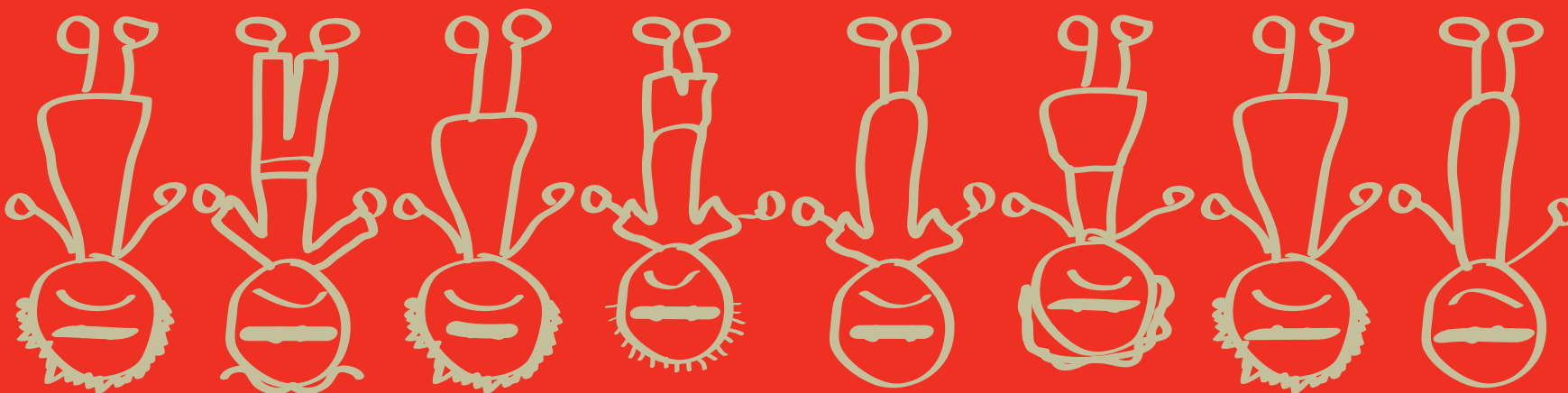
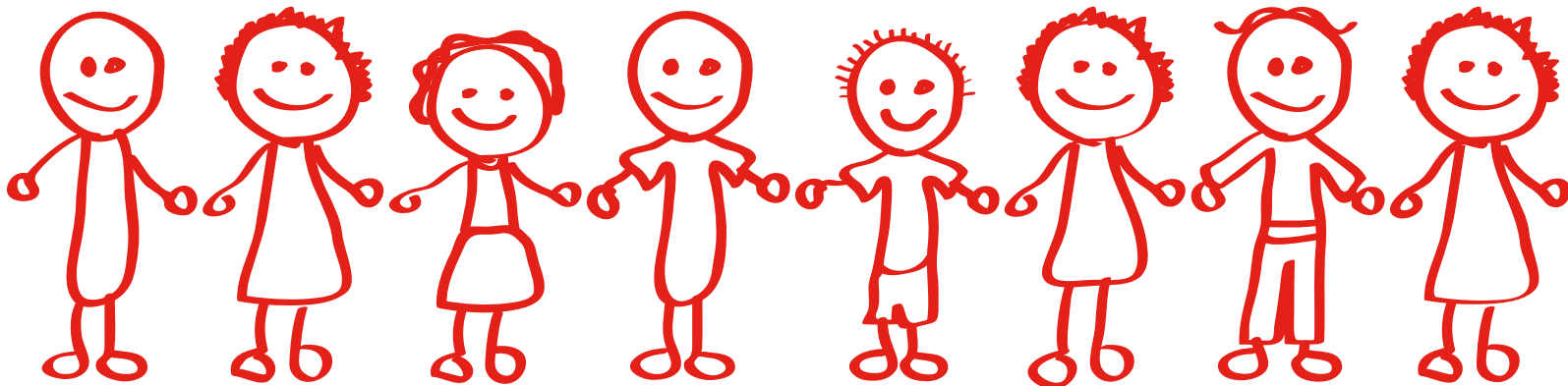


