



# STEP UP FOR JUSTICE.



**FOUR-WEEK VIDEO SERIES**  
**Leader Discussion Guide:**  
**Applying a Spiritual Lens**



# Table of Contents

**3. Tips for Facilitating a Group**

**4. Duty to Report**

**5. Week One:** The Prevalence of Human Trafficking

**17. Week Two:** Signs, Modes of Recruitment and Red Flags

**27. Week Three:** Stepping Up and Taking Action

**38. Week Four:** Hope and Resilience

**49. Extra Resources and Tools for Further Learning**

**51. Frequently Asked Questions**

**53. Survivor's Story:** From Ambitions of Fame to the  
Freedom of Anonymity

# TIPS FOR FACILITATING A GROUP

- **Establish a Safe and Respectful Environment**

**Set ground rules:** Start by establishing confidentiality and respect. Let participants know they can share openly but are not required to do so.

**Use trigger warnings:** To help participants prepare emotionally, inform them that sensitive topics will be discussed.

- **Facilitate Open Dialogue**

**Ask open-ended questions:** Encourage reflection and thoughtful responses by asking questions that cannot be answered with a simple yes or no.

**Encourage sharing:** Allow participants to share their perspectives but be mindful of time so everyone has the chance to speak.

**Be a non-judgmental listener:** Listen attentively and acknowledge each participant's contribution without judgment.

- **Connect Information to Local Resources**

**Highlight reporting protocols:** Emphasize the duty to report suspected abuse or trafficking and provide relevant resources, such as provincial guidelines and hotline numbers.

**Provide supportive resources:** Share contact information for local organizations, hotlines and other resources that can offer help.

- **Empower Participants to Take Action**

**Encourage practical steps:** Suggest small actions, like spreading awareness, forming local groups or connecting with organizations that work on these issues.

**Promote resilience and hope:** Discuss ways participants can foster resilience in themselves and others; discuss ways to support survivors in their recovery journey.

# DUTY TO REPORT

Everyone has a duty to report suspected cases of abuse or trafficking. If you suspect a youth close to you is in danger or have been told or heard something that carries warning signs or red flags, you must report your concerns to local authorities. We all have a responsibility to keep our youth safe.

If you have reasonable grounds to suspect that a child needs or might need protection, immediately report the suspicion and the information on which it is based directly to a children's aid society or your local police department.

Below are references and resources to find help close to you:

- **Canadian Human Trafficking Hotline: 1-833-900-1010,**  
[canadianhumantraffickinghotline.ca/](https://canadianhumantraffickinghotline.ca/)
- **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 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)

We all share a responsibility to protect children from harm. This includes situations where children may be at risk, suffer abuse and/or neglect in their own homes. If in doubt, reach out for help.





## **WEEK ONE**

# **The Prevalence of Human Trafficking**

# WELCOME TO WEEK ONE:

## The Prevalence of Human Trafficking

### Leader's Overview

During this session, participants will come to understand what human trafficking and modern slavery is, why it's not something that just happens in other parts of the world and why there are so many misconceptions around the issue and barriers to reporting it. Your role is to facilitate discussion, ensuring the group engages with the material in a meaningful way. Encourage participants to share their thoughts and personal experiences while helping them connect the dots between awareness and action.

## Spiritual Lens: Justice Through God's Eyes

### Goal for the Week

Guide participants to recognize the prevalence of human trafficking and why justice matters deeply to God. Help them connect scriptural truths with the reality of human trafficking and respond with compassion and understanding.

**Opening prayer:** Start the prayer by asking the participants to reflect and pray to be open to learn more about this topic and ask God what He is asking them to do with this information.

**Scriptural connection:** Share how the different Scriptures call believers to a higher standard of justice, which directly opposes the injustice of trafficking.

**Reflection questions:** Encourage participants to share their thoughts.

**Practical and spiritual insights:** Emphasize that our faith calls us to see the reality of trafficking and to respond and take action. Please encourage them to consider how they might bring justice and compassion to their communities.

## Welcome Participants

Welcome to the first session of Step Up for Justice! This week, we'll introduce the basics of human trafficking, both globally and locally. As the leader of your group, your role is to guide participants through the material, facilitate discussions and ensure everyone feels comfortable engaging with this difficult topic. Below is a breakdown of what the participants see in their guide, plus additional tips and insights to help you lead effectively. You can expect each session to run 30 to 45 minutes (video included) but be sure to pace things out as best suits your group—read the room and adjust accordingly!

## Leader's Guide

**Gauge group sensitivity:** Some participants might feel uncomfortable or shocked with some of the content. Keep the tone empathetic and allow for pauses or breaks if needed.

**Encourage note-taking:** Suggest participants follow along with the video by being attentive and taking notes. Let them know they'll be asked about their knowledge of human trafficking and participate in a short quiz at the end of the session.

**Encourage participation:** Gently prompt quieter participants with open-ended questions.

**Manage your time:** Keep an eye on time, especially during the discussion questions. If a topic sparks deep conversation, you may need to adjust pacing to ensure you cover everything.

## Opening the Session

**Icebreaker:** Start with a light, engaging question to ease participants into the conversation. Ask a silly question or about their favourite food, movie or song. You may even know a great ice breaker game to get people comfortable.

After this, start a conversation about modern slavery and human trafficking, by asking:

- What did you already know about human trafficking before watching this video?

- How do you think human trafficking impacts your community?

**Leader's tip:** This will help you gauge the level of awareness and engagement in the group. It's important to create a space where participants feel comfortable sharing, especially with the more sensitive topics ahead.

