



100

WAYS TO FIGHT

Human Trafficking

Thank you for downloading **100 Ways to Fight Human Trafficking**.

When I was first starting out in trying to become active in the anti-human trafficking arena, I had no idea what I could do that would be helpful.

From experience of working in the field for eight years and listening to the real needs of organizations and agencies that work in all areas of trafficking - prevention, intervention, restoration and reintegration, these ideas are truly ones that can and will make a difference.

Change doesn't happen overnight. It takes showing up consistently, pure grit and dedication, plus persistence and keeping your "why" tucked into your pocket to really make a dent in this field. But it can be done!

This list is by all means not exhaustive! This is just to get your brain gears churning on what you can uniquely contribute.

Don't let this list restrict you! Give it your own spin and make it your own.

I'm rooting for you and cannot wait to see and/or hear the impact you're making in your own community!

In it to win it with you,

A handwritten signature in black ink that reads "Adia". The signature is written in a cursive, flowing style.

P.S. Those that are underlined are directly linked to resource pages for your easy viewing pleasure.

100 WAYS TO FIGHT *Human Trafficking*

- 1 Buy products that support survivors**

There are several books written by survivors to purchase, as well as, jewelry, purses, household items, etc. that you can buy to directly help them in their journey healing!
- 2 Commit to social justice**

Make the solid decision to take a stand for the justice of victims of human trafficking. Do not waver. They are counting on you!
- 3 Don't involve yourself with certain businesses**

The National Center on Sexual Exploitation (NCOSE) puts out a Dirty Dozen list every year that highlights the worst offenders of sexual exploitation. Choose not to support them! ([Click for 2020 Dirty Dozen List](#)).
- 4 Create a Facebook Fundraiser**

[Organize a fundraising campaign via Facebook for your favorite anti-human trafficking organization \(click for more info\).](#)
- 5 Give your gifts to your favorite org**

Instead of receiving birthday/wedding gifts, ask for your friends and family to make a contribution to your favorite anti-trafficking org instead.
- 6 Buy fair trade**

Start small. Choose to buy fair trade of items you use on a regular basis, e.g. shampoo, soap, coffee, chocolate, etc.
- 7 Create a personal HT social media campaign**

Create and share a 31-day social media campaign for January - National Human Trafficking Awareness month.
- 8 Start a club or organization**

Form a club or organization at school or in your community to create awareness on human trafficking.
- 9 Open up a pop-up shop**

DIY items and sell them at your own pop-up shop to raise money for a local anti-trafficking org.
- 10 Organize a fair/yard sale**

Create a craft fair or neighborhood yard sale to sell items where a portion or all of the sales goes towards an anti-trafficking organization.

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11 Go on a mission/service project trip

Christian or the like? Make it a priority to go on a special mission trip with your church to an area widespread with human trafficking.

12 Youth & Christian? Study at DTS with YWAM

Apply to study at the special Human Trafficking DTS with YWAM, where they do special mission trips all over the world.

13 Traveling? Volunteer at a local org

Going somewhere for a while? How about taking some time to volunteer at a local anti-human trafficking organization during your visit!

14 Organize your own personal service project trip

Plan out your own personal service project trip to a locale rampant with human trafficking and dedicate to work with a local org there.

15 Consume Consciously

Be mindful of what you consume. Not only what you buy to eat, to wear, to use and then discard, but also what you read, listen to, watch and who you follow.

16 Refuse to devour pornography

Not only is it physically damaging to your brain & your behaviors/attitudes towards women, but it fuels the demand of trafficking & is responsible for exploiting women.

17 Don't patronize "Adult-only" businesses

Strip clubs, escort services, brothels, etc. are all known places that sexually exploit women. Women are not an objectified means of entertainment for pleasure.

18 Watch what you (and others) say

There is power in language & mindsets. Do not reinforce stereotypes nor glamorize trafficking by related words. Refuse to perpetuate the cycle of dehumanization. **Use these terms instead.**

19 Be a part of the public online conversation

Join the online conversations happening on Facebook, Instagram, and/or Twitter by being an informed, "expert" commentator.

20 Host Community Conversations

It all starts with a conversation. Get the PTA, law enforcement, schools & community members together to talk about safeguarding children.

21 Faith-Based Community: Host awareness events

Host an awareness event & community forums with anti-trafficking leaders or collectively support a local victim service provider organization.

22 Businesses: Provide Jobs

Provide jobs, internships, skills training, & other opportunities to trafficking survivors.