HUMAN TRAFFICKING

PEER EDUCATION MANUAL

second changed and amended edition

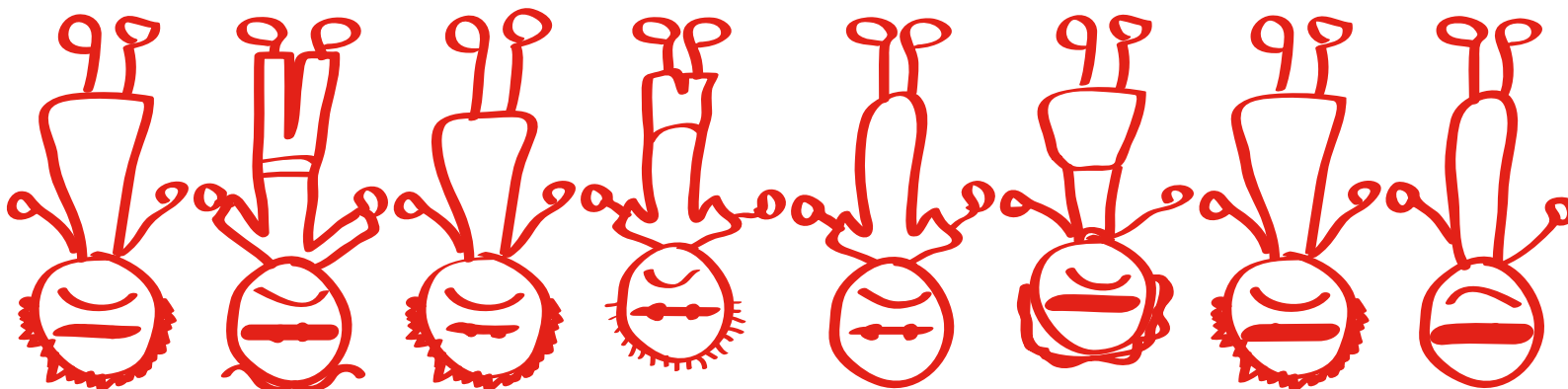


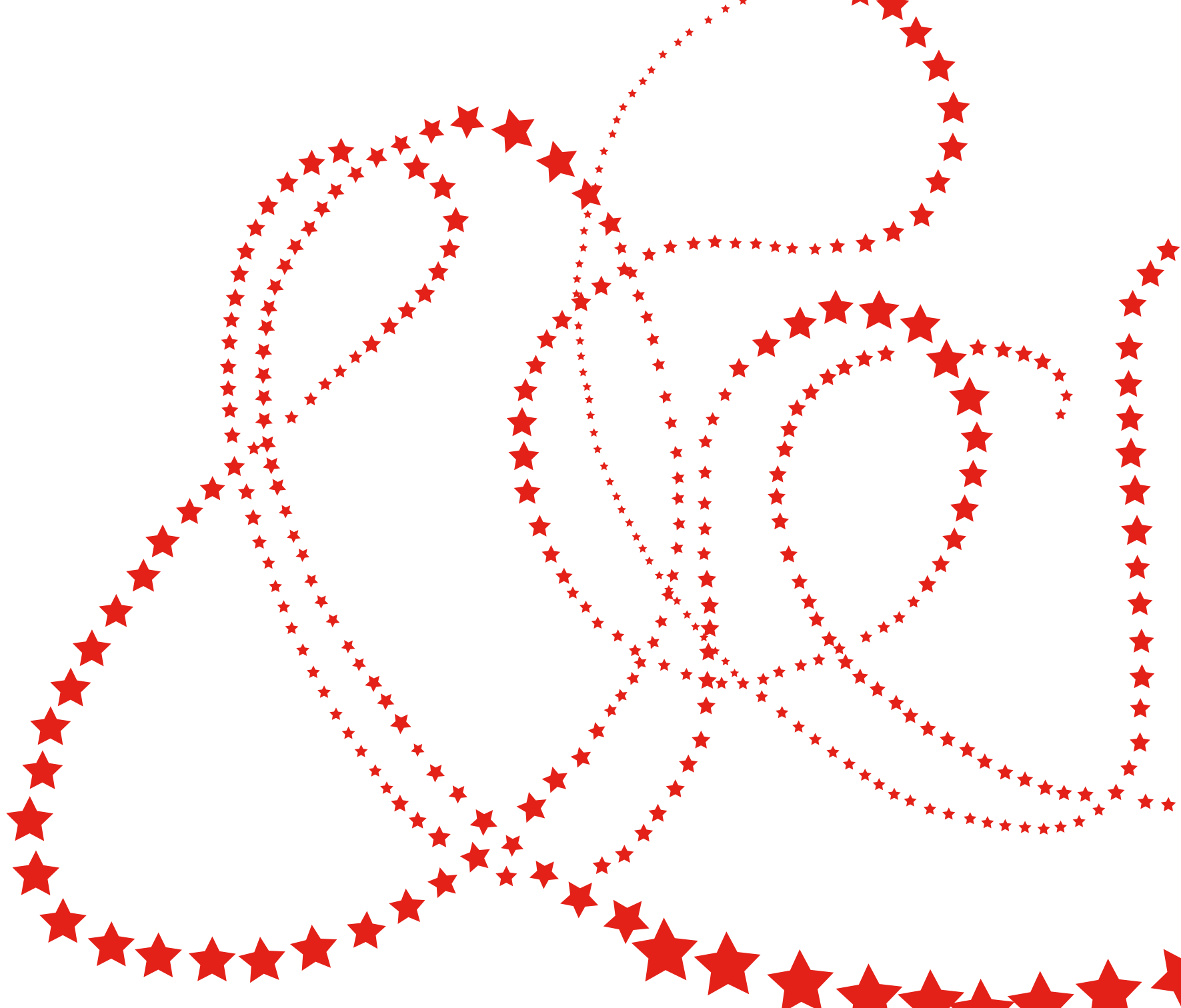


Human Trafficking

Peer Education Manual

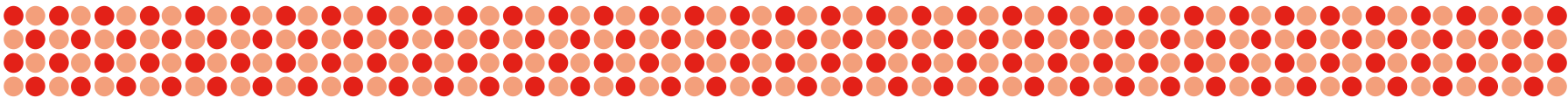
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Introduction

Trafficking in human being is a global phenomenon, discussed extensively in the previous two decades at the highest levels of international and national decision-making. Numerous local and international non-governmental organisations are engaged too in combating this problem. However, though it is widely discussed, and it seems that it is diligently worked on, the problem of human trafficking is not alleviated on the global level. On the following pages, you will find about the causes and the kind of an environment which favours the existence of human trafficking – poverty, unemployment, instability, social exclusion, war, corruption, lack of opportunities and alternatives. All these factors are still present, which hinders true prevention of the problem. We in ASTRA believe that the prevention of trafficking in human beings needs to be approached systemically, and one of the ways is for this topic to be included in the regular primary and secondary schools' curricula, so that young people are informed in a timely manner and know how to protect themselves. Until this happens, we rely on what we have and what we can, i.e. the strength of young people, dissemination of information and awareness raising.

Already at the start of our efforts, it became clear to us that young people take in knowledge and information easier when these are received from their peers, and especially if such a process of learning is facilitated through workshops. Firmly believing that young people are ready to and capable of sharing their knowledge with their peers in a successful and efficient way, one of the first activities in the field of human trafficking prevention that ASTRA designed and has been implementing for almost two decades now, are peer workshops. In order to reach as many young people as possible, we have realised a number of instructive trainings for the young people interested in passing on this knowledge to their peers. This was the reason that in 2008 we published "Human Trafficking – Peer Education Manual with the Analysis of Good Practice of Preventive and Educational Workshops" and, based on this manual, our peer educators have, to this day, realised more than 2,000 workshops on the territory of the Republic of Serbia, attended by more than 40,000 primary and secondary school pupils and university students. As human trafficking is a dynamic category, and the trends are changing, but also providing that since the publication of the first edition of the manual we have acquired new experiences in workshop realisation, we decided to publish the second edition of the Manual which contains minor changes and additions.

"Human Trafficking - Peer Education Manual" has five chapters. In the first chapter, you will get to know the basic information pertaining to the problem of human trafficking – what it is, what it looks like, why it exists and who it affects. The second chapter contains methodologies and techniques of workshop realisation. The third and fourth contain comprehensive scenarios for two preventive and educational workshops for primary and secondary school pupils. In the fifth chapter we attempted to provide some useful advice and important remarks intended for all peer educators. As annexes, we added some useful preventive information for workshop facilitators and participants, form for the entry test of knowledge for participants, form for after-workshop evaluation, report form for facilitators used in reporting on the realised workshops, and additional material for the workshops.

This Manual is intended for the young people who attended ASTRA's instruction training for peer educators/facilitators, but also to all those who have the desire to become better informed on the topic of trafficking in human beings, and help in the prevention thereof.

This Manual is just a beginning. Good educator must constantly learn, expand her/his knowledge, rehearse and improve. Should you have any questions, doubts, or dilemmas, feel free to call or write to us. We would be glad to help you. We can only eradicate human trafficking together.

ASTRA is immensely grateful to all the young people who have, during the previous twenty years, diligently participated in the creation of the workshops, transference of knowledge and collection of the impressions and recommendations by the workshops' participants, all of which helped us in improving this Manual.

Marija Anđelković, CEO of ASTRA







first chapter

what is trafficking in human beings

1. What is Trafficking in Human Beings

Trafficking in human beings (human trafficking), as a form of economic and sexual exploitation of human beings, represents one of the gravest types of crime in our times. In using fraudulent, violent and exploitative practices, human traffickers treat human beings as commodity, while the victims are living in the conditions of coercion and terror.