## **DISCUSSION PROMPT: What is Human Trafficking?**

Participants will have seen street interviews in the video. Ask, "What do you think about the various answers you heard in the video?"

### **Leader's extra information:**

- **Definition of human trafficking:** Human trafficking involves the use of force, fraud or coercion to exploit people for labour or commercial sex. It's often called modern-day slavery.
- **Local relevance:** Share a local statistic or story to make the topic more relatable to participants. For example, mention how human trafficking affects your region or a neighbouring area.

**Leader's tip:** If participants seem unsure, ask them how they think trafficking could occur without people noticing. This could guide them to think more critically about trafficking happening in their neighbourhood. To spark more engagement, ask, "What do you think of the term modern-day slavery?"

## **Spiritual Lens: Justice Through God's Eyes**

**"Speak up for those who cannot speak for themselves, for the rights of all who are destitute."**

**-Proverbs 31:8, NIV**

### **Reflection questions:**

In what ways might God call us to be a voice for victims of trafficking?

How does Jesus' compassion for the marginalized inspire us to take action?



## Key Terms Exploitation and Trafficking

The video gives viewers two key terms to help clarify their understanding of the topic.

### Leader's extra information:

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

Help participants understand that exploitation can take many forms, such as unpaid labor, sexual exploitation and even forcing individuals into criminal activities.

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

Emphasize that trafficking doesn't always involve physical movement across borders—it can occur within the same city or even neighbourhood.

**Leader's tip:** Ask, “Why do you think the word trafficking often makes people think it's something that happens far away, rather than in their own communities?”

## Did You Know?

**Share this fact with participants:** Human trafficking happens in Canada and includes labour trafficking, sex trafficking, forced and child marriages, organ trafficking, child trafficking and more.

### Leader's extra information:

- **Expand on local context:** You can mention places where you think trafficking could take place in your local area or nearby. For example, mention how trafficking may occur in high-traffic areas like airports or major highways.
- **Reflection:** Many participants may be shocked to learn that trafficking happens close to home. Ask, “Why do you think people believe human

trafficking only happens in faraway places?” Guide the conversation towards a conversation about recognizing local signs.

## **SPIRITUAL LENS: Justice Through God’s Eyes**

**“The Lord works righteousness and justice for all the oppressed.”**

**-Psalm 103:6, NIV**

**Reflection question:**

What does God’s heart for justice teach us about standing against exploitation?

### **Reflection**

Ask participants to reflect on why human trafficking is underreported and why people believe it doesn’t happen locally.

**Leader’s tip:** Encourage participants to write down their thoughts and be ready to share. To encourage deeper reflection, ask, “If someone saw the signs of trafficking in their own community, what do you think might stop them from reporting it?”

**Suggest youth consider barriers such as fear, misunderstanding or lack of knowledge about how to report.**

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

The video gives participants three reasons why trafficking often goes unreported: fear, loss of identity documents and the fact that it affects men too, not just women and children.

## Leader's extra information:

- **Fear:** Explain how traffickers instill fear through physical violence, threats or psychological manipulation.
- **Coercion and control:** Let the group know that traffickers will try to isolate victims, making them dependent and fearful of seeking help.
- **Discussion:** Ask participants, "What role do you think the community can play in helping victims feel safe enough to come forward?" This can guide the conversation toward community-based solutions.

## SPIRITUAL LENS: Justice Through God's Eyes

**"He defends the cause of the fatherless and the widow, and loves the foreigner residing among you."**

**-Deuteronomy 10:18, NIV**

### Reflection question:

How might God call us to break down barriers that prevent victims from seeking help?

## Discussion Questions

Guide the group through the following discussion questions, which cover misconceptions, the prevalence of trafficking, personal action and how technology can help expose trafficking.

- **Question 1: What were some common misconceptions about human trafficking that you heard in the street interviews?**

Guide participants to reflect on the diversity of answers they heard in the video.

- **Question 2: Why do you think people are unaware of how prevalent human trafficking is?**

Highlight the role of media and education, or the lack of, in awareness.

- **Question 3: How can you personally help raise awareness about this issue? What simple actions can you take?**

Encourage creative solutions that suit the participants' circles of influence—be it schools, clubs or places of faith.

- **Question 4: What barriers prevent people from speaking out or reporting human trafficking?**

Discuss fear, lack of knowledge and cultural barriers.

- **Question 5: How do you think technology, such as social media, can be used to combat or expose human trafficking?**

Explore the power of social media, hashtags and online campaigns that raise awareness and empower people to take action.

## SPIRITUAL LENS: Justice Through God's Eyes

**“And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.”**

-Micah 6:8, NIV



## Reflection questions:

What does it mean to “act justly” in the context of human trafficking?

How can we extend mercy to both victims and those unaware of this issue?

## Optional Discussion Questions

- **Question A:** How did this information make you feel? What are your initial thoughts after hearing that information?
- **Question B:** Why do you think this takes place in Canada? Was anyone shocked to find out this is not just a problem in other countries?
- **Question C:** Was anyone familiar with the different types of modern slavery and human trafficking? Do you know of anyone who might be at risk of modern slavery and human trafficking? You do not have to share if you don't want to.
- **Question D:** Why do you think the majority of the population is so unaware of this issue?
- **Question E:** What would you do about this? How can you make a difference? Can you let other know about this?

## Call to Action: Share What You've Learned

Encourage participants to share what they've learned with friends or on social media to raise awareness about human trafficking.

**Leader's tip:** Suggest practical steps for youth to take beyond the session. For example, share an article, a statistic or a resource that helps spread awareness.

