

# STEP UP FOR JUSTICE.



**FOUR-WEEK VIDEO SERIES**

**Participant Discussion Guide**



## Table of Contents

- 3. Week One:** The Prevalence of Human Trafficking
- 10. Week Two:** Signs, Modes of Recruitment and Red Flags
- 16. Week Three:** Stepping Up and Taking Action
- 23. Week Four:** Hope and Resilience
- 30. Extra Resources and Tools for Further Learning**
- 31. Survivor's Story:** From Ambitions of Fame to the Freedom of Anonymity



## **WEEK ONE**

# **The Prevalence of Human Trafficking**

# WELCOME TO WEEK ONE:

## The Prevalence of Human Trafficking

Hey, welcome to the Step Up for Justice series!

Today, we're talking about the basics of human trafficking—what it is, how it affects people globally and locally, and why it's such a big issue.

Ready to get started? Grab your guide, take some notes and let's dive in!

### **LET'S DISCUSS: What is Human Trafficking?**

In the video, street interviews revealed different answers to the question, "What is human trafficking?"

**What do you think human trafficking is?**

## KEY TERMS

**Exploitation:** The unfair treatment of a person or group to benefit someone else.

**Trafficking:** The illegal practice of buying or selling people or controlling them for exploitation.



## Did You Know?

Human trafficking happens here in Canada. It's not just an issue happening in other countries. It includes:

- Labour trafficking
- Sex trafficking
- Forced and child marriages
- Organ trafficking
- Child trafficking

## Reflection:

Is this new information to you? Why do you think people often believe human trafficking happens elsewhere and not here?

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## SPACE TO REFLECT

Take some time to reflect on these questions and jot down your thoughts:

Why do you think human trafficking isn't reported as often as it should be?

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## **REAL TALK: Why Isn't Human Trafficking Reported More?**

**Fill in the spaces below:**

Traffickers use fear, \_\_\_\_\_ and threats to keep victims silent.

Many victims have their identity documents taken away, making escape or seeking help difficult.

Trafficking affects both \_\_\_\_\_ and women—it's not just something that happens to girls.

What are your thoughts? Why is it important to raise awareness about human trafficking? Write your answer below.

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### **Discussion Questions**

**As you prepare for the next session, here are some questions to reflect on and discuss with your group:**

1. What were some common misconceptions about human trafficking that you heard in the street interviews?
2. Why do you think people are unaware of how prevalent human trafficking is, even in their own country?
3. How can you personally help raise awareness about this issue? What simple actions can you take?

4. What barriers prevent people from speaking out or reporting human trafficking?
5. How do you think technology, such as social media, can be used to combat or expose human trafficking?

### **CALL TO ACTION: Share What You've Learned**

The more we talk about human trafficking, the more people will become aware of the issue.

#### **Here's how you can make a difference today:**

- Share something you learned from today's session with a friend or on social media.
- Start conversations about human trafficking with your community.



### **Activity: Interactive Quiz**

Scan the QR code below to join an interactive quiz about human trafficking. How much do you know about this issue?

## Your Notes

Use this space to write down any questions, thoughts, or important points that stood out to you from the video.

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## JOIN THE DISCUSSION

We'll continue next week by exploring the signs of human trafficking and how to spot them in your community. Until then, follow us on social media for updates, discussions and ways to get involved in raising awareness.

Stay tuned and let's keep stepping up for justice!

**#StepUpForJustice**





**“It’s those little bits of good put together that overwhelm the world.”**

**– Desmond Tutu**





## **WEEK TWO**

# **Signs and Red Flags of Human Trafficking**

# WELCOME TO WEEK TWO:

## Signs and Red Flags of Human Trafficking

Hey again! Welcome back to week two of the Step Up for Justice series.

Last time, we talked about what human trafficking is and how widespread it is. Now, we're diving into how to spot the signs of trafficking and understand the red flags to watch for.

Grab your guide and let's get started!

### LET'S DISCUSS: What Are Some Signs of Trafficking?

In the video, street interviews revealed different answers to the question, "What are some signs that might indicate someone is being trafficked?"

**What do you think?**

### REAL TALK: Red Flags and Signs of Human Trafficking

**Control:** The person seems controlled by someone else.

**Isolation:** An individual appears isolated, not free to make their own decisions.

**Fear or injuries:** An individual shows signs of fear or physical abuse.

**Coercion:** Traffickers often take away identification or threaten the victim's loved ones.

## Reflection:

Have you noticed any of these signs before, maybe without realizing it?  
What would you do if you noticed them in your community?