Human trafficking represents one of the most severe forms of human rights' violation. Its victims do not have the freedom of movement, or choice; i.e. they do not have control over their own lives. This phenomenon is also known as "Modern Slavery", as its victims are being kept in slave-like conditions, and are treated as a property of the people who bought them.

International Labour Organisation estimates that 40 million people are, at any given moment, being exploited in human trafficking rings, either with the purpose of sexual exploitation, or in any other form of forced labour.

Some people use the term "white slaves' trafficking" to refer to trafficking in human beings, which is by no means accurate.

Human trafficking was first addressed as a problem in XIX century, when white people started to appear as victims of trafficking. However, the phrases "white slavery", or "trafficking in white slaves" cannot be used synonymously with that of trafficking in human beings, as this problem affects all people, regardless of their racial, ethnic or national origin.

Human trafficking often, but not exclusively, occurs as a form of organised crime, but also a type of criminal business fuelled by the supply and demand on the market. Human trafficking is believed to be one of the three most profitable criminal activities, in addition to drug trafficking and illegal arms trade. The commodity being offered are people, and they earn their traffickers enormous profit which is assessed to be some 150 billion dollars per year¹.

Human trafficking is defined in the UN Convention against Transnational Organised Crime, i.e. article 3 of its Protocol to Prevent, Suppress and Punish Trafficking in Human Beings, Especially Women and Children:

"Trafficking in persons" shall mean the recruitment, transportation, transfer, harbouring or receipt of persons, by means of the threat or use of force or other forms of coercion, of abduction, of fraud, of deception, of abuse of power or of a position of vulnerability or of the giving or receiving of payments or benefits to achieve the consent of a person having control of a person, for the purpose of exploitation. Exploitation shall include, at a minimum, the exploitation of the prostitution of others or other forms of sexual exploitation, forced labour or services, slavery or practices similar to slavery, servitude or the removal of organs.

¹ <https://www.humanrightsfirst.org/resource/human-trafficking-numbers>

Highly profitable low-risk crime. Human trafficking is said to be a highly profitable, yet low-risk criminal activity. Highly profitable as one human trafficking victim can reap huge profit over a long period of time, with the minimal expenses. Trafficker can exploit a single girl for years, thus generating hefty earnings, simultaneously spending quite small sums of money just to keep her alive.

Human trafficking is a low-risk crime, since the very act of trafficking is hard to reveal and prove, while the very victims, due to the physical and psychological abuse they endured, are rarely ready to testify against their traffickers. Furthermore, the prejudice against human trafficking victims, still very much present both in Serbia and abroad, often hinders processing of the perpetrators, since victims are often held responsible for their position, the guilt of the traffickers thus being diminished.

According to the available data and assessments, quite a small number of traffickers become accused and sentenced for trafficking in human beings, and quite rarely they receive long prison sentences. Furthermore, they are rarely confiscated the proceeds of their crimes. In practice, human trafficking victims really **get** compensation for what they have endured.

In Serbia, trafficking in human beings is prohibited by article 388 of the Criminal Code which stipulates the sentence of three to twelve years of imprisonment for this crime, while trafficking in children for the purpose of adoption is prohibited by article 389 of the Criminal Code, which stipulates sentencing to one to five years of imprisonment for this criminal activity.

1.1 Forms of Human Trafficking

The aim of human trafficking is earning money (or some other type of profit) through a sort of exploitation. Exploitation of victim can have a number of different forms:

- Sexual exploitation and forced prostitution;
- Forced labour;
- Forced beggary;
- Forced criminality;
- Domestic servitude;
- Forced marriage;
- Harvesting of and trafficking in organs.

Different forms of exploitation are more or less dominant in different countries and involve different victims of human trafficking. Sexual exploitation is the most frequent form of human trafficking (over 80%), while its most frequent victims are women and girls (more than 85%).

Labour exploitation is particularly present in the countries which have a major demand for cheap labour force, coupled with weak control

mechanisms, especially in the construction industry, agriculture, textile industry and manufacturing industry. Therefore, according to the latest data by the UNODC (UN Office for Drugs and Crime, 2018), in the Eastern European and Central Asian countries (ex-USSR republics), as well as in the Persian Gulf countries (UAE, Kuwait, etc.) victims of labour exploitation make for almost a half of the identified human trafficking victims (45% in Central Asia, 66% in the Persian Gulf). Working age men from Serbia are frequent victims of this form of human trafficking. The equalling of human trafficking with prostitution (willing sexual labour) is a frequent occurrence. Even though sexual workers can often become human trafficking victims, it is important to differentiate between these two terms.

Human trafficking	Willing sexual work
Victims have no freedom of decision concerning their life and labour, but are rather completely controlled by the persons who bought them.	Person which engages in sexual work is free to decide concerning her/his own life.
Some human trafficking victims are forced into prostitution, i.e. this is not their choice; some human trafficking victims started with sexual work willingly, but they are now forced to perform this labour in slave-like conditions.	Willing sexual work, though often being a consequence of hardship and lack of other options, is nevertheless the choice of the person who engages in such work.
Victims usually have no freedom of movement and cannot stop with prostitution should they wish so.	Person engaging in willing sexual work has the freedom of movement and liberty to cease with such work whenever she/he chooses to.
Sexual exploitation is just one among many forms of trafficking in human beings.	May but need not involve different forms of coercion and exploitation.* * Sexual workers may be victims of human trafficking, i.e. of sexual exploitation, just like anybody else, i.e. once the conditions of their work become exploitative and they lose control over their own decisions and life.

1.2 Process of Human Trafficking

The process of human trafficking consists of three phases: **recruitment, transportation and exploitation.**

Recruitment for human trafficking is the act by means of which a person is drawn into a human trafficking ring, and which marks the beginning of her journey towards exploitation.

Transportation implies moving of victim on the territory of a single country, or across international borders, towards her/his final destination. Final destination is the location where the demand is at its highest, and the profit generated from exploitation is the greatest.

Human trafficking victims are transported over land and sea or their transportation can be airborne. Either real or counterfeited documents are used to this end, while borders are sometimes crossed illegally, away from official border crossings. Sometimes victims are transported via clandestine routes, hidden in trucks or vans, on board of ships, or they cross borders on foot, through woods, across rivers, etc.

Victim can already be faced with her/his initial exploitation on the road, before reaching the destination, while victims can be re-sold a number of times en route to their final destination.

Do not forget that transportation does not always involve crossing of state border, since trafficking in human beings can also be internal in character. Victims can be transported from city to city, from one establishment or brothel to another, from house to house, and be recruited and exploited in their own country. According to the UNODC data, 42% of the human trafficking victims on the global level, are victims of internal human trafficking. According to the statistical data collected by ASTRA, more than 80% of victims in Serbia are indeed Serbian citizens.

When talking about the phase of transportation (transit), it is important to distinguish between human trafficking and human smuggling. The following table provides the main differences between human trafficking and human smuggling.

<i>Human trafficking</i>	<i>Human smuggling</i>
Profit is made through exploitation of victims.	Profit is made by transferring a person across state border illegally.
Destination can be either cross-border or internal (trafficking in human beings by transporting them from place to place, without crossing state border).	Always implies crossing of a state border.
Human trafficking can occur even when the victim has entered a country legally, using legal documents and permits.	Human smuggling always implies illegal crossing of a state border.

