

1. WELCOME!

1.1 Welcome!



Notes:

Welcome to **Module 2** of the Online Training on Human Trafficking for Health Care Professionals

The goal of this module is to equip health workers with the skills necessary to identify the signs of human trafficking in a healthcare setting.

By the end of this module you will have a thorough understanding of the general indicators of human trafficking, as well as the health issues and symptoms caused by conditions under which victims/survivors live and work. You will also be able to identify indicators specific to commercial sexual exploitation and forced labour, and understand the role that addiction plays in the control and manipulation of trafficked persons.

1.2 Where to find Transcript of the training

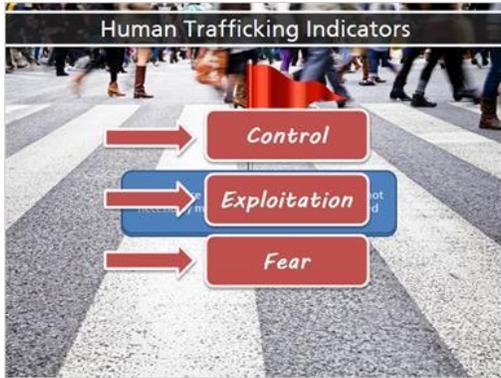


Notes:

You can access the transcript throughout the training by clicking on the "Notes" tab in the player.

Or else, click here to download full transcript for the training.

1.3 Human Trafficking Indicators



Notes:

In this module you will be presented with a set of indicators that may point to a potential human trafficking situation.

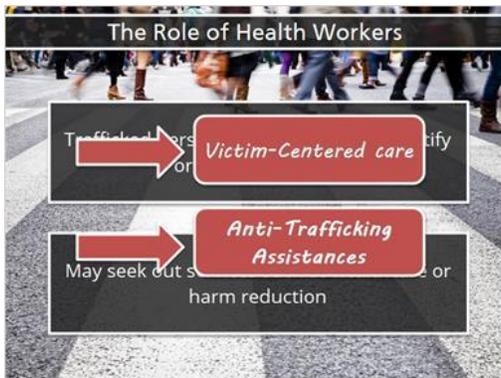
Please note that not all indicators need to be present in order for your client to be a potential trafficked person. Some cases may present only one or two red flags, while others will have significantly more.

It is also important to note that just because one or more of these indicators are present, does not necessarily mean that the person is being trafficked. Remember that the key elements of a human trafficking situation are

- **control**
- **exploitation**
- **fear** for the person’s safety or the safety of a loved one.

When they are all present, you are dealing with human trafficking.

1.4 The Role of Health Workers



Notes:

Health work is one of the few professions on the frontline that can help facilitate the escape of a trafficked person.

As we saw in the previous module, trafficked persons often do not self-identify and do not seek help to exit a trafficking situation. They may, however, seek out other services, such as healthcare or harm reduction, and this is how healthcare providers may come into contact with potentially trafficked persons in the course of their routine work-related activities.

As such, it is critical for health workers to recognize the indicators associated with human trafficking. With the ability to identify the signs and red flags of the different forms of trafficking, health practitioners will be in the best position to offer victim-centered care and employ anti-trafficking assistance measures.

2. GENERAL INDICATORS

2.1 Control and Exploitation - General Indicators (1)



Notes:

So how can you tell that a person is being trafficked?

Regardless of the type of trafficking situation, victims may present any of the following signs that they are being controlled and manipulated. In general, they may

- Show signs of fear, anxiety, depression, hyper-vigilance or intimidation
- Show signs of physical abuse, such as injuries or bruises or sexual abuse
- Show signs of poor health, poor hygiene or malnutrition
- Show signs of substance use and addiction, including the appearance of track marks
- Show signs of self-harm behaviours, such as cutting
- Wear inappropriate clothing for the weather or situation
- Be accompanied by someone else who speaks on their behalf
- Have no access to personal identification documents or their ID is fake
- Have no personal possessions or money
- Not know their address and be unfamiliar with their surroundings
- Show signs of branding or scarring that indicate ownership by the trafficker
- Distrust authorities and act as if they were instructed by someone else
- Have limited or no contact with their family and friends, and limited or no social interaction and supports

