

## WHAT YOU CAN DO TO STOP SEXUAL EXPLOITATION:

- Educate yourself about the issue.
- Know the warning signs and Human Trafficking indicators.
- Look up online: [beamazingcampaign.org](http://beamazingcampaign.org) and [vcase.ca](http://vcase.ca) and [joysmithfoundation.com](http://joysmithfoundation.com).
- Skim articles on peer-reviewed journal website: Dignity: A Journal on Sexual Exploitation and Violence.
- Share what you learn with someone.
- Raise awareness.
- Know your community resources.
- Watch videos and set up an internet search alert to receive news on the topic.
- Think globally, act locally.
- Report any suspicious human trafficking activities to police.
- Call for change: email, call or write a letter to leaders (civic, provincial, federal) to ask them to address the problem of human trafficking, sexual exploitation, youth and child exploitation in your community by focusing on the education of the public and enforcement of the law. Template letters can be found at [vcase.ca](http://vcase.ca).
- Ask the local police what they know about the issue and what they are doing about it.
- Support anti-human trafficking policies and support exit programs for trafficked women.
- Promote prevention education programs.
- Share Canada's hotline number and order posters, postcards and wallet cards from the CCTEHT and distribute these in your community.
- Take a stand. The goal for girls: to be strong and confident.  
For boys: to be respectful.
- Girls: talk to your father, brothers, boyfriend and family about the reality of women and girls being exploited in the sex industry.
- Boys: do not pay for sex or go to places where commercial sex acts take place either here or abroad.
- Share your concerns with others.
- Talk about the issue of objectification of women and girls; that it is a human rights issue.
- Help the heroes: volunteer and help frontline workers, NGOs (Non-Government Organizations) and the organizations that help survivors of human trafficking.
- Fundraise for NGOs.
- Watch documentaries: *"Enslaved and Exploited"* by Jay and Michelle Brock, *"Red Light, Green Light"* by Jay and Michelle Brock (two Canadian film makers).
- Watch films: *"Childhood 2.0"*, *"I am Jane Doe"*, *"Our Kids Online: Porn, Predators and How to Keep them Safe"*.
- Read *"Invisible Chains"* by UBC law professor Benjamin Perrin, *"The True Story of Canadian Human Trafficking"* by Paul Boge, *"Sex Industry Slavery, Protecting Canada's Youth"* by Dr. Robert Christmas.

- Take the online course on Human Trafficking from B.C. OCTIP (Office to Combat Trafficking in Persons).
- Watch TEDtalks by survivors Trisha Baptie and Casandra Diamond.
- Study the effect of porn on the developing brain (neuroscience research) by Dr. Gary Wilson.
- Watch the Dr. Jackson Katz TEDtalk on men, violence and silence.
- Check out prevention websites such as Fight the New Drug, Defend Young Minds, Protect Young Eyes, Parents Against Child Abuse.
- Review “Top Issue” pages on the NCOSE (National Center On Sexual Exploitation) website: Child Sexual Abuse, Pornography, Prostitution Sex Buying, Sex Trafficking, Sexual Violence.
- Understand the effects of internet use, its strengths and weaknesses.
- Take a “cyberspace safety” education course and share what you learn with your family.
- Research how to be safe online and share that information with your family.
- Build and stay connected with a supportive family and community network.
- Have mentors; be a mentor.
- Develop interests that get you involved and contributing to the community where you live.
- Attend a Global Summit, for example “Coalition to End Sexual Exploitation Online Global Summit” put on by NCOSE (American) or the Canadian Sexual Exploitation Summit (Canadian). These are virtual and free. They provide current research, data, resources, networking opportunities.

*“Neutrality helps the oppressor, never the victim, silence encourages the tormentor, never the tormented. When we choose wilful ignorance, inaction or neutrality in the face of evil, we participate in the survival of that evil”.*

Holocaust survivor and author Elie Weisel

*“Do what you can with what you have where you are”.*

Roosevelt.

*“Never doubt that a small group of thoughtful, committed citizens can change the world: indeed, it’s the only thing that that ever has.”*

Margaret Mead

