**MINDSET OF** **A**
**HUMAN TRAFFICKED VICTIM:**

**First Aid Guide for Service Providers**



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*The content in this manual is explicit and contains frank language and strong sexual content. Please ensure you address self-care have a support system in place in case you need to debrief with someone as you are learning.*

**The explicit language and terms used in this manual do not reflect the opinions or personal beliefs of the writers but are used out of necessity in order to provide the most complete and relevant overview of the topic in question.**

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# Introduction

My name is Timea Nagy, and my journey started in 1998 when I left my family and my friends in my home country of Hungary to pursue a three-month summer job in Canada to pay off some serious debt. To my surprise, the “summer job” turned out to be an exotic dancing job for people I barely knew. I was starved, threatened, brainwashed, raped and treated horribly. At only 20 years old, I was a victim of Human Trafficking. I didn’t speak the language and **I didn’t ask for help.** After reading this manual you will understand why.

There are victims of human trafficking within your own country – victims who may speak the language, have a cell phone, or come across police, nurses or friends to whom they can plead for help – but they may not *ask* for assistance.

Thirteen years after I was trafficked, I had learned the English language. I tried to fit in. I went on with my life as much as I could. Still, there was something missing. I never told the people in my new life what had happened to me. I didn’t think anyone would understand. I tried to tell people at the beginning and they called me a liar, mentally ill, and crazy.

In 2009, I read about human trafficking in the newspapers. I started to see more and more articles and I realized that victims were still not receiving the help they needed. I realized that the public had not been properly educated and that politicians, law makers, police and social agencies did not know what they were dealing with. The only thing they knew was that human trafficking cases were popping up everywhere. I decided to reach out and see if anyone could benefit from what I have been through.

That was the moment that changed my life. I started to speak to small groups of law enforcement, then small church groups and social agencies, and I realized that everyone wanted to help but did not know how. I also realized that many human trafficking cases had been misidentified or put in the wrong category simply because there were not enough resources and proper information just was not available.

The more research I do, the more I realize how little information is actually out there. Every research paper, manual and academic report says the same thing: human trafficking victims do not trust anyone, they do not think they are a victim, they are afraid for their lives, have deep shame, so on and so forth. **But why?**

I believe I can help shed some light on this subject, explain why some of the misconceptions exist, and give you a more in depth perspective. I have been there and understand the mindset. I think I can explain exactly how they want to be treated and why. **I will give you the key to the best way to communicate with victims so that they will respond positively to your offer of assistance.** I don’t mean to sound like a cheap one-minute shopping channel commercial here, and you can’t call in the next 10 seconds to win a free set of books either. I’m just trying to pass on what I know, and what worked for me. That’s all.

Since 2009, I have been touring across North America speaking and training on the subject of human trafficking. I have been honoured to train over 40,000 officers and law enforcement personnel. That being said, **the work is not nearly over yet**. We have a long way to go, and in many ways we are just beginning.

Along with speaking and training, I also founded an organization called ***Walk With Me Canada Victim Services****.* This organizationwas dedicated to helping survivors of human trafficking. Before conducting educational presentations and awareness campaigns, we had 2 cases. After speaking to about 5,000 local police officers, our case load skyrocketed up to 89 cases in 18 months. I’d say the results speak for themselves. With training, police officers are able to effectively identify victims of human trafficking, and together we are able to help them escape from a life of emotional and physical trauma. The organization closed in 2015 due to lack of funding. Timea’s Cause Inc. is a for profit organization that focuses on education in North America.

Regardless, this manual will help you understand the mindset of the Human Trafficked Victim. It will help you understand why they do not trust the police, the reason it is difficult to investigate or provide services, why it is hard to lay human trafficking charges, and why these types of cases are incredibly complex and complicated. This manual will help you understand why your agency needs to dig deeper and look beneath the surface. Preparing you with a variety of resources, you will be enabled to help victims and be successful at keeping her/him on the right track.

It will also help you understand the biggest mystery of all: why traditional strategies like hotlines or shelters won’t typically work for victims of human trafficking.

Agencies that will benefit from information in this manual:

* Social service agencies
* Law enforcement
	+ Front line
	+ Criminal investigators
	+ Domestic violence units
	+ Sexual assault units
	+ Traffic patrols
	+ Intelligence units
* Emergency Room medical staff
* Lawyers including:
	+ Prosecutors/Crown attorneys
	+ Defense lawyers
	+ Immigration lawyers
* Judges
* Translators

After reading this manual, if you still have any questions, we have put together a Resource section at the end of this manual. You can also email us: admin@timeascause.com

# What is Human Trafficking?

*Human Trafficking* is a broad term that refers to the exploitation of individuals at the hands of others. The internationally recognized Protocol to Prevent, Suppress and Punish Trafficking in Persons (commonly referenced as the Palermo Protocol) defines trafficking as:

“the **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**.”[[1]](#footnote-1)

Human trafficking is a *very* lucrative and profitable business. Unlike arms or drug trafficking, the services of a human being can be sold over and over and over again.

Human Trafficking thrives on anonymity and has gone unnoticed because it is truly a ghost crime. Victims rarely come forward without extensive prompting, and little training has been provided to law enforcement, social services, health providers, and the general public, making it very difficult for individuals to recognize potential signs and indicators.

## Types of Exploitation

According to the Palermo Protocol, trafficking can include any (or a combination) of the following types of exploitation:

* Exploitation of the prostitution of others or other forms of sexual exploitation (sex trafficking)
* Forced labour or services (labour trafficking)
* Slavery or practices similar to slavery
* Servitude
* Removal of organs

This manual will be focusing on the prevalence of sex trafficking and labour trafficking in Canada and the United States.

## International Trafficking[[2]](#footnote-2)

International Trafficking is when victims are trafficked from one country into another; international borders are crossed.

Many mistake the term to mean that victims need to cross international borders in order for human trafficking to occur. In fact, human trafficking can occur even if the victim stays within a city or a particular region. Human trafficking is based on exploitation and does not require any movement or transportation of victims. Trafficked victims can be exploited in one area or region, yet many are moved on a “circuit” in order to isolate them, to generate more profit, and to escape the attention of law enforcement. Isolation makes the victim easier to control, and the “circuit” allows the trafficker to maximize profit in each city by providing a fresh face for the customers. The constant movement also makes it more difficult for law enforcement to recognize and track this activity. Victims may be traded or sold between criminal groups and are also used to contact customers for other criminal acts such as drug trafficking or fraud.

### Victim Profile:

Any age, gender, and background; typically, desperate for a better economic future.

### How are the victims deceived?

There are many ploys and methods traffickers use to deceive victims including promises of a better future, marriage, or a good paying job in a different country. It is also possible that the victim was kidnapped from their home country or forced to leave, and they are afraid to report it to the local authorities.

## Domestic Trafficking

Domestic Trafficking refers to the exploitation of victims within a country’s borders.[[3]](#footnote-3) Domestic trafficking in the United States and Canada almost always involves exploitation in the sex trade.

Despite misconceptions that domestic trafficking only happens in developing or “poor” countries, domestic trafficking happens all over the world including the United States and Canada. According to FBI, human sex trafficking is the most common form of modern-day slavery in the United States.[[4]](#footnote-4)Furthermore, **domestic human trafficking is more prevalent in North America than most would like to believe.**

**In the United States, the majority of trafficked victims are United States citizens.
In Canada, over 80% of victims are young girls and women born and raised in Canada.**

### Victim Profile:

Typically 12-25 year old girls and boys from a variety of backgrounds including small towns, urban centers, single-parent homes, foster homes, or group homes. Many victims are misunderstood teenagers and runaways. *(Please note that the age can be younger than 12 and can be older than 25. We are averaging based on reports and based on our own experience with victims.)*

### How are the victims deceived?

They are mainly deceived by **“The Game.”[[5]](#footnote-5)** This is a term used by an American pimp named Don “Magic” Juan[[6]](#footnote-6) in the 1970’s and is currently a term used to talk about forced prostitution and domestic sex trafficking. *The Pimp Game* is the name of a “training manual” written by Mickey Royal for traffickers in North America. The strategies from *The Pimp Game* have been adopted by pimps around the world.*The Pimp Game* teaches recruitment methods including how to find the most vulnerable victim, how to groom and condition them, how to make the most money from a victim, and how to break them into sex slavery.

**Pimps** should be classified as **Traffickers**. Pimps are known to lure/recruit their victims, control their earnings, use violence and threats, move and transport their victims, and hold them against their will.As you continue reading this manual, you will learn more about “The Game” and the tactics pimps and traffickers use to recruit, groom, and exploit victims.

## Where Do Victims Work?

### International Trafficking

The truth is that **victims can be anywhere**. But let’s break it down…

International Victims are trafficked for many different purposes. They can be trafficked for:

* Sexual Exploitation
* Forced Labour
* Forced Marriage
* Domestic Servitude
* Any field of work that where labour can be exploited to earn significant profit for traffickers

International Victims can be found in (but are not limited to):

Forced Labour

* Migrant farms
* Factories
* Restaurants
* Nail salons, beauty spas
* Construction sites
* Houses (household worker, nanny, etc.)
* Factories

Sex Trade

* Brothels
* Hotels/motels
* Condominiums/apartment buildings
* Massage parlors
* Exotic dancing/strip clubs
* Hidden apartments
* Basements
* Above stores/local businesses

### Domestic Trafficking

We say this next statement carefully, based on our experiences with our cases and information we received from our survivors: ***Every single Canadian and American born survivor we have come across was trafficked for the purposes of sexual exploitation.*** This is not to say that domestic trafficking does not include forced labour or other types of trafficking; however, the domestic victims we have supported thus far have been exclusively exploited in sex trafficking.

Like international victims of sex trafficking, most of the domestically trafficked victims can be found in:

* Brothels
* Hotels/motels
* Condominiums/apartment buildings
* Massage parlors
* Exotic dancing/strip clubs
* Hidden apartments
* Above stores/local businesses

# The Mindset of a Human Trafficked Victim

## Timea’s Thoughts

The most common questions police officers and prosecutors are asked during court is “Why didn’t she just leave?” I was asked the same question during my court case. The defense lawyer got a real kick out of this one. He went on and on for about twenty minutes questions why I never called the police. For some reason, the fact that I never called for help made me less credible and more “messed up” in the head. Needless to say we lost the case. Regardless, let’s look at that question.

So why don’t many victims just call the police or ask for help? Consider how elephants are trained in some parts of the world. Often a baby elephant is tied to a post for the first couple months of its life. This rope only allows the elephant to move in a small circle around the post. Every time the baby elephant tries to get up and walk away, it realizes that it can only go so far. They will try for a while but eventually the elephant learns that it can only stay within a certain area away from the post. After this training period, the rope is removed, and the elephant continues to stay in this area and never leave the circle.

This is very similar to how traffickers exert control over their victims. For the first little while, victims are constantly threatened, beaten, brainwashed and continually told that if they leave, they (or their family or loved ones) will be harmed or killed. They are reminded constantly that someone is watching them. They will even go so far as to show very recent pictures of their family members back home to make the victim realize how powerful they are, or to prove that they have connections everywhere. They will tell the victims over and over again how they cannot trust the police. Victims are told that the police are corrupt, the police can’t (or won’t) do anything, the police can’t save their family, and the police will not save *them*.

I would like to highlight the fact that human trafficking is what I refer to as a ghost crime. It was designed NOT TO BE SEEN. Let me explain by using an example. This is NOT a human trafficking case, but it is the best way to describe why is it so hard to miss this criminal activity and why is it so hard to “see the victim” for who she or he really is. This is a kidnapping case, but it will help you to understand why a “victim” can be so easy to miss especially when it happens in your own backyard (in this case, literally).

At 11 years old, **Jaycee Lee Dugard** was kidnapped in 1991 in [California](http://en.wikipedia.org/wiki/South_Lake_Tahoe%2C_California) while she was walking down her own street. While there were extensive searches after her abduction, she was not found and was missing for more than 18 years. She was kidnapped by convicted sex offender Phillip Craig Garrido and his wife Nancy Garrido. Eighteen years later in 2009, Garrido visited the campus of [UC Berkeley](http://en.wikipedia.org/wiki/UC_Berkeley) with his two daughters (children conceived as a result of ongoing rape of Jaycee Dugard). His behavior appeared to be erratic to the individual Garrido was meeting with on campus; this individual obtained Garrido’s name and discovered that he was a registered sex offender. Alarmed that he was with two young girls, the campus official arranged for Garrido and the two girls to return to the campus the following day for a follow up appointment. A report was made to his parole officer based on further unusual behavior at the second meeting. Parole officers visited Garrido’s home and took him back to the parole office. Garrido lied and told the officers that the two girls were daughters of a friend who were just visiting, despite the fact that he was not allowed to be around minors and had visited Berkeley which was outside of the geographical limit from his home as per his parole conditions. They allowed him to return home with an appointment made at the parole office for the following day. When Garrido returned the next day, he was accompanied by his wife, Jaycee Dugard and her two daughters. Even when separated from Garrdio, Jaycee Dugard did not disclose to police that she was his captive and a victim of kidnapping and rape. Dugard continuously lied to the police about her identity and her relationship with Garrido. Suspicious, the parole office called the police after which Garrido finally admitted to kidnapping and raping Jaycee Dugard.

During her 18 years in captivity, Dugard was kept in a shelter in the backyard of Garrido’s property. However, as the years went on, Dugard was in communication with others and had access to computers and telephones as she worked for Garrido’s print shop. She was held in a suburban house in California. She had access to the “outside world” on various occasions through the computer and trips outside of the home. Law enforcement came to the house to check up on Garrido numerous times. Everyone missed the signs. Not only did everyone missed the fact that she was a victim of kidnapping, Jaycee Dugard herself never said a word to anyone. **Why? Stockholm syndrome, brainwashing, and many other reasons that are similar to victims of human trafficking that will be explained in this book.**

Many victims of Human Trafficking are not asking for help and most of them are not chained up like you would imagine or see in the movies. They are brainwashed and held by an invisible chain – fear.

## Mindset of an International Labour Trafficking Victim

Let’s suppose you are a new arrival in a foreign country, particularly one where you do not speak the native language. Let me ask you some questions...

* Do you know the number for the police?
* Do you know how to dial the numbers or even how to use a phone in this country?
* Do you know which coin to use for a payphone?
* Do you know where you are located?
* Do you speak any words in that language?

Let’s say a student goes to a foreign country to teach English through what appears to be a legitimate agency. They arrive at the airport. The student doesn’t know the local language or their surroundings and the only person she/he is supposed to trust is the “agent.” The agent is the only person who speaks the same language. The agent says “It’s better if you give me your passport before someone steals it from you. This country is a horrible place for robbery. It happens every minute, especially to tourists…. You look like one. Trust me, it will take 3-6 months to get your passport back here, the authorities are very slow and corrupt…” A young student who is very **naive** and **sheltered** will likely hand over the passport. The agent will continue to speak about corruption in the police and in the government. They will tell stories about how dangerous it is to be there and how happy the student should be to have the agent around to provide assistance, help and care… These are the first gentle moments of brainwashing.

