

## What's Next? What Can I Do? - Fight Human Trafficking

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### What's Next? What Can I Do?

If you are like many conscientious and concerned individuals, you have already seen the movie ***Sound of Freedom***. If you haven't seen it yet, I highly recommend this eye-opening and powerful movie based on the true story of Tim Ballard. There is some controversy around the movie and, as is the case of many true stories that are turned into movies, some facts have been changed or altered. However, this movie brings the very real issue of child trafficking to center stage.

My question to all of us is: **What's Next? What Can I Do?** After walking out of the theater, I felt it is important for me to not just feel upset, concerned or even outraged about what is happening--I need to do something.

So I did some research. Child victims of trafficking are recruited, transported, transferred, harbored or received for the purpose of exploitation. They may be forced to work in sweatshops, on construction sites or in houses as domestic servants; on the streets as child beggars, in wars as child soldiers, on farms, in traveling sales crews or in restaurants

and hotels. Some are forced to work in brothels and strip clubs or for escort and massage services.

Did you know that child trafficking affects every country in the world, including the United States? In fact, the United States is a source and transit country, and is also considered one of the top destination points for victims of child trafficking and exploitation. Children make up almost one-third of all human trafficking victims worldwide.

Below are some resources that I would like to share with you. I know that the list isn't complete, but I invite you to join me in getting educated in what we can do. Check out one or more of these resources and talk with others to find out what else is out there and how we can support.

### **20 Ways You Can Help Fight Human Trafficking**

Below are some of the ways suggested to help. Go to the link at the bottom of this list for more details.

- Get informed. Learn the indicators of human trafficking on the TIP Office's website or by taking a training. Human trafficking awareness training is available for individuals, businesses, first responders, law enforcement, educators, and federal employees, among others.
- Volunteer and support anti-trafficking efforts in your community.
- Talk to your local school, college, church, or community about hosting an awareness-raising event to watch and discuss films about human trafficking.
- Use your social media platforms to raise awareness about human trafficking, using the following hashtags: #endtrafficking, #freedomfirst.
- Become a mentor to a young person or someone in need. Traffickers often target people who are going through a difficult time or who lack strong support systems. As a mentor, you can be involved in new and positive experiences in that person's life during a formative time.

- Parents and Caregivers: Learn how human traffickers often target and recruit youth and who to turn to for help in potentially dangerous situations. Host community conversations with parent teacher associations, law enforcement, schools, and community members regarding safeguarding children in your community.

[www.state.gov/20-ways-you-can-help-fight-human-trafficking/](http://www.state.gov/20-ways-you-can-help-fight-human-trafficking/)

Here are some organizations that are already working to support parents in earning a living wage, helping children to attend schools to get an education, training professionals, advocating for children and much more.

[www.unicefusa.org/what-unicef-does/childrens-protection/child-trafficking](http://www.unicefusa.org/what-unicef-does/childrens-protection/child-trafficking)

[www.worldschildren.org/projects/prevent-child-trafficking/](http://www.worldschildren.org/projects/prevent-child-trafficking/)

[www.wfwp.us/humanitarian-projects](http://www.wfwp.us/humanitarian-projects)

The true story behind the movie with Tim Ballard and host Lewis Howes.

[www.youtube.com/watch?v=Up6-5kZDVdk](http://www.youtube.com/watch?v=Up6-5kZDVdk)

To purchase my book on  
Amazon: [www.amazon.com/gp/product/B09L7KS5VH](http://www.amazon.com/gp/product/B09L7KS5VH)

*If you would like to know more about what I offer as a coach, please visit my website: [www.coachmyrna.org/](http://www.coachmyrna.org/) Find out more about Safe Conversations [www.coachmyrna.org/safe-conversations.html](http://www.coachmyrna.org/safe-conversations.html).*