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23 Businesses: Offer Regular Human Trafficking Training

Make it a part of your culture to have ongoing training for your staff regarding human trafficking.

24 Businesses: Create Trauma-Informed Protocols

Revisit your current policies & procedures to make them more conducive to being trauma-informed if you are a business that may encounter victims of trafficking.

25 Businesses: Look at your Supply Chain

Take steps to investigate & prevent trafficking in your supply chain by consulting the [Responsible Sourcing Tool](#) and the DOL [Comply Chain](#).

26 Health Care Providers: Learn to Identify Victims

Learn the indicators of human trafficking & how to best assist victims. Partner with local anti-trafficking orgs to expand services to victims.

27 Journalists: Use Best Practices for Trafficking

The media has a huge responsibility in shaping perceptions & guiding public conversations about trafficking. Use best practices on how to effectively report ht stories.

28 Attorneys: Offer HT specific services

Offer human trafficking victims legal services, including support for those seeking benefits or special immigration status. [Refer to resources here.](#)

29 Youth: Learn to protect yourself & others

Learn how to recognize traffickers' recruitment tactics, **how to safely get out of uncomfortable situations, and how to reach out for help any time.**

30 College Students: Take action on your campus

Join or establish a university club to raise awareness and initiate action. Do a research project on trafficking. Request trafficking be included in university curricula.

31 Collect items for Street Outreaches

Some organizations do street outreach and give victims a backpack/bag full of useful goodies (toiletries, socks, jewelry, etc.). Research your local org to see items needed & collect and deliver it to them.

32 Organize a lip gloss drive

This idea comes from survivor Harmony Grillo, whose organization, Treasures, adds lip glosses to their outreach goody bags. [Find out more info about this here.](#)

33 Run for local office

Want to really effect change? Why not consider running for local office so you can be crucial in proposing and passing laws that help the fight against trafficking.

34 Write an opinion piece

Good at writing? Write an opinion piece for your local newspaper regarding human trafficking to increase exposure in your community.

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- 35 Become a mentor** Choose to mentor a young person that you know of or look into local organizations that specifically offer mentorship programs and join as a mentor!
- 36 Join your local task force** Join your local human trafficking task force or establish a multi-disciplinary coalition if there isn't one in your community.
- 37 Gather food donations** Once a month (or more frequently) gather food donations from local stores & distribute them to organizations that help at-risk youth, families, or victims of trafficking.
- 38 Donate used clothing** Donate good, used clothing to organizations that help at risk youth or survivors of trafficking.
- 39 Write positive notes to victims** Write positive, encouraging notes or letters to survivors/victims of trafficking and deliver them to an organization that directly works with them.
- 40 Volunteer at a crisis center** Sign-up to become a volunteer at a crisis center to answer hotline calls, tabling events, give presentations, etc.
- 41 Set up Google Alerts** Stay on top of the latest human trafficking updates by setting up Google Alerts to tag and send you any related news.
- 42 Give bus cards** Either raise funds to buy bus cards or request your local transportation service to donate bus cards to anti-trafficking orgs that work directly with survivors.
- 43 Become an expert on human trafficking** Get a degree or special certificate on human trafficking and become a go-to expert on the topic to help your local/our global community.
- 44 Speak up** When you hear or see someone perpetuating the harmful effects of trafficking, speak up and take a stand.

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- 45 Buy gift cards for victims** Purchase gift cards from Target, Walmart, or any fast food restaurant to donate to organizations that work directly with survivors.
- 46 Start a blog** Create a blog that is dedicated solely to human trafficking. It can be a niche-focused blog like focusing only on labor trafficking or more broad and wide-reaching.
- 47 Start a podcast** Love to talk? Start a podcast that brings on human trafficking experts and interview them. Add your own commentary on trafficking and become a culture changer.
- 48 Tithe your time** Vow to volunteer at least four times a year to your favorite human trafficking cause.
- 49 Run a marathon/triathlon** Raise money with human trafficking as your platform when participating in a general marathon/triathlon in order to raise awareness.
- 50 Organize a run/walk** Organize a run/walk fundraiser for your local organization.
- 51 Have a restaurant donate sales** Get your favorite restaurant to donate a portions of their sales for a night/week/weekend in order to raise money and awareness for human trafficking.
- 52 Start a book club/monthly dinner** Create a book club or start a monthly dinner centered on sexual exploitation or human trafficking as its focus.
- 53 Organize a peaceful march** Marching is a great way to get attention on the issue of human trafficking. Why not consider organizing one?
- 54 Organize a fundraising car wash** Gather your family, friends, teammates and create a fundraising car wash for your favorite anti-trafficking organization.

