



TOP 20: WAYS ANYONE CAN ENGAGE IN ANTI-TRAFFICKING EFFORTS

1. **Stay informed, partner, and invest** in building the capacity of our region to combat trafficking by visiting informational websites such as the WSU Center for Combating Human Trafficking (CCHT), liking Facebook pages, and being active on Twitter.
2. **Get and remain educated.** In order to be an intentional ally in the anti-trafficking/abolitionist movement, you must first seek to gain knowledge and understanding. Do this by partnering with survivor-leaders and other long-term direct-practitioners, reading books, watching movies, reading articles etc.
3. **Be aware of, and intentional about, your own behavior.** It starts with us as individuals and in our homes. Before we can make a change in this world, we must first be willing to make a change in ourselves. We are the greatest facilitator of a solution when we recognize that we too are a part of the problem. Pay attention to the words you use, the way you treat others, the way you present yourself, the things you purchase/consume, etc.
4. **Support fair trade practices.** Choose to purchase items from companies that refuse to allow forced labor, child slavery, or unsafe practices in their supply chains (e.g. look at where original crop of coffee, cotton, etc. came from by visiting sites such as free2work & slaveryfootprint.org). Download Fair Trade USA's APP on your phone at <http://fairtradeusa.org> to find fair trade products in your area.
5. **Support survivors' holistic recovery.** Purchase products from places like Thistle Farms, House of Hope, etc. to assist survivors of human trafficking in developing job skills and earning a living wage.
6. **Respect yourself and others.** This could be as basic as saying "hello" to others as you walk past them, sharing compliments beyond appearance, learning to accept a compliment and not put yourself down, being an example of someone who strives for holistic health, etc.
7. **Learn and be aware of the warning signs** of neglect, abuse, and various forms of exploitation/human trafficking and **speak up and share your concern** when you recognize/witness abuse in a way that is genuinely respectful, does not blame the victim, and seeks to find a solution. Let the victim/survivor know that they deserve to be treated with dignity and respect. Be sure they know that although you believe abuse is wrong, there is nothing wrong with them.
8. **Be prepared.** Put the National Human Trafficking Hotline in your phone: 1-888-373-7888 or text BeFree (233733). The National Human Trafficking Resource Center (NHTRC) is a national, toll-free hotline available to answer calls and texts from anywhere in the country, 24 hours a day, 7 days a week, every day of the year. Use this number to report a tip, connect with anti-trafficking services in your area, request general information, or learn about resources in your area.
9. **Be careful** and don't take on more than you can handle. You cannot help another if you are worn thin, practicing beyond your area of expertise, or are in a dangerous situation.
10. **Speak out!** Just talking about abuse and exploitation makes a difference.
11. **Challenge and oppose** sexist, racial, or otherwise disrespectful remarks, jokes, behavior, etc.
12. **Be an example.** Sometimes the very best way we can prevent and/or intervene in situations of abuse or exploitation is by representing the option of a healthy, safe, loving lifestyle.
13. **Prevent abuse and exploitation** by spending quality time with young people and encouraging them to explore their own thoughts, beliefs, and goals, etc.
14. **Empower OUR** young people by providing them with opportunities in which they can grow, develop, and recognize their own strengths, gifts, and talents.
15. **Pray** regularly for *OUR* country, for *OUR* children and families, and particularly for *OUR* most marginalized youth who find themselves on the street and vulnerable to Human Trafficking predators. For accountability and consistently, take turns in a group to specifically pray for those in *OUR* community who at at-risk of or subjugated to sexual exploitation/trafficking, for those serving at-risk populations, etc.
16. **Advocate and/or promote stronger public policy** by writing emails, letters, calling and/or visiting our local and State Representatives and Legislators. As a large group of constituents, address issues such as HT/SE; Pornography; Strip Clubs, etc. They will listen to you!
17. **Commit to adopting** an organization and give of your resources regularly (i.e. finances, time doing office work, cooking or sewing talent, etc.). Help pay for or provide labor to build a home; make a meal once a month; volunteer to teach youth a skill; etc.
18. **Fundraise** to support an agency such as the WSU Center for Combating Human Trafficking (CCHT) by hosting a fun movie/discussion night; host a bake sale; run and/or bike for your cause; a dinner; or a Girl's Night In Mary Kay/Avon/Scentsy/Jewelry Party night. When you donate to CCHT you can specify how you would like the money to be used (e.g. for our faith initiative, direct-service provider training, multidisciplinary team collaborative efforts, etc.).
19. **Invest in young people.** Tutor students, volunteer in in your faith congregations children's ministry, volunteer for community youth outreach groups, or commit to serving as a long-term mentor. Meet with your mentee consistently, love them unconditionally, encourage them, be an example of a person's true purpose, value, and worth.
20. **Build-up, Respect, and Support Survivor-Leaders.**