**Tip for engagement:** Encourage participants to use social media creatively, such as sharing facts or starting a conversation in their schools, workplaces or places of faith.

# SPIRITUAL LENS: Justice Through God's Eyes

**“Let your light shine before others, that they may see your good deeds and glorify your Father in heaven.”**

**-Matthew 5:16, NIV**

## **Reflection question:**

How can sharing what we've learned reflect Christ's light and inspire others to action?



## **Activity: Interactive Quiz**

Ask participants to use the QR code to access a quiz about human trafficking. The quiz will test their knowledge and help debunk common myths.

**Leader's role:** Ensure everyone can access the quiz.

After the quiz, review the questions and answers together. This is a great time to correct misconceptions.

**Leader's tip:** If anyone is surprised by their quiz score or the answers, ask, “Why do you think these misconceptions exist?”

## **Leader's Wrap-Up**

**Recap the main points:** Summarize the key takeaways about what human trafficking is, why it happens locally (because it benefits someone else) and the importance of awareness.

### **Leader's extra information:**

- Human trafficking is the use of force, fraud or coercion to exploit people for labour or commercial sex. It's often called modern slavery.
- Exploitation is the unfair treatment of a person or group to benefit someone else and happens all over the world, including your region or neighbouring area.

**Encourage action:** Remind participants that they can make a difference, starting with small actions.

**Reflection:** End with a call to reflect on the importance of justice and compassion in the fight against trafficking.

## **Closing and Personal Reflection**

**Taking notes:** Allow time for participants to write any thoughts, prayers or commitments they feel led to make in the "Your Notes" section of their guide

**Encouragement:** End with a word of encouragement, reminding youth that God equips each of us to be advocates for justice.





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

**Motivational Quote**

**Leader’s tip:** Use this moment to remind participants that even though human trafficking can feel like an overwhelming problem, their small, consistent efforts can lead to big change.





## **WEEK TWO**

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

# WEEK TWO: Signs, Modes of Recruitment and Red Flags

## Leader's Overview

During this session, participants will explore the key signs of human trafficking and understand how traffickers groom victims. The goal is to help youth recognize red flags and know how to respond appropriately. Your role is to facilitate discussion, ensuring the group engages with the material in a meaningful way. Encourage participants to share their thoughts and personal experiences while helping them connect the dots between awareness and action.

## SPIRITUAL LENS: Justice Through God's Eyes

### Goal for the Week

Help participants understand the importance of recognizing the signs, modes of recruitment, and red flags. They should also recognize how vulnerability leads to exploitation and the biblical call to protect and uplift those at risk. Connect this awareness to a commitment to being voices of compassion and justice in their communities.

**Opening prayer:** Start the prayer to set the tone for a discussion rooted in empathy and active compassion.

**Scriptural connection:** Share how the different Scriptures calls believers to a higher standard of justice, which directly opposes the injustice of trafficking.

**Reflection questions:** Encourage participants to share their thoughts.

**Practical and spiritual insights:** Emphasize that our faith calls us to both see the reality of trafficking and respond. Encourage youth to consider how they might bring justice and compassion to their communities.

## Welcome Participants

Welcome to week two of Step Up for Justice! This week, we're focusing on how to spot the signs of trafficking and how traffickers recruit victims with a method called grooming. After learning the basics last time around, we'll now dive deeper into some practical ways to recognize trafficking in real life.

**Leader's tip:** Make sure everyone has a chance to speak. If the group is slow to respond, offer a personal experience or a story from current events to spark discussion. Highlight that taking action is just as important as awareness. Encourage note-taking and reflecting on personal thoughts throughout the session.

## DISCUSSION PROMPT: 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?"

### Ask your group:

- What would your answer be?
- What stood out to you in the video responses?

**Leader's tip:** Remind the group that signs aren't always obvious and that traffickers are skilled at hiding their actions. Encourage participants to think beyond stereotypical portrayals.

## SPIRITUAL LENS: JUSTICE THROUGH GOD'S EYES

**"Let each of you look not only to his own interests, but also to the interests of others."**

-Philippians 2:4, NIV

### Reflection questions:

How can we apply this verse when identifying and addressing signs of trafficking? What does it mean to truly care for and protect others, even if it's uncomfortable or inconvenient?

## Real Talk: Red Flags

In the video, several red flags were mentioned, including:

- Control:** The person appears controlled by someone else.
- Isolation:** The individual appears isolated, not free to make their own decisions.
- Fear or injuries:** Individuals might show signs of fear or physical abuse.
- Coercion:** Traffickers use force, take identification and even threaten loved ones.

**Leader's tip:** Ask the group to reflect on whether they've noticed signs like this in their community or everyday life. Share a story or hypothetical example to illustrate what these red flags might look like in a real-world context. Ask if they've noticed signs like this before, maybe even without realizing it. Ask them what they would do now, if they were to notice such signs. Encourage participants to share their reflections or personal stories.

## SPIRITUAL LENS: JUSTICE THROUGH GOD'S EYES

**"Defend the weak and the fatherless; uphold the cause of the poor and the oppressed."**

-Psalm 82:3, NIV

### Reflection questions:

What might defending the weak look like in situations of trafficking?

How does God call us to be advocates for justice in our communities?



## Reflection

Guide participants to take a moment of personal reflection, asking, “Why do you think it’s important to recognize these signs of trafficking?”

Provide time for participants to write their thoughts down in their guide. Encourage silence and individual reflection.