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## SPACE TO REFLECT

Take some time to reflect on these questions and jot down your thoughts:

Why do you think it's important to recognize these signs of trafficking?

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## REAL TALK: Understanding Grooming

**Grooming:** A manipulative process traffickers use to gain power over someone. It involves:

- Targeting the individual.
- Building trust and connection.
- Slowly controlling and exploiting them.

## **WHY IT MATTERS: Taking Action on Red Flags**

Recognizing signs of trafficking is only the first step. When you notice these red flags, you have the power to help prevent trafficking by speaking up and reaching out to the proper authorities.

### **Discussion Questions**

1. What are some of the common signs of human trafficking that stood out to you?
2. Have you ever witnessed any of these red flags in real life? How did you respond?
3. How do traffickers use grooming to manipulate and control their victims?
4. Why is it important to be aware of grooming tactics and red flags, especially for young people?
5. How can recognizing signs help you or others take action in the fight against human trafficking?

### **Call to Action: Know the Signs**

#### **Here's your challenge:**

- Be aware of the signs and red flags of human trafficking. Talk to your friends, family, and community about them—because awareness is key to prevention.
- Follow us on social media for more resources and updates.
- If you suspect someone is being trafficked, report it to the proper authorities or use the helplines and resources provided below.



## **ACTIVITY: Interactive Quiz**

Scan the QR code below to join an interactive quiz and test your knowledge about trafficking red flags!

## **Your Notes**

Use this space to write down any thoughts, important points or questions from today's session.

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## **JOIN THE DISCUSSION**

Next time, we'll talk about how you can take action and what steps you can take to help in the fight against trafficking.

Until then, keep learning, sharing and stepping up for justice!

**#StepUpForJustice**





**“Injustice anywhere  
is a threat to justice  
everywhere.”**

**– Martin Luther King, Jr.**



## **WEEK THREE**

# **Taking Action Against Human Trafficking**

# WELCOME TO WEEK THREE:

## Taking Action Against Human Trafficking

We're so glad you're back for week three of Step Up for Justice!

This week, we'll dive into how you can take action against human trafficking. If you've ever wondered what you can do to help, you're in the right place.

### LET'S DISCUSS: How Can We Take Action?

In the video, street interviews gave different ideas in response to the question, "What can we do to take action against human trafficking?"

**What about you? What can you do?**

### REAL TALK: Practical Ways to Get Involved

- **Report suspicious activities:**

Always report to local authorities or the Canadian Human Trafficking Hotline: **1-833-900-1010**.

- **Support survivors:**

Donate or volunteer at organizations that help survivors.

- **Raise awareness:**

Start a fundraiser, host an event or talk to your friends and family about human trafficking.



## Reflection:

What small steps can you take today to begin raising awareness or taking action in your community?

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## **SPACE TO REFLECT** Write down any ideas you have for taking action against human trafficking:

What are some practical steps you could take to help combat human trafficking in your community?

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## **REAL TALK: Actions From People Like You**

Some real-life youth have done such things as:

- Helping with an awareness campaign at school to inform others about human trafficking.
- Getting some friends together to start a fundraiser for a local shelter for trafficking survivors.

## **Reflection:**

Remember, even the smallest act can make a big difference. Whether it's raising awareness, supporting an organization, or volunteering your time, you have the power to create change. What step will you take?

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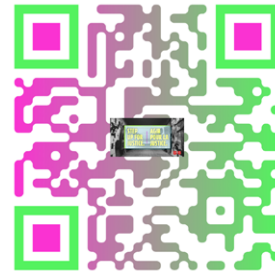
## **Discussion Questions**

1. What are some actions you can take right now to help combat human trafficking?
2. Have you been involved in any initiatives to raise awareness about human trafficking?
3. Why do you think it's important for people your age to get involved in the fight against human trafficking?
4. What would you say to a friend or classmate who doesn't think they can make a difference?
5. How can collective action—working with others—amplify your efforts against trafficking?



## CALL TO ACTION: How Will You Step Up for Justice?

- **Get involved:** Whether through raising awareness, starting a fundraiser, or educating others, your efforts matter.
- **Stay connected:** Follow us on social media to stay updated and share your actions the hashtag #StepUpForJustice.
- **Join the movement:** Learn more ways to take action using The Salvation Army's Global Toolkit:



### ACTIVITY: Interactive Quiz

Scan the QR code below to join an interactive quiz on actions you can take to combat trafficking.

