EmpowerU | A Human Trafficking Knowledge-Sharing Event

AURA FREEDOM INTERNATIONAL

EDUCATIONAL RESOURCES

All of the resources below can be found at **aurafreedom.org**

Human Trafficking Info Hub

The Aura Freedom **Human Trafficking Info Hub** has various resources:

- Root Causes
- Definitions
- Risk Factors
- Internet Safety
- Canadian Trends & Statistics
- Luring & Grooming Tactics
- Info on Coercive Control



HUB FEATURES:

- **VIDEOS**
- **DOWNLOADABLE PDFS**
- **MYTH BUSTING**
- **RESOURCES FOR EDUCATORS & FRONTLINE**

Customized Workshops & Training for Frontline Workers

Aura Freedom offers customized workshops & training for frontline workers, schools, healthcare workers, law enforcement and more.

To request a workshop for your group or organization, simply email us at **info@aurafreedom.org** and one of us will be in touch to start the planning process.

Gender-Based Violence Resource Centre

Our **GBV Resource Centre** includes:

- Facts, Statistics & Infographics
- Interviews with Frontline Workers
- Grassroots Case Studies
- Information on Violence Against Indigenous Women, Girls & 2-Spirit
- Impact of GBV on Canada & World
- "Imagine" Video Series

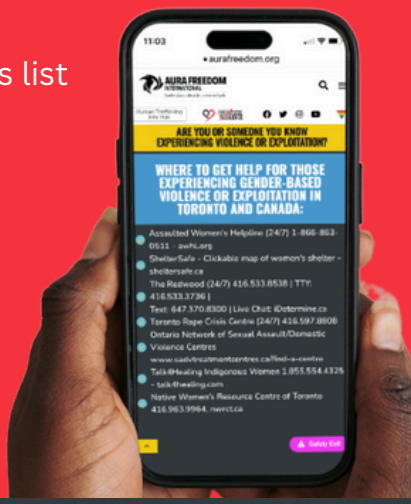
Get Help Landing Page for GBV/HT Survivors

Our **GET HELP** page is full of helpful info...

- Contact info for emergency shelters & community services
- Tips for people preparing to leave violent situations
- Advice for people reaching out to someone who is experiencing violence
- Safety planning tips
- Community partners list

PAGE FEATURES:

- **PHONE NUMBERS**
- **CLICKABLE WEB PAGE LINKS**
- **SAFETY EXIT BUTTON**
- **SAFETY TIPS**



FOR HER* - *A look at femicide in Canada

Aura Freedom's campaign on femicide featuring an educational microsite, research, info on MMIWG2S, and more. Visit **aurafreedom.org/forher**.

@aurafreedom

EmpowerU | A Human Trafficking Knowledge-Sharing Event

AURA FREEDOM INTERNATIONAL

Are you or someone you know experiencing violence or exploitation?



If you are leaving or preparing to leave a violent situation:

- You are not alone and none of this is your fault.
- Your safety and the safety of your children is the #1 priority.
- Cover your tracks on all your devices, as they may be monitored.
- While you can't control your partner, you can create a Safety Plan to leave or to stay safer *(see page 3 for Safety Planning tips)*
- Hide this safety plan from your partner.
- There are free resources and services in the community to support you in different ways: emergency shelter, food, counselling, help with making a safety plan, legal support, and more *(see page 4 for free resources)*.
- If you can, tell someone you trust about your situation so that you have support and someone to call.

Tips for reaching out to someone who may be experiencing violence or exploitation:

- Listen with empathy and compassion.
- Tell them they are not alone and there is help.
- Follow their lead and connect when they say it is safe - they know best.
- Be aware that their calls and devices may be monitored and be conscious of what you ask or say.
- Listen without judgement, without asking why they stay, and without criticism.
- Avoid self-serving questions that ask for personal details.
- Offer them community resources available and safety planning tips or offer to drop off food and other necessities if you are able to.
- Follow up at their convenience, even if you are eager to hear from them.
- Avoid becoming upset if they make decisions you don't understand.

THE VIOLENCE AT HOME SIGNAL FOR HELP BY CWF

Use this signal to ask for help on a video call without leaving a digital trace...



1. Palm to camera and tuck thumb



2. Trap Thumb

Additional educational resources available at aurafreedom.org:

- Customized Workshops & Training for Frontline Workers
- Get Help Landing Page for GBV/HT Survivors
- Human Trafficking Info Hub
- Gender-Based Violence Resource Centre

@aurafreedom

What is Safety Planning?