**Leader’s tip:** Remind youth that recognizing these signs can save lives. Recognition is the first step in prevention.

## SPIRITUAL LENS: JUSTICE THROUGH GOD’S EYES

**“The King will reply, ‘Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.’ ”**

**-Matthew 25:40, NIV**

### Reflection questions:

When you think about recognizing the signs of trafficking, how might helping someone in need reflect God’s love?

How can our awareness and action show others what Jesus is like?

## KEY TERM: Grooming

Introduce the concept of grooming, a tactic traffickers use to recruit and exploit victims. Share the steps traffickers use, like:

- **Targeting the individual.**
- **Building trust and connection.**
- **Slowly gaining control and exploiting them.**

**Leader’s tip:** Ask participants why they think traffickers use these steps for recruiting people. Ask, “Why is it important to recognize grooming tactics early on?”

# SPIRITUAL LENS: JUSTICE THROUGH GOD'S EYES

**“Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.”**

**-1 Peter 5:8, NIV**

## **Reflection questions:**

How does being alert and vigilant align with recognizing grooming tactics?

What role does faith play in staying prepared to help others in vulnerable situations?

## **Discussion Questions**

After explaining the concepts, guide the group through the discussion questions:

- **Question 1:** What are some of the common signs of human trafficking that stood out to you?
- **Question 2:** Have you ever witnessed any of these red flags in real life? How did you respond?
- **Question 3:** How do traffickers use grooming to manipulate and control their victims?
- **Question 4:** Why is it important to be aware of grooming tactics and red flags, especially for young people?
- **Question 5:** How can recognizing signs help you or others take action in the fight against human trafficking?
- **Question 6:** How did this information make you feel? What are your initial thoughts after hearing that information?

- **Question 7:** What red flags or modes of recruitment surprised you or you had never thought about in this way before? How did you feel when you learned about the grooming techniques used by traffickers? Does that make it harder or easier to trust people?
- **Question 8:** Has anyone ever experienced manipulation from someone else? It can be something very innocent but recognizing the motives behind other people's actions is a great skill to hone. What would you do about this? How can you make a difference? Can you let other know about this?

## **SPIRITUAL LENS: JUSTICE THROUGH GOD'S EYES**

**"Blessed are the peacemakers, for they will be called children of God."**

**-Matthew 5:9, NIV**

How can we be peacemakers in situations where we see manipulation or exploitation?

**"Rescue those being led away to death; hold back those staggering toward slaughter."**

**-Proverbs 24:11, NIV**

How does this verse challenge us to step in and help when we see signs of human trafficking?

**"Do not be overcome by evil, but overcome evil with good."**

**- Romans 12:21, NIV**

How can our actions to fight human trafficking reflect the good that God wants for the world?

## Call to Action: Know the Signs

Challenge the group to be aware of the signs and red flags of human trafficking. Encourage them to share what they've learned with others. Remind them that awareness can lead to prevention!

**Leader's tip:** Give participants a moment to think about who they will share this information with, whether it's friends, family or their community.

## SPIRITUAL LENS: JUSTICE THROUGH GOD'S EYES

**"Speak up for those who cannot speak for themselves, for the rights of all who are destitute."**

-Proverbs 31:8, NIV

### Reflection questions:

How does God call us to be a voice for those who are silenced by injustice?

Who in your life can you share this awareness with and how might it make a difference?



### Activity: Interactive Quiz

Ask participants to scan the QR code and take the quiz to test what they've learned about spotting the signs and red flags for situations of human trafficking.

### Leader's role:

- Ensure everyone can access the quiz.
- Once everyone has entered their answers, facilitate a short debrief to correct misconceptions or misunderstandings.

**Leader's tip:** Ask, “What surprised you most about the answers?”

## **Leader's Wrap-Up**

- Remind participants to use the “Your Notes” section of their participant guides to jot down any lingering thoughts, questions or key points they want to remember from today’s session. Ask participants to share anything they wrote in their notes that stood out to them. This can help prompt further discussion or give clarity to any confusing points.
- Review next week’s content and encourage participants to continue engaging with the material by following your social media channels and talking to others. Remind them that next week, the focus will be on taking action and steps to help in the fight against human trafficking.
- Thank your participants for their engagement and let them know their involvement and awareness are already making a difference. Encourage them to look out for red flags in their own communities this week.

## **CLOSING AND PERSONAL REFLECTION**

**Taking notes:** Allow time for personal reflection and encourage participants to write down any commitments they feel led to make in the “Your Notes” section of their guide.

**Encouragement:** Remind the group that small acts of compassion and justice contribute to a culture that cares for the vulnerable.





**"Injustice anywhere  
is a threat to justice  
everywhere."**

**– Martin Luther King, Jr.**

### **Motivational Quote**

Read this quote to the group, then ask:

**How does this quote inspire you to take action in the fight against human trafficking?**

**Leader's tip:** Connect the quote to the importance of individual responsibility in fighting for justice.



## **WEEK THREE**

# **Taking Action Against Human Trafficking**



## Leader's Overview

This week focuses on empowering participants to take practical steps in the fight against human trafficking. Your role is to help them identify actions they can take—whether small or large—and inspire them to realize their potential for impact. This is the week where awareness turns into action, so foster a space for participants to share their ideas and create plans to make a difference.

## SPIRITUAL LENS: JUSTICE THROUGH GOD'S EYES

### Goal for the Week

Challenge participants to take their compassion beyond feelings, allowing it to drive tangible actions. Help them understand that in all things, faith without works is dead; this also applies to the area of caring for the vulnerable.