## Your Notes

Take some time to reflect on the session and write down any thoughts or plans for taking action.

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## JOIN THE DISCUSSION

Next time, we'll explore hope and resilience in the fight against human trafficking. Until then, keep stepping up, sharing and making a difference!

**#StepUpForJustice**



**“The power of collective action can change the world.”  
–UNKNOWN**





## **WEEK FOUR**

# **The Power of Hope and Resilience**



# WELCOME TO WEEK FOUR:

## The Power of Hope and Resilience

You made it! This is our final session together.

This week's session is all about hope and resilience, two powerful tools that help survivors rebuild their lives. We'll look at stories of people who have overcome human trafficking, discuss how to build resilience in our own lives and explore ways to foster hope in others.

### LET'S DISCUSS: Stories of Hope and Resilience

#### Key points:

- **Resilience: the ability to recover from difficult experiences and keep going.**
- **Many survivors of human trafficking rebuild their lives and now advocate for others, proving that hope is always possible.**

**Inspiring survivor story:** read the full story ([included below](#)) of a woman who, through resilience, rebuilt their life and now advocates to protect others from human trafficking and modern slavery.

### REAL TALK: What is Resilience?

#### Group discussion questions:

1. What does resilience mean to you?
2. Can you share a time when you or someone you know demonstrated resilience in the face of challenges?
3. How does hope play a role in building resilience?



## Reflection

Self-care, mental health and a supportive community are key elements in overcoming life's challenges and building resilience.

## REAL TALK: Finding Hope After Hardship

**Resilience in nature:** A flower can grow out of ashes; after devastating events, hope regenerates like plants that grow after a fire, nourishing the soil and giving back to their environment.

## Reflection

How can you find hope in difficult situations? Can you see yourself as a flower that can bring hope to others, despite challenges?

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## Discussion Questions

1. How can we support survivors in rebuilding their lives?
2. What steps can you take to foster hope and resilience in your community?
3. How did this information make you feel? What are your initial thoughts after hearing that information?
4. What does the word resilience mean to you? The definition of resilience is: the capability to withstand or to recover quickly from difficulties.
5. What do you think it takes for survivors to show resilience? Do you think their journey an easy one?

6. What roadblocks or hardships might make it difficult to be resilient?
7. How does mental health work with or against someone's resilience?
8. How can you help to provide hope to those who don't seem to be able to find it or feel it?
9. What will you do with this information? How can you make a difference? How can you let others know about how they can create change by spreading hope and resilience?

## **CALL TO ACTION: Keep Stepping Up for Justice**

**Practical things you can do to build resilience.**

### **For yourself:**

**Self-educate:** Learn about the signs of trafficking and grooming.

**Set boundaries:** Be clear about your personal boundaries and encourage others to do the same.

**Stay vigilant:** Be aware of suspicious behaviour and report it to authorities.

**Support survivors:** Offer a listening ear, support organizations helping survivors and spread awareness.

**Nurture good mental health:** Know when to seek professional help for yourself or others.

### **For the community:**

**Raise awareness:** Organize discussions or events in your school, place of faith or community to educate others.

**Promote resources:** Share information about local hotlines, survivor services and community programs that help combat human trafficking.

**Advocate for stronger laws:** Support initiatives and advocate for policies that protect victims and strengthen trafficking laws.

## A few other things that can help:

**Self-care:** Prioritize your mental health and seek support when needed.

**Create safe spaces:** Be the person who others can turn to in times of need. Foster an environment of inclusion and empathy.

**Advocate for survivors:** Support local organizations working with survivors. Become an advocate for human trafficking awareness and justice.



### **ACTIVITY: Interactive Quiz**

Scan the QR code below to join an interactive quiz on actions you can take to combat trafficking.

## **Your Notes**

**Final reflection:** How can we use what we've learned over the past four weeks to create lasting change in our communities? In what ways can you continue to advocate for human trafficking awareness and support survivors?

Take some time to reflect on the session and write down any thoughts or plans for taking action.

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## KEEP THE DISCUSSION GOING

Hope and resilience are not just for survivors; they are for all of us as we step up for justice.

Use the hashtag **#StepUpForJustice** to share your journey, stories of resilience or any actions you're taking to make a difference.