Soon after it becomes more extreme and the violence begins. As soon as the trafficker obtains the victim’s passport and identification, it is difficult for the victim to assert control over the situation. Travel and movement becomes difficult. Next, the trafficker will begin to take all of the victim’s money with all kinds of excuses such as “let me put it in the safe, because you will get robbed.” The trafficker will begin to make the victim feel indebted with comments like “the cab ride was $50 dollars and the contract with the agency is another $500 dollars on top of what you already paid.” At this point, the victim is robbed of all money and identification and left in “debt.” The victim becomes very confused about what they have already paid for and what they “owe.” Ultimately, the victim becomes dependent on the trafficker – they are the only person who they know in the country who speaks the same language, and she/he has been so nice to you, and trying to help you so much… With no money or identification, the rest is a downhill slide.

Now that you have imagined what it would be like for someone to be exploited in a foreign country, it should not be difficult to imagine how someone from another country may have difficulty escaping their trafficker here in North America. In other parts of the world, jobs can be hard to come by or pay very little. After paying for housing, food, bills, transportation, etc. many people are left with little spending money at the end of each month. As a result, people can barely afford their “needs” that they forego “wants” like seeing a movie, eating dinner at a restaurant, etc. and live in an environment where every dollar is a Godsend. When someone comes along and promises a better economic future, would you consider going? Just to try to get ahead a little bit?

When an international trafficked victim first arrives to a destination country, they typically do not speak the local language. The only person who speaks their language is their trafficker (or someone associated with the trafficker), an individual who constantly lies to them and uses them for their own economic purposes from the moment they arrive. Imagine being trafficked for months or years, and being lied to, threatened, and brainwashed constantly. To say it would be hard to ever trust anyone again is an understatement.

In one training session I conducted, I asked a room full of **uniformed police officers** this question: “Let’s suppose I am in a room with you. It is only you and I, and I tell you that I have your daughter. I show you recent pictures of her. I tell you if you don’t do as I say, I will kill her. Would you do what I asked, or would you try to be a hero? You have your cell phone on you, there is no gun to your head, and the door is wide open…” Then I asked them: “Put your hand in the air if you would try to call your colleagues for backup.” **None of them did.**

### Trafficking lifestyle

Victims who are trafficked are often forced to endure the following:

* Work 18-20 hours a day
* Sleep 4-5 hours a day
* Eat minimal food (i.e. leftovers, one meal a day, or spoiled food)
* Not allowed to call home; in cases where a call is allowed, the traffickers will remain by the victim listening to every word or telling them what to say
* Not allowed to leave the “residence”
* Not allowed to talk to anyone
* Not allowed to ask questions
* Must turn in all money to the trafficker (that is, even if they see the money they earn…)
* Must work regardless of sickness or illness
* Can’t call the police
* International victims are brainwashed into believing that Immigration will take them and throw them in jail for the rest of their life for being illegal

### Upon arrival

Victims of international trafficking are often kept in a place that is considered their “residence.” The only other people they will be allowed to come into contact with are their traffickers and other victims. The residences are often unfriendly and harsh environments (cold basement, no windows, mattress on the cement floor etc.). Imagine sleeping in a room the size of a bathroom with multiple people on a mattress on the floor. Victims are not fed adequately, and the traffickers will say that it is because money is still owed to them (airfare, housing, food, etc.).

The traffickers may say that they have to keep all identification so that they can apply for work permits. Often when victims inquire about these work permits, they will be told that it can take a very long time to get it. Meanwhile, the trafficker will never apply, or they will let the victim’s first work permit expire so that they can use threats of immigration and jail as a way to control and manipulate the situation.

When I was trafficked, I tried to buy a sandwich on my second day on the “job” in the strip club. The sandwich was $5. When they found out, they told me I owed them $50 more for a penalty because I was spending “their” money. After that I had to eat only when they bought me food which was once a day. I went from 125 lbs. to 89 lbs. in 2 weeks.

Victims quickly realize that they have no choice but to do as their traffickers say. They realize that they are extremely vulnerable and they believe that they have to work as hard as they can to pay off their “debt” with the belief that the quicker they pay off their “debt,” the quicker they will be able to start making money for themselves and their family.

Victims are often forced to work 18-20 hours a day. This does not leave much time for sleep and rest, and victims are emotionally and physically drained. Illnesses and sickness are not adequately cared for, and if any work is missed as a result of sickness the victim’s “debt” or “quota” will increase. Victims will be forced to work even if they have a high fever or the worst flu of their life. Trust me, I have done some of it, and it is horrible.

Once victims are getting close to paying off their “debt,” the traffickers will find all types of excuses and reasons to incur more indebtedness. For example, they can say “today we had to change the oil in the car that takes you to work every day.” Since you are a foreigner and don’t really know any better, the trafficker can say it costs $350 to change oil in North America. That’s what they told me, and I didn’t know the difference. So I paid them $350 for the oil change. Once I also paid $500 for them to change the headlight in the car. I found out 11 years later when I bought my first car and I had to change the headlights that it actually only costs around $12.

### The “Zombie Stage”

Once victims get to the point where they realize that they will never be able to keep their money, and that they were totally misguided and lied to, their body and mind will start the process of shutting down. They *will* begin to accept that there is no money and they *will* go to work.

They will accept that they are a criminal because the traffickers tell them that they are. Victims are often threatened by the traffickers with stories of immigration, deportation or jail. Victims are uneducated about the immigration system and the law of the country, so they will believe that they are a criminal and will not reach out for assistance. In a very twisted way, victims become almost grateful to their traffickers for housing them, feeding them and hiding them from the authorities.

This is why trafficked victims are similar to **kidnapped victims**. The trafficker becomes the “caregiver.” There is also a special, weird, twisted bond between them (trauma bonds). These bonds can be so strong that by the time the victim is rescued, they do not know whose side they are on anymore. They do not know if they are supposed to protect the trafficker or go against them. This behavior is very similar to **Stockholm Syndrome**. The relationship between the victim and the trafficker is also similar to **Domestic Violence**. Would you call the police on a “loved one” who has done nothing but try to “help you” (and your parents, children, etc.) through hard times, even while they are abusing or molesting you?

Things can go in two totally different directions from this moment based on the individual and on the trafficker’s personality:

### Escape

The trafficked victim can get to the point emotionally where they decide to fight back and/or try to escape. If they escape, it is highly unlikely that they will go to the police. They will probably go to a church or to a store that they are familiar with and ask for help from someone that they think they can trust. Some victims will get to a point where they think that going to the police cannot be possibly worse than what they have endured at the hands of their trafficker; some have gone to the police asking to be arrested because they know that a translator will then be arranged for them.

### Become one of them

Some victims may decide that it is better to be the abuser than the abused. At this point, they start to move up the ladder and become a recruiter or a worker for the traffickers. This usually happens after being with the trafficker for a longer period of time.

## Mindset of an International Victim in the Sex Trade

Now that you understand the process and the stages of what usually happens with a victim, it is important to explain what happens with a victim who is trafficked for the purpose of working in the sex industry. It is important so that you can understand exactly how she feels when she looks in your eyes, and what she hears in her head when you are trying to communicate with her. It will also help you understand why she may not respond to you right away, or at all.

Imagine you have been told for the last few months that you are nothing but a whore, a useless, stupid, dirty whore. Perhaps you come from a culture that places a high value on virginity and sexual “purity.” And to top it off, you have been told constantly that you are a criminal. You are having sex with about 10-15 men a day. The only words you know in English are words like condom, Kleenex and money. You cannot leave your room; you don’t just walk out for a coffee. You have to ask permission for everything. Your body is used over and over and over again. You are dry from all the intercourse. You do not get lubrication, and sometimes you are not allowed to use protection because the men pay more for that. (Thank God I always had the choice to use protection…) Most of the girls/women have to work through their period. You have to use tampons or a special sponge that they will buy for you from a drug store. The only problem with these sponges is sometimes when you take it out they can get stuck and some pieces will stay inside you which will cause infections. Your ovaries, your vagina, everything gets infected and is very sensitive. You get a fever, yeast infections, bladder infections and the pain you feel is excruciating but you are still forced to work through it. It does not matter. You have to work. You have to have sex and have to let guys to do what they want to you and your sick body.

Because you need to make your quota for the day, they will not take you to the doctor. You can get cut, hurt, sick; they will not take you to the doctor. They don’t want to risk the fact that you do not speak the language, and someone could get suspicious of you. So, you suffer in your room alone, after and before work.

Some Chinese traffickers were “smart” on the West coast. They bought a variety of antibiotics and were popping the girls with them on a daily basis. Not because they cared about them, because they cared about their “product” which, in this case, is the girl’s body.

We already described in the section above how a trafficked victim is treated by the traffickers, how they develop a weird and twisted bond with the traffickers. Put that together with the sexual abuse and you get the most complicated mindset.

Put together everything you learned about the mindset of:

* Domestic Violence Victims
* Kidnapped Victims
* Rape Victims
* Child abused Victims

**And you have a mindset of a Human Trafficked Victim.**

## Mindset of a Domestic Trafficked Victim in the Game

The mindset of a Domestic Trafficked Victim is different than an International Victim. “The Game” is a term used by the pimps and females who are involved in today’s domestic human trafficking and prostitution scene. The prostitution “game” has changed over the past 10 years as the Internet and technology in general have played major roles in the sex trade. The majority of females in the sex trade are no longer attracting clients by standing on the street, and pimps do not wear the stereotypical “pimp clothes” often portrayed in film and music.

Many books and “training manuals”have been published (either in paper copies or found online) on how to be a pimp. Many pimps interviewed by police reference these manuals and credit them for instructing them on how to find girls.

Pimps are actively recruiting girls as young as 12-13 years old. Unless there is adequate awareness and education about domestic trafficking and the signs of a trafficked female, victims will be constantly mistaken as independent escorts or victims of domestic violence**.** Trafficked victims are threatened, beaten, brainwashed, isolated, housed in horrible conditions, poorly fed, and in some cases drugged. They are forced to service customers upwards of 10 times a day while they are working out of hotels, motels and condos. Many also are sexually assaulted by their pimps and customers, and violent sex is often used to initially break then maintain control of a victim.

Many wonder **why victims don’t just leave or seek help** when they speak English and are familiar with the customs and cultures of their home country. Pimps often use emotional manipulation to recruit and condition their victims so many trafficked victims will not realize they are being exploited. Many victims identify their pimp as their “boyfriend” and will say that they are in love. In this sense, their mindset is very similar to a woman in an abusive relationship. Victims of human trafficking are complex. **Again, consider what you know about victims of domestic violence, sexual assault, child abuse, and kidnapping. The combination of all these factors is only the beginning of the mindset of a domestic human trafficking victim!**

The conditioning of victims is highly relevant and important to understand. Trafficked victims typically perceive themselves as “girlfriends” of their pimp, and they are usually treated very well in the beginning stages. Victims are then isolated and broken into the game over a period of time. That time frame depends on the type of pimp and the vulnerabilities of the victim. Victims are often coerced into a lifestyle in the adult entertainment industry on a “temporary basis” then manipulated to move more deeply into the sex trade. Once “broken,” victims can be forced to have sex with multiple customers daily. Refusal to comply with any of the rules laid out by the pimp may result in psychological and physical abuse. After such abuse, a pimp will usually tell the victim that he had to discipline her out of love because he just wants to teach her how to make a lot of money for both of them, for their future home and a better life that they will build together. After a period of time, victims naturally fall into a state of learned helplessness. They feel compelled to follow the rules because they can see no way out of their situation and they fear the consequences. This can be due to a combination of personal shame, threats, violence, and a continuous lack of control, all leading to an overall feeling of helplessness. Basically, they come to accept their situation and try to make the best out of it.

# More on “The Game”

The process of recruiting and conditioning victims for domestic sex trafficking is complex and nuanced. A wide range of tactics and methods are employed, and other cultural and societal influences (e.g. gender roles, how media portrays the sex trade, etc.) are utilized and manipulated. The sex trade is made culturally attractive through certain music, clothing, and social networking sites. Pimps/traffickers often use the promise of affection as a primary tool to lure potential victims. Control is maintained through direct force (abductions, rape, forcible confinement, assault) and/or indirect forms of coercion such as controlling where victims live, where they work, with whom they associate, and threatening of family members. Often females already in the Game will play a large role in the recruitment and grooming of new victim.

Victims are generally targeted between the ages of 12-25 and can generate illicit income for the trafficker ranging from $300-$1500 per day. These profits outlined in the following table:



<http://www.cisc.gc.ca/products_services/domestic_trafficking_persons/document/sib_web_en.pdf>

## Pimping “Training Manuals”

The Game follows a set of rules and standards generally understood by many pimps and their victims. For example, victims are trained to keep their eyes down because traditional pimping rules dictate that a pimp is chosen by who a victim makes eye contact with. Some pimps have been arrested with rules they abide by in their own “game.”[[7]](#footnote-7) Both traditional pimping rules and suggestions for becoming a pimp have been written, recorded, and distributed – both informally through sites like YouTube or blogs/forums, and professionally through published book format. Some of these books are easier to find than others and include:

* *Pimpology: The 48 Laws of the Game* by Pimpin’ Ken
* *The Pimp Game: Instructional Guide* by Mickey Royal
* *The Pimp’s Bible: The Sweet Science of Sin* by Alfred Bilbo Gholson
* *The Pimp Easy Book: The Only Step-by-Step Pimp Manual* by Robert Coates

Please note: these books are *extremely* graphic and provide *explicit* details on how to target, recruit, coerce and condition victims.

All “how to” guides written by pimps have a psychological component to them. They state that manipulation is crucial to the game and that you have to strategically choose a female based on their vulnerabilities and ability to be manipulated. The more vulnerability a target exhibits, the easier she is to recruit.

In their effort to find a new victim, a pimp will often **target and research** a new victim, **recruit** her through whatever means he determines will work best based on her vulnerabilities, **condition** her in order to **“break” her**, **isolate** her, and often **torture** her (emotionally, physically, etc.).

This manual will be referring to *The Pimp Easy Book* and other references written by pimps in order to provide the most accurate information about the mindset of a trafficker. By understanding the mindset of a trafficker and the methods they use to recruit and exploit, the mindset of the victim will be better understood.

## How “The Game” Is Successful

In the sections above, we outlined some of the reasons why victims don’t just leave or seek help. To recap:

* Pimps are often considered to be “boyfriends,” so there is an emotional attachment and often economic dependence.
* Domestic sex trafficking victims will often not see themselves as a “victim”; sometimes they will not even know what human trafficking is.
* Human trafficking is often misidentified as domestic violence, sexual assault, or even independent escorting.
* Being in the sex trade is often seen as a short-term “choice,” one made to help their boyfriend/pimp or to achieve a future he has promised.
* Victims are forced to have sex with multiple customers daily.
* Pimps may also force their victims into other exploitative situations like stripped or working in massage parlors.
* There is a continuing cycle of helplessness, threats, violence, fear, and shame.

The following sections will outline the crucial steps involved in recruiting, “breaking,” and exploiting a domestic sex trafficking victim. *The Pimp Easy Book: The Only Step-by-Step Manual* by Robert Coates will be used to dissect that component of “the Game.”

### Targeting

#### “And don’t forget, you can get a Bitch from anywhere. So keep your eyes open for all possibilities, in any location, and be ready to Pimp, any time, in any place.”

