

HE PROMISED MY  
**DREAMS**  
WOULD COME TRUE

I CAN'T WAKE UP  
FROM THIS  
**NIGHTMARE**



EXPLORE THE AND

## EXPLOITATION

**Women and girls accounted for 95% of human trafficking violations reported by police in 2019.** Every year, hundreds of Canadians are trafficked—recruited, transported, or held to be exploited—for labour or sex. Victims tell us about a common experience in the grooming process, feeling unsure at what point their relationship with a trafficker moved from compliments or support to exploitation.

### DEFINITIONS

#### Power-based crime

In BC, when there is violence in a relationship—whether it's between intimate partners or other family members—it's called a power-based crime. Victims or survivors of power-based crimes do not need to report a crime to police to receive help, and will receive support through a community-based victim support worker who maintains confidentiality, provides safety planning, referrals to resources, and guidance through the legal process.

#### Human Trafficking

Human trafficking involves recruiting, transporting, or holding victims to exploit them or help someone else exploit them, generally for sexual purposes or work. With victims, particularly young victims, there is often a slow and intentional grooming process, and an exploitation of something youth perceive to be lacking.

### SIGNS SOMEONE YOU KNOW MAY BE A VICTIM OF HUMAN TRAFFICKING

- New relationships, often online, and often with someone older or richer
- Recent gifts or cash for no apparent reason
- Pulling away from family or friends
- Change in mood or personality, such as increased aggression
- Decrease in confidence or self-image



### SUPPORTS AND SERVICES

VictimLinkBC: 1-800-563-0808 | VictimLinkBC@bc211.ca

BC 24/7 Community and Social Services Helpline: 211 | help@bc211.ca

Canadian Human Trafficking Hotline: 1-833-900-1010

If you or someone you know is in immediate danger, call 911

### ABOUT EXPLORE THE AND

Victims and survivors of trauma share that they often feel like contradictory feelings are dismissed by those around them. **Explore the And** marks our commitment to acknowledging the experiences and perspectives of victims and survivors of crime, and bringing them to a wider audience.



**FAMILY SERVICES**  
of Greater Vancouver

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