickers target vulnerabilities.  
Jobs = Money  
& those that need \$\$ most, may overlook red flags. But, no matter how bad your \$ situation is, it's not worth putting yourself in danger.







# IS MY RELATIONSHIP HEALTHY?

Did you know that "Romeo" traffickers target & recruit their victims through romantic relationships? It's why knowing what a healthy relationship is & isn't can help keep you and others safe.



Ensure that your partner respects you & your decisions. If you want something, they should hear you out. And, if you don't want something, they need to respect that.

Gifts are really fun... when there are no strings attached. If someone is buying your affection or trying to convince you to do something... that's manipulation & not cool.

If someone threatens you, hurts you, or says really mean stuff to you... this is abuse. Being upset or saying "it will never happen again" is no excuse.

A good partner wants what's best for you, not what's best for them. It's not your job to fulfill someone else's wishes.

## ASK YOURSELF THESE Q'S



- Does your partner pressure you to do things ?
- Do you ever feel afraid of your partner &/or how they will react?
- Does your partner ever make you feel like you owe them?
- Does this relationship make YOU better or worse?
- If you answered yes to any of these, talk to a trusted adult

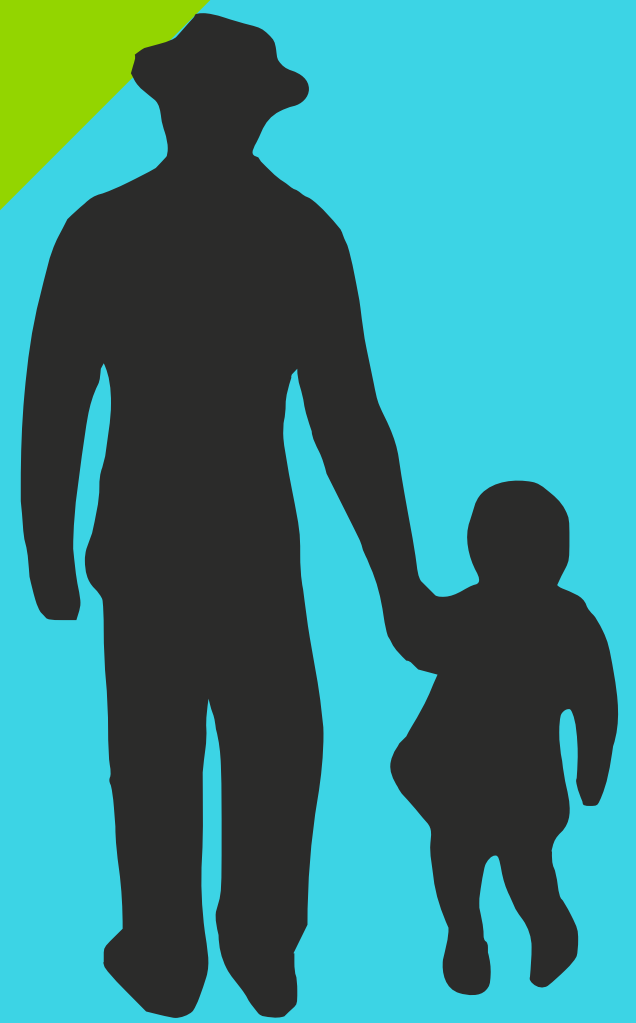
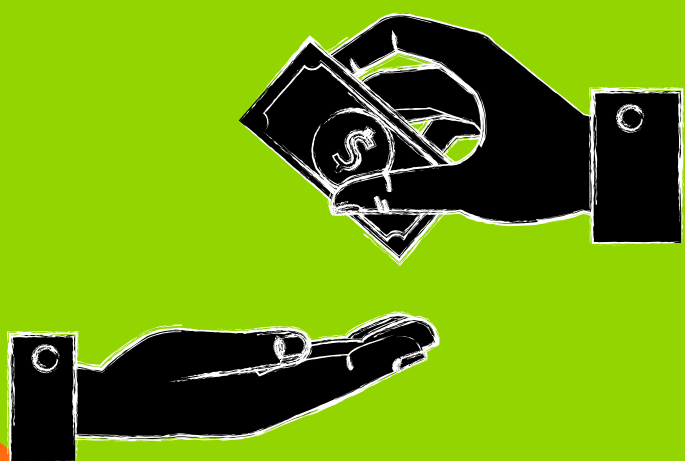




# SEC 101

## What is the Sexual Exploitation of Children?

The sexual exploitation of children is a crime that involves a child taking part in any sexual activity in exchange for something (ie. cash, goods, in-kind favours, or even the promise of such) from another person or by the child themselves.



## What is Child Sex Trafficking?

Child Sex Trafficking is the crime of recruiting, harbouring, transporting, obtaining, or providing a child for the purpose of sexual exploitation.

## Why should we care?

Every 2 minutes, a child is being prepared for their exploitation. This crime is happening in our cities, neighbourhoods, classrooms, and in our homes.