**Opening prayer:** Begin by praying for eyes to see opportunities to serve others and hands to act in compassion.

**Scriptural connection:** Share how the different Scriptures calls believers to a higher standard of justice, which directly opposes the injustice of trafficking.

**Reflection questions:** Encourage participants to share their thoughts

**Practical and spiritual insights:** Emphasize that our faith calls us to both see the reality of trafficking and respond. Encourage them to consider how they might bring justice and compassion to their communities.

## Welcome Participants

Welcome back to week three of Step Up for Justice! This week, we'll be talking about how you can step up and take action in the fight against human trafficking. By now, you've learned what human trafficking is and how to spot signs. Now, we're turning that knowledge into action!

**Leader's tip:** Encourage everyone to be open to ideas, both big and small, and to think creatively about how they can make a difference.

### **Real Talk: 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?"

**Ask your group:** What are your thoughts? How would you answer this question?

**Leader's tip:** Encourage participants to think of specific actions they could take, either individually or as a group. Share a personal story or example to inspire discussion.

## **SPIRITUAL LENS: JUSTICE THROUGH GOD'S EYES**

**"Let us not love with words or speech but with actions and in truth."**

-1 John 3:18, NIV

### **Reflection questions:**

How can our actions show God's love to those trapped in human trafficking?

What truth about God's love can you share with someone who feels trapped or alone?

## Real Talk: Practical Ways to Get Involved

Introduce practical ways people can take action, such as:

- **Reporting suspicious activities:**

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

- **Supporting survivors:**

Donate or volunteer at organizations that help survivors.

- **Raising awareness:**

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

**Leader's tip:** Give real-life examples of how people have reported suspicious activities or helped survivors. For instance, you can share how volunteers made an impact through small fundraising events or awareness campaigns.

## Space to Reflect

Guide participants to reflect on practical steps they could take to combat human trafficking in their own communities. Provide time for them to write down any ideas in the “Space to Reflect” section of their guide. **Ask participants:**

- What are some realistic, actionable steps you could take this week?
- Who could you start a conversation with? Your friends? Your family?
- What organization could you volunteer with?
- What could you post something on social media to raise awareness?

**Leader's tip:** Ask for volunteers to share their ideas. This could spark ideas for others and create a sense of collective action within the group.

## SPIRITUAL LENS: JUSTICE THROUGH GOD'S EYES

**“ ‘The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field.’ ”**

**-Matthew 9:37-38, NIV**

### **Reflection questions:**

What might God be calling you to do in the fight against human trafficking?

How can prayer guide your steps in taking meaningful action?

### **Real Talk: Actions From Young People Like You**

Share real-life examples from youth:

- Youth one helped with an awareness campaign at school to inform others about human trafficking.
- Youth two started a fundraiser for a local shelter which supports trafficking survivors.

**Leader's tip:** Share additional stories you know about young people taking action. This helps participants see that they don't have to wait to make an impact—they can start now. If you are having trouble finding stories to share, a quick internet search can provide dozens of stories of youth taking action. Give it a try!

## SPIRITUAL LENS: JUSTICE THROUGH GOD'S EYES

**“Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity.”**

**-1 Timothy 4:12, NIV**

### Reflection questions:

How can your age be an asset in stepping up for justice?

What unique talents or skills has God given you to make a difference?

### Real Talk: Every Action Counts

Remind the group that even the even the smallest act can make a big difference. Raising awareness, supporting a local organization or volunteering can all have a significant impact.

**Leader's tip:** Highlight that the goal is progress, not perfection. Participants don't need to solve the whole problem by themselves, but every bit helps. Help them feel empowered that their contributions, however small, truly matter.

## SPIRITUAL LENS: JUSTICE THROUGH GOD'S EYES

**“ ‘For I know the plans I have for you,’ declares the Lord, ‘plans to prosper you and not to harm you, plans to give you hope and a future.’ ”**

**-Jeremiah 29:11, NIV**

### Reflection questions:

How does knowing God has plans of hope and a future encourage you to act?

How can you be part of giving someone else hope and a brighter future?

# SPIRITUAL LENS: JUSTICE THROUGH GOD'S EYES

For each of the discussion questions listed below, ask:

What would Jesus do in this situation?

How can faith guide your response?

## Discussion Questions

Guide participants through these questions to deepen their understanding and motivate action.

- **Question 1:** What are some actions you can take right now to help combat human trafficking?
- **Question 2:** What initiatives have you been a part of to raise awareness about human trafficking?
- **Question 3:** Why do you think it's important for people your age to get involved in the fight against human trafficking?
- **Question 4:** What would you say to a friend or classmate who doesn't think they can make a difference?
- **Question 5:** How can collective action—working with others—amplify your efforts against trafficking?
- **Question 6:** How did this information make you feel? What are your initial thoughts after hearing that information?
- **Question 7:** Knowing and seeing that there are others stepping up and acting, does that encourage you to do something? What are some ways that you know of where people are taking action?

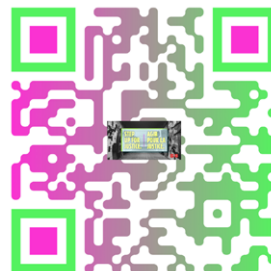
- **Question 8:** What is something small that you can do to start stepping up? Can you start a neighbourhood group, school group or social club to start raising awareness?
- **Question 9:** Do you know of or are you a part of an organization that tackles the modern slavery and human trafficking problem in your community? How can you get involved with that organization to help?
- **Question 10:** Is this a problem that the police can/should handle on their own? Will this require more than just police attention to make a difference?
- **Question 11:** What will you do with this information? How can you make a difference? How can you let others know how they can help?