<i>Human trafficking</i>	<i>Human smuggling</i>
There is no consent to exploitation by the victim; her/his obedience and participation in exploitation are secured with threats, coercion, fraud, etc.	Human smuggling is performed with the consent of the smuggled person.
Human trafficking victim has no real freedom of movement and decision when it comes to her/his life, while her/his documents have been confiscated.	Once they reach the desired destination, smuggled persons can go wherever they wish to, i.e. they do not remain tied to their smuggler.* * However, it needs to be noted that illegal migrants are at an increased risk of human trafficking during their illegal transfer, since they fully depend on their smuggler, as well as once they reach the desired destination, since they are forced, due to their illegal status, to earn their sustenance on the black market, and they do not have any protection whatsoever.

Exploitation of victims assumes different forms of using victims in order to attain the final aim of human trafficking, i.e. profiteering of the trafficker. Exploitation is always established and maintained with the **use of force, threat, fraud, abuse of one's authority, abuse of vulnerability, or in some other way.**

Even when a victim has come willingly, or has consented to exploitation, such a consent is irrelevant in qualifying such a case as human trafficking, providing that some of the abovementioned means had been used.

Prejudices concerning trafficking in human beings: *If someone agreed to a business offer, or engaged in prostitution willingly, then such person cannot be a human trafficking victim.*
 Victim cannot agree to be trafficked, since the consent cannot be based on a fraud, or coercion, the loss of control over one's own life, or loss of personal dignity. The girls who may have initially known and consented to becoming prostitutes, did not consent to working in humiliating conditions, to losing their freedom of leaving, or to live with the threats and violence of the traffickers.
 For the existence of trafficking in human beings as an act of crime, consent by the victims bears no relevance whatsoever.

Human traffickers used different methods and means to find and recruit their victims. The manner of recruitment differs, as they are changeable and creative, but they most frequently involve a promise of a good job, better life and fulfilment of one's dreams.

The most dangerous thing when it comes to human trafficking is that the recruitment is often executed by a person that the victim knows and trusts: a friend, relative, godparent, neighbour, aunt, boyfriend, husband, etc. Human trafficker (the person that recruits, relative, employer, corrupted officer, transporter, the one who exploits and organises procurement of services) abuses victim's trust and their wish for better life and often, simulating love affair, also victim's wish to be loved.

Modern technologies such as the internet, social networks, etc. are increasingly being used for the recruitment of human trafficking victims.

The most frequent manners of recruitment:

- **False business and other offers** from persons that victim knows, or trusts;
- **False love relationship („lover boy”)** – a guy simulates love affair with a girl and at one point, once he has won her trust, he asks her to come with him to another country/city where they could take their chances and start a new, happier life;

I was in a relationship with this boy for six month. He was nice, decent, had a sense of humour, even my Mum liked him. So when he suggested one day that I should come to Italy with him, I couldn't have dreamt what could happen to me. Even though Mum didn't like all that, I agreed to come. Once we reached Italy, we met his friend who took us to our new apartment. As soon as we entered, they locked me up and told me that I had already been sold. I screamed at my boyfriend, but he just left, his part of the job was over. First they beat me up, then they told me that they knew where to find my family if I, by any chance, try to escape.

- **Deceitful job ads in different media** (newspaper, internet, social networks). The jobs being offered are better paid and have better work conditions than comparable jobs in the country in which victim lives. *False job advertisements are often quite convincing and serious. Such advertisements would frequently be completely convincing imitation of regular job ads that anyone could believe in and respond to;*
- **Family** – sometimes due to poverty, sometimes because of some other problems, sometimes even because parents believe that their child would have a better life somewhere else and they cannot even imagine that she/he would become a slave;
- **Abduction** is a possible, yet not very frequent way for a person to become a human trafficking victim.

Attractive girl, fab looks
required for the position of
hostess to entertain international
businessmen, fat pay cheque,
discrete/exclusive celebrity
massage
Tel. 06x/xxx-xxx

Ambitious, photogenic girls,
modelling type, needed for big
international shoots and video
production, possibility of steady
cooperation.
Tel. 06x/xxx-xxx

Seaside night club urgently
needs ladies to work at the bar.
Apartment provided, everything
else as agreed, great pay
Tel. 06x/xxx-xxx

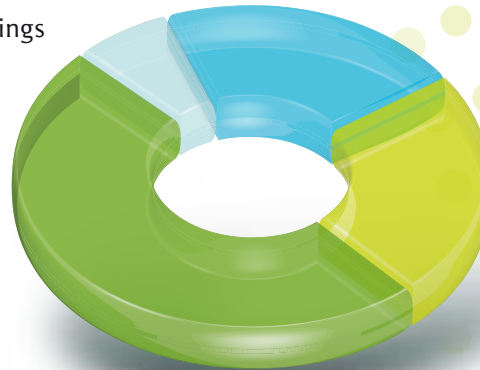
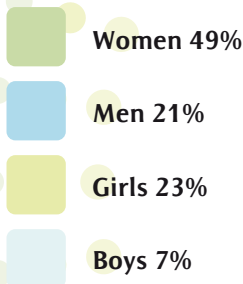
1.3 Who can become a trafficking victim

Human trafficking victims are women, men, as well as children. Even though women are most frequently sold and bought for the purpose of sexual exploitation, human trafficking victims can also be men, as well as girls and boys of all ages, including babies. Men are usually exposed to labour exploitation, but they can also be exposed to other types of exploitation.

Due to their development status, children are the most sensitive category of human trafficking victims. They are used in forced beggary, sexual exploitation, forced labour, domestic servitude, forced criminality, forced military service (e.g. child soldiers). The number of children that become human trafficking victims is on the rise, while their average age is getting lower and lower.

IDENTIFIED HUMAN TRAFFICKING VICTIMS

according to the UNODC Annual Report on trafficking in human beings for 2018.



Prejudices concerning trafficking in human beings: Uneducated and naïve girls become human trafficking victims, and this only happens to girls from Moldavia and Ukraine.

It is extremely important to emphasise that anyone can become human trafficking victim, be that a woman, man, child from all social backgrounds, from both poor and rich families, though the victims from wealthy backgrounds are indeed rarer. According to ASTRA's experience of two decades working with human trafficking victims, there is no victim's profile, i.e. characteristics which are undeniably present in all human trafficking victims. Even though these are persons from the marginalised and deprived socio-economic background, this does not mean that others cannot become victims. Even though many people think "I am smart/ I am educated/ I am not gullible/ there's no way that I could become involved in human trafficking." Remember: Anyone can become a victim!

In every society, young people feel the desire to travel, to work and live abroad, to meet someone over the internet, etc. All these desires and ambitions should not be harnessed but rather supported, but it is highly important to know that in these cases, a special attention should be dedicated to potential abuses and risks of human trafficking, and undertake necessary protective measures. It is therefore important to be WELL-INFORMED.