From *The Pimp Easy Book*

Pimps specifically target their victims. The “manuals” written by pimps provide explicit detail on how and where to find the easiest targets, the most vulnerable victims for exploitation. Pimps will hang around any location where they can find girls vulnerable to their tactics including:

* Online
	+ Social media (Facebook, Twitter, Instagram, Snapchat, etc.)
	+ Dating sites (i.e. Plenty of Fish)
* Parks
* Recreation centers
* Malls
* Hair/nail/tanning salons
* Fast food restaurants/coffee shops
* The beach
* Schools/colleges/universities
* Libraries
* Amusement parks
* Laundromats
* Group homes and youth shelters
* Public transit terminals
* Hotels parties
* Any “high energy environment”

Exotic dance clubs have also been targeted by pimps. Coates reasons that “the strip club is a frequent spot for a Pimp to go hunting for a Bitch. Why? The Bitch is already half trained and has ambition.”

**No location is off limits to a pimp!**

The most common technique used by pimps to lure girls is to use emotional manipulation; these techniques are often referred to as the **Loverboy, Prince Charming or Romeo** techniques. Every single “pimp how-to” manual addresses emotional manipulation and indicates that the girls who are recruited with “love” are the girls that will stay in the Game the longest, will make the most money, and will go to the very end for a pimp. These females are much less likely to flip on their pimp because they believe that they are in love.

There are girls who will stay with a pimp for a very long time, earn his trust, and eventually earn a bit more freedom than the others. Over time, certain females will become the main girl, or the **“Bottom Bitch.”** These girls begin as victims but once they start actively recruiting new victims and behaving like a pimp, the line becomes blurred. In the pimp manuals, they refer to these girls as the CEO of the pimp’s “business,” “Wife In Law,” “Mother Ho,” or “King Ho.” The reason they become the main girl is because they adopt the mindset that it is better to be the abuser than the abused. They are trying to survive, and sometimes this is their best chance at survival. These females often recruit other victims for the pimp. These victims exhibit symptoms associated to “Stockholm Syndrome” whereby victims adopt a strategy of survival by emotionally bonding with their captor. This begins as a form of appeasement where there is a threat, periodic kindness, isolation, and the victim sees no way out of her situation. As this continues over time, the victim may adopt the mindset of their captor (pimp) and actively participate in the trafficking of others.

These females are much less likely to cooperate with police or seek help. If you ever come across a group or a “stable,”[[8]](#footnote-8) your best chance to get any information about the situation is to speak to each victim individually. In the presence of the main girl, the others will not say anything to incriminate the pimp. Even the notion of cooperation may elicit future retribution from the pimp.

### Recruitment

Recruitment seems to be the primary focus in the pimp “training manuals.” They indicate that pimps who recruit properly (by “pimp rules”) will have the best chance of keeping the girl for the longest time. The concept of using “love” as the initial motivator is usually the main tactic. There are several recruiting methods and techniques.

The **“Wing Man”** approach is one technique that many of our victims/survivors have encountered. A pimp will research his next victim and will need to determine the best way to approach her. The Wing Man approach can be used anywhere, but it is typically performed in nightclubs, hotel parties, malls, and other public places. The pimp takes a wing man with him. This wing man is another young male and his only job is to approach the potential victim and make her feel insecure, unsafe, and emotionally unstable. This is usually done by assaulting her verbally or emotionally to the point where she does not feel comfortable or safe. After the wing man has done this, the pimp will approach the couple and confront the wing man. In the eyes of the victim, the pimp has ultimately “saved” her. Now he becomes Prince Charming and gains her trust immediately. He engages with the victim (e.g. exchange phone numbers, he offers her a ride home, or takes her out for a “date”) which is when he learns more about her. It is with this information that he determines how she is most vulnerable.

During the recruiting stage, a pimp will endeavour to learn as much as possible about a victim (i.e. where she lives, where her friends live, information about her siblings, pets, likes and dislikes, any family facts like divorce, and anything else that is important to her). Pimps will listen carefully, store the information away for future use, and will make a victim feel important and desired. She will feel that no one has ever paid this much attention to her and that she can tell him anything because he truly cares for her. She will tell him her dreams and aspirations and he will use this information when he coerces her into working for him. A pimp will play on a victim’s insecurities and dreams. Keep in mind the pimp is often quite a bit older, probably an adult between 19-45 years old[[9]](#footnote-9), drives a nice car and often maintains a persona of wealth and style, while the victim is more likely 13-20 years old and is insecure and craving attention and belonging. Very quickly, he will be identified as her “boyfriend” and they will start “dating” as a result of him “saving her” not only from perceived threats like a wing man, but from the loneliness and emptiness she feels.

He will use all the information about her family later if she tries to leave him by threatening harm or even death to her family members, her pets, or whomever she mentions as being important in her life.

During the beginning stages of recruitment everything seems wonderful to the female. She believes the man she is with truly loves her, and he has promised her that he will marry her and give her a better life. She believes all her dreams have come (or will come) true. Unfortunately, this “bliss” has a very short shelf life and then the mind games continue.

#### “This is truly the fun part of the Pimp Game, this is where it all begins to happen for you. You can’t Pimp a “Ho”[[10]](#footnote-10) unless she gives you her soul… You’ll have to get this Bitch to give you her soul, because a “Ho” will jump ship quick. She already wants you, now you have to make her begin giving you total control. You need to send a lot of mixed emotions, you’ll have to mix this Ho up and make her give you her soul.”

From *The Pimp Easy Book*

As the recruiting stage comes to an end, the pimping training manuals instruct the pimp to start sending mixed messages. The book suggests giving a victim pleasure followed by pain and then to repeat the cycle. Coates instructs pimps to assault her emotions by withdrawing from her, providing her no communication or compliments. This is done so that she will work extra hard to regain a pimp’s affection. Coates says, “She’ll crave for your attention because she’ll want to be accepted by you again…. Always come back with pleasure. You have to mix these up to the point that she will not know what type of day you’ll allow her to have. She’ll love you and hate you, but you’ll be her KING.”

### How a victim is “broken” into the life

Pimping “training manuals” provide instructions on how to confuse victims and take away their self-esteem.

#### “You are not to do anything she suggests. If she wants to go right, you’ll tell her ‘no, go left.’ If she says up, you say ‘no, down.’ If she says stop, you say ‘no, let’s go.’ If she says turn it down, you say ‘no, turn it up.’ This drives a message to her that in order for her to do anything, meaning anything, she must ask you first. She is not to breathe unless she asks you first, she is not to eat, sleep, walk or talk unless she asks you first… Here you are creating the Daddy effect, she’ll have to look for your approval. You’ll tell her to wear thongs tonight/ You’ll tell her how to wear her hair. You’ll tell her what side she is to walk on. Everything must be done to your likings, or it’s not good enough and she’ll need to fix it.”

From *The Pimp Easy Book*

This emotional manipulation is conducted in words and actions but also in the sexual relationship pimps have with their victims. The trafficker will make the victim repeat what he wants. She will be made to repeat his commands and to repeat vulgar statements while having sex with him. Coates states: “Some things she’ll be reluctant to say, but once it comes out of her mouth you’re in control. Be very specific about what you want her to say, and ensure that some things are very vulgar, making it difficult for her to want to repeat it.”

#### “You’ll start to dress her, think for her, own her. If you and your victim are sexually active, slow it down. After sex, take her shopping for one item. Hair and/or nails is fine. She’ll develop a feeling of accomplishment. The shopping after a month will be replaced with cash. The love making turns into raw sex. She’ll start to crave the intimacy and be willing to get back into your good graces. After you have broken her spirit, she has no sense of self value. Now pimp, put a price tag on the item you have manufactured.”

From *The Pimp Game: Instructional Guide*

In a trafficked victim’s phone, you will likely see a lot of incoming calls from “Daddy” or see many contacts listed as “Daddy.” Pimps use many phone numbers, and many girls save their pimp’s numbers under “Daddy.”

### Geographical Isolation

The next step in the process is to move the victim away from any potential support system including family and friends. This is especially important if the victim is from a small town. The pimp gets the victim to leave with him, and he controls the method of transportation and the destination. This places her in unfamiliar surroundings and provides him with even more control which facilitates the manipulation and exploitation process. At this point, the victim feels that she can only reply on her pimp.

### Introduction to the Trade

After conditioning her (emotionally, sexually, etc.), the pimp will convince his girl that for some reason he is out of money. He will tell her that he spent all of his money on her, or he will make up a story like he owes someone a lot of money or he needs to leave town for a while without her. Other times the “boyfriend” will suggest taking a trip – just the two of them – and the girl will feel obliged to contribute financially to this trip. No matter what the reason is, she will feel responsible and obligated and will do anything for him. This is when she will be introduced to the sex trade.

Pimp Rules about women (from the website “How To Become a Pimp!”[[11]](#footnote-11))

* A female will always leave you if she has money. Keep them broke.
* Never let your women break your rules.
* A female in strange surroundings is more dependent on her pimp.
* A girl from a small town has to be moved fast.

Introduction into the sex trade often comes in stages depending on the vulnerabilities of the victim. It may start by the pimp convincing his victim to begin dancing in a strip club for a brief period of time to help with their financial situation. Once she becomes accustomed to this lifestyle, she may be asked to provide “extras” to customers whether in the club or in a hotel after hours. Finally, the victim will be fully immersed in the Game and will be conditioned to prostitute herself in every manner the pimp directs. She will already be accustomed to giving her pimp all the cash and the pimp will continue to implement stricter rules as the relationship progresses. This stage can occur in days, weeks, or months depending on the pimp and the vulnerabilities of the victim.

### Relational Isolation

The final stage can be described as total isolation from the victim’s original world. The entire process is geared towards breaking a victim’s sense of worth and individualism in order to make her totally reliant on her pimp. Isolation refers to changing the community dynamics for the victim. The pimp controls everything about the victim’s life now. He tells her who she can associate with, where and when she will work, what she must do, and how much money he expects her to make. In most cases victims are only allowed to associate with others in the Game. Their entire existence revolves around the sex trade subculture. This removes any opportunity for them to develop a sympathetic support system that may assist them in the future. This stage is when they become truly “married to the Game”.

There are many methods that pimps use to break and then control their victims. As mentioned, the most powerful motivator is the “love” factor but once a victim is initially recruited other methods are often required to keep her in line.

### Torture

#### “Having sex with her needs to become brutal, and with humiliation. She’ll need to do things Squares [normal girls] would believe is disgusting. She will truly need to become your sex slave performing sex acts unheard of by normal people. But making her normal is not what we’re trying to do. We are trying to break a bitch down with private humiliation.”

From *The Pimp Easy Book*

In *The Pimp Easy Book*, the author encourages pimps to “get very creative” with ways to humiliate the victim through sexual acts. Through humiliation, the pimp desensitizes the girl and her feelings about sex. Listed below are some of the examples he gives. **Please note that these examples are extremely explicit**. While we hesitate to be so explicit in this manual, these examples (plus the *many more* that are given in so many manuals) clearly demonstrate the amount of sexual torture that is inflicted on victims.

**Every pimp is different and they all have their own methods of torturing and controlling their victims. They may use guns, knives, burning cigarettes on their body, etc.**

Traffickers constantly torture their victims mentally and physically. Every action is methodical and planned with a purpose.

When Walk With Me was operational, one of our biggest challenges was not knowing what exactly would trigger memories of trauma, especially since pimps can be “creative” in their systematic abuse. Victims are brainwashed for so long by their trafficker, and service providers have no way of knowing what will elicit a negative reaction. For example, a victim had been staying at our safe house in preparation for court against her trafficker. We were in the kitchen and asked her how she would like her eggs. Her face went white and she appeared to be terrified. We did not realize until the facts were read in court that she was only allowed to eat scrambled eggs while she was trafficked and that she was regularly beaten by her pimp for choosing the wrong kind of eggs in restaurants.

If a victim has not been beaten in a few days, she knows that it is just a matter of time before it happens next. In extreme cases, they do not have control over when they get to go to the bathroom, when they get to eat, when they go to sleep, etc. Typically, they do not have control over when they will get beaten again *unless* they pick the fight, ultimately providing them some degree of control. Provoking the pimp is one of the *only* ways they can exert control over their own lives.

Torture and physical abuse is mainly used by pimps to intimidate their girls. Sometimes the abuse will get to the point where the victim requires medical attention. Typically, the pimp or the “Bottom Bitch” will drive her to the hospital where the victim will say that she walked into something or it was an accident. Once she is all patched up, she will go back and start working again because now she must make up for the money she wasn’t making while she was receiving medical attention. Some girls refuse to go to the doctor because they know they will have to make up the money afterwards.

Victims are often kept from receiving medical attention for infections or injuries because their pimp either doesn’t trust them or is concerned that their condition might elicit too many questions from health professionals. When pimps allow their victims to seek medical treatment, this is not done out of concern but simply in order to keep victims desirable to clients. A girl who appears healthy and in good condition will attract more customers, thereby increasing profit for the pimp.

### Branding/Tattooing

Some pimps will “brand” their girls. The most common method is to have the pimp’s name, nickname or symbol tattooed on the victim’s neck, chest, or possibly on her legs. This is to signify that she belongs to him. If she is working in a club, other pimps will see that she belongs to another pimp. The tattoo will likely be a homemade tattoo, and it will mainly just be a name (like “The King”) or a symbol referring to the pimp’s name (e.g. a crown). The pimp will often have the exact same tattoo on his own body. This identifies him to other pimps and girls in the Game.

## The Lifestyle

Pimps may control many girls within their stable and transport the group from city to city. **Pimps will operate out of a variety of venues including hotels, motels, apartments, condos, houses, brothels, and massage parlors.**

Moving victims from location to location is used to isolate them and create a sense of dependency on the pimp. Pimps move their victims so their girls cannot make friends or establish enough trust with someone to ask for help. At this point, the mindset of the victim is filled with shame, knowing that she is in a horrible situation and the belief that there is no way out. She may be upset and angry with everyone at home, and she is told on a regular basis by her pimp that she is nothing but a “ho.” Striking fear and helplessness into the victim, the pimp will tell the victim that as a “ho,” the police will not care about her or help her and he will tell the victim that the police will arrest her for being a prostitute. She believes that no one will care if she dies and no one will believe her if she goes to the police. Many pimps will take incriminating pictures or videos of the victim, and the victim ultimately becomes afraid of her family, friends and the police seeing this evidence. Completely isolated from her old life, the victim has nowhere to turn.

Many victims will live with the pimp, but this is not always the case. Some have been known to continue living at home with their family, interact with her friends and attend school – all while being exploited by her pimp.

In most cases the victim’s identification will be controlled by the pimp or the “Bottom Bitch.” Even if a girl manages to escape her pimp, she may try to return to collect her identification. Victims often have nothing but work clothes (i.e. outfits for the adult entertainment parlors and for receiving clients) and some very casual gear for travel. They may not even have a proper winter coat. Victims are constantly watched and their interactions with others are highly controlled. For example, many victims who work in the strip clubs are told that they are not allowed to talk to black males because their pimp has told them that every black male is a pimp and all they want from her is to take her away. Another newer rule is to refrain from speaking with other girls because **the new trend is for girls to actively recruit others for their pimp**.

**Being familiar with a trafficked victim’s mindset is incredibly important in order to know how to best communicate with her. Understanding how she feels and what she hears when you speak with her is important in order to effectively help her. This knowledge will also help you understand why she may not respond to you initially or ever.**

Victims are constantly told that they are worthless and that only their pimp would put up with them. They are trained to believe that they are better off with their pimp because only he understands them and is willing to take care of them and protect them. They are conditioned to believe that all others (family, friends, police, society in general) would judge them harshly and treat them worse than their pimp ever could. This is a powerful belief for most victims and must be considered during any interaction.