**Leader's tip:** Encourage participants to think both individually and collectively. Highlight the power of collaboration; working with others amplifies efforts and leads to greater change.

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

Challenge the group by asking them how they'll step up this week to raise awareness or take action. Encourage them to:

- **Get involved:** Whether through raising awareness, starting a fundraiser, or educating others, every effort counts. Who are some people they might engage with to start a project like this?
- **Stay connected:** Follow social channels to stay updated and share their actions with the hashtag #StepUpForJustice.
- **Join the movement:** Let them know they can learn more about taking action through The Salvation Army's Global Toolkit:



**Leader's tip:** Give participants a few moments to reflect on and share their call to action for the week. Ask them to consider how they will share their actions with others and inspire them to continue this journey.

## SPIRITUAL LENS: JUSTICE THROUGH GOD'S EYES

**"Faith by itself, if it is not accompanied by action, is dead."**

**-James 2:17, NIV**

### Reflection questions:

What actions can you take this week to live out your faith?

How can stepping up for justice be an act of worship to God?



### ACTIVITY: Interactive Quiz

Ask participants to scan the QR code for the interactive quiz on actions they can take against trafficking.

### Leader's role:

- Ensure everyone can access the quiz.
- Once everyone has completed the quiz and has their score, ask them what they thought of their answers.

**Leader's tip:** After the quiz, ask, "What surprised you about the answers? Which actions did you not realize you could take?"



## **Leader's Wrap-Up:**

Preview next week's content, where participants will explore hope and resilience in the fight against human trafficking. Encourage them to continue reflecting on and sharing their ideas for action.

Encourage participants to use the "Your Notes" space in their guides to write down any thoughts, key points or action plans from today's session. Remind them that this is their personal guide to stepping up for justice.

Thank your participants for their commitment and remind them that they're already making a difference. Encourage them to take at least one action this week and share their progress in the next session.

## **CLOSING AND PERSONAL REFLECTION**

**Taking notes:** Encourage participants to jot down any action steps they feel called to take in the "Your Notes" section of their guide.

**Encouragement:** Close with a reminder that every act of compassion is meaningful and reflects the heart of Christ.



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

### **Motivational Quote**

Read this quote to the group, before asking:

**How does this statement inspire you to take action?**

**Leader’s tip:** Emphasize that collective action is powerful. Alone, we can make a difference, but together, we can change the world.



## **WEEK FOUR**

# **The Power of Hope and Resilience**

## Leader's Overview

This final week focuses on hope and resilience, key elements in both the fight against human trafficking and in the recovery of survivors. Your goal is to leave participants with a sense of empowerment, encouraging them to find hope in the face of adversity and use resilience to step up for justice. This week is also about bringing all the knowledge from the last three sessions together and helping participants see the bigger picture for how they can contribute to lasting change.

## SPIRITUAL LENS: JUSTICE THROUGH GOD'S EYES

### Goal for the Week:

Inspire participants to carry forward the commitment to justice beyond the series. Encourage them to view justice as an integral part of their faith journey, making advocacy a lifelong mission.

**Opening prayer:** Begin by praying for strength, compassion, and wisdom to advocate for justice.

**Scriptural connection:** Share how the different scriptures calls believers to a higher standard of justice, which directly opposes the injustice of trafficking.

**Reflection questions:** Encourage participants to share their thoughts

**Practical and spiritual insights:** Emphasize that our faith calls us to both see the reality of trafficking and to respond. Encourage them to consider how they might bring justice and compassion to their communities.

## Welcome Participants

Welcome to the final week of Step Up for Justice! Today, we're focusing on hope and resilience—two powerful tools that help survivors of human trafficking rebuild their lives. As we wrap up this series, we'll explore how resilience works, hear stories of survivors and discuss how each of us can foster hope in our own communities.

**Leader's tip:** Encourage participants to reflect on what they've learned over the past weeks and how they can apply these lessons moving forward.

## **REAL TALK: Stories of Hope**

The video shares a story of a survivor who, through resilience, rebuilt their life and now advocates for others. Reflect on how we can find strength and recovery in hope. Share how resilience is the ability to recover from difficult experiences and keep going. Survivors of human trafficking are living proof that hope can be restored, no matter how dark the circumstances.

**Leader's tip:** Make the story relatable and inspiring to help participants see the power of hope. Ask the youth to reflect on what stood out most to them on the story from the video.

## **SPIRITUAL LENS: JUSTICE THROUGH GOD'S EYES**

**"We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed."**

**-2 Corinthians 4:8-9, NIV**

### **Reflection questions:**

How does God's promise of resilience encourage us to persevere during hardships?

How can you reflect this hope in the lives of others facing challenges?

## **REAL TALK: What Is Resilience?**

After watching clips of street interviews from the video, dive into a group discussion talking about hope and resilience. Ask:

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

**Leader's tip:** Share that self-care, good mental health and having a supportive community are crucial in overcoming life's challenges. Relate the concept of resilience back to human trafficking, emphasizing that supporting survivors is one way to help them build resilience. Encourage participants to think about their own lives and how resilience has played a role.

## **SPIRITUAL LENS: JUSTICE THROUGH GOD'S EYES**

**"I can do all this through him who gives me strength."**  
-Philippians 4:13, NIV

### **Reflection questions:**

How can leaning on Jesus help strengthen your resilience?

What does it look like to help others find their strength through faith?



