

## Guidance for Working With a Survivor of Human Trafficking

### Please Do:

- Be yourself
- Be real
- Be sincere
- Pace interactions as you would with most people
- Be aware of physical touch, not everyone is comfortable with hugs etc.
- Steer clear of discussions about trafficking / prostitution
- Educate yourself as much as possible on the subject
- Remember that every survivor is an individual and no survivors experience is like the next
- Understand trauma bonding, stockholm syndrome and abusive/control cycles

### Please Don't:

- Ask about a survivor's story
- Apologize for what she's been through (most survivors don't want pity)
- Get too personal too quickly
- Impose your beliefs on the survivor
- Get into the role of a therapist
- Act shocked if story or details are shared
- Invalidate their experiences
- Compare your experiences to theirs
- Question the validity of their experience
- Talk badly about their pimp or exploiter (most are still protective and have some sort of loyalty feeling to them)
- Try to relate when you cant (its okay that your experience in life is not the same as theirs)
- Use the word victim to describe the woman or man you are working with

### Language

In general, we refer to individuals who have been sold for sex as survivors of human trafficking or CSEC (commercial sexual exploitation of children)

Thrivers

Overcomers