2.2 Case Study - Human Trafficking



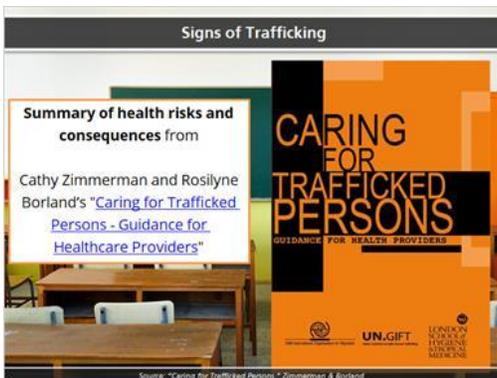
Notes:

In 2006, Darasat decided to accept a job offer in Canada. She was living in poverty in Thailand, struggling to support her daughter and mother. When she was promised a job that would pay 2000 dollars a month, she decided to take the opportunity, even though it involved paying a recruitment fee of 10,000 dollars and leaving her daughter behind. Once in Ontario, the situation turned out to be far from what she had expected. At her new place of work, her passport was confiscated, she had to follow a set of strict rules, working long hours, often without pay. She also found that even though conditions were harsh, she had no way of looking for a different job, as leaving her abusive employer would have been a violation of the terms of her stay in Canada, and could have led to detention and deportation.

With help from Legal Assistance of Windsor, Darasat and other 18 Thai workers in similar circumstances were granted temporary residence permits allowing them find jobs that pay fair wages.

Source: <http://www.cbc.ca/news/canada/windsor/story/2011/06/21/wdr-thai-human-trafficking.html>

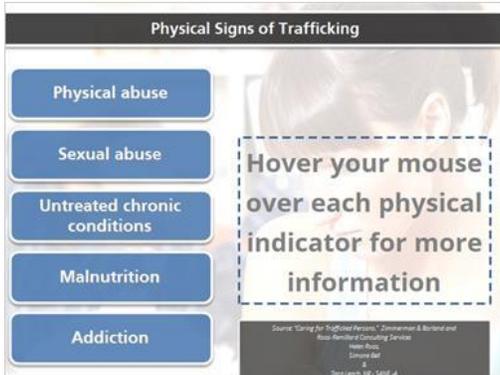
2.3 Signs of Trafficking



Notes:

Related to the signs of control and exploitation, are the many symptoms that victims may present as a result of the extremely stressful trafficking environment. In the following slides, we have summarized some of the health risks and consequences as presented in Cathy Zimmerman and Rosilyne Borland’s guidebook “Caring for Trafficked Persons - Guidance for Healthcare Providers” . You can click on the link on your screen to access the full guide, or find it in our additional resources. Let’s start by reviewing physical indicators.

2.4 Physical Signs of Trafficking



Notes:

The physical signs of trafficking that you might encounter in a healthcare setting could include signs of Physical Abuse, Sexual abuse, Untreated chronic conditions, Malnutrition and/or Addiction.

Hover your mouse over each physical indicator for more information.

2.5 Psychological Signs of Trafficking



Notes:

The psychological impact of human trafficking can be deep and long lasting. Trafficked persons may have experienced threats, intimidation, terrorizing, blackmail, deceit, lack of control, isolation, and/or forced dependency.

In the most extreme cases of trafficking, the psychological impacts can be similar to what is experienced by victims of torture, and psychological symptoms can be especially severe when victims have experienced sexual abuse. Suicidal ideation and suicide attempts are not uncommon.