## **REAL TALK: Finding Hope After Hardship**

Introduce Suzanne Rey's analogy from the video that "a flower can grow out of ashes." After devastating events, hope regenerates, just like plants grow after a fire, nourishing the soil and giving back to their environment. Ask:

- How can you find hope in difficult situations?
- Can you see yourself as a flower that brings hope to others, even after challenges?

**Leader's tip:** Use this analogy to help participants visualize the process of recovery and transformation. Share how this perspective can encourage them to step up for justice, even when the work seems difficult.

## **SPIRITUAL LENS: JUSTICE THROUGH GOD'S EYES**

**"The Spirit of the Sovereign Lord is on me ... to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair."**

**-Isaiah 61:1,3**

### **Reflection questions:**

What does "beauty instead of ashes" mean to you in the context of supporting survivors?

How can your actions bring God's hope to someone in despair?

# SPIRITUAL LENS: JUSTICE THROUGH GOD'S EYES

**Add a spiritual reflection question for each key section. For example:**

How can we support survivors in rebuilding their lives?

**Spiritual reflection:** How can God use you to bring healing and hope to someone else's life?

What steps can you take to foster hope and resilience in your community?

**Spiritual reflection:** How does Jesus' command to love your neighbour inspire these actions?

How does mental health work with or against someone's resilience?

**Spiritual reflection:** How can faith play a role in restoring someone's mental health and hope?

## Discussion Questions

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



- **Question 6:** What roadblocks or hardships might make it difficult to be resilient?
- **Question 7:** How does mental health work with or against someone's resilience?
- **Question 8:** How can you help to provide hope to those who don't seem to be able to find it or feel it?
- **Question 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?

**Leader's tip:** Ask for specific ideas from the group and help participants see how small steps can lead to big impacts. Emphasize the importance of being advocates for others and being there for people in the long-term as they rebuild their lives.

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

**Provide participants with clear actions they can take moving forward.**

### **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, donate, or volunteer at organizations helping survivors.

**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, church, or community to educate others.

**Promote resources:** Share information about hotlines, survivor services, and programs in your area.

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

### A few other things that can help:

**Self-care:** Encourage participants to prioritize their mental health and seek support when needed.

**Safe spaces:** Foster an environment of inclusion, empathy and trust where others can turn for help.

**Advocate for survivors:** Encourage participants to support local organizations, raise awareness and advocate for justice.

**Leader's tip:** Remind participants that they don't need to do everything at once. Taking small, consistent actions is the key to creating long-term change.

## SPIRITUAL LENS: JUSTICE THROUGH GOD'S EYES

**"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."**

**-Galatians 6:9, NIV**

### Reflection questions:

How does this verse encourage you to persevere in the fight for justice?

In what ways can your faith guide your next steps in creating change?



### **Activity: Interactive Quiz**

Ask participants to scan the QR code for the interactive quiz on how hope and resilience are crucial as we work to stop human trafficking and modern slavery.

#### **Leader's role:**

- Ensure everyone can access the quiz.
- After the quiz, facilitate a short debrief to ask people what they thought about their results and the correct answers.

**Leader's tip: Ask, "What surprised you about the answers? Which actions did you not realize you could take?"**

#### **Leader's Wrap-Up**

- Thank participants for their dedication over the past four sessions. Remind them that hope and resilience are at the core of everything they've learned and they are now equipped to make a difference. Send them off with a strong call to continue the fight for justice—together, they can change lives.
- Provide time for participants to jot down any final thoughts, actions or ideas they want to explore after this session. Remind them this is a personal guide they can continue using as they take their next steps in the fight for justice.
- Encourage participants to share their journey, stories of resilience or any actions they're taking using the hashtag #StepUpForJustice on social media.
- Keep the momentum going by reminding participants to stay connected, share their progress, and encourage others to step up for justice.
- Share this final closing thought: "Hope is not passive; it's an active choice to believe in better. You've learned, you've grown and now it's time to take action. This is just the beginning of your journey for advocacy and justice!"

## CLOSING AND PERSONAL REFLECTION

**Taking notes:** Encourage participants to jot down any action steps they feel called to take in the “Your Notes” section of their guide.

**Encouragement:** Close with a reminder that every act of compassion is meaningful and reflects the heart of Christ.

## FINAL PERSONAL REFLECTION

At the end of the video series, encourage participants to reflect on what they have learned during the four-video series, the discussions and reflection times. Give them some time to read the Scripture below, reflect on it and write down where they see themselves within the mission for social justice for Jesus.