Young girls from all social backgrounds are attracted to modelling careers in Italy, or Dubai; young men want to discover new countries and acquire experiences and social contacts by temporary working abroad; boys and girls increasingly meet over the internet. In all these situations, there is a risk of human trafficking. Modelling, bartending and construction jobs, or other engagements abroad, as well as internet dating, these all create opportunities for human traffickers to deceive their potential victims and use them for their own profit.

ASTRA's experience also shows that the persons who recruit human trafficking victims are often trusted by their victims: relatives, acquaintances, or partners. Therefore it is wrong to refer to victims as to naïve persons who believed something that we would never believe. All of us naturally have trust in close people from our social circles. Who would not accept an invitation and offer by our relatives, close friends, or partners for a job, or trip abroad? Would we have any suspicion concerning those people that we have known so well, perhaps for years? It could turn out that these are the very people who "sell" victims to human traffickers and draw them into human trafficking rings.

Of course, the aim of ASTRA's education work is not to create the attitude of not believing anyone and being suspicious in close people, but rather to emphasise that any offer needs to be carefully considered and examined.

Of concern here is not why someone responded to an ad, or accepted a job offer, but rather the violence someone endures once she/he has ended in a human trafficking ring. Girls do not become victims because they are naïve, nor is it the case with boys, women, or men. They are deceived, only to be exposed to physical, sexual and mental abuse. Being captive in human trafficking rings, they lose their freedom of choice and control over their own lives.

Even though it is highly important that anyone can become a victim, there are certain factors that increase the risk of human trafficking. They are divided in **push factors**, which push people towards human trafficking, and **pull factors**, which pull potential victims towards human trafficking.

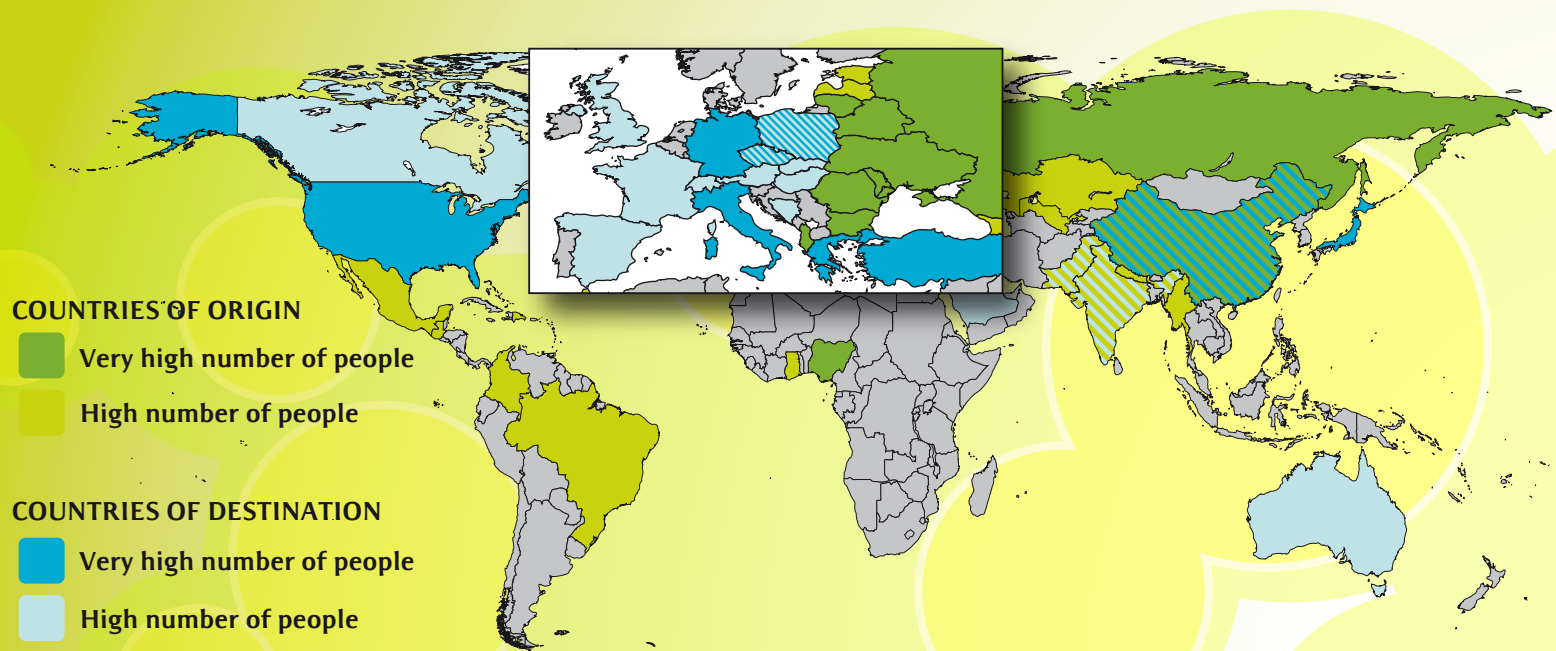
When we refer to push and pull factors, it is important to take into account different circumstances in which human trafficking occurs in different countries. Trafficking in human beings is a problem which exists in all the countries in the world, yet it is manifested differently in different countries. In poor countries, with the lack of opportunities for legal and decent employment and in transition, or war-torn countries, human trafficking is present through a great number of victims recruited in such environments. Those countries are called **countries of origin**, and there the push factors in human trafficking are prevalent.

Countries through which victims pass towards their final destination are called **transit countries**. Victims can be exploited in those countries as well before they continue their journey.

On the other hand, wealthier countries of the Western world (EU, USA) are primary **countries of destination**, where victims are exploited and out of which pull factors lure people into human trafficking rings. These include the demand for sexual services and cheap labour force, as well as promises of a better life and payment that the traffickers use to fraudulently introduce their victims into human trafficking rings.

One should, however, bear in mind that countries rarely fall into just one of these categories, but they can simultaneously be countries of origin, transit, or destination.

In the following picture, you can see the overview of countries of origin and destination, according to the UNODC (UN Office on Drugs and Crime).



PUSH FACTORS:

Living conditions in the country of origin

- Countries in transition go through political, social and cultural changes, and they face problems in development. Poor countries and the countries recovering from wars and natural disasters create environments highly conducive to human trafficking. Unequal division of power and opportunities, poverty and unemployment result in contexts which are often used to recruit victims, since people are endlessly looking for jobs. Furthermore, corruption and potential presence of war provide human traffickers with ideal working conditions.
- Poverty, unemployment and social exclusion comprise the main causes of human trafficking. Poverty and uncertain existence force people to look for any avenue of exit out of their current situation. Looking for better life, young people (as well as older ones) become highly vulnerable to the deceitful offers made by human traffickers, and hopes of better life somewhere abroad. They will plunge into the unfamiliar situation more easily and accept even less safe and unchecked offers, hoping that somewhere else they might find relief from their daily problems.