Every pimp makes sure that the girls are on a tight schedule. One of the beliefs is that a girl with too much time on her hands is more likely to become a problem. Also, a busy girl makes more profit for the pimp. Sundays through Wednesdays are usually spent behind doors working in motels, hotels and condos. If there is an adult entertainment parlor in the vicinity for the girls to work at, that is usually where they can be found on Thursdays, Fridays and Saturdays because the money tends to be better than with “in call” services. If they are working in the motels, hotels and condos, the girls will typically wake up around 11:00 AM, start posting ads online, and work throughout the day until 6:00 AM the next morning. During the slow periods (around dinner time), the girls will get food or get their hair and nails done and then post online advertisements around 7:00 PM. Another slow period is typically around midnight till 2:00 AM. When the bars close at 2:00 AM, business picks up again.

Victims work long hours from the venues we listed above. However, they can also be seen in public places such as convenience stores:

* Convenience stores: these are one stop shops for condoms, coffee, energy drinks and food.
* 24/7 fast food locations
* Cheaper hotels and motels like Comfort Inn, Super 8, etc. These places usually do not require a credit card or identification for room reservations and will take cash.
* Beauty salons getting their hair done or their nails maintained.

# How to Find Victims Online In Your City

Victims of domestic trafficking can be easily spotted online. Gone are the days where pimps mainly advertise their girls on the streets. Pimps are using the internet to sell their “product.” Popular sites like Backpage.com and escort sites are increasingly being used to advertise in each city. Using the internet provides pimps with many advantages. It is more private and usually either free or very inexpensive. It is less risky for a pimp if he is selling an underage girl. Because she is not being advertised on the streets, the pimp is more likely to go unnoticed by law enforcement and the general public. The advertisements can be tricky and obscure to read. Some online advertisements are posted by those who do not have a pimp or trafficker, but the majority of the girls who advertise online are trafficked victims.

If you closely analyze the advertisements, there are several indicators that the girl in question is likely being trafficked:

* She is constantly posting; this is an indicator if she needs to fill a quota for her pimp so she is looking for as many clients as possible.
* Words like “brand new to the business,” “tight,” “petite,” “young 18, 19 or 20” and “open minded,” are signals to johns[[12]](#footnote-12) that this is a very young girl (often underage).
* She will do anything for a cheap price. Code words for services include “GF experience” (meaning “girlfriend experience,” or no protection), “everything is a go,” or “Greek” (meaning anal sex). Independent escorts usually do not provide services like these.
* She is known to move around a lot. When a new post is added on Backpage or Duttslist, prior posts are usually listed below the most recent post. These ads will show where she last posted; is she posting from various cities and/or provinces? In Ontario, it is common for girls to be trafficked along major cities along the 400-series highways. For example, you may find a victim with previous postings in cities like Ottawa, Kingston, Toronto (GTA), Hamilton, Niagara, Cambridge, Kitchener, London and Windsor.

## Online advertising

Websites like Backpage, Duttslist, SP411, and Craigslist are used to advertise the services of sex trafficking victims. We have found Backpage was the most popular before it got shut down. We created a sample from an old ad. (www.Backpage.com)



There are many signs in this ad that indicate that the girl may be trafficked. One, based on her skin, her figure, and the way she is posing, she looks like she is very young and not very experienced with this type of work. Her hips may not be completely developed yet, her ad says that she is available 24/7 (meaning she is working around the clock), and she says she is “open minded” (meaning everything is allowed). Remember that the majority of independent escorts will not allow *everything*! Also, this particular female posts ads on a frequent basis meaning she is very desperate to make money.

Below is another example from southern Ontario, Canada. The pictures indicate a very small, underdeveloped frame which could signify a young age. The ad stipulates “limited time” which means she probably moves around and the age is listed as 20 which is a way to subtly indicate an even younger age to potential johns. Typically, the younger the posting age, the more likely the girl in question is underage. Pimps and sex trade workers are very aware that sites cannot post ads indicating involvement of underage girls so they find ways to circumvent this system and customers are well aware of these nuances.



## SP411

The website <http://www.sp411.com/>is a forum where announcements can be made for Service Providers (categories for Escort Agencies, Independent Escorts, Massage Parlors, Independent Massage, etc.) and johns can post reviews and questions about sex workers. This website is useful in collecting information about who may be working independently and who may be trafficked. Many posters will link to Backpage ads and reference girls from Backpage. Posters will provide information about what type of services particular girls will provide or what cities a girl has recently been. Some posters have commented about a pimp’s presence or will give other clues to suggest that a girl is being exploited in the trade.

This post was found reviewing an escort in southern Ontario:



This particular forum thread also provided a link to the original Backpage ad:



In another thread, a poster asked:



The Backpage link led to this ad:



The three links at the bottom of this ad link to some of her other ads in three different cities over a distance of almost 200 km. In a reply to the original SP411 post, another poster responds with:



# Identifying Victims of Human Trafficking

The following red flags may indicate a case of human trafficking (for police officers):

* Is the call coming from a hotel/motel?
Who booked the room?
Do they have any other rooms booked under their name?
How many nights are booked and is this a regular occurrence?
* Is the call coming from a residence?
How many people live there?
Who is paying the rent?
Is there any decent or normal furniture in the place?
* Pay attention to how much clothing or personal effects they have.
Ask her/him to show you her/his closet.
Look for pictures on the wall or any sign of a real relationship or permanency in the residence.

If you suspect that you have encountered a trafficking case you will find the following:

* One, two or more girls in one apartment (they may say they are roommates or students) with hardly any furniture beyond mattresses.
* Lots of Kleenex, paper towels, baby wipes, and creams.
* Hardly any food in the fridge or lots of take-out containers.
* None of them will have identification or it will be all together with one person.
That person will be working for the trafficker or is the trafficker.
If the suspected victim has their ID it will likely only be a photo copy.
* They may say, “I live with my boyfriend” or “I am visiting my cousin/uncle/etc.”
* Do they look healthy?
Well fed?
Do they have dark circles under their eyes?
Do you notice any infections, cuts, bruises?

## Questions to ask to indicate a potential victim

1. **What is their address history?**
Many traffickers will transport their victims to various cities for isolation (girls from relationships; pimps from law enforcement). Victims may have a long, extended address history or may not be able to recall their last addresses.
2. **Do they know the area?**
Find out if they know the location of the nearest grocery store, doctor’s office/walk-in clinic, etc. If she is a victim of domestic violence she will know where these places are because she will not likely be restricted to her home like a victim of human trafficking.
3. **Who has their ID?**
Traffickers will usually keep their victims’ identification and the individual being questioned will say that her “boyfriend” (i.e. pimp) or “girlfriend” (i.e. Bottom Bitch) keeps it in a safe place.
4. **What is their immigration status?**Victims of international human trafficking will not necessarily know these answers, or their visas may have expired. Double check answers with immigration.
5. **How are they making a living/where do they work?**Remember they usually work illegally so they may say they are a student or just visiting a “friend.” Dig deeper, catch her in a lie.
6. **How much are they making?** **How much money do they have on them?**
Victims working in the business will make a significant amount of money but will not have access to it. Remember they will most likely have little or no money on them. If she has indicated that she is just visiting, how is she traveling without money? How are they paying for expenses?
7. **What is their “friend” or “boyfriend” or “cousin” doing in this city?**
This is where you can likely catch them in a lie.
8. **What is their “boyfriend’s” or “cousin’s” exact name and address?**They usually never know their trafficker’s real name or where they really from (unless they are the bottom bitch).
9. **Do they have a cell phone?**Trafficked girls usually have at least 2-3 phones on her. She will not know her phone numbers because they are mainly for clients. If you check her phones, there will be a lot of calls from the same number (the pimp) or calls from “Daddy.”
10. **How do they get around? What kind of transportation do they use?**
Victims rarely use public transportation. They will be driven from home to work. Or they will take a cab. We have encountered victims whose pimps have allowed them to go and work alone as long as she sends her earnings through Money Mart (or similar) at the end of every working day.

# What to do when you encounter a victim

If you suspect that the person in front of you is a victim of human trafficking, know that he/she may not trust you immediately or want to talk to you. There are countless methods you could try to convince them to seek help, but the only thing I can suggest is for you to think of it this way: **Think of everything you read above – their recruitment, their mindset, their experiences – and now imagine that the victim is a person you know and care about. What would you do? How would you talk to *them*?**

Forget official language. Forget statements like, “I know how you feel” or “I can help you.” Those statements are not going to work. Make sure you are alone with the victim. If you encounter a group of victims, separate them from each other because you will not know which one is working for the pimp. **You can try something like this:**

Introduce yourself by your first name. (Not as: “I am officer/doctor/etc. Smith”)

***“****Look, I have a feeling that you are in some kind of a mess, and I know that you don’t think I can help you. And I know you don’t think you can trust me. But I am very concerned about you and your safety, and I know how your story is going to end. So this is what I’m going to do…”*

*“I’m going to call a friend” (meaning victim services, or social services or whomever you work with in your area – just don’t name the agency). “She is going to come here, and in the meantime I can get you a coffee, or food or a cigarette if you like. You don’t have to talk to me; you don’t have to tell me anything.”*

Regardless of her background, please don’t initiate the conversation by telling telling her you can take her to a shelter. In our experience, victims of human trafficking will not stay in shelters willingly and you will lose them as soon as you drop them off.

If you have established some rapport and trust with the victim, but she is still unwilling to speak with police, try to convince her to stay in a safe place for the night due to your concern for her. If you are an officer (who has encountered a victim while on call) and able to convince her to leave with you, make it look like she is in trouble in front of the others. If she looks like she is going willingly, the others will report this to the pimp. Once she is away from everyone (and hopefully in the station), Victim Services (or similar) will be able to help. Victim Services in Ontario have a program called Victim Quick Response Program (VQRP) that should cover a few nights in a hotel, food and other necessities.

Be familiar with which police unit is responsible for investigating cases of human trafficking in your region. Contact them if you have a victim willing to talk. If you are an officer and the victim is not willing to leave with you, gather as much information as possible and complete a report which must then be forwarded to the unit responsible for human trafficking investigations, so they can consider further investigation.

# Victim Care

Before we share our experience with you on best practices on front line, I would like you to read the following section very carefully.

Providing appropriate victim care is not necessarily about having the biggest, nicest facility, the nicest rooms with the nicest furniture or perfect programming. The key is to appropriate victim care is fully understanding the victim’s human trafficking related history, the timeline of exploitation, and historical factors that contributed to her vulnerability of being trafficking (her pre-trafficking history).

## Assessment

The ability to assess the following is crucial:

* What type of trafficker did she have?
* How long was she was trafficked?
* How or why did she become involved in the first place?

### Type of Traffickers

There are two main types of pimps:

* Romeo/Loverboy/Boyfriend pimps; these pimps will use emotional and psychological manipulative tactics to recruit, groom, and condition victims (see section “More on ‘The Game’ for details).
* Gorilla/Guerrilla pimps; these pimps will use aggression and force as their *primary* tactic of recruiting, grooming, and conditioning (kidnapping, abuse, drugs/alcohol, etc.). While Romeo pimps will certainly utilize cycles of violence and abuse, Gorilla/Guerrilla pimps tend to only use violence and will not spend nearly as much time on the emotional manipulation.

The type of trafficker will help you understand the type of bond she has with the trafficker. Once you understand the type of bond, then you will know what kind of approach you would like to use to build rapport.

### Duration of trafficking experience

It is important to know how long a victim was trafficked because the timeline will help you to determine how strong the trauma bonds are, where she might be in the cycle of abuse (e.g. is she in the phase of “making up,” or is abusive tension rising), and whether she is scared or “in love.” Knowing the duration of her trafficking experience in addition to the number of times she may have already tried to leave will also help you assess her level of readiness and commitment to permanently leaving him. You will also be able to better identify what sort of medical attention is required.

### How or why she become involved

All traffickers use the same fundamental recruitment tactic: **they identify vulnerabilities and then exploit those vulnerabilities.** Vulnerabilities could be material in nature (economic instability and the need for more money, longing for better or designer items of clothing and accessories, drugs, etc.), basic needs (food, shelter, etc.), or personal (sense of belonging, love, affection, family). Pimps will convince victims he can provide for their need, sell them on “the dream,” and give a little taste of it to the victim right away. You need to find out what “the dream” was, because if her initial hopes and desire are not addressed or at least validated right away by a service provider, a victim will still feel the need to go back to her trafficker to get it back.

The very first meeting is the single most important meeting you can have. The very first encounter can set a tone of your relationship with her for as long as you will be providing care for her. She may decide in the first 30 second if she likes or can trust you. If you have a feeling that she decided not to trust you, there are ways to rectify the situation, but it will be more difficult than making a good first impression.

## Chains of Attachment

As we outlined earlier, some people ask “why didn’t she just leave?” Similarly, people often wonder why victims would ever return back to a pimp after leaving or being offered assistance. Many service providers struggle with this. As difficult as this can be to comprehend, there are some reasons and explanations to better help you understand the mindset of a victim.

The American National Domestic Violence Hotline reports that it takes *on average* seven attempts to leave before a victim of domestic violence will leave an abusive relationship permanently.[[13]](#footnote-13) Given what you know about victims of human trafficking, it is easily conceivable that this statistic is comparable for this population. Even if they escape once or twice, victims will often return to their exploiter. Some victims run back immediately after being rescued.

The recruitment stages listed above (see: “More on ‘The Game’”) can be categorized into four different types of “invisible chains” created by a trafficker. These extremely strong bonds pull victims back to the trafficker repeatedly. The key is to understand these chains so you can address them strategically:

1. Love, affection, attention & belonging
2. Physical abuse and threats
3. Shame and guilt
4. “The Carrot” or “The Dream”

### Love, affection, attention & belonging

When the trafficker approaches a victim, they quickly assess the victims’ vulnerabilities around love, affection, attention or belonging. The trafficker will become the victim’s closest confidant, and the trafficker will give the impression that he can help solve any problem she may have and is the only one who cares about her. Once the victim is attached to the trafficker emotionally, the trafficker will isolate the victim from her current support system. Once ties are broken between the victim and whatever support system she may have had, the trafficker starts brainwashing and grooming her. This will involve sending mixed messages, alternating between being affectionate and degrading or abusing her. However, by this time the victim is totally isolated – geographically from her home, and/or relationally from her prior support system. The abuse becomes normalized and “tolerable,” because she knows that within a few days he will be nice again just like he was at the beginning. This cycle will be ongoing.

This cycle of abuse is comparable to the cycle of violence in domestic violence or intimate partner violence:

* **Tension building** where victims will feel like they are walking on eggs shells while the trafficker is on the brink of exploding;
* a **violent incident** occurs; this could be physical, verbal, sexual, or emotional;
* the **honeymoon** phase where the trafficker will “make it up” to the victim by buying her expensive items, taking her on dates, and often having sex with her.
* **Cycle repeats.**

When you come across a victim, try to assess where she might be within the cycle of abuse. This can be assessed by how she is talking about her relationship with the trafficker. For example, during the honeymoon phase, she can easily explain away his actions with “he won’t do it again” or “I deserved it because \_\_\_\_\_\_\_.” Immediately after a violent incident, a victim might be more willing to make a quick decision to leave him, but this decision could be changed easily if she is still in contact with him; he will start making all the promises and declarations of love typical of the honeymoon phase and try to convince her to return. Breaking or “de-programing” this bond is extremely difficult and will take time.

***What to do:*** We need to slowly start breaking the love bond the minute we start talking to the victim. We must acknowledge that it exists, and it is strong. If she refers to him as a boyfriend, we must do the same. We cannot call him a criminal or a pimp, and we cannot try to explain to her why he is so bad for her. It is important to be very understanding, a great listener, and nonjudgmental. The goal is for her to feel comfortable with you and build trust. The most important thing you can do at this point is to let her know that you are here for her and you care about her. And if she does decide to return to the pimp, you will likely be the first person she will reach out to when she encounters trouble again.

### Physical abuse and threats

While the prior section certainly involves an element of physical abuse and threats, the cycle of violence we outlined above is utilized to mentally and emotionally manipulate and control victims; “the violent incident” – whether it’s physical harm or emotional – is exerted for the purpose of making it up to the victim and ensuring that she “knows” she is loved and cared for. However, a serious concern with threats, abuse, and physical safety is also a justified reality for victims.

In some cases, a victim will never be physically beaten, perhaps to “protect the product.” But even if there is not a personal experience being physically abused by the pimp, a victim is fearful of physical violence all the same. All it might take is witnessing a pimp physically harm another person or hearing stories of his violence. Pimps will also threaten violence on loved ones, family members, or even pets. There will be a real fear and concern of physical repercussions if they leave. But this will also be one of the “easiest” bonds we can address right away by ensuring her safety.

***What to do:*** Explain to her as many times as she needs to hear it that she is safe right now. Point out the safety protocols or features you already have in place. Ask her what she feels she needs in order to feel safe. If she is comfortable with law enforcement and they are available to you, ask for their involvement. If she is afraid for the safety of others in her life, ask her to outline her concerns. Dismissing her concerns as unfounded or blown out of proportion – even if there’s legitimate reason to think they are – *will not help*. Instead, keep referring to all the safety precautions currently in place, and brainstorm *together* ways to address her other concerns.

If you have a police officer with you, let the police officer lead that conversation. It is extremely important that the officer is either trained or has an understanding of the mindset of a trafficked victim (or at the very least, understanding of extremely vulnerable populations and is non-judgemental).

### Shame and guilt

Whether you are a victim of forced labour or sex trafficking, there are similar emotional stages. Your spirit and self-esteem are taken away from you. You have to do things you have never done in your life, and you are extremely ashamed of what might happen if your family, friends, and loved ones find out. The fear of being in the media, going to court, and exposing your entire story to strangers is very scary. Especially when the traffickers make you believe that this was all your fault.

Service providers must understand that this is not something you “just get over.” Especially when in early interactions with victims, comments like: “*don’t worry, your parents love you no matter what*” or “*real friends will understand”* are not always helpful. Nothing we say to them during our very first encounter about the shame and guilt will make them feel any better. This is work that requires a longer, more sustained amount of time than possible in the first encounters with a victim.

***What to do:*** Just be a very good listener. And if you can, ask her what is she afraid of the most? Ask her questions like “what has been the hardest part for you?” or “what are you most ashamed of?” or “which family member or friend are you most afraid of finding out?” You can also ask her what she thinks their reaction will be like. Just let her talk it out. And feel free to tell her that they don’t have to find out any time soon. This is why we also suggest a “breathing period,” providing a victim with a space for a few nights just to rest and not have to face her family and friends right away.

### “The Carrot” or “The Dream”

Perhaps with the exception of being kidnapped or physically forced into trafficking, all victims have one thing in common: at the time they were lured, **they needed something**. This “something” is different for every victim. For some, the need could be economic or monetary (e.g. money to survive, extra money for their family, a way to pay for school). For others, the need is core to our human nature: love, affection and belonging. Whatever the need was, the trafficker sold them “the dream.” They will remind her of this dream every time she gets tired and wants to leave. He convinces her that the dream is within reach. However, we also call it “the carrot”; do a quick Google image search of “carrot and the stick,” and you will come across pictures of carrots dangled in front of someone (or an animal) for motivation. The thing is, the carrot is often tied to a string, which is fastened to a stick, which is attached to the person or animal. No matter how much you try, the carrot is always just out of reach…

“I was just about to propose to you.” “I was about to buy that house for us.” “You almost have enough to pay for school without debt.”

Even if “the dream” is not fulfilled, a pimp will often purchase things (designer clothing/items, beauty treatments, dates, etc.) that a victim would not be able to afford otherwise. Despite the fact that the exploitation and abuse is horrendous, the way of living that a victim becomes accustomed to makes this bond is extremely hard to break. But it is not impossible!

***What to do:*** Ask her to talk about her dream or goal. Try to have a good understanding what it is that she needed or still needs; what is that “dream” that she is willing to go back and risk her life for? Unlike her pimp, we care about her achieving her dreams and goals. If we can help her achieve her dream without harming herself, she will come to see that we have her best interests in mind and her trafficker does not.

Sometimes the “thing” that she really wanted, needed, and worked for is monetary or tangible and can be achieved through other channels, like housing or a sponsor who will help her through school. Other times, the “thing” is not tangible – it’s a sense of love and belonging that her pimp has assured only he can provide in the ways she needs. This requires persistence and consistency on your part! Her pimp has convinced her that no one will ever be there for her or love her as much as he does; if she perceives that you have let her down or really do not care about her best interests, her pimp’s message is reinforced.

If you have the resources in your community that can help you to reach her “carrot” with your help, even if she returns to the trafficker, she will remember you and may reach back out to you again.

# Phases of Victim Care

## Stage One

### Emergency Victim Care

The first meeting with the victim is the most crucial one. First impressions are important for establishing trust with a victim. There are many important aspects to consider – how you dress, how you smell, what you wear, how you talk to them, the tone of your voice, the way you offer coffee, the types of food you bring them – and these will also make or break their trust. Based on experience with victims, here is a comprehensive list of tips and suggestions that have consistently worked for our organization in engaging with a victim and establishing a trusting relationship.

### Receiving an emergency call from the police

Keeping victim kit in your car at all times is a good idea for when you receive late night calls from the police. A victim kit should contain essential personal items such as a tooth brush, tooth paste, hand sanitizer, feminine hygiene products, etc. as well as comforting items such as a stuffed animal. Ask the officer/whoever contacted you if the victim is hungry (if so, what would they like to eat) and if they smoke (if so, what brand do they smoke). Bringing food and/or cigarettes will help you establish trust and demonstrate to the victim that you can take care of their needs. **Every victim’s personal situation is different, so prepare for nothing and prepare for everything.**

In the first 24 hours, taking care of essential and immediate needs is crucial: shelter, clothing, food, and health.

Your job as a first responder is to get her/him to a safe place and let them sleep. Give them time to rest before speaking with them the next day about next steps. If your agency does not operate a safe house/shelter/housing, think about how you might be able to take care of a victim’s short-term housing needs. For example, you can bring the victim to a hotel if they are comfortable with this. (Some victims may not be comfortable staying in a hotel knowing that other pimps or working girls could be in the vicinity). Some victims may want to go home (either to their home country for international victims or their family for domestic victims). Some may fear for their safety and want to hide somewhere or be relocated outside of the city in which they were discovered. Some may want to give a police statement. Some may have children or other family members that they worry about and may want to contact. Each situation will be different, and as a first responder it is your job to assess the situation to navigate safety concerns and issues.

### Engaging with a victim

The tone of your voice, body language and demeanor are important aspects to consider when engaging with a victim. Instead of acting your role of counselor, social worker, officer, etc., consider yourself a “big sister” or “big brother.” Demonstrate that you care for them and their safety. Traffickers often tell victims that no one will ever care for them, and you want to prove this wrong in order to show the victim that this is among many lies that were told to them. One small action to demonstrate this is to bring cigarettes for the victim if they smoke; some traffickers do not allow their female victims to have their own cigarettes as a method of control, so bringing them something that they can control and own will allow them to start taking ownership of their actions, life, and body. We all know smoking is bad for our health, and some agency’s policies restrict workers from being reimbursed for cigarettes, but who are we to tell them to quit smoking during the most traumatic and stressful time of their life?

The most important time to gain trust with a victim is the very first moment you meet them! Words like “counselor” or “officer” when introducing yourself will only establish a power and authority dynamic between you and the victim. The victim is coming from a place where they have been controlled, so now is the time to help her feel that she/he is in control. When you approach her as a big sister or brother, you will have a much better chance to gain her trust. This strategy will lead to a better working relationship with her.

### Choices

Please remember: the victim is coming from an environment where every movement and action has been controlled by their pimp/trafficker. In order to help him/her regain self-confidence and in order for you to gain her trust, comfort and confidence, you must – from the very first second – offer choices. For example: “Would you like a coffee or tea, or water or juice?” “Would you like this pen or the other pen?” The minute you give her choices, she will start to feel that you actually care about him/her as a human being. At first, the victim may find it difficult to make choices; they may be fearful of making the “wrong” choice and possible repercussions of their actions. You can help them navigate their choices, and over time they will gain confidence that they will not be punished.

### Language

When speaking with a victim, it is important to realize which statements will trigger them or cause them to lose trust in you. Here are some statements and questions to avoid along with alternative statements/questions that will help establish a better relationship with a victim:

|  |  |
| --- | --- |
| **Instead of…** | **Try this!** |
| “I am a counselor/social worker/victim services; I am here to help…” | “Hi, my name is \_\_\_\_\_, but my friends call me \_\_\_\_\_\_…” |
| “How are you feeling?” | “I can only imagine how tired you are… or how tiring this must be for you…” |
| “How does that make you feel?” | There is no good alternative for this question! Victims at this stage don’t want to feel, they are doing everything they can to hold it together to make it this far. There will be time down the road when they can decide to get counseling… We do not consider counseling as an immediate need within the first couple of days. |
| “Do you want to talk about what happened?” | We don’t ask what happened. If they want to talk about it they will open up when they are comfortable. We are here to comfort them and give immediate support. As a front line worker, you should assess whether there is an immediate danger to the victim; if possible, try to determine this by speaking with an officer rather than questioning the victim. |
| “If you ever need to talk we have a 1-800 number” | “In case you can’t sleep tonight, and feel that it would be good to express your thoughts out loud, there are a couple girls who will be happy to answer your call. They don’t need to know who you are and you don’t ever have to see them. You can call them from the comfort of your room. They have a number that is free for you to dial, and they have a wonderful understanding of your feelings.”Give them the National hotline number listed at the Resource page. |
| “There are many resources we can set you up with” | “It sounds like there are some things we can take care of for you. I do have great connections and friends in my line of work, and we will be happy to sort things out for you if you like.” |
| “I work with the Police, and I’m here to help you” | “I’m working with [first name of the officer], and I’m happy to help if there is anything else you can think of that you need.” |

|  |  |
| --- | --- |
| “Can we call someone for you?” or “Is there an emergency contact?” | Please don’t ask them this question! They will be terrified that you may call someone they know. Shame is a huge element in trafficking and a method trafficker use to prevent victims from seeking help, especially from loved ones. Instead ask, “Is there anyone you want to call and let them know that you are okay?” |
| “We have to complete an intake process” | If your agency or organization has a policy for intake, please try to ask the intake questions without her realizing that you are completing the intake process/forms. Any word or phrase from the “institution world” will make them feel even more like a victim. Get most of your information from the police officers/referring agency if you can. |
| “We can take you to a shelter for the night” | Unfortunately, victims of human trafficking will rarely stay or feel comfortable in shelters. Many shelters do not specialize in providing services to victims of trafficking; some are not even aware of what human trafficking is! Their policies and practices may not be the best fit for a victim. Some victims have even been recruited from a shelter, so offering to take them back to one may make them feel helpless or feel like they are not escaping their situation. Everything you accomplished with the victim up until now may be lost if you offer housing in a shelter as a solution to their problems. She/he will lose the bond with you and shut down.*If you have a regional shelter that you know is a good fit for trafficked victims and has had the necessary training to provide adequate services, you can offer this as a suggestion with the assurance that you will remain connected with the victim throughout the intake process until they establish a connection with a worker there. See more information on shelters in following sections.* |

###

### Dress code, your outfit and appearance

Be mindful that your appearance is important when engaging with a victim, especially if they have just escaped their trafficker. At Walk With Me, we used to have the following guidelines for front line workers:

* Plain, very casual clothing
* Very little/no make up
* No jewelry
* No fancy accessories
* No perfume

Remember that the victim will often have nothing. She/he is going to be in the worst shape of her/his life. They will not believe you when you tell them you can relate to them if you have a perfect manicure, your clothing looks nice, and you look well put together. The more comfortable and casual you can look, the better (think track pants or jeans, NOT business casual!).

### Staff Members

Try to pick your front-line workers, crisis workers, or volunteers based on who you think can best fit the role. Believe it or not, age and gender do not matter. As long as they feel comfortable engaging with victims in a “big sister” or a “big brother” role and make the victim feel comfortable, that is your only goal.

**Please remember, these types of calls are nothing like you have ever experienced before. Whoever you decide to pick, please make sure that that person has the knowledge and sensitivity to engage with victims of human trafficking.**

### Safe Houses vs. Shelters vs. Hotels

Once the victim is removed from physical danger, the next challenge is where to bring her. There are a lot of theories and suggestions regarding what are the most helpful options for this population. But the truth is, it all depends on the individual’s needs, personality, background, childhood, and past history of abuse. It also depends on what services are available in your region.

Some victims do well in shelters; others do not. Some victims do much better in a hotel environment while others are triggered. Some are happy to stay in the hospital overnight because they are safe. Some may require a detox program. If the victim does not have a suggestion of where she would like to stay, offer her all the available options you have for overnight. The goal is for her to get some sleep, eat, and rest her body. You should never rush a victim to make any major, long-term decisions on the first night. Just ask her which option she is the most comfortable with, and she will tell you.

## Stage Two & Stage Three

Second stage support will typically have the following attributes or characteristics:

* Service provision between 6 months – 24 months in length.
* Addressing post-Stage One, ongoing needs including
	+ Housing
	+ Health
	+ Identification
	+ Mental health and counseling
	+ Education
	+ Professional development
	+ Legal assistance and/or immigration assistance
	+ Life skills
	+ Mentoring

The level of supervision of Second Stage programs and housing will vary depending on the organization.

### Ongoing case management

Once you get through the first stage, you have now developed a bond and relationship with the victim. After a period of time (which will depend on the victim’s needs), you will eventually have to find an outreach program and case worker who can start to take care of her ongoing, long-term needs as outlined above. Ongoing case management is the most time and personnel-consuming piece of victim care. Victims will need a team of support surrounding him/her so she does not rely on only one person.

Promises cannot be broken. Do not promise anything that you are not completely sure can be accomplished. Trust is vital. You and your team have to work with law enforcement very closely in order for the victim to see that you are a good team working in her/his best interests. Victims often have very little trust in law enforcement, and showing her/him that you can cooperate positively with law enforcement will help victims build a trust with police.

Overall, remember that the victim likely has no one else to go to for help. It is a huge responsibility. You must give them a cell phone number where they are able to reach someone in your team that she knows and trusts. At the beginning, they are going to call you on a daily basis. When the victim starts to call you less and less, it is a good sign because it indicates they are learning to become independent and self-sufficient.

### Ongoing case management can be extremely challenging work! But if you have a team of support and coordinate a network of resources and supporting agencies to create protocols mentoring victims in the start of their new life, this work can be very rewarding.