A **safety plan** is a personalized, practical plan to improve your safety while experiencing abuse or preparing to leave an abusive situation. Whether you are living in a violent relationship, thinking about leaving a violent relationship, or have already left a violent relationship, there are several ways in which you can increase your safety and that of your children.

Creating a safety plan involves identifying action steps to increase safety and to prepare in advance for the possibility of further violence. Since abusive situations and risk factors can change quickly, it is recommended that you become familiar with and review and/or revise your safety plan regularly. Be sure to keep your safety plan in a safe location unknown to your partner.

When possible, the best safety plans are those made with trauma counsellors and community healers who work with survivors of gender-based violence.



Safety Planning for Leaving Situations of Human Trafficking

If you're considering leaving a situation of sexual exploitation or human trafficking, below are some tips to help keep you safe.

- Leave your phone behind! You can get another one. If you still have it, keep it turned off as your exploiter may be tracking you with GPS.
- Turn off/disable GPS on phone/tablet if you cannot get a new phone/sim.
- Block exploiter's phone number and block your own phone number when making calls. Have your number unlisted and set an anonymous voicemail.
- Change your phone plan if someone has access to your account.
- Do not accept calls from private/unknown numbers.
- Stash money for emergencies and keep an emergency bag ready with essentials, ID, keys, documents, precious items, medications, etc.
- Take photos of your pieces of ID if you have access to them.
- Change passwords for bank accounts, emails, iCloud, etc. that your exploiters know or can find out.
- Let trusted friends/family know you are leaving your exploiter and show them a photo of what they look like.
- Give trusted friends/family a code word you can text during emergencies.
- Make a list of numbers/services/shelters/people you can contact in an emergency.
- Tell friends/family not to share your location, plans or contact info with anyone, especially your exploiter.
- Delete all social media accounts (Facebook, Instagram, etc.). Make new accounts if you want to stay on social media, but this is not encouraged.
- If you do stay on social media, limit what you share and make account settings private.
- Do not share your location on social media, and ask people you're with to do the same.

GET HELP RESOURCES

Organization	Number	Website
Assaulted Women's Helpline (24/7)	1.866.863.0511	awhl.org
ShelterSafe	-	Visit sheltersafe.ca for a clickable map of women's shelters
Ontario Network of Sexual Assault/Domestic Violence Centres	-	sadvtreatmentcentres.ca/find-a-centre
Talk4Healing Indigenous Women	1.855.554.4325	talk4healing.com
Ligne FEMAIDE Pour Femmes Victimes de Violence (24/7)	1.877.336.2433 ATS: 1.866.860.7082	femaide.ca
Senior Safety Line (24/7)	1.866.299.1011	-
Kid's Help Phone (24/7)	1.800.668.6868 or Text CONNECT to: 686868	kidshelpphone.ca
LGBT Youthline (6-9pm)	1.800.268.9688 Text: 647.694.4275	youthline.ca
Trans Lifeline	1.877.330.6366	translifeline.org
Legal Aid Ontario Domestic Abuse Support - (Mon. to Fri. 8a.m. - 5p.m.)	1.800.668.8258	legalaid.on.ca/services/domestic-abuse
Women's Support Network of York Region (24/7) Crisis Support for Sexual Violence & Sexual Exploitation/Trafficking info@womenssupportnetwork.ca	Crisis Line: 905.895.7313 or 1-800-263-6734 Anti-Human Trafficking Case Management: 905-895-3646	womenssupportnetwork.ca

Canada's National Human Trafficking Hotline:

1-833-900-1010
(24/7, 200 languages)

Mulberry provides contact info for a variety of GBV community services in Ontario including emergency women's shelters, sexual assault centres & more:

Visit **mulberryfinder.ca**

For various social services in Ontario there is Find Help/211:

Dial 211 on any phone
or **Text 21166**
or visit **findhelp.ca**

IF YOU OR SOMEONE YOU KNOW IS IN IMMEDIATE DANGER CALL 911

Additional educational resources available at aurafreedom.org:

- Customized Workshops & Training for Frontline Workers
- Get Help Landing Page for GBV/HT Survivors
- Human Trafficking Info Hub
- Gender-Based Violence Resource Centre

@aurafreedom