Gender discrimination in the society and on the labour market, as well as other forms of discrimination

- In the conditions of great unemployment and economic crisis, women are first to be let go, and last to be employed. Thereby, they are forced to turn to the informal labour market, where they are unprotected from different types of abuse and at risk of becoming human trafficking victims. Similar risk is faced with by the men who have been left jobless, and especially socially marginalised groups (such as the Roma, persons with disabilities...).
- In the majority of the societies, in the event of an economic crisis or war, the position of woman is additionally weakened, while she is simultaneously expected to play a double role: to take care of the family, but also to become the main family provider. Many girls

and women throughout the region, and wider, are forced to perceive their bodies as the only income-generating tool that they have at their disposal. This makes them a vulnerable group and prolongs the condition of their discrimination and marginalisation in the society.

Domestic violence and other forms of violence

- According to ASTRA data, 75% of human trafficking victims have previously been exposed to some form of violence. Women and children often need to leave their families, or their communities, due to the violence that they endure there, either domestic violence, or violent environment as such. Since no one is protecting them against violence, girls, boys and women accept offers which are not always trustworthy and tested, which give them hope that they can leave such environment, and they actually end up in another violent situation while trying to escape their original situation of violence.

PULL FACTORS:

- Search for better jobs and promises of high profit;
- Desire for a better social standing;
- Better living conditions;
- Demand for cheap labour, sexual services, organs.

Demand for sexual services and cheap labour is what keeps human trafficking alive. For as long as there is such demand, there will be people who are capable of the most gruesome of crimes in order to generate profit by catering to it. One of the ways to combat human trafficking involves education and raising awareness among young people on potential incentives to human trafficking.

ANYONE CAN BE HUMAN TRAFFICKER

All sorts of men and women play their parts in human trafficking rings, from recruitment to exploitation.

Human traffickers are often **members of organised criminal groups**, yet **confidants, friends, relatives, even close family members** of the victim, as well as persons that the victims have known for a long time have their roles in these rings quite frequently; on the other hand, exploitation can also be performed by an unfamiliar person that the victim have acquainted looking for job, opportunity for education, or marriage in another country, or city. Human trafficking often functions as a “family business” in which every family member has its role.

1.4 Conditions in which victims live and work and control of victims

Human trafficking victims are often forced to work day in day out, without any rest, while the most, or all of their earnings is confiscated from them. Depending on the type of exploitation, they have the workload that they need to endure. They do not have the right to protest against their work conditions, or their lack of freedom to leave. When they do protest, or are disobedient, they are denied food, or are punished in some other way.

Depending on whether they are caught in sexual exploitation, forced labour, beggary, servitude, or some other form of human trafficking, victims encounter different types of violence and torture with the purpose of securing their obedience and full control over them.

Human trafficker control the victim by keeping her/him isolated, strictly controlling her/his movement and confiscating personal documents, allegedly for "safe-keeping", obtainment of work permit, etc. thus the victim loses her/his legal identity. For many of the victims, that is the first time that they left their country; they do not have language, know where they are, what they could do, or what rights they have. Sometimes they are afraid of institutions, especially police, and they do not want to seek help from it. Furthermore, the traffickers find ways to persuade victims that they should not seek help with the police, since "policemen are corrupted and they work in collusion with human traffickers."

I was unemployed and a single mother. An acquaintance offered me a job in Germany and I accepted, happy that I'd finally be able to earn enough money and give my daughter everything she desired. However, as soon as I got there, the acquaintance took away my passport, raped me and told me that from now on, I have to work for him and that clients were already waiting. I was forced into prostitution and could not escape. I lived with a couple of other girls, and I saw him abuse them, so I knew that this would happen to me if I try anything. He took my naked pictures, without my consent and threatened to send those pictures to my family and upload them to pornographic websites. He told me that there was no use in contacting the police, as he had friends there and they would do nothing. And so I lived in fear and abuse, while he moved me from city to city, all the while forcing me to have sex with different clients. Even after I had managed to escape, he threatened and intimidated both me and my family. My life became a nightmare.

Moreover, victims are kept in constant fear of potential consequences should they escape and report to the police, as they are primarily made to believe that they themselves had committed a crime, and that the police was corrupted and in collusion with human traffickers, which is in fact true in many cases.

Prejudices concerning trafficking in human beings: *Human trafficking victims are locked up in a room, and they cannot get out due to threats of violence. In case a person is free to go outside, she/he is not a human trafficking victim.*

Traffickers keep their victims under control using many different means, not only violence. Human trafficker can use victim's unfavourable position (e.g. the lack of language, money and a person to turn to in the foreign country), fear of retribution (against the victims or her/his family members), other kinds of threats (i.e. threats that the family or friends of the victim would find out that the victim is engaged in prostitution) to keep his victim in the human trafficking ring, though she/he may be seemingly free to leave.

A frequent manner of control is debt bondage. Namely, the victim is presented with the costs that the trafficker had to get her/him to the country of destination, increased for the amount of interest and the costs of living, and she/he is made to believe that she/he could leave as soon as that amount is paid out. The tempo of the debt increasing and decreasing is determined by the trafficker and the victim is given hope that the situation will end and is thus kept obedient and does everything that is required of her/him, though the complete compensation for the debt is never to be reached.

Prejudices concerning trafficking in human beings: *In case a person receives money for her/his sexual or construction work, then such person cannot be a human trafficking victim.*

The amount of money that the victim might receive from the traffickers for her/his forced work is not of significance when a situation is determined as human trafficking, in case the remaining elements indicating exploitation are present. This is highly important to bear in mind, especially since it has been noticed in recent years that human trafficking in Serbia has come to involve less violence and better "working" condition than before, so that the trafficker would be able, in case they are discovered, to more easily prove that the victims were with them voluntarily.

The very victims are often unaware that they are victims, they believe that it is all their fault, feel deep shame because of the work that they are forced to do and do not know that they could ask for help.

1.5 Exiting human trafficking rings, consequences and types of support

Victims most frequently exit human trafficking ring due to:

- Police actions
- Help by their client or third party,

- Less frequently through a self-organised escape, or
- Human trafficker is letting them go after he assessed that they are no longer profitable for him, and that due to the poor psychological and physical state that they are in, they present no danger for him.

However, the largest percent of human trafficking victims never leave the ring of exploitation and, if they do, they remain outside of the support system.

Prejudices concerning trafficking in human beings: *"If I were caught in a human trafficking ring, I'd try to escape repeatedly, until I succeed."*

It is often asked why victims had not tried to escape from the situation that they had been in, especially when you bear in mind that human trafficking victims are often in contact with the outside world and situations occur when it may seem that they could have found their way out of the human trafficking ring.

As it has already been mentioned, human traffickers use different types of physical and psychological violence and threats, designed to break any kind of resistance in the victims and kill their belief that they could ever live normally again. After a while, threats and violence lead to the victim becoming numb and losing her/his sense of being a person, losing needs and wishes and doing just what the trafficker wants her/him to. The numbness becomes the only way to physically and psychologically survive the horror she/he has found her/himself in. Being in this condition, the victim loses all hope, and left to her/his destiny, does not even think about the possibility of leaving human trafficking ring. Furthermore, traffickers often change victims' location, so they feel disoriented, especially if they are in a foreign country, without personal documents or the language.