### Second Stage Housing

If the victim has determined that they would like to stay in local area, the challenge is to find safe housing that is not a shelter. If you work with victims of human trafficking, it is highly recommended that you network in your community to find a place where you can house victims for a long-term period.

There are several second stage houses that provide long-term support and services (like those listed in the previous section), but there are not enough for the scope of this need, they can be difficult to find, and they can have long waitlists. It may take at least couple of days for you to get a referral to a long-term house that specializes in this area, and even then, their policies sometimes require a certain amount of wait time before a victim can be admitted.

For long-term needs and support, shelters are not always conducive to the recovery of victims who have been trafficked and commercially exploited. When we have found shelters who are willing to accept victims of human trafficking in their facility, we have found that the staff are not always capable or do not have the time or resources to work with trafficked victims due to their incredibly high and demanding needs. Many victims require one-on-one support to complete tasks such as writing a resume, finding employment, securing permanent housing, arranging doctor’s appointments, etc. Without greater supervision, some victims are unlikely to complete these tasks on their own and “fall through the cracks” of the shelter system. We have experienced some cases where shelter staff members do not fully comprehend all these complex issues and case management becomes poorly executed. Some victims are re-victimized by staff members who do not understand their predicament.

Remember, victims are coming from an environment where they are constantly controlled and told what and when to do everything. The last thing we want to do is re-traumatize them. While shelters are very important and do great work, they have a lot of rules that could be major triggers for the victims. Victims can be triggered by actions/policies that we may consider insignificant, such as:

* Intake processes
* Lack of control or ownership of their medications
* Curfew
* Set meal hours
* Phone usage
* Laundry hours
* Lack of support through the night (when victims of sex trafficking are typically used to being awake)

Many shelters’ intake policies and procedures create barriers in certain establishments that require that full intake be completed before admission. When a victim has just provided a lengthy statement to the police (sometimes up to 8 hours) or just come from the hospital, conducting a lengthy intake can be too overwhelming for victims to handle – both emotionally and physically.

There have been many “triggering” experiences where the victims were told that they could not eat more than one plate of food or that they have to hand over their medications. One victim was so re-traumatized during the intake process that she vomited for an hour afterwards. Victims need to be reassured that they are free. Even if there are necessary policies and procedures in place, survivors must be empowered to have control over their own lives. They cannot be reminded that they are a victim, and policies should empower survivors to re-learn how to “do life” apart from their exploiter.

Beyond the fact that many shelters lack enough beds and space, when we have contacted shelters about housing a victim of human trafficking many have responded saying that the safety risks are too great for them to handle. This response is given out of a lack of understanding of human trafficking. Many shelters require that they speak directly to the victim rather than coordinate or liaise with the service provider who has already developed a relationship with a victim who may not have the capability of communicating her needs to a stranger. Furthermore, this creates barriers for victims of international trafficking who may not speak English.

If your only choice is a shelter, it is helpful to establish a protocol with the shelter management to make sure that the victim feels comfortable in their establishment.

### In addition to the need for long-term housing, ongoing case management requires attention to counseling and mental health, professional development skills, education, and other needs as indicated by the survivor according to the desires he/she has for starting their new life.

### Third Stage Transitional Housing and Support

After second stage housing (or, if the survivor is independent enough to prefer this option immediately after leaving their trafficker), many survivors benefit from third stage, or transitional, housing. Helpful transitional housing for this population includes more self-sufficient living situations (apartment-style living, community houses that do not require 24/7 staffing but still have some supervision, mentoring or programming in place) where opportunities are available for community building and re-integration into mainstream, independent living.

For more independent survivors who do not require intensive services or support, we have found that community church groups or volunteer families (with a police criminal record check, appropriate training, and careful follow-up and monitoring of course!) are good places to start for transitional housing. This will provide victims with more personal care that is not “institutional” and also provide victims with a sense of community and family.

# Caring For Those Who Return

We’ve discussed all the reasons *why* a victim might return to her pimp or trafficker. Now what can you do to best support this person?

Or, in many cases, a survivor of human trafficking might be faced with a decision to return to the sex trade as an “independent escort.” In many cases, this decision is fraught with complexities like:

* She might have difficulty finding other work due to lack of educational or professional skills.
* The sex trade is all she knows; it’s daunting to find other work or professional opportunities.
* She has seen the amount of money that can be made in the sex trade, even if she previously did not get to keep any of it and it was taken by her exploiter.
* Minimum wage work is not adequate for sustaining whatever lifestyle she was exposed to with her pimp and is now accustomed to (e.g. regular hair and beauty appointments, designer items, etc.), an addiction, or even the cost of living in certain cities.

If at any point in your relationship with a survivor of human trafficking they decide to return to the sex trade – whether it be to her pimp or “independently” – here are some ways you can provide support:

* Do not make ultimatums that your support is contingent of her staying out of the sex trade. To work with this population, you must be prepared for the potential that she will return to her pimp or to the sex trade. Let her know that you are concerned for her safety and well-being and that you will be there if she ever wants to connect. Encourage her to develop and maintain a support network (caring individuals, agencies that can support her needs, etc.), and encourage her to stay connected with this support network, with you, or with other people who will want to make sure she is safe.
* Meet her where she is at – do not be judgemental. If you have concerns with her decisions, ask questions that can prompt self-reflection rather than telling her what she should do. If she is returning to a pimp, she might become defensive if you insist that he is not good for her. Instead, you can try asking her questions like “does he ever make you feel scared?” or “what would he do if you said you didn’t want to do this work anymore?”
* Stress the importance of using protection like condoms, birth control, etc. for her physical health. Encourage her to get regular STD testing and gynecological health exams.
* Provide her with the phone numbers of agencies, national hotlines, or law enforcement that can be reached 24/7.
* If she has decided to return to the sex trade independently, have a conversation with her about the tactics that pimps use to recruit. Make sure she is aware of the warning signs (e.g. offering “protection” or to be her “bodyguard,” someone offering an arrangement where he only receive a percentage of her money, etc.).
* If you are working with someone returning to a pimp or you suspect is being recruited by one, you can gently ask some questions or give some forewarning of what he might do next or what she might experience. For example, at Walk With Me, we supported a 15 year old girl who insisted that her “boyfriend” used to tell her that she was his “bitch” first and his girlfriend second. But when she left him, he called her and said she should come back to him because he only wanted her to be his girlfriend now. She believed him. We had a conversation with her and said “one day he might say ‘I’ve changed my mind – you’re my bitch again’ and when that happens, you can always call us.”

Depending on the person, you can be straightforward with this, but other situations might call for you being more subtle in the information you share. Letting victims or potential victims know what to expect next – even if they are not prepared to believe it at the moment – helps them recognize when these events do end up happening, you *do* know what you are talking about. Over time, she might see that things that you have said aretrue and often come to fruition, whereas promises he is giving do not hold up.

Supporting someone who is making choices you might not understand or want for them can be difficult. Remember that for most victims of sex trafficking, it takes multiple attempts to leave before they cut ties with an exploiter for good. Whether you are there for their first attempt or their tenth, always take the opportunity to “plant seeds” and demonstrate what a truly caring relationship looks like.

# Timea’s Closing Thoughts

I have had the honour and privilege working on front lines with many of you. I may not know you all personally, but I know your kind. I know that you are a hard worker, and I know that you had a purpose and a reason when you chose this career. Ultimately, you wanted to help others.

In our world today, where there are so many issues and causes, so many tragic things happening around us, especially in your line of work, you may feel that what you do is not enough. When you win one fight, you lose two others.

I just want to tell you that **what you do matters**. I want to assure you that even if in that very moment you don’t see the results of your kindness towards a victim, trust me and believe me when I say your words and your actions will go a long way. You may never get to see the fruit of your hard work, but believe me: it does happen.

So, please don’t give up on us victims and survivors, and know that the tone of your voice, your caring actions, and the way you behaved toward us is what matters the most. It’s not about the size of your safe house or the amount of funding you have to spend on us; it is how you made us feel.

Thank you for your work, and please keep up the great fight.

# Appendix 1: Human Trafficking Victims in the Health Care System

## Hospitals and Emergency rooms

I have been in hospitals and emergency rooms as a survivor during the time I was trafficked, and I have and still visit hospitals and emergency rooms with victims. There are significant and obvious reflags that occur and can be identified if you are aware of them. In this section, we are going to visit them one step at the time. However, first I will give you two examples.

DISCRETION ADVISED: SOME DETAILS MIGHT BE DISTURBING IF YOU ARE NOT A FRONT LINE WORKER WHO ENCOUNTERS THESE TYPES OF EVENTS DURING YOUR DAY TO DAY WORK; PLEASE READ WITH CARE.

### My story

I was already working for two months for my traffickers. I weighed about 89 lbs and only ate once a day. I was always thirsty. I wasn’t allowed to buy my own water and rarely had time to drink from the faucet in the strip club. I had to work tirelessly to make the money they needed from me by the end of the night. An independent stripper (someone who doesn’t have a trafficker) will not work during her period for obvious reasons. The main reason being you are not allowed to use a tampon because it would show on stage. We trafficked victims didn’t have a choice. We worked every single day of the month, no matter what the circumstances. I was told to use a “period sponge.” I had never used one before. One of the girls had to insert it for me. At the end of the night, I wasn’t able to take it out. The traffickers had to do it, but during the horribly uncomfortable process they ripped it apart inside of me and some pieces were left behind. A few days later, I started to feel sick. I developed a fever and felt extremely dizzy. Eventually, the cramps and pain were unbearable. They would not take me to the ER and told me to suck it up. One night, when the traffickers were not around, I collapsed. A security guard from the club took me to the doctor. I had no papers and couldn’t speak English. The guard paid from his own pocket so I could be seen. The security guard could not answer questions on my behalf, but fortunately the nurses didn’t really ask. I discovered I had developed Toxic Shock Syndrome that was leading to sepsis due to the foreign objects. They were able to remove the pieces and gave me antibiotics. I was lucky the traffickers weren’t at the club that night. If I had waited any longer it could have gotten much worse.

### Another example

I had a female victim who was trafficked for over two years. She was also kept on drugs to make sure she was weak and could never escape. During this time, whenever she had her period, she was so drugged and listless; she wasn’t lucid enough to insert tampons. The trafficker did it for her so that she could continue serving her clients. The trafficker never took the tampons out; he just kept putting them in. Eventually, one client complained that she was bleeding too much. The trafficker beat her up for losing business. He then took her to the ER. At the ER, the nurses and doctors assumed she was a prostitute and didn’t ask many questions. Any questions they did ask, the trafficker answered for her. He told her to keep her head down and not make any eye contact with anyone. He explained that if she did, he would beat her the moment they left the ER.

During her nine hour visit, she did not disclose her story to anyone, and she did not talk to anyone. Eventually, the doctor took four tampons out of her, gave her antibiotics and sent her home.

## Signs of Trafficking

In reality, sex trafficked victims will have many signs of abuse, both physical and emotional. They will also have several symptoms that are not difficult to detect. Many sex trafficked victims have miscarried or had an abortion. They will often have gynecological problems due to the fact that they work 20 hours a day and service 10 to 15 men during that time. They are not always given the opportunity to clean up, use condoms, or practice any form of “safe sex.” Yeast infections are the most common condition. Nearly every female victim has suffered from chronic yeast infections. Other factors can also be detected with quick blood work or a short questionnaire about their background relating to their day to day eating habits, etc. Victims of human trafficking have extremely poor diets. They mainly live on coffee or energy drinks, and fast food. They are also rarely fed so most victims will be underweight and dehydrated.

Male victims can also be trafficked for sexual exploitation. Their symptoms are obviously different but mainly STD related. Male victims are also physically abused, and those signs are very similar to a female victim. Bruises, cuts, cigarette burns, etc.

Forced labour victims are also starved. Internationally trafficked men can be trafficked for hard labour work (e.g. construction). They are underfed, and in some cases beaten. They are trained to avoid eye contact and not talk to anyone. Someone will represent them as well.

Forced labour female victims face similar predicaments. As we mentioned earlier, female victims can be trafficked from another country for domestic servitude or other types of labour such as in nail salons, restaurants or the cleaning industry. They too will be forced to work long and difficult hours and will appear exhausted and rundown. Just like all other types of trafficking, physical violence, brainwashing and emotional threats are used to break the spirit, and the effects of these ordeals should be apparent.

When a victim comes into your healthcare facilities, they will refrain from talking and will not make eye contact. Most victims don’t come alone and will almost always have someone speak for them. If the victims are new recruits and haven’t been completely “broken” yet, there is a chance that they may ask for help or try to give you a sign or signal that something is wrong. Therefore, the trafficker will not leave her/him alone. Almost always, the trafficker or the person who was hired to watch the victim will speak for the victim and answer most of your questions.

If you encounter a trafficked victim who is visiting alone, it means that she or he has been exploited and kept under control for a very long time. At that point, the victim has most certainly developed Stockholm Syndrome or severe trauma bonds, and these bonds are strong enough that she or he will not say a word to anyone. The trafficker will likely be nearby and waiting for her/him to return.

### Indicators of trafficking

* Dark circles under the eyes
* Underweight / underfed
* Dehydrated
* Poor diet
* Sleep deprived
* Avoids eye contact
* Visible signs of abuse (bruises, history of broken bones or injuries)
* Tattoo (branding, as explained in earlier chapters, for domestic sex trafficked victims)
* Someone is speaking for them
* Inappropriate clothing or lack of clothing
* If the victim is alone and is speaking for her or himself but is not forthcoming and/or making no sense with the story they tell.
* Does not have insurance or a fixed address
* No emergency contacts
* Not allowed to use a translator (or wont talk to an available translator)
* Terrified of uniform, law enforcement or persons of authority

### Common health problems among trafficking victims[[14]](#footnote-14)

* Anxiety
* Chronic pain
* Complications from unsafe abortion
* Contusions
* Depression
* Fractures
* Gastrointestinal problems
* Headaches
* Oral health problems
* Pelvic pain
* Post-traumatic stress disorder
* Sexually transmitted infections
* Suicidal ideation
* Unhealthy weight loss
* Unwanted pregnancy
* Vaginal pain

# Appendix 2: Case Studies

## “Domotor Case”

Ferenc Domotor: 48, was arrested in the Hamilton, Ontario area in 2011, after police announced arrest warrants for him and nine members of his family. Since the Criminal Code section pertaining to human trafficking came into effect in 2005, this has been Canada’s largest human trafficking investigation. As of September 2012, 31 individuals had been charged in connection with this case.

In the 12-month investigation, RCMP identified 28 victims. The victims were trafficked from a small Hungarian town to Hamilton and forced to work for the Domotor family's construction company without pay. According to investigators, men were brought from Hungary and were coached on how to claim refugee status. Traffickers made the victims file for social assistance and stole their payments. The victims were kept in basements, restricted in where they could go and who they could speak with, and had threats made against them and their families in Hungary.

The case broke out in December 2009 when one of the victims escaped and went to the police. The victim told the police that he was recruited in Hungary and was told that he would be earning money in Hamilton by doing construction work. He and all the other victims were recruited by the trafficking ring.

In total, there were 27 male victims and 1 female victim between the ages of 20-60. They all came to Canada to work for the Hungarian family who owned several construction companies. The victims were told that once they got to Canada, they would have to claim refugee status. They were told that without status, they could not be in the country. Their pocket money was taken from them in Hungary by the recruiters. The excuse: refugees are not allowed to have money in Canada.