**“The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free.”**

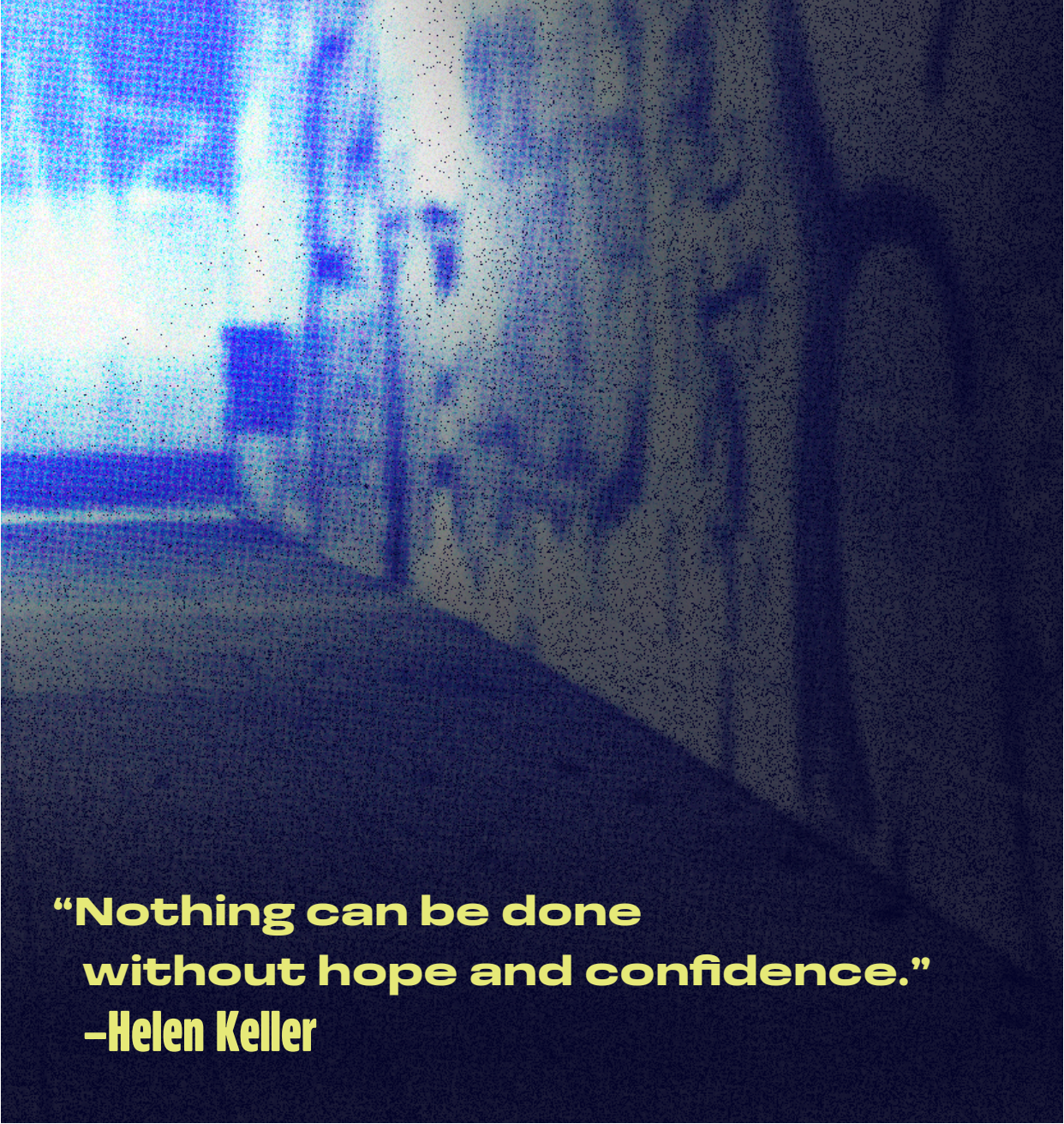
–Luke 4:18, NIV

**Reflection questions:**

What does this verse teach us about Jesus’ mission to set people free?

How can you, as a follower of Christ, take part in his mission today?





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

### **Motivational Quote**

Read the above quote and remind the group that hope and resilience are not just for survivors; they’re for all of us as we step up for justice. Ask:

- **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?**

**Leader’s tip:** Encourage participants to think about their future actions and how they can stay involved. Challenge them to set personal goals or commitments.

# Extra Resources and Tools for Further Learning

Share this list of resources and ways for participants to stay engaged after the program ends.

## Canadian Human Trafficking Hotline:

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



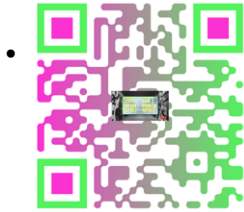
**The Salvation Army's Modern Slavery and Human Trafficking Response:**

[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/)



# FAQ – Modern Slavery and Human Trafficking

## 1. What is the duty to report and why is it important?

The duty to report is a legal obligation in Canada that requires individuals to report any reasonable suspicion of child abuse, neglect or exploitation. It's important because reporting can protect children and vulnerable individuals from harm and initiate the necessary interventions to stop further abuse.

## 2. How can I recognize signs of human trafficking?

Common signs include restricted freedom of movement, fearfulness, unexplained injuries, sudden changes in behaviour or having someone else speak on their behalf. Other red flags include unusual working hours, lack of personal identification and indications of being controlled by someone else. Trust your instincts and report if you notice something suspicious.

## 3. What should I do if I suspect someone is a victim of trafficking?

Immediately contact the Canadian Human Trafficking Hotline at 1-833-900-1010 or reach out to local police if urgent. You can also refer to your province's reporting requirements through resources like the **Provincial Child Protection:** [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)

## 4. Are there ways to discuss this topic with children without scaring them?

Yes. Use age-appropriate language and focus on concepts like personal boundaries, safe relationships and the importance of speaking up if something feels wrong. You can also use scenarios that are relatable to their daily lives, emphasizing that they have the right to feel safe.

## 5. Why is human trafficking so underreported?

Many people are unaware of the prevalence of human trafficking in their own communities or they may not recognize the signs. Victims may also fear retaliation, feel shame or lack access to help. Raising awareness and educating the public is crucial for increasing reporting and support.

## 6. How can I contribute to preventing trafficking and exploitation?

You can start by educating yourself and others, sharing information with your

community and volunteering with or donating to organizations that work to combat trafficking. Even simple actions like starting conversations or sharing resources can make a difference.

## **7. How does resilience help individuals recover from exploitation and trauma?**

Resilience is the ability to adapt and recover from difficult experiences. It empowers survivors to rebuild their lives and provides them with strength during challenging times. Community support plays a vital role in helping individuals develop resilience.

# 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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