

# Human Sex Trafficking



TM/MD

## Victim Services of Kingston and Frontenac

c/o Kingston Police, 705 Division Street, Kingston, Ontario K7K 4C2

Telephone: 613-548-4834 Fax: 613-547-6674

[www.victimserviceskingston.ca](http://www.victimserviceskingston.ca)

<b>What is Human Sex Trafficking?</b>	<b>Page(s): 3</b>
<b>If you know someone who might be trafficked...</b>	<b>Page(s): 4</b>
<b>If you were trafficked...</b>	<b>Page(s): 5</b>
<b>Safety Planning when Suspecting</b>	<b>Page(s): 6</b>
<b>Safety Planning when Leaving</b>	<b>Page(s): 7</b>
<b>Safety Planning after Leaving</b>	<b>Page(s): 8</b>
<b>Search Engine Safety</b>	<b>Page(s): 9</b>
<b>Social Media Safety</b>	<b>Page(s): 10</b>
<b>Service Providers</b>	<b>Page(s): 11</b>
<b>Housing and Shelter Ressources</b>	<b>Page(s): 12</b>
<b>Basic Necessities</b>	<b>Page(s): 13</b>
<b>Counseling and Drug Use Ressources</b>	<b>Page(s): 14</b>
<b>Notes</b>	<b>Page(s): 15</b>
<b>Victim Services of Kingston and Frontenac</b>	<b>Page(s): 16</b>

## Also Available

**Domestic Violence**



Victim Services of Kingston and Frontenac  
1000-431-2226 • 613-332-2226 • 613-332-2227

**Fire & Disaster**



Victim Services of Kingston and Frontenac  
1000-431-2226 • 613-332-2226 • 613-332-2227

**Human Sex Trafficking**



Victim Services of Kingston and Frontenac  
1000-431-2226 • 613-332-2226 • 613-332-2227

**Property Related Crimes & Replacing Identification**



Victim Services of Kingston and Frontenac  
1000-431-2226 • 613-332-2226 • 613-332-2227

**Sexual Violence & Criminal Harassment**



Victim Services of Kingston and Frontenac  
1000-431-2226 • 613-332-2226 • 613-332-2227

**Sudden Death**



Victim Services of Kingston and Frontenac  
1000-431-2226 • 613-332-2226 • 613-332-2227

**And more...**

## Understanding Human Trafficking

Human trafficking involves the recruitment, transportation, harbouring and/ or exercising control, direction or influence over the movements of a person in order to exploit that person; typically through sexual exploitation or forced labour. It is often described as a modern form of slavery.

Victims suffer physical or emotional abuse and often live and work in horrific conditions. They may also face fatal consequences if they attempt to escape. This crime represents a consistent and pervasive assault on the fundamental human rights of its victims.

### The Stages of Exploitation

There are four main recruitment stages of exploitation one uses when trying to exploit a person into human sex trafficking.

#### Luring

- Assessing the right person
- Testing their vulnerabilities and boundaries
- Determining whether the person is looking for what they are selling
- Testing the waters to see if that person is open to engaging in courting
- Collecting as much information as possible about them
- Making them feel special

#### Grooming & Gaming

(Honeymoon Stage)

- She feels like she is in love
- She has found her dream man who will make all of her dreams come true
- He promises her a family, home, etc.
- He takes her out shopping, to get her hair and nails done, etc.
- He makes her feel like a princess
- They may engage in physical intimacy
- He continues collecting personal information about her dreams, hopes, family, what she loves and cares about.
- He might introduce her to illicit drugs under the guise of loosening up, having fun.

#### Coercion & Manipulation

- He starts sending mixed messages
- Confuses her by withdrawing
- Reduces communication, complements
- Makes her believe he is mad at her
- Toys with her emotions and behaves erratically to cause her to question how he feels about her
- She tries to please him in any way she can to get back in his 'good books' and have him love her
- He begins making her do things sexually that she might not be comfortable with, desensitizing her to these actions
- He has sex with her and then does something for her (take her shopping, gives her money, etc.) to make sex have a price

#### Exploitation

- He has broken down her self-esteem
- Threatens her and her loved ones based on information collected previously
- Makes her feel indebted to him
- Suggests that she owes him financially
- Leads her to believe that he needs help financially
- Emotional, mental and physical abuse - intimidation and control
- Confinement and isolation from family, friends, etc.
- Draws on her drug addiction (if relevant) to make her have sex for drugs or money, make her feel indebted to him

Church, K. (2019). The Stages of Exploitation. Durham: Karly Church.

## Recognize the signs

Depending on the stages of exploitation, the signs might differ. Here are a few examples:

### Mental Health and Behavior

- Is fearful, anxious, depressed, submissive, tense, or nervous/paranoid
- Exhibits unusually fearful or anxious behavior after bringing up law enforcement or immigration officials
- Shows signs of substance use or addiction

### Physical Health

- Shows signs of poor hygiene, malnourishment, and/or fatigue
- Shows signs of physical and/or sexual abuse, physical restraint, confinement, or torture

### Control

- Has few or no personal possessions/Is frequently monitored
- Is not in control of their own money, financial records, or bank accounts/Is not in control of their own identification documents (ID or passport)
- Is not allowed or able to speak for themselves (a third party may insist on being present and/or translating)

### Other

- Claims of just visiting and inability to clarify where they are staying/address
- Lack of knowledge of whereabouts and/or do not know what city he/she is in
- Appear to have lost sense of time
- Shares scripted, confusing, or inconsistent stories
- Protects the person who may be hurting them or minimizes abuse

## General Helping Guidelines

- **Do no harm.** Trafficking situations often involve high risk for the trafficked person as well as their loved ones. Victims are often in a fragile state and the potential for increased trauma is always present.
- **Provide individualized care.** While there are some common elements that define trafficking situations, each person's individual story will involve specific circumstances that make it distinct and unique.
- **Self-determination and participation.** Trafficked persons need to be empowered and encouraged to participate in decisions that affect them.
- **Confidentiality.** It is also important to ensure the client is informed about the implications of sharing information with other organizations in the course of referrals, and how this could impact confidentiality.
- **Non-discrimination.** This is a moral responsibility, as well as a legal obligation under the Ontario Human Rights Code.

## Victim Services understands that:

As with any violent crime, human trafficking can have a severe and long-lasting impact on the health and well being of trafficked persons. The abuse and exploitation can lead to serious health consequences, both physical and emotional.

Many trafficking victims also deal with substance addiction. Substance use is either induced by the trafficker as a method of control, a way for the victim to escape or a pre-existing need to escape. In either case, substance use can lead to severe physical consequences in the long term, including organ damage, needle-induced infections, overdose and even death.

Sex trafficked victims may also develop symptoms similar to addiction in relation to money. Seeing thousands of dollars going through their hands on a daily basis can lead to being addicted to the money itself and the dreams the trafficker was selling. (buying a house, a car, or going to school one day) Once a victim leaves the trafficker, they often want to go back to the lifestyle on their own, to make up for all the money that was taken away from them. They become addicted to the lifestyle.

## The cycle of change

### Pre-contemplation

Persons in the pre-contemplation stage usually do not even consider changing or feel change is not possible or available. This is usually the case of persons who do not realize they are being trafficked and do not see any way out of the exploitative situation.

### Relapse

Relapses are common, and it usually takes a number of attempts before a person successfully exits the trafficking situation

### Contemplation

In the contemplation stage, people start becoming aware and considering the possibility of change. They start assessing the benefits of change and weighing them against perceived barriers. This is usually the case with a trafficked person in the early stages of response, when they start realizing what is happening and they consider alternatives.



### Preparation

People in this stage start taking small steps towards recovery. Assistance along this slow process is essential, every step of the way.

### Action

The action stage is where the person is actively involved in taking steps towards recovery, accepting help and accessing services.

### Maintenance

The last step is the maintenance stage, where the client will start seeing the benefits of the changes they have made, and work towards maintaining them and keeping themselves on their path to recovery and healing.

## General Guidelines and Tips

A safety plan is a personalized, practical plan that can help you avoid dangerous situations and know the best way to react when you're in danger. The goal of safety planning is to: assess the current risk and identify current and potential safety concerns; create strategies for avoiding or reducing the threat of harm; and outlining concrete options for responding when safety is threatened or compromised. Here are some tips:

- Trust your judgement. If a situation/individual makes you uncomfortable, trust that feeling.
- Let a trusted friend or relative know if you feel like you are in danger or if a person or situation is suspicious
- If possible, set up safety words with a trusted friend/relative
  - One word can mean that it is safe to talk and you are alone
  - Another word can mean you are not safe. It is important to communicate what you want done when this word is used.
- Keep all important documents and identification in your possession at all times. The perpetrator does not have the right to take or hold your documents without your permission.
- Keep important numbers on you at all times, including the number of someone you feel safe contacting if you are in trouble.
- Make sure that you have a mean of communication, access to your bank account and any medication you need at all times
- If you think you are in immediate danger, call 9-1-1 first.

## Tips for Suspicious or Controlling Relationships

- If your partner asks you to do things you are uncomfortable with (forceful sex or sex acts, videotaping, sex with friends/strangers for money, overusing drugs/alcohol, etc.), let your partner know you are uncomfortable and let a trusted friend/relative know.
- Make sure a trusted friend/relative knows where you are when you are with your partner, especially if going to an unfamiliar location.
- Maintain access to all of your documents ( driver's license, birth certificate, passport or visa), your bank account and all important phone numbers. Do not provide this information to your partner if you do not feel comfortable.

## General Guidelines and Tips

In some cases, leaving or attempting to leave a trafficking situation may increase the risk of violence. It is important to trust your judgement when taking steps to ensure your safety.

- If you are ever in immediate danger, access help by calling 9-1-1.
- If you are unsure of your current location, try to determine any indication of your locality such as street signs, place of employment, newspaper/magazines/mail that may have the address listed.
- Plan an escape route or exit strategy and rehearse it.
- Keep any important documents on or near you to be ready if you leave
- Prepare a bag with important documents/items and a change of clothes
- Keep a written copy of important numbers on you at all times
- Think about next steps after you have left the situation
  - Contact a trusted friend or relative to notify them or ask for assistance
  - Contact the Human Trafficking Hotline @ 1-833-900-1010 or 9-1-1 if you are in immediate danger.
- During violent or explosive situation, avoid dangerous room
  - Those include kitchen (knives, sharp utensils, pots), garage (tools, sharp objects), bathrooms (hard surfaces, no exits), basement (hard surfaces, no exits) or wherever a room has weapons or no exits,
  - Safer options are living room, yard, hallways.
- Develop a special signal (lights flickering, code word, text message, hand signal, etc.) to use with a trusted neighbor, relative, friend or services provider to notify them you are in danger. Ensure they know what steps you want taken upon receipt of the signal.
- If you have children who are also in the trafficked situation, explain to them that it isn't their responsibility to protect you and make sure they know to call someone for help, where to hide during a violent incident and practice your exit strategy with them.

## Notes:

## General Guidelines and Tips

In some cases, leaving or attempting to leave a trafficking situation may increase the risk of violence. It is important to trust your judgement when taking steps to ensure your safety.

- Keep your residence locked at all times. Consider changing your locks if the perpetrator might have a key.
- If moving to a new residence, only disclose your address to people you trust.
- If the perpetrator has made unwanted contact, document it, save any voicemails or text messages that are threatening in nature
- Consider changing your phone number. Most cell phone carriers will allow you to block individual numbers at no or low costs.
- Keep a cell phone or an emergency phone on you at all times. If you feel comfortable, tell friends and neighbors to call the police if they see the perpetrator near you or your residence
- Develop a special signals for neighbors, relative or friends to know you are in trouble and you need help. Make sure to tell them what you would like done.
- If you have children who were also in the trafficking situation, create a safety plan with them to ensure they know what to do if the perpetrator makes contact and who to call for help.
- If your child has ongoing contact with the perpetrator, discuss a safety plan on how to keep themselves safe with the perpetrator.

## Online Safety

### *Public Computers*

Public computers at local public libraries or community centers are more difficult to trace. Consider using these to access help whenever possible.

### *Delete your Search History*

Search engines track you online searches and this information can be accessed by others using the same computer. If you are concerned that the perpetrator will see what you have been searching for online, it is important to clear your search history after each session.

### *Detailed online safety*

The following pages will go in more details on how to keep yourself safe online



## Google

### *Deleting all activity*

1. On your computer, go to **Google Account**
2. On the top left navigation panel, click **Data & Personalisation**
3. On the *Activity and Timeline* panel, click **My Activity**
4. At the top right of the page, click the more icon.
5. Click **Delete activity by**.
6. Bellow "Delete by date", click the down arrow and select **All time**.
7. Click **Delete**

### *Deleting individual activity items*

1. Repeat step 1-3 from above.
2. Find the item you want to delete. To find it, you can:
  - a. Browse by topic or product. At the top center of the page, hover on **Delete by topic or product** and choose **Try it**.
  - b. Search by keywords or date
3. On the item you want to delete, click the more icon.
4. Click **Delete**

### *Stop Saving Activity*

You can control different types of activity that are saved in My activity. You can prevent searches, browsing history and most other activity from being saved to your account.

1. On your computer, go to Activity Controls
2. Turn off the activity you don't want to save

## Yahoo

### *View history on mobile*

1. Sign in to Yahoo
2. Go to Yahoo Search
3. Tap **Settings**
4. Tap **Search History**

### *View history on a tablet*

1. Sign in to Yahoo
2. Go to Yahoo Search
3. Go to the bottom of the page and tap **Settings**
4. Tap **Search History**

### *View history on a desktop*

1. Sign in to Yahoo
2. On the search box, enter a search term
3. Click Search
4. On the search results page, click the apps menu icon
5. Click **Settings**
6. Click **Search History**

## Facebook

When posting on social networking sites, it is important to double check your privacy setting and remove any geographical check-points of automatic GPS tags on photographs.

### facebook.

Visit the following links to learn more about your privacy & security options on Facebook:

**Facebook's Privacy Page**

[www.facebook.com/privacy](http://www.facebook.com/privacy)

**Facebook's Safety Center**

[www.facebook.com/safety](http://www.facebook.com/safety)

**Basic Privacy Settings & Tools**

[www.facebook.com/help/privacybasics](http://www.facebook.com/help/privacybasics)

**Security Tips & Tools**

[www.facebook.com/help/securitytips](http://www.facebook.com/help/securitytips)

## Instagram

Visit the following links to learn more about your privacy & security options on Instagram. [help.instagram.com/](http://help.instagram.com/)

**Safety Tips**

[Privacy and Safety Center > Safety Tips](#)

**Sharing Photos Safely**

[Privacy and Safety Center > Sharing Photos Safely](#)

**Blocking People**

[Privacy and Safety Center > Blocking People](#)

## Snapchat

Visit the following links to learn more about your privacy & security options on Instagram.

**Snapchat Safety Center**

[www.snap.com/en-US/safety/safety-center/](http://www.snap.com/en-US/safety/safety-center/)

**Reporting a Safety Concern**

[Snapchat Safety Center > Reporting a Safety Concern](#)

**Parent & Educators**

[Snapchat Safety Center > Parent & Educators](#)

## Victim Services of Kingston and Frontenac

Victim Services provides assistance for victims and survivors of crime, tragic circumstance & disaster in the city of Kingston and the County of Frontenac.

- Risk Assessment and Safety Planning
- Advocating on your behalf
- Referral to community services
- Emotional support
- Transportation to safety
- Case Management
- Victim Quick Response Program - Practical assistance with groceries, counseling and others. Restrictions apply

**Phone:** 613-548-4834  
**Email:** [iinfo@victimserviceskingston.ca](mailto:iinfo@victimserviceskingston.ca)

**Located at**  
 705 Division St  
 Kingston, ON  
 K7K 1V8

## VoiceFound

Voice Found is a Canadian charitable organization that is committed to the prevention of child sex abuse and commercial sexual exploitation. We envision a Canada where children and youth grow into healthy adults and where those who've been sexually exploited get the support and care they deserve.

- Path Found - Human Trafficking survivor-led program
- Hope Found Project - Trauma-informed peer-support
- H.E.A.L.T.H - Holistic Health care for victims of Human Trafficking
- Prevention and Education

**Phone:** 613-763-5322  
**Email:** [info@voicefound.ca](mailto:info@voicefound.ca)

**Located at**  
 Downtown  
 Ottawa, ON

## Family and Children Services

We are committed to trying to keep families in crisis together. Through our support, and linking the family with other community services, the vast majority of the children we see stay in their homes with their parents.

- Help with Parenting
- Youth Specific Programming
  - Youth Leadership
  - Housing and Education support
  - Life Skills program
  - Health and Employment programs

**Phone:** 613-545-3227  
**Email:** [info@facsfcla.ca](mailto:info@facsfcla.ca)

**Located at**  
 817 Division St  
 Kingston ON  
 K7K 4C2

## Elisabeth Fry Society

Offers programs and services in support of women who have experienced homelessness or at risk of being homeless.

- Homelessness Prevention Initiative
- Kay Healey Homes
- Joyce Detweiler Residential Program
- Supportive Non-Profit Housing Program

**Phone:** 613-544-1744  
**Toll Free:** 1-888-560-3379  
**Email:** info@efrykingston.ca

**Located at**  
127 Charles St  
Kingston, ON  
K7K 1V8

## Home Based Housing

Offers programs and services in support to individuals over 16 year old that are homeless or living in an unsafe situation.

- Housing First - Assistance for the chronically homeless
- Prevention Diversion - Help avoiding life in shelters
- Social housing Registration

**Phone:** 613-542-6672  
**Email:** info@kingstonhomebase.ca

**Located at**  
540 Montreal Street  
Kingston, ON  
K7K 3J2

## Kingston Interval House

25 beds secure shelter for women and their children. You need to be at-risk of re victimisation.

- Safe Shelter and Transitional Housing
- Risk Assessment and Safety Planning
- Counseling
- Advocacy

**Crisis:** 613-546-1777  
**Crisis:** 1-800-267-9445  
**Office:** 613-546-4661  
**Email:** info@kingstonintervalhouse.com

## Youth Shelter

Emergency Shelter with 15 beds for youth aged 16 to 24.

- Shelter with staff help for food and basic necessities.
- Counseling with a harm-reduction approach
- Life skills training and staff coaching
- Housing and employment assistance

**Phone:** 613-766-3200  
**Email:** ruth@kingstonyouthshelter.com

**Located at**  
234 Brock Street  
Kingston, ON  
K7L 1S4

## South Frontenac Community Services

Eligible residents are referred to Homelessness Prevention Workers, who then will determine eligibility to available programs. Staff will provide information and referrals, advocate with landlord or health/social services organization and assist clients to access, secure and move into permanent, suitable and affordable housing. Homelessness Prevention Workers will help maintain individual's current housing to avoid evictions, foreclosures and the loss of the client's home. Staff can assist clients in accessing appropriate funds for housing and utility arrears; provide referrals to appropriate services and programs.

**Phone:** 613-376-6477  
**Email:** info@sfscs.ca

**Located at**  
4295 Stage Coach Road  
Sydenham, ON  
K0H 2T0

## Salvation Army

- Housing Resources Center
- After School and Camps
- Supervised Access Center
- Community Choice Pantry
- Clothing
- Harvest Dinner
- Volunteer Tax Clinic

**Phone:** 613-548-4411

**Email:** info@sacfs.ca

**Located at**  
342 Patrick Street  
Kingston, ON  
K7K 6R6

## St. Vincent de Paul

- Coffee Break Program
- Loretta Hospitality and meal program
- WEARhouse
- Emergency Groceries

**Phone:** 613-766-8432

**Located at**  
85 Stephen Street  
Kingston, ON  
K7K 2C5

## March of Dimes

March of Dimes is a community-based rehabilitation & advocacy charity for people with physical disabilities. Our goal is to enhance the independence & community participation of people with disabilities

**Phone:** 613-549-4141 ext 6224

**Email:** teclair@marchofdimes.ca

**Located at**  
920 Princess St. 3rd Floor  
Kingston, ON  
K7L 1H1

## Food Bank

Partners in Mission Food Bank provides fresh milk, eggs, fruits and vegetables in every grocery hamper. Also always provided: canned soup, canned vegetables, pasta, pasta sauce, canned pasta, peanut butter, tuna, cereal, crackers, beans, rice, stew and diced tomatoes. Other donated produce, bread and desserts will be available each day for the service user to choose from depending on donations collected daily.

**Phone:** 613-544-4534  
**Email:** info@kingstonfoodbank.ca

**Located at**  
234 Brock Street  
Kingston, ON  
K7L 1S4

## Kingston Community Health Centre

Kingston Community Health Centres' main site on Weller Avenue offers primary health care, individual support, programs and groups and services to the North Kingston catchment. Medical and individual support services are provided by appointment. Programs and groups are offered on an ongoing basis.

**Phone:** 613-542-2949

**Located at**  
263 Weller Ave  
Kingston, ON  
K7K 2V4

- EarlyON centre
- Immigration Services
- Food Programs
- Pathways to Education
- Dental Health Program

### Resolve Counseling Services

- Women's counseling
- Sliding scale counseling
- Child and Youth Counseling

**Phone:** 613-549-7850

**Located at**  
417 Bagot St  
Kingston, ON

### Maltby Center

- Free Children and Youth counseling
- Walk-in Clinic
- Mental Health and Autism Services

**Phone:** 613-546-8535

**Located at**  
31 Hyperion Court, Suite 100  
Kingston, ON

### Center for Abuse and Trauma Therapy

The CATT is committed to providing support, empowerment, and advocacy to survivors of abuse and trauma through professionally facilitated individual therapy. The Centre specialized in short and long-term therapy for individuals who have been abused, traumatized or stressed by life's experiences.

**Phone:** 613-507-2288

**Located at**  
234 Concession St  
Kingston, ON

### Addiction and Mental Health Services

- Crisis Line
- Addiction Counseling
- Addiction Day Treatment
- Mental Health Counseling
- Mental Health Group Therapy
- Court Supports
- Supportive Housing
- Vocational Rehabilitation
- Family Resources Center

**Phone:** 613-544-1356

**Crisis:** 613-544-4229

**Located at**  
385 Princess St  
Kingston, ON  
K7L 1B9

### Street Health

- Harm reduction health center
- Addiction Counseling
- Naloxone Kits
- Safe drug use kits

**Phone:** 613-549-1440

**Located at**  
115 Barack St  
Kingston, ON

### Detoxification Center

The Detox Centre offers a confidential, short-term, non-medical, 22-bed, co-ed residential service for people 16 years old or older, who are intoxicated, in withdrawal related to their substance use, waiting for intake into a treatment program, or are in danger of a relapse.

**Phone:** 613-549-6461

**Located at**  
240 Brock St  
Kingston, ON

### HIV/AIDS Regional Services

- Needle Exchange Program
- Support Groups
- Public Education

**Phone:** 613-545-3698

**Located at**  
844a Princess Street  
Kingston, ON

**Notes:**

**Notes:**

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# Victim Services of Kingston & Frontenac

Victim Services of Kingston & Frontenac is a community-based program working in partnership with emergency services and local support agencies. It is a 24/7 service that provides confidential emotional support, practical assistance, referral and advocacy to individuals who have been victimized as a result of crime, tragic circumstance, or disaster, in order to lessen the impact of victimization.

Immediately following violent crime victimization, financial assistance may be available through the Victim Quick Response Program with Victim Services of Kingston & Frontenac.

*A time-sensitive staff assessment is required.*

c/o Kingston Police, 705 Division Street,  
Kingston, Ontario K7K 4C2  
Telephone: 613-548-4834 Fax: 613-547-6674  
[www.victimserviceskingston.ca](http://www.victimserviceskingston.ca)