# #StepUpForJustice





**“Nothing can be done  
without hope and confidence.”  
–Helen Keller**



# Extra Resources and Tools for Further Learning

## Canadian Human Trafficking Hotline:

<https://www.canadianhumantraffickinghotline.ca> or call 1-833-900-1010



## The Salvation Army's Modern Slavery and Human Trafficking Response:

[salvationist.ca/human-trafficking](https://salvationist.ca/human-trafficking)

## Local Support Services:

- **Provincial and Territorial Assistance:** [cwrp.ca/provincial-and-territorial-assistance#:~:text=To%20report%20suspected%20child%20maltreatment,of%20the%20day%20or%20night](https://cwrp.ca/provincial-and-territorial-assistance#:~:text=To%20report%20suspected%20child%20maltreatment,of%20the%20day%20or%20night)
- **Provincial and Territorial Child Protection Legislation and Policy:** [canada.ca/en/public-health/services/publications/health-risks-safety/provincial-territorial-child-protection-legislation-policy-2018.html](https://canada.ca/en/public-health/services/publications/health-risks-safety/provincial-territorial-child-protection-legislation-policy-2018.html)
- **Reporting Child Abuse and Neglect:** [files.ontario.ca/pdf-3/mccss-report-child-abuse-and-neglect-en-2022-03-31.pdf](https://files.ontario.ca/pdf-3/mccss-report-child-abuse-and-neglect-en-2022-03-31.pdf)

## Online Trainings and Toolkits:



- **The Salvation Army's Global Toolkit on Human Trafficking Awareness**  
[salvationist.ca/human-trafficking/resources/global-toolkit/](https://salvationist.ca/human-trafficking/resources/global-toolkit/)
- **Webinar Series on Survivor Advocacy:** [salvationist.ca/human-trafficking/training/webinar-recordings/2022/survivor-support-services/](https://salvationist.ca/human-trafficking/training/webinar-recordings/2022/survivor-support-services/)
- **Self-Care Resources for Activists and Advocates:** [salvationist.ca/human-trafficking/training/deep-and-wide/self-care/](https://salvationist.ca/human-trafficking/training/deep-and-wide/self-care/)



# Survivor's Story: From Ambitions of Fame to the Freedom of Anonymity

My childhood was divided between two worlds. At home, my dad was a steady presence, while my mom, who lived far away, struggled with addiction. When I visited her, she and her partner treated me like I was destined for greatness, showering me with gifts and dreams of fame. They even urged me to quit my dance teams back home, claiming they were holding me back.

But their attention came at a cost. They encouraged me to drink and smoke, habits I hid from my dad. At home, I felt confined by rules and longed for the excitement of my mom's world. When I was 14, my mom called unexpectedly, urging me to skip school and come live with her. She promised a glamorous future, saying this was my chance to become a star. Hoping for greatness, I secretly boarded a plane, leaving behind the structure of my dad's care.

At first, it felt like freedom. My mom and her partner treated me like an equal, letting me do whatever I wanted. But their "freedom" was a trap. I was drawn into a cycle of drugs, alcohol and false promises. Over time, I realized their idea of fame involved exploitation. They exposed me to adult entertainment and hosted private parties, taking advantage of my dreams. I didn't understand then that I was being groomed.

For years, I blamed myself, believing I had chosen that path. It wasn't until I heard other survivor stories that I recognized the truth: I was a victim of trafficking and it wasn't my fault.

Healing has been a long journey. I returned to school, sought therapy and reclaimed my life. Today, I use my story to educate others, helping them recognize trafficking's signs and empowering survivors to find hope. Healing and freedom are possible. No one has to face this alone.

For more than 150 years, The Salvation Army has stood firmly behind individuals impacted by slavery and human trafficking. Woven throughout the pages of our history is our commitment to eradicate all forms of slavery and trafficking by advocating for legislative change in governments, opening over 100 global safe houses to help those fleeing exploitative circumstances, providing platforms for people with lived experience to speak into and lead change, and engaging in preventative, protection and support efforts.

In Canada and Bermuda, we are committed to serving people who are at risk and have lived experience, their families and friends, and reducing the demand.



**SA JUSTICE**  
CANADA & BERMUDA  
**MODERN SLAVERY AND  
HUMAN TRAFFICKING RESPONSE**

SA Justice MSHTR Canada  
and Bermuda website:  
[salvationist.ca/trafficking](https://salvationist.ca/trafficking)

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