Hover your mouse over the link on your screen to view more psychological symptoms of trafficking

2.6 Other Health Risks and Consequences



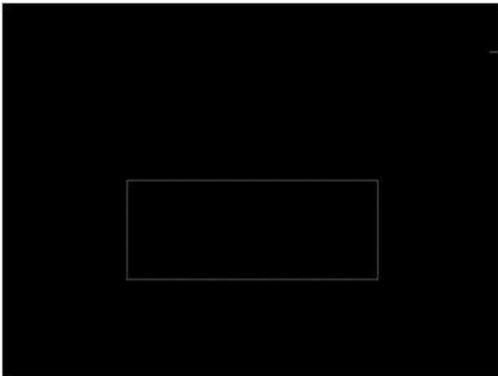
Notes:

Other elements of human trafficking that can have an impact on a persons health, include

- Social restrictions
- Economic exploitation
- Legal insecurity, and
- Restricted access to services

Hover your mouse over the links on your screen for more details.

2.7 Survivor Story



Notes:

They started saying that they'll figure out ways that I'm going to get them their money. And I didn't quite get it at the time, but in the very next breath they were handing me more drugs. So eventually it was the process and cycle of things that I owed tons of money and I just kept building more debt. And it also gave them ownership to beat me up, to abuse me, to threaten me, to take over my house, to tell me what I was gonna do and what I wasn't gonna do.

So it was almost like an exchange for power. That they can abuse me, but "Here, take your reward and shut up". But then I'd owe triple for it, because I was already in debt anyways. So eventually the drugs became the buyout. Or it also became that, OK, I don't have to think, I don't need to feel, because I can just get high and continue doing what needs to be done. And you start losing all sense of hope, also, because you're manipulated in this world. And then the way they coerce is: "You've done this. You did all this. You committed all these crimes. And you're the one going down for everything."

2.8 Industry-Specific Indicators

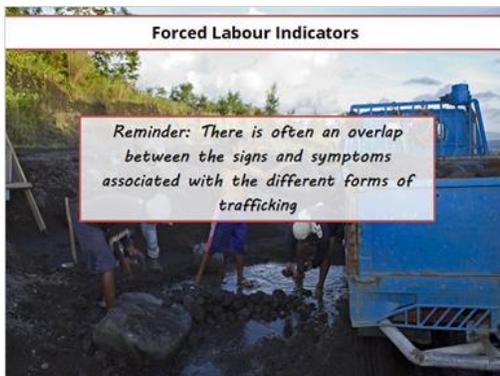


Notes:

In addition to the general indicators of human trafficking, there are certain behaviours and symptoms that pertain specifically to the industry in which the trafficked person is being exploited. Let us now look at the indicators of trafficking for Forced Labour.

3. FORCED LABOUR INDICATORS

3.1 Forced Labour Indicators (1)



Notes:

Though we have categorized these signs and symptoms based on the form of exploitation, it is important to remember that there is often overlap between the different forms of abuse experienced by a trafficked person, and it is not unlikely that they would present with indicators associated with multiple classifications of human trafficking.

3.2 Case Study Forced Labour (2)

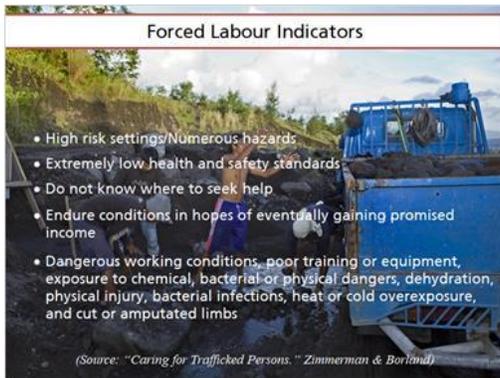


Notes:

When a young Hungarian man was promised the opportunity of a better life by a woman who had immigrated to Canada and was running a restaurant there, he did not hesitate to take up her offer. The two became romantically involved and she promised him a well paying job in her restaurant in Mississauga and an opportunity to exhibit his artwork there. However, once in Canada, his passport was confiscated, he ended up forced to work almost without pay, was given one meal per day and reminded that we would be arrested and deported if he tried to leave. Once an investigation was launched, several other victims in similar circumstances were identified - all of them living in substandard conditions and working long hours with little or no pay on various properties owned by the woman.