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55 Design an app

If computer programming is your thing, why not consider developing an app to help youth get out of shady situations, or help law enforcement gather intel. The sky's the limit!

56 Design t-shirts

Why not lend your drawing or designing skills to creating sellable t-shirts for your favorite anti-trafficking org? They'll be happy to work with you!

57 Design a website

Tech-savvy? Why not offer your design services pro-bono to your favorite org and offer to re-design/update their website.

58 Raise money through Twitch

[Connect with a Twitch creator and approach them to create a fundraiser for a favorite anti-trafficking organization.](#)

59 Take a New Hope University course

Utilize our online source for in-depth courses on human trafficking by enrolling for them and then sharing the courses with your friends!

60 Intern or Volunteer at NHFI

Why not give some of your time and volunteer or intern with NHFI? We are always looking passionate people who believe in the importance of prevention. **Contact us today.**

61 Join Operation Post & Protect

Download the Operation Post & Protect bundle, get them printed and start outreaching to local businesses for them to post and become proactive in protecting their patrons!

62 Pray or Meditate for Victims

Challenge yourself to intentionally pray for or meditate on victims of trafficking for 21-days. Document your experience and share on your social media. Tag your posts #SLAVERYMUSTDIE.

63 Fast for victims of trafficking

Go on a 7-day fast for victims of trafficking and document your experience and any revelations you received via Instagram. Tag your posts using #SLAVERYMUSTDIE.

64 Share these tips!

Print this out or give the link to this guide to your friends and family via social media so they can be proactive in helping to fight human trafficking.

65 Get in touch with your representatives

Inform your local government representatives about human trafficking and ask what they are doing to address it in your community.

66 Host a virtual documentary screening party

[Instead of an in-person documentary screening, try a virtual one instead hosting your favorite human trafficking documentary.](#)

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85 Organize a safehouse supply drive

inquire what your local safe house needs to help better serve survivors and organize a drive to collect all the items which will be later provided to them.

86 Download the Anti-Trafficking App

The TraffickCam app allows you to upload photos of pictures of hotel rooms you stay in when you travel to help locate and catch perpetrators.

87 Learn how many slaves contribute to your lifestyle

Depending on how you choose to live, take this quiz to determine about how many enslaved people contributed to the lifestyle you live.

88 Save the Hotline Number in your phone

Save the National Human Trafficking number in your phone - **888-373-7888** and their texting service **233733** (BEFREE) so you have it on hand at all times & share it!

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89 Follow Anti-Trafficking Orgs on Social Media

Follow some of your favorite anti-trafficking organizations on social media and don't hesitate to share the posts that really move you. Sharing is caring!

90 Volunteer your professional services

Organizations are always in need of extra help & looking for the talent of doctors, lawyers, dentists, counselors, graphic designers, media, event planners, and translators.

91 Make a video

Create a short video on what human trafficking is, how to spot it and how to report it and share it on your social media to raise awareness.

92 Where a dress or tie every day in December

[Dressembler is a cause that challenges people to wear a dress or tie every day in December & raise money to fight human trafficking globally.](#)

93 Sign or create a petition

Sign or create a petition to strengthen anti-trafficking laws in your community.

94 Be vocal at town hall meetings

Use the power of your voice to speak up about human trafficking at town halls or political meetings in your community.

95 Embrace healthy masculinity

To counteract the masculinization of men in our culture today, find ways to celebrate & embrace healthy masculinity in the men in your life.

96 Reject our hypersexualized culture

Not only your voice, but what you choose to spend your money on speaks volumes. Refuse to pay for or support companies, products, entertainment that promote hypersexualization.

97 Embody healthy self-esteem

Work on your self-worth everyday through positive self-talk, acceptance of who you are & where you're at, & learn to love all of who you are. Set your sights on your dreams, never lose hope & have faith!

98 Play fantasy football for a good cause

Dedicate & donate a season of your earnings or a high-stakes game winning of fantasy football to your favorite anti-trafficking org.

99 Donate your miles

If you've racked up a ton of frequent flier miles, why not donate a portion or all of them to your favorite survivor supporting org, so they can send survivors to a safe place?!

100 Make it your own

You are unique and have the creativity to develop your own way of giving back and fighting this atrocity. Dig deep, be committed & get to it!