Once they arrived in Canada, the traffickers took them to Immigration immediately and coached them to lie about being a gypsy and being beaten and chased in Hungary. The victims did not feel comfortable with this, and that is when the threats and the brainwashing started. They all had to claim Refugee Status.

After the visit to Immigration Canada, all victims were taken to Ontario Works (government social welfare) and were coached to lie through the translator who accompanied them to the office and was part of the trafficking ring. Some victims found out years later that apparently they were homosexual, diabetic or allergic to dairy products – according to the translator who fabricated their Ontario Work Social Assistance claims. Ontario Works gives you special or extra allowances for special conditions. The traffickers knew the process more than anyone. This way, every victim collected the maximum amount of assistance.

Domotor Ferenc’s house (the ring leader); picture from the *Hamilton Spectator*

The next stop was the bank. The traffickers took all the victims one by one to all banks in the area. They opened up checking accounts for each victim, and of course the traffickers did all the translating. None of the victims were familiar with banks or the banking system even in Hungary. They all came from a very small town.

All victims were hard working people who had never seen a big city or big cars or owned a credit card in their lives. None of them had finished high school or had proper education by North American standards. They never even knew that a password was required for a checking account. So when they were told by the traffickers to put in a certain 4 digit number, they had no idea why. Once all the accounts were open, the traffickers took their bank cards. Eventually the traffickers applied for credit cards and lines of credit, and they used the accounts as if they were their own.

Once the victims arrived at their “residence,” the traffickers laid down the rules. 6:00 AM wakeup call then work till 10:00 PM. All victims were living in a basement. 3-5 people in one small room squeezed together. They couldn’t leave the basement. If they tried, as soon as they opened the door an alarm went off. The traffickers lived upstairs. Every victim had their own job to do. Some victims had to wake up early enough to make the coffee for their traffickers. If they didn’t go to work, they would get threatened and/or beaten. They lived in 7 different basements. All crammed up.

One of the victims looked like a grandfather. Let’s call him “John”; he was mainly a house slave. He worked around the outside of the house in the heat and in the cold, He put up the fence, the back porch, and it took him months. The neighbors thought he was a family member. He told me that there were days when he didn’t get food. One time the wife of the trafficker invited him upstairs to sit at the dining table with the family for dinner. “John” was very surprised because he was never allowed to be upstairs. He went up and sat at the table. He was told to watch them while they ate dinner. He didn’t get any food. After the family was done eating, they told him to clean up after them. He was starving by this time. He was also told to feed the dog. Eventually he was given 3 day old leftovers from the fridge. The kids in the house called him “house bitch” and spit in his face. When he nicely told the younger child that it wasn’t very nice, the child started to scream and yell for his father (who was the trafficking ringleader) on the phone. The child told his father that the victim hit him. The father told the victim that he should be prepared for the biggest beating of his life when he gets home. The wife wasn’t much better. The wife made the 60 year old man vacuum the large house. When he finished, she gave a cheerios box to her children and told them to throw the cereal all over the floor so he would have to vacuum again. This type of emotional abuse happened on an hourly basis with the victims.

No one was properly fed. They were all told that food is expensive and that they hadn’t worked off their debt yet. Two other victims, who were with the traffickers for almost 3 years, told me that they were working 20 hours a day, heavy construction work, lifting 100 kg of heavy materials and tools. They were receiving lunch every other day. The other days they would go without food. On one occasion they told the trafficker’s wife that the pasta and the fish tasted as if it went bad. In response, they were told that they are too picky and if they didn’t want to eat it they didn’t have to but they were not getting anything else. After these two victims were rescued and told by the police how much money the traffickers made on them, they become suicidal. They had left Hungary to come to Canada over three years prior. They worked like animals. The traffickers promised them that they would get paid. That is why they didn’t leave. The traffickers promised them that if they stayed another month they would get $3000. The money never came. But they never left either. Again, they didn’t have any money, ID, and didn’t speak the language… Where would they go? After they were rescued our organization took them to the airport, and gave them $150 each for pocket money. $150! After 3 years of being in Canada and working 20 hours a day. Can you imagine? A mother of one of the victims asked him on the phone if he could finally come and buy her shoes, because she didn’t have any shoes to wear anymore. The shoes she had for 6 years finally gave in. He was crying.

Domotor Sr.

Picture from article in the *Hamilton Spectator*

Imagine the same story with 28 victims. They all worked. They were all mentally and physically threatened; they were all lied to constantly. They all felt that they were trapped, and there was no way out. They all worked on our construction sites across the GTA. I probably drove by them a few times and had no clue.

One of the victims finally escaped and went to the police. Finally the RCMP Niagara Immigration and Passport Section got involved. And the case broke. In spring 2012, many of the accused were sentenced. The ringleader, Ferenc Domotor Sr., was sentenced to 9 years, the strictest sentence to date for trafficking in Canada.



Some of the members of the trafficking ring. Picture from FBI https://archives.fbi.gov/archives/houston/press-releases/2009/ho082509.htm

## American Domestic Sex Trafficking Case[[15]](#footnote-15)

Six Charged in Largest Domestic Human Sex Trafficking Case in Houston
U.S. Attorney’s Office
August 25, 2009
Southern District of Texas
(713) 567-9000

HOUSTON—Five men and one woman have been charged in a 16-count indictment with conspiracy and sex trafficking of children and forcing and coercing adults to engage in commercial sex acts, United States Attorney Tim Johnson, Assistant Attorney General of the Department of Justice’s Criminal Division Lannie A. Breuer, Texas Attorney General Greg Abbott, Special Agent-in-Charge Richard C. Powers of the FBI’s Houston Field Office, and Houston Chief of Police Harold Hurtt announced today. This case represents the single largest domestic sex trafficking case in the history of the Southern District of Texas.

“It is a horrible reflection on our society when adults prey on the vulnerabilities of children and reduce them to indentured sex slaves,” Johnson said. “Whenever and wherever offenses of such a depraved nature occur, our law enforcement community will respond with the sum of our collective prosecutorial resources.”

“The protection of the innocent and the most vulnerable among us is one of the most important obligations of law enforcement,” said Breuer. “Sex trafficking, especially the trafficking of children, is unconscionable and federal law enforcement is working closely with state and local authorities to fight this most reprehensible sort of exploitation.”

Five of the six defendants were arrested late Monday, Aug. 24 and early Tuesday, Aug. 25, 2009, in a coordinated effort between federal and local law enforcement with warrants that issued following the return of a sealed indictment by a Houston grand jury on Aug, 4, 2009. The indictment, which was unsealed today, charges John Butler, 47, William Hornbeak, 34, Jamine Lake, 27, Andre McDaniels, 39, Kristen Land, 28, all of Houston, and Ronnie Presley, 35, formerly of Houston and currently residing in Tulsa, Okla., with conspiracy to traffic women and children for the purposes of commercialized sex; sex trafficking of children; sex trafficking by force, fraud and coercion; transportation of minors; transportation; and coercion and enticement. Upon conviction, each count of sex trafficking and transportation of minors carries a maximum of life in prison. Each count of transportation carries up to 10 years in prison, while coercion and enticement carries up to 20 years in prison, while conspiracy carries up to five years in prison. All charges carry up to a $250,000 fine.

Butler, Hornbeak, Lake, McDaniels and Land were arrested in Houston. At least one defendant—McDaniels—is expected to make an initial appearance before U.S. Magistrate Judge Calvin Botley at 2:00 p.m. today. The United States will ask the court to continue to hold McDaniels and the other defendants in federal custody without bond pending trial. A warrant remains outstanding for the arrest of Presley. Anyone having information regarding his whereabouts is asked to contact their local office of the FBI or the FBI Houston Field office at (713) 693-5000. *(UPDATE: Acting on tip information, agents of the FBI - Muskogee Resident Agency and officers of the Muskogee Police Department’s Tactical Team arrested Ronnie Pressley without incident on August 28, 2009 at 12:45 p.m. at a residence located on the 1600 block of Beaver Road in Muskogee, Oklahoma. Pressley is expected to make his initial appearance in federal court in Muskogee and ordered removed to the Southern District of Texas to face the charges pending against him in this district.)*

According to the unsealed indictment, the defendants operated commercialized sex businesses often disguised as modeling studios, health spas, massage parlors, and bikini bars in Houston, and employed sexually oriented publications and websites to advertise their illicit business. The criminal enterprise transported women and minors to and from the Houston area and had ties to Kansas, Nevada, Arizona, and Florida. Women and minors as young as 16 were enticed and coerced into prostitution and were routinely beaten and threatened. The defendants allegedly collected any proceeds the women and minors received as a result of “dates” rendering them dependent upon the defendants for basic necessities.

“The defendants are charged with transporting and threatening young women with violence in order to force them into prostitution,” Abbott said. “A concerted, cooperative effort by state and federal law enforcement is cracking down on the horrific crime of human trafficking—and those who profit from it.”

The investigation leading to the charges was conducted by the Innocence Lost Task Force of the FBI and the Houston Police Department as part of the Innocence Lost National Initiative. A joint effort of the FBI, the Department of Justice’s Child Exploitation and Obscenity Section and the National Center for Missing and Exploited Children, the initiative was founded in June 2003 to address criminal enterprises involved in the domestic sex trafficking of children. At least one minor was rescued during the course of the investigation leading to the indictment. Other minors and several adults have been returned to their families.

“From low-tech methods such as prostituting minors at truck stops, to high-tech methods such as internet advertising, our children are being used as commodities for sale or trade,” Powers said. “Here in Houston we have established unprecedented cooperation among law enforcement agencies that are working together to link cases, make arrests and rescue children being sold on our streets. We will not allow our city to be a safe haven for this unconscionable activity. If you hear about it, if you suspect it, report it."

The case is being prosecuted by Assistant U.S. Attorney Sherri Zack for the Southern District of Texas, Special Assistant U.S. Attorney Angela Goodwin for the Southern District of Texas and the Texas Attorney General’s Office and Trial Attorney Michael Yoon of the Department of Justice Criminal Division’s Child Exploitation and Obscenity Section.

## Canadian Domestic Sex Trafficking Case[[16]](#footnote-16)

In May 2008, Imani Nakpangi became the first person convicted of human trafficking in Canada. His case involved the sexual exploitation of two females who were 15 and 14 years old when he recruited them. One of the victims, “Samantha,”[[17]](#footnote-17) had been under the protection of Child Welfare for most of her life and also had been diagnosed with fetal alcohol syndrome (Perrin, 2010, p. 69).[[18]](#footnote-18) In fact, she had been living in a group home when Nakpangi first made contact with her and consequently helped her escape the group home. Creating an emotional attachment with his victim, Nakpangi convinced Samantha that he was her boyfriend. He planted the dream that they would purchase a home together if she helped make money by selling sexual services. Throughout the two months she was under Nakpangi’s control, Samantha believed that he was her boyfriend.

Nakpangi already had another victim when he recruited Samantha. “Eve” was only 15 years old when Nakpangi first made contact with her. He was in his mid-twenties. A homeless teenager, Eve was first victimized by another pimp before she was given over to Nakpangi. Over the course of two months, Samantha earned $65,000 for her pimp, and over the course of two and a half years Eve had earned approximately $360,000. Both victims were transported regularly by Nakpangi around the Peel and surrounding regions, and their services were frequently advertised on Craigslist.

In his book *Invisible Chains,* Benjamin Perrin comments on Nakpangi’s recruitment techniques saying, “[l]ike many sophisticated traffickers, Nakpangi adapted his tactics to suit the vulnerabilities and resilience of each individual victim: violence if necessary, but not necessarily violence” (p. 70). Emotional manipulation was used for Samantha, whereas Eve was controlled “with physical violence and threats against her family” (Perrin, 2010, p. 70). Eve was also told she would have to pay an exit fee of $100,000 if she wanted to leave the trade (Mitchell, June 25, 2008; RCMP, 2010, p. 24).[[19]](#footnote-19) The violence and physical threats escalated when Nakpangi suspected Eve was beginning to gain more confidence. One of his threats was finally the breaking point for Eve, and she called the police in November 2007 which led to her and Samantha’s rescue. While Eve initiated contact with police, Samantha was reportedly “enraged” when the police told her that they would be arresting Nakpangi and even expressed a desire to post his bail (Perrin, 2010, p. 123). According to an officer on the case, by showing apparent “respect” for Samantha, Nakpangi was able to provide for a need she did not receive elsewhere (Perrin, 2010, p. 123).

Nakpangi was convicted of human trafficking for the case of Eve and was sentenced to three years imprisonment. In the case of Samantha, Nakpangi was unable to be charged with human trafficking because it was not apparent that she exhibited fear for her safety. While Nakpangi undoubtedly exploited Samantha’s vulnerabilities and served as her pimp by selling her sexual services, it was believed that she did not fear for her safety because she held such strong emotional ties to her trafficker.[[20]](#footnote-20) Instead, Nakpangi was convicted on charges of living off the avails of prostitution and was only sentenced the two-year mandatory minimum.[[21]](#footnote-21) While Nakpangi was sentenced to five years consecutively, he was given a two-for-one sentencing credit. Perrin (2010) notes that “[w]ith 202 days served in pretrial custody, however, Nakpangi received a two-for-one credit for a total of 404 days deducted from his sentence on these charges” (p. 125). Perrin also notes that with the pretrial credit, Nakpangi’s time in jail for the human trafficking conviction would be less than the amount of time he spent trafficking Eve. With his two-for-one pretrial credit, Nakpangi was sentenced in May 2008 to three years and eleven months in jail. He was released on parole in February 2011, but five months later he reportedly started breaching his parole conditions by failing to meet with his parole officer. After being on the run for nine months, a warrant was issued in April 2012 in response to his breached parole. Though he was suspected to be in the Niagara or Greater Toronto Area where he had significant ties, he was arrested in Kingston, Ontario on April 24, 2012 and was “transferred back into the correctional system before appearing before the parole board” (VandenBrink, 2012).[[22]](#footnote-22)

# Appendix 3: Glossary of Terms from The Game

* **Automatic:** The victim will continue to work and follow the rules while her pimp is out of town
* **Bottom Bitch:** A pimp’s main girl (often transports and controls others in the stable for the pimp and assumes the role of the pimp when he is out of town)
* **Brand:** tattoo of pimp’s name or symbol on a victim to acknowledge ownership
* **Break Yourself:** a command to a victim to give her pimp all of her money or choose another pimp
* **Bump:** To recruit a victim
* **Buster Pimp:** A pimp who relies on drugs to control his victims (usually associated to girls working the track)
* **Carpet Ho:** A victim who works the hotel/motel scene
* **Checkin’:** To verbally or physically put an out-of-pocket victim in her place
* **Choose/Ho Up:** when a victim selects a pimp and breaks herself
* **Choosy Suzy:** A girl who jumps from pimp to pimp (frowned upon)
* **Cook:** To prepare a sucker to take his money
* **Date:** Sex for money; also called **Trick** or **Grinding**
* **Double Breasted:** When a pimp has double duties like being a pimp and drug dealer
* **Down:** Refers to a girl being loyal to her pimp
* **Fresh Work:** A green victim
* **Frosted Flakes/Simp:** a sugar-coated, fake pimp
* **Guerilla Pimp:** A violent pimp
* **Head Cut:** To beat a victim
* **Ho:** A victim under control of a pimp
* **In Calls:** Customer attends the prostitute’s location (hotel room/residence)
* **Indoor Pimp:** A pimp who works the escort scene and/or clubs
* **Live:** new term used to indicate involvement in the Game
* **Mack or Mack Daddy:** An experienced, smooth pimp who uses verbal and mental manipulation instead of violence or threats
* **Out Calls:** Prostitute attends customer’s location (hotel room/residence)
* **Out of Pocket:** When the victim does something wrong, like argue, look at another pimp, or try to run off another victim in her household
* **Popcorn Pimp:** A low level pimp or beginner
* **Scratch:** Money
* **Serving:** A victim’s new pimp notifying her old pimp of the change in situation
* **Shit On:** Talk bad about
* **Square:** Everyone not in the Game
* **Stable:** Multiple females under the control of one pimp (3 or more victims in one stable are also referred to as a “household”
* **Stable Wrecker:** A victim who will argue, fight, and create strife in a household
* **Sweating:** trying to persuade, convince, or harass a victim into leaving her old pimp
* **The Game**: The term used to describe the pimp/prostitute subculture, the unique relationship involved, and the associated rules.
* **Track/Stroll/Blade:** Working the streets
* **Turnout or Turned Out**: A victim who is introduced into the Game for the first time
* **Whip**: A flashy car, part of a pimp’s campaign
* **Wifey or Wife-In-Law**: A fellow victim who is part of a stable

# Appendix 4: The 48 Laws of Pimping[[23]](#footnote-23)

1. Purse First, Ass Last
2. Get a Name in a Game
3. Don’t Chase ‘Em, Replace ‘Em
4. Keep a Ho in Arrears
5. Prey on the Weak
6. When Pimpin’ Begins, Friendship Ends
7. Pimp the Game
8. Don’t Let Your History Be a Mystery
9. Learn the Rules
10. Plan Your Work and Work Your Plan
11. Avoid [Gorillas and Godzillas](http://www.urbandictionary.com/define.php?term=Gorilla+Pimpin)
12. Ain’t No Love in this Shit
13. Pimp Like You’re Ho-less
14. Better a Turnout than a Burnout
15. Say What You Mean and Mean What You Say
16. Give Motivation and Inspiration
17. Get You A [Bottom Bitch](http://www.urbandictionary.com/define.php?term=bottom+bitch)
18. Cop and Blow
19. Turn Ho Ends into Dividends
20. Get in a Ho’s Head
21. A Ho Without Instruction Is Headed for Self-Destruction
22. Keep Hoes on Their Toes
23. A Ho Joins A Stable to Ruin It
24. Set the Trend
25. Grind for Your Shine
26. The Game is to be Sold, Not Told
27. Keep Your Game on the Low
28. Be a Leader
29. Play One Ho Against the Next
30. Prosperity over Popularity
31. Look out for Suzy Choosy
32. Turn a Tramp into a Champ
33. Bring Your People With You to the Top
34. Show Respect to Get Respect
35. Trust Nothing but the Game
36. Be Internationally Known, Nationally Recognized, and Locally Accepted
37. Let a Ho Know
38. Wreck a Hater
39. Switch Up
40. Don’t Down ‘Em, Crown ‘Em
41. Keep Your Front Up Till You Come Up
42. Talk Shit and Swallow Spit
43. If You Can See It, You Can Be It
44. You Need Fire and Desire
45. Get Rid of the Word “If”
46. Move and Shake Like a Pimp Shakes
47. Pimpin’ Is What You Do, Not Who You Are
48. Don’t Believe the Hype

# Resources

As knowledge about human trafficking spreads, there are countless resources in various formats. This list does not attempt to provide all of the resources available but merely lists some resources to get you started.

## American Resources & Further Reading

**National Human Trafficking Hotline**
<http://humantraffickinghotline.org/>
Call 1-888-373-7888 ( TTY: 711) | Text 233733

**Polaris Project**
<https://polarisproject.org/>

**Thistle Farms**
<https://thistlefarms.org/>

**Rebecca Bender Initiative**
<http://www.rebeccabender.org/>

**Girls Educational & Mentoring Services (GEMS)**(New York)
<http://www.gems-girls.org/>

**Shared Hope International**https://sharedhope.org/

**Courtney’s House**<http://www.courtneyshouse.org/>

**She’s Somebody’s Daughter**
(Pensylvania)
<http://shessomebodysdaughter.org>

Articles by Nicholas Kristof (*The New York Times*) who writes about both international and domestic sex trafficking: <<https://www.nytimes.com/column/nicholas-kristof>>

Lloyd, Rachel. (2011). *Girls Like Us: Fighting for a World Where Girls are Not for Sale, an Activist Finds Her Calling and Heals Herself*. New York, NY: HarperCollins Publishers.

Sher, Julian. (2011). *Somebody’s Daughter: The Hidden Story of America’s Prostituted Children and the Battle to Save Them.* Chicago, IL: Chicago Review Press.

Williamson, Celia and Terry Cluse-Tolar. (2002). “Pimp-Controlled Prostitution: Still an Integral Part of Street Life.” *Violence Against Women*, 8(9), 1074-1092. <<http://www.sagepub.com/ballantinestudy/articles/Chapter09_Article01.pdf>>

## Canadian Resources

**The Chrysalis Network: Canada National Toll-Free Counseling Line**<http://www.chrysalisnetwork.org/>
1-866-528-7109

Canada Women’s Foundation. (Fall 2014). “‘No More’ Ending Sex-Trafficking in Canada. Reformed of the National Task Force on Sex Trafficking of Women and Girls in Canada.” < <https://www.canadianwomen.org/sites/canadianwomen.org/files/CWF-TraffickingReport-Auto%20%281%29_0.pdf>>

Carville, Olivia. “A Toronto Star investigation into the dark underbelly of domestic sex trafficking in Ontario.” *Toronto Star*. <<http://projects.thestar.com/human-sex-trafficking-ontario-canada/>>

Cherry, Tamara. (June 15, 2010). “Canada’s Sex Traffickers: C2C’s Investigative Report.” *C2C Journal* <<http://c2cjournal.ca/2010/06/canadas-sex-traffickers-c2cs-investigative-report/>>

Criminal Intelligence Service Canada. (August 2008). *Organized Crime and Domestic Trafficking in Persons in Canada: Strategic Intelligence Brief*. <[http://www.cisc.gc.ca/products\_services/domestic\_trafficking\_persons/document/sib\_web\_en.p df](http://www.cisc.gc.ca/products_services/domestic_trafficking_persons/document/sib_web_en.pdf)>

Dorais, Michel and Patrice Corriveau. (2009). *Gangs and Girls: Understanding Juvenile Prostitution*. Montreal, QC: McGill-Queens’s University Press.

Jessome, Phonse. (1996). *Somebody’s Daughter: Inside the Toronto/Halifax Pimping Ring*. Halifax, NS: Nimbus Publishing.

Niagara Regional Police Service. (March 30th, 2012). P.A.V.I.S. Unit Intelligence Report (2012- 04).

Perrin, Benjamin. (2010). *Invisible Chains: Canada’s Underground World of Human Trafficking*. Toronto, ON: Penguin Books Ltd.

Royal Canadian Mounted Police Criminal Intelligence. (March 2010). *Human Trafficking in Canada.* Unclassified ed. Ottawa, ON: Royal Canadian Mounted Police. <<http://publications.gc.ca/collections/collection_2011/grc-rcmp/PS64-78-2010-eng.pdf>>

United Nation Protocol to Prevent, Suppress and Punish Trafficking in Persons Especially Women and Children, supplementing the United Nations Convention against Transnational Organized Crime (“Palermo Protocol”). <<http://www2.ohchr.org/english/law/pdf/protocoltraffic.pdf>>

## International Perspectives

Bales, Kevin. (2007). *Ending Slavery: How We Free Today’s Slaves*. Berkley, CA: University of California Press.

Batstone, David. (2007). *Not for Sale: The Return of the Global Slave Trade – and How We Can Fight It.* San Francisco, CA: HarperOne.

Bolkovac, Kathryn. (2011). *Whistleblower: Sex Trafficking, Military Contractors, and One Woman’s Fight for Justice*. New York, NY: Palgrave Macmillan.

Kristoff, Nicholas D. and Sheryl WeDunn. (2009). *Half the Sky: Turning Oppression Into Opportunity for Women Worldwide*. New York, NY: Vintage Books.

Malarek, Victor. (2009). *The Johns: Sex for Sale and the Men Who Buy It*. Toronto, ON: Key Porter Books Limited.

Malarek, Victor. (2003). *The Natasha’s: The New Global Sex Trade*. Toronto, ON: Penguin Canada

## Organizations

**Coalition to Abolish Slavery and Trafficking**<http://www.castla.org/>

**ECPAT**<http://www.ecpat.net/>

**Free The Slaves**<https://www.freetheslaves.net/>

**International Justice Mission**<http://www.ijm.org/> (American) | <https://support.ijm.ca/homepage> (Canadian)

**Love 146**<http://www.love146.org/>

**Not For Sale**<http://www.notforsalecampaign.org/>

**Stop The Traffik**<http://www.stopthetraffik.org/>

**UNSEENUK**<http://www.unseenuk.org/>

**World Vision**<http://worldvision.com/> (American) | <http://www.worldvision.ca/> (Canadian)

## Pimp books

Coates, Robert. (2006). *The Pimp Easy Book: The only step-by-step Pimp Manual*.

Gholson, Alfred “Bilbo.” (2001). *The Pimp’s Bible: The Sweet Science of Sin*. Chicago, IL: Research Associates School Time Publications.

Pimpin’ Ken and Karen Hunter. (2007). *Pimpology: The 48 Laws of the Game*. New York, NY: Simon & Schuster.

Royal, Mickey, Stacie Foote and Chitose Freeman. (2000). *The Pimp Game: Instructional Guide*. Los Angeles, CA: Sharif Publishing.

## Pimp videos

Due to the changing nature of YouTube (reported videos, video removed, etc.), rather than listing links that may not continue to work, we suggest that you visit YouTube and do a quick search of “how to be a pimp” or “how to pimp a girl.” Please search at your own discretion and be advised that many videos will not be safe to view in a work environment or around minors.

## Blogs/Forum Threads

“How To Become A Pimp.” <<http://members.tripod.com/nicky_mack_the_pimp/>>

The Don Juan Center, Discussion Forum Hall of Fame: “Pimpology 101: Setting up the first date” <<http://www.sosuave.com/ubb/Forum6/HTML/000685.html>>

“Confessions of a College Pimp.” <<http://bigthink.com/dollars-and-sex/confessions-of-a-college-pimp>>

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Speaking/Training: www.timeascause.ca/speakers

Manuals: [www.timeascause.ca/manuals](http://www.timeascause.ca/manuals)

1. <https://www.unodc.org/unodc/en/human-trafficking/what-is-human-trafficking.html> [↑](#footnote-ref-1)
2. Note: there is a difference between “human trafficking” and “human smuggling.” The organization Human Rights Watch distinguishes the two based on three fundamental differences: consent, exploitation, and transnationality. <https://www.hrw.org/news/2015/07/07/smuggling-and-trafficking-human-beings> In a human smuggling situation, a smuggled person “agrees to being moved from one place to another.” In a human trafficking situation, even if someone agrees to being moved from one place to another, the promises and details have been fabricated and falsified. In a human smuggling situation, a smuggler’s role is complete once the smuggled person has arrived at their destination. Lastly, smuggling always involves crossing international borders.

A smuggled person might find themselves in a precarious situation since they are vulnerable to traffickers and exploiters. [↑](#footnote-ref-2)
3. Domestic trafficking does not require its victims to be citizens of the country where exploitation occurs; domestic trafficking simply refers to the fact that international borders are not cross. Therefore, an immigrant in the United States or Canada recruited and exploited in that same country could still be considered a case of domestic trafficking. [↑](#footnote-ref-3)
4. <https://leb.fbi.gov/2011/march/human-sex-trafficking> [↑](#footnote-ref-4)
5. “The Game” is also sometimes referred to as “The Life.” [↑](#footnote-ref-5)
6. Don “Magic Juan created an empire by living off the avails of young women across the United States. He is incredibly influential in hip hop music and popular culture, and he regularly makes guest appearances in music videos and at celebrity events. The Annual Players Ball, first started in 1974 in Chicago as a birthday celebration for Juan, attracts pimps and celebrities alike. Attended by musicians like Snoop Dogg and Too $hort, this event recognizes pimps by presenting awards like the Pimp of the Year, Player of the Year and Mack of the Year. The event is still held annually. [↑](#footnote-ref-6)
7. <http://www.huffingtonpost.ca/entry/pimp-rules-list-for-da-game-of-hoez_n_1778493> [↑](#footnote-ref-7)
8. A term used by pimps who have multiple victims “working” for them. [↑](#footnote-ref-8)
9. Please note that this is an approximate age range; there are situations in which traffickers have been older than this, and some news reports have indicated that males as young as 16 have been charged with human trafficking. [↑](#footnote-ref-9)
10. Slang for a girl who is being pimped. [↑](#footnote-ref-10)
11. <http://members.tripod.com/nicky_mack_the_pimp/> [↑](#footnote-ref-11)
12. A “john” is a person who purchases sexual services. [↑](#footnote-ref-12)
13. <http://www.thehotline.org/2013/06/10/50-obstacles-to-leaving-1-10/> [↑](#footnote-ref-13)
14. Dovydaitis, T. (2010). “Human Trafficking: The Role of the Health Care Provider.” *Journal of Midwifery & Women’s Health*, 55(5), 462–467. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3125713/> (Accessed February 2018) [↑](#footnote-ref-14)
15. Text from article released by the FBI, August 25, 2009. <<https://archives.fbi.gov/archives/houston/press-releases/2009/ho082509.htm>> [↑](#footnote-ref-15)
16. Case study originally drafted for Masters research paper “Getting into ‘The Game’: Domestic sex trafficking in Canada, male pimps, and the social construction of their female victims” (2015) by Jennifer Lucking. [↑](#footnote-ref-16)
17. The victims were given pseudonyms. [↑](#footnote-ref-17)
18. Perrin, Benjamin. (2010). *Invisible Chains: Canada’s Underground World of Human Trafficking.* Toronto, ON: Penguin Books Ltd. [↑](#footnote-ref-18)
19. Mitchell, Bob. (June 25, 2008). “Man gets 5 years for selling teens for sex.” *The Toronto Star*, News. < http://www.thestar.com/News/GTA/article/448737> Accessed February 2012.

Royal Canadian Mounted Police Criminal Intelligence. (March 2010). *Human Trafficking in Canada. Unclassified ed.* Ottawa, ON: Royal Canadian Mounted Police.
 [↑](#footnote-ref-19)
20. Perrin critiques the Canadian judicial system’s definition of human trafficking and notes that Eve would be considered a human trafficking victim under the *Palermo Protocol* definition because minors are considered to be trafficked by any means of force, fraud or coercion (2010, p. 124). [↑](#footnote-ref-20)
21. The maximum sentence for this offence is fourteen years. [↑](#footnote-ref-21)
22. VandenBrink, Danielle. (April 2012). “Police capture fugitive.” *The Kingston Whig Standard.* <http://www.thewhig.com/ArticleDisplay.aspx?e=3543232&#postbox> Accessed April 2012. [↑](#footnote-ref-22)
23. From *Pimpology: The 48 Laws of the Game*. (2007). Pimpin’ Ken. New York, NY: Simon Spotlight Entertainment. [↑](#footnote-ref-23)