Human trafficking can have serious physical and psychological consequences for the health of the victim, often influencing her/his ability to continue with normal living, once she/he has exited the human trafficking ring.

Health consequences of human trafficking are numerous, often quite hard and lasting. In every phase of human trafficking (recruitment, transportation, exploitation), as well as during the subsequent process of recovery, that victims are often forced to spend in shelters or some other closed-type institutions, and (re)integration – there are risks to the health of the trafficked persons. Victims often have numerous and visible injuries on their bodies, bruises, hematoma, blade scars and cigarette burns, dental problems (broken or rotten teeth), gynaecological and urological problems, sexually transmitted diseases, stomach problems (often psychosomatic), addictions, HIV and other infections...

The loss of personal freedom and ability to decide on one's own life, long-lasting, forced and poorly paid work in bad conditions and with a variety of risks, physical and/or mental violence of different levels, to the level of torture, poor nutrition, inadequate housing conditions, poor hygienic conditions and lack of any kind of support, including healthcare support, are the most frequent factors which jeopardise health of the trafficking victims. Low safety and health protection level while working in different fields of industry cause medical conditions and problems, such as pesticide poisoning in agriculture, and frequent injuries with grave complications, including death, during long hours in construction industry without protective equipment, etc.

The most frequent healthcare problems of human trafficking victims include eating disorders, panic attacks and nightmares. Being in a human trafficking ring leaves many victims with highly serious psychological consequences, such as depression, anxiety, post-traumatic stress disorder, self-blaming, helplessness and a lack of purpose, suicidal tendencies, etc.

I was a victim of human trafficking for three years. During that period, I lived in constant fear and was abused almost every day by my trafficker, but also by some of my clients. When the police rescued me from the human trafficking ring, I thought that everything would become easier. However, I couldn't stop thinking about what had happened to me, I had frequent panic attacks and I wasn't able to sleep due to the nightmares that I had almost every night.

I was ashamed because of what had happened to me and I didn't want to talk to anybody, or leave the house. I was scared that he'd come back and take me once again to that place. I believed no one, not even the people that used to be my friends. I persuaded myself that there's no way I could live normally again, or be close to anyone.

It took me a couple of years to gradually lose my fear. I still sometimes think about what I went through and the terrifying sense of helplessness returns.

Providing that the victims were frequently recruited and exploited by close and trusted persons, they often find it quite hard to regain their trust in people, including those trying to help them. Thus human trafficking **leaves deep and long-lasting consequences to the victims' capability of creating new friendly and affectionate bonds and regain their faith in people and their benevolence.**

OTHER PROBLEMS FACED WITH BY HUMAN TRAFFICKING VICTIMS UPON LEAVING THE RING OF EXPLOITATION:

- Worrying about their existence – where to live and how to support her/himself, as well as her/his subjective capacities for securing decent life in a short period of time.
- Administrative obstacles – victims often do not possess valid personal and other documents based on which they can prove their identity and realise their right to health care and social protection.
- Fear of stigmatisation and condemnation by the family/community/strangers because of the things that the victim was forced to do, especially when it comes to sexual exploitation victims.
- Fear for one's safety – even when the trafficker is detained, many of his accomplices are at large, as well as his family members, friends, etc. The police has a limited capability for the provision of long-term protection, while any interest in the victim ceases to exist after her/his testimony before the court.
- Fear of testifying before the court – the victim is expected to participate in the court proceedings, and through her/his precise, consistent and convincing testimony, to provide the crucial piece of evidence against the trafficker. Due to the trauma that they have endured, victims are often unable to do that. Furthermore, threats by the traffickers and their associates do not stop once the victim has left the human trafficking ring. There is a lack of understanding for her/his potential decision not to take part in the proceedings, to withdraw, or omit something.
- Expectations of those who provide or coordinate the provision of assistance, for the victim to accept it with gratitude and at once recover and change her/his way of life.

Due to all these consequences that human trafficking victims encounter, after leaving human trafficking rings they need time to recuperate and regain control of their lives. During this period, victims need different types of care and support, from medical – for concrete bodily injuries, as well as for generally poor health condition – right down to social care and psychological support and care. This process is highly important, since in many cases the victim returns to the very environment and situation that she/he attempted to escape, and encounters the identical problems. The victim needs to receive any kind of support available, in order to regain her/his independence, and so that the risk of re-entering human trafficking ring would be decreased. The types of support and care that victims need (and that ASTRA provides to its clients) include:

- **Legal aid**, i.e. full informing concerning the status, rights and relevant legal procedures, as well as provision of a legal representative to human trafficking victims in legal proceedings;

- **Psychological counselling** and/or psychotherapy;
- **Medical care;**
- **Support and supervision in institutional procedures** and assistance in realisation of their human and civil rights (obtainment of personal documents, help in receiving child allowance, welfare);
- **Long-term assistance in the process of (re)integration and social inclusion;**
- **Provision of transport;**
- **Translation services;** and
- **Support in repatriation** (return to the country of origin).

1.6 How to protect oneself from human trafficking

As it has already been mentioned, the aim of ASTRA's preventive work is not to discourage young people and dissuade them from looking for better jobs, or happier existence with their partners, either in Serbia, or abroad. The work by peer educators is aimed at empowering young people to be able in such situations to recognise all potential problems and risks, and to adequately protect themselves against them.

Below, a couple of pieces of advice are provided concerning the protection against human trafficking. Furthermore, Annex 1 provides additional recommendations pertaining to the way in which you could check a business offer on your own.

Future employer check

- Have you checked the company in which you need to work?
- Have you checked whether such company even existed, for how long, who the clients are, in how many countries it has affiliates, what its address and phone number are?
- Have you checked whether the company is registered with the competent institution (e.g. Serbian Business Registers Agency)?
- Have you asked about the company for which you would work in the embassy of your country in the country of destination?
- Have you made inquiries concerning the company for which you would work?
- Do you have the employment contract?
- Give the contract to a lawyer, or some trusted person.
- If the contract is made in multiple languages, have you checked whether all the versions are identical?
- Have you made a copy of the contract just in case?
- Have you checked whether the contract contains some imprecise formulations, e.g. "in case of the failure to fulfil all the responsibilities ordered by the employer", without any explanation concerning what "all the responsibilities" may include?
- Have your future employer asked about your qualifications, skills, work experience, etc.?

Preparations for the travel

- Have you made a couple of copies of your passport?
- Have you left at least one copy of your passport and your other important documents with your parents/friends/some other trustworthy person?

- Always carry your passport and other documents with you, and offer them only to the border police, should they ask for it. Do not give them to anyone else – not to your boss, friends, or relatives.
- Have you left your parents/friends trustworthy person the address and phone number of the place where you would stay?
- Have you written down important phone numbers somewhere, in case you lose your phone?

How to avoid the risk of “lover boy” recruitment scheme

- Do you depend entirely on your boyfriend?
- Has he suggested to you that you should go abroad together and “make a fresh start”?
- Does it seem to you that he spends much money, and you do not see that he works, i.e. you do not know how he earns the money?