Source: <http://www.mississauga.com/news-story/3129646-restaurant-owner-charged-with-human-trafficking/>

3.3 Forced Labour Indicators (3)



Notes:

“For individuals trafficked into sectors other than sexual exploitation, there is currently little research-based data. Accounts from assistance organizations around the world suggest that individuals are forced into high risk settings that pose numerous hazards related to their jobs and to their living conditions. Health and safety standards in such exploitative settings are generally extremely low. Those caught in situations of exploitation may remain silent about their conditions because they often do not know where to seek help and may try to endure these conditions in hopes of eventually gaining promised income.”

Hazards may include dangerous working conditions, poor training or equipment, exposure to chemical, bacterial or physical dangers, dehydration, physical injury, bacterial infections, heat or cold overexposure, and

cut or amputated limbs.

(Source: "Caring for Trafficked Persons." Zimmerman & Borland)

3.4 Forced Labour (4)

Occupational Hazards by Industry		
Industries	Possible Health Risks	Consequences
<ul style="list-style-type: none"> • Construction • Manufacturing (e.g., textile, metal, wood) • Industrial fishing and fisheries • Agriculture • Domestic servitude • Mining, quarrying • Food processing • Forestry • Leather & tanning • Carpet-weaving • Livestock 	<ul style="list-style-type: none"> • Poor ventilation, sanitation and nutrition • Sleep deprivation, long hours • Repetitive-motion activities, e.g., back-bending, lifting • Poor training on heavy or high-risk equipment • Chemical hazards • Poor/no personal protective equipment (PPE), e.g., hats, helmets, gloves, goggles • Heat or cold stress • Airborne contaminants, e.g. fumes, dust, particles • Bacterial contaminants, 	<ul style="list-style-type: none"> • Exhaustion • Malnutrition • Dehydration • Repetitive-motion syndromes, strains • Heat stroke or stress, hypothermia, frostbite • Repetitive syndromes (back, neck and joint problems) • Accidental injuries, e.g. severed limbs, broken bones, concussions • Respiratory problems, lung cancer, endotoxin or asbestos contamination • Skin infections, diseases, cancer, occupational dermatosis • Gastro-intestinal infection (water-

Notes:

Zimmerman and Borland’s Guide for health workers provides a helpful chart showing common industries for labour exploitation and the general labour related health risks and consequences.

3.5 Forced Labour (5)



Notes:

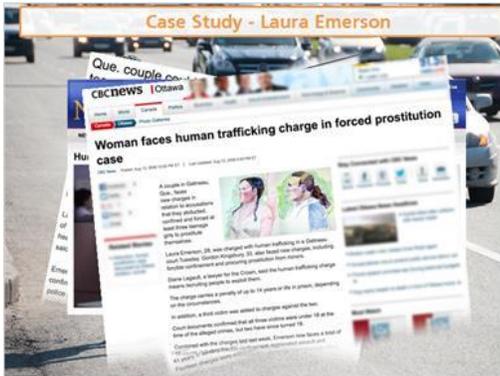
Though there are no definitive symptoms by which to identify a person who has been trafficked for forced labour “a health provider may suspect that an individual has been trafficked or has suffered extreme forms of exploitation when [a patient] presents with industry-related morbidity and post-trauma reactions, and reports having migrated for a trafficking-related form of labour.”

(Source: Caring for Trafficked Persons." Zimmerman & Borland)

Let us now look more closely at the indicators related to Sex Trafficking/ Commercial Sexual Exploitation.

4. SEX TRAFFICKING INDICATORS

4.1 Case Study - Sex Trafficking/ Commercial Sexual Exploitation



Notes:

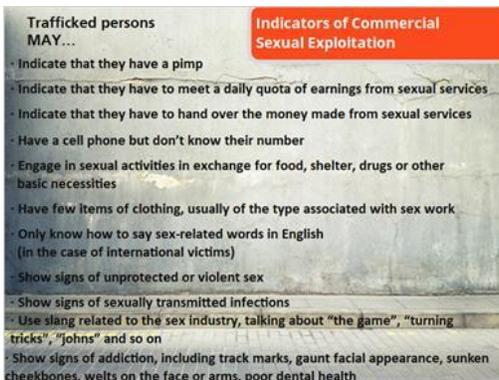
In 2009, Laura Emerson was charged with human trafficking and other related offenses for forcing three young women into prostitution in Ottawa and Gatineau. The girls were lured with promises that Emerson would take care of them.

The three women were held in a condo, where they were forced to service up to ten clients every day. They were sometimes transported to hotels and homes, too, and were expected to work eight to ten hours and make between 1000-2000 dollars a day. Emerson exploited the women’s drug and alcohol dependencies in order to ensure their compliance.

When one of the victims tried to escape after an appointment with her parole officer in Ottawa, Emerson tracked her down and forced her to return. She dragged her back to her car and locked her in the trunk, forcing the other two women to beat her. Back in the apartment, the woman was tied to a table for two days and forced to smoke crack cocaine in order to comply.

Laura Emerson was found guilty of human trafficking and several related offenses, including living on the avails of prostitution, forcible confinement, assault and sexual assault, and sentenced to 7 years in prison.

4.2 Sex Trafficking/Commercial Sexual Exploitation Indicators (1)



Notes:

Based on current information and research, the commercial sexual exploitation of women and girls is the most common form of human trafficking taking place in Ontario today.

In addition to the general signs of human trafficking, as well as those indicating control and exploitation, persons trafficked in the commercial sex industry may also:

- Indicate that they have a pimp or 'boyfriend'
- Indicate that they have to meet a daily quota of earnings from selling sexual services
- Indicate that they have to hand over the money made from selling sexual services
- Have a cell phone but do not know their own phone number
- Engage in sexual activities in exchange for food, shelter, drugs or other basic necessities
- Have few items of clothing, usually the type associated with sex work
- Only know how to say sex-related words in English (in the case of international victims)
- Show signs of unprotected or violent sex
- Show signs of sexually transmitted infections
- Use slang related to the sex industry, talking about "the game", "turning tricks", "johns" and so on
- Show signs of addiction, including track marks, gaunt facial appearance, sunken cheekbones, welts on the face or arms caused by skin picking, and poor dental health

4.3 Sex Trafficking/CSE - Behavioural Indicators (2)



Notes:

Persons trafficked for commercial sexual exploitation may act in particular ways that can indicate they are being trafficked. Trafficked persons...

- May be hostile, uncooperative, manipulative;
- May be fearful and untrusting of authorities;
- May be afraid of the trafficker;
- May not see herself as a victim;
- May look older than she is;
- May feel loyalty towards trafficker or 'boyfriend'
- May have been instructed to lie;
- May be experiencing traumatic stress
- May be intoxicated or in so much pain that an interview may not be possible;
- May appear to be in withdrawal from street level drugs such as heroin

(Source: - Roos-Remillard Consulting Services)

4.4 Sex Trafficking/CSE - Physical Indicators (3)



Notes:

The physical indicators associated with sex trafficking can include signs of

- rape,
- gang rape,
- forced unprotected sex,
- sex without lubricants,
- misuse of contraceptives,
- anogenital injury,
- STDs,
- HIV,
- pelvic inflammatory disease,
- bladder infection,
- cervical cancer,
- infertility,
- pregnancy,
- abortion,
- chronic pain/IBS,
- chronic pain with intercourse,
- PTSD.

(Source: - Roos-Remillard Consulting Services)

4.5 Sex Trafficking/CSE - Post-Trafficking Symptoms - CSE (5)



Notes:

Evidence from women and girls suggests that common post-trafficking symptoms include the following:

- headaches (among the most prevalent and enduring physical symptoms)
- fatigue
- dizziness
- memory loss
- sexually transmitted infections
- abdominal pain
- back pain
- dental problems
- weight loss
- eating disorders
- sleep disturbance and
- insomnia.

Additionally, research suggests that more than half of trafficked women and girls may have been exposed to physical and/or sexual abuse prior to being trafficked and it is likely that this history of interpersonal trauma and violence contributes to post-trafficking health issues.

(Source: "Caring for Trafficked Persons," Zimmerman & Borland)

Let us now look at the role addictions play in commercial sexual exploitation.

5. ADDICTIONS

5.1 The Role of Addictions



Notes:

Addictions play an enormous role in the

- recruitment
- control
- exploitation of trafficked persons

for the purpose of commercial sexual exploitation. As such, healthcare providers should be especially alert to the indicators of human trafficking when attending to a patient who presents with the symptoms of drug or alcohol dependency

5.2 The Role of Addictions

The Role of Addictions	
Trafficker	Trafficked Person
Abduction	Self-medication
Method of control	History of trauma and mental health symptoms
Create dependence	PTSD, anxiety, and depression
Videos/photos used for coercion	Long hours, exhaustion, and severe environmental conditions
Use of Addiction Support groups for recruitment	

Notes:

Addiction in a trafficked person can be a Pre-existing behaviour, representing a factor of vulnerability, or one that is introduced by the trafficker.

Drugs and alcohol may be used by a trafficker in order to

- abduct a victim, or as a
- method of control to encourage compliance and discourage running away, as well as to create a dynamic of dependence on the trafficker.
- A trafficker may also take photos or videos of a victim using drugs or alcohol, and then use these as a method of coercion by threatening to expose the person’s substance use to their friends and family.

- Traffickers may even enrol themselves in addiction support groups as a tactic for finding new victims, as was the case with Amanda McGee, a woman convicted of human trafficked in Calgary, Alberta in January 2016.

Substances may be used by a trafficked person as a form of

- self-medication to cope with physical and emotional trauma. As we touched on in Module 1,
- a history of trauma and abuse contributes to the risk of being trafficked. This goes hand in hand with addictions, as traumatized people may live with mental health symptoms such as
- PTSD, anxiety, and depression, and may have developed a substance dependency in an effort to cope with their mental health symptoms.
- In the trafficking situation, substances can also be used by a victim to help with long hours, exhaustion, and severe environmental conditions such as extreme heat and cold.

5.3 Signs of Addiction



Notes:

Some of the most common drugs used by human trafficking victims include

- Crack,
- Cocaine,
- Benzo's
- Meth,
- Heroin and other opiates

Some physical indicators associated with these addictions include

- sunken/gaunt facial features
- poor dental, hair, and skin health
- appearance of malnourishment
- welts on the face or arms from 'picking'
- track marks
- runny or bleeding nose
- dilated pupils in the case of crack, cocaine, and meth
- or constricted pupils in the case of heroin, and
- severe symptoms of withdrawal

5.4 Health Consequences



Notes:

There are many health consequences related to addiction in the trafficking context. For example, the use of substances may

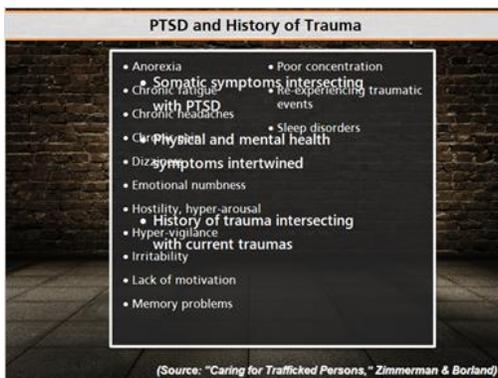
- decrease the likelihood of condoms being used, thereby increasing a trafficked person’s
- risk of unplanned pregnancy, as well as the
- transmission of STI's, including HIV. This vulnerability is further exacerbated by the
- lack of programs offering clean syringes (syringe swaps).

Though the addiction related health consequences will vary depending on the drugs used, a healthcare provider should consider cellulitis, lung disease, abscesses, OD, HIV/AIDS, Hepatitis, and pneumonia from aspiration.

(Section 5 Source: Roos-Remillard Consulting Services, Simone Bell, and Tara Leach, NP)

6. ADDITIONAL INFORMATION

6.1 PTSD and History of Trauma



Notes:

Victims/Survivors of any form of human trafficking may also experience somatic symptoms with no clear organic cause, and their health symptoms often intersect with, and are exacerbated by, post-traumatic stress disorder.

Physical and mental health symptoms in a trafficked person are often intertwined, in particular during the acute period during or immediately after the trafficking. Trafficked persons also commonly have a history of trauma in their pre-trafficked life, therefore somatic and behavioural symptoms related to a history of trauma

may also be present in trafficked persons, and may include

- Anorexia
- Chronic fatigue
- Chronic headaches
- Chronic pain
- Dizziness emotional numbness
- Hostility, hyper-arousal
- Hyper-vigilance
- Irritability
- Lack of motivation
- Memory problems
- Poor concentration
- Re-experiencing traumatic events
- Sleep disorders.

These post-traumatic symptoms contribute to the overall poor health status of trafficked persons.

(Source: "Caring for Trafficked Persons," Zimmerman & Borland)

6.2 Who is in the Waiting Room?



Notes:

Victims/Survivors of any form of human trafficking may also experience somatic symptoms with no clear organic cause, and their health symptoms often intersect with, and are exacerbated by, post-traumatic stress disorder.

Physical and mental health symptoms in a trafficked person are often intertwined, in particular during the acute period during or immediately after the trafficking. Trafficked persons also commonly have a history of trauma in their pre-trafficked life, therefore somatic and behavioural symptoms related to a history of trauma may also be present in trafficked persons, and may include

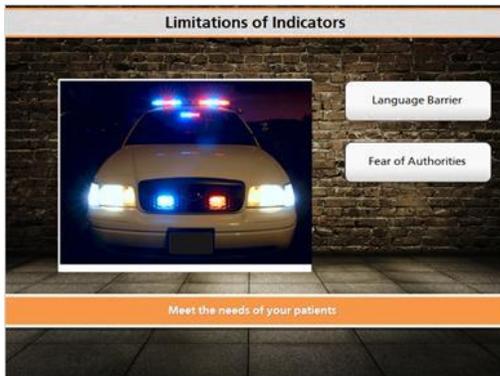
- Anorexia
- Chronic fatigue
- Chronic headaches
- Chronic pain
- Dizziness emotional numbness
- Hostility, hyper-arousal
- Hyper-vigilance
- Irritability

- Lack of motivation
- Memory problems
- Poor concentration
- Re-experiencing traumatic events
- Sleep disorders.

These post-traumatic symptoms contribute to the overall poor health status of trafficked persons.

(Source: "Caring for Trafficked Persons," Zimmerman & Borland)

6.3 Limitations of Indicators



Notes:

It is important to remember that none of these indicators on their own mean someone is being trafficked. For example, there are many legitimate reasons why family, friends, and service providers might accompany and even speak on behalf of a person in a healthcare setting, such as

- language barriers or a
- fear of authorities due to precarious immigration status or experiences of stigmatization and marginalization.
- In the case of voluntary migrant sex workers, some service providers have found that with the sensationalizing of human trafficking in the media, police and healthcare workers are incorrectly labeling these women as human trafficking victims and in doing so, failing to meet the real needs of this population.

Use the indicators presented in this module as a guideline for identifying victims of human trafficking, but be mindful

- not to jump to conclusions or ignore the presenting
- needs of your patient.

6.4 Summary



Notes:

Congratulations! You have completed the second module of the Online Training on Human Trafficking for Health Care Professionals. In this module we have presented human trafficking indicators that you might encounter as a health worker, including

- the general signs of control and exploitation
- the health risks and consequences related to the trafficking environment
- indicators of commercial sexual exploitation
- and the health risks associated with exploitation in various labour industries

You are now ready to move on to the third module of our training where we will look at how to provide services to trafficked persons in a healthcare setting.

Provide feedback by clicking on the link on your screen.

For more in-depth information on human trafficking, take our full-training. You can access the training by clicking on the link on your screen.