If you have any suspicions concerning your job, boyfriend, etc., here is what you can do to decrease the risk of entering a human trafficking ring:

- Pay attention to what your parents/friends have to say. They are primarily concerned about you and they wish you good. If you plan to leave, always tell your family and friends where you would go and with whom.
- If you suspect that someone is a human trafficking victim, **report it to the police, or call ASTRA on: +381 11 785 00 00 or send an e-mail to: sos@astra.rs**. Others need your help and that is the least you can do as a citizen.
- Search help from organisations such as ASTRA. Call them – they are there to help. If you are scared, or you don’t want to talk about that with your parents/friends, **contact ASTRA via phone number +381 11 785 00 00 or e-mail address sos@astra.rs**.

We would not judge you for what has happened to you.

1.7 Useful links

This Manual is designed to provide basic information on trafficking in human beings necessary to every peer educator. However, in order for an educator to be ready and up to date with all the new developments concerning human trafficking in Serbia and in the world, it is necessary to constantly widen her/his knowledge and keep with the relevant issues even after the period of this Manual’s publication. Therefore, we provide below a couple of useful internet addresses that peer educators should visit regularly in order to be better informed on the latest developments and problems in combating trafficking in human beings.

ASTRA anti trafficking action <https://www.astra.rs/>

UNODC (United Nations Office on Drugs and Crime) <https://www.unodc.org/unodc/en/human-trafficking/index.html>

International Labour Organisation (ILO), forced labour and human trafficking, <https://www.ilo.org/global/topics/forced-labour/lang-en/index.htm>

La Strada International, European Network against Trafficking in Human Beings, <http://lastradainternational.org/>

GAATW, Global Alliance against Trafficking in Women, <https://www.gaatw.org/>

Centre for the Protection of Human Trafficking Victims, <http://www.centarzztlj.rs/>

Ministry of the Interior of the Republic of Serbia, <http://www.mup.gov.rs/>





chapter two

workshop realisation techniques

In order for a workshop to be successful and for the participants to acquire new knowledge, it has to be prepared and implemented in a high-quality manner. This is why the knowledge of facilitators (peer educators), as well as good design, equipment and communication skills are important.

In order for a good workshop to be realised, facilitators should consider using different methods which could help them present difficult subjects in a manner which is as little stressful as possible.

The basic principles that facilitators should always bear in mind include:

- Non-authoritarian approach – all the participants participate equally;
- Always create the atmosphere of trust and acceptance;
- Encourage all participants to participate in the workshop. However, if they do not want to participate, you must not force them;
- The optimum number of the workshop participants is 30;
- There are no wrong answers.

In case time allows that, before and after the workshop it would be good to give a little test of knowledge/questionnaire, so that the participants and facilitators could see whether the workshop has achieved its aim, i.e. are the participants better informed on the problem of human trafficking and whether the workshop was successful. Proposed version of such a questionnaire can be found at the end of this Manual in Annex 2, while evaluation performed at the end of the workshop is in Annex 3. In order for the quality of workshops to be better and facilitators learn from their colleagues' experiences, it is highly important to keep records of each workshop. Proposed report form which is filled in at the end of the workshop can be found at the end of this Manual, *in Annex 4*.

Every workshop has its structure and course. The course of a workshop consists of the topics covered by the workshop. Recommended course of a workshop looks like this:

1. Definition of human trafficking,
2. Ways of recruitment,
3. Who the victims and who the traffickers are,
4. The conditions in which human trafficking victims live and work, and control mechanisms,
5. Ways to exit human trafficking,
6. Prevention.

The structure of the workshops consists of the PowerPoint presentations and video clips we use.

PowerPoint presentations:

- Try to have no more than 10 words on each slide,
- No redundant information,
- Use pictures,
- Numbers/data on identified victims just to show who the victims are, no more than 5 data (e.g. number of identified women, men, children, Serbian citizens, total number of victims),
- The final slide always contains ASTRA contact. Even though you would be distributing leaflets at the end of the workshop most of the time, place the number of ASTRA SOS hotline, European Missing Children Hotline, Facebook Page, Twitter, e-mail and Skype contacts on the slide. Make sure to emphasise that, in case they feel uncomfortable speaking on the phone, ASTRA replies to the messages sent via all other communication channels.

Video clips that you use during workshops:

- Try to play a clip after each section of the workshop, or at least after two sections. Thus the participants' attention will be occupied, you would catch a break, or in case that you feel you might exceed dedicated time, you can use this time to consider modifications with your fellow facilitator – which parts of the workshop you should cut short in order to fall within the timeframe;
- The clips can be excerpts from movies/documentaries, promotional campaigns, commercials, victims' testimonies, etc.;
- Announce the clip, say something about its origin or authors;
- After the clip, ask the participants for their opinion: "What do you think about what we have just seen?", "Does it seem realistic to you?", "Does anyone want to retell what we've just seen and what's the point of this campaign?" etc. In case no one wants to do that, make sure that you recount what you have seen. There is a possibility that someone did not understand, or did not watch carefully, but he/she does not feel comfortable enough to say that in front of the group;
- The clips must not contain scenes of explicit violence! You cannot know the level of tolerance to such scenes and the experiences of the kids that sit before you. Your task is to educate and inform them the best that you can;
- Change clips from time to time. Try to keep up with the trends. In case Serbian newspapers have for months reported on a labour exploitation case, try to find a clip which would best illustrate experiences of the victims of this type of trafficking. In case you see that children's reactions to a clip are extremely negative, you must cut it from your future workshops². You must not allow for the focus to be shifted from the problem of human trafficking to some other issues.

2.1. Guidelines for Facilitators

Human trafficking is not a subject that is daily addressed in our country. Even in those cases in which it is present, it is almost regularly associated with sensationalist headlines, insufficiently precise data and unethical reporting concerning human trafficking victims. **Bearing all this in mind, when talking on the subject, facilitators must primarily be very well informed concerning the present trends, the cases covered by the media, the films made about this subject, amendments to legislation, etc.**

Regularly visit the website of ASTRA NGO³, as well as its Facebook page.⁴ It is possible that one of the participants would ask a question about some piece of news or information that occurred on the social network or internet presentation, so you must be acquainted with the data so that you could answer such questions. Also, if the participants get the impression that you are not sufficiently informed and that you have learned just bare minimum for your 90 minutes of conversation about the subject, you will seem to them false and under-informed. After such a performance, the chances are big that you will lose your listeners' attention, and that you would not be able to get it back. You can always call ASTRA for additional information and consultations.

² For example, Angelina Jolie had not been young people's favourite in Serbia for quite a while, so the MTV campaign concerning sexual exploitation of women in which this actress participated, was met with a series of negative comments by the participants.

³ www.astra.org.rs

⁴ <https://www.facebook.com/Nvo-Astra-1550883085169723/?fref=ts>

Further, during the realisation of a workshop, it is important for the facilitator not to wear clothes which could detract from what they have to say. Avoid t-shirts with eye-catching, or provoking prints, large pieces of jewelery, snazzy colours, strong make-up. It is important for the participants to be focused on what you have to say. Also, take into account that workshops are held in educational institutions, and that you represent an organisation which has been nurturing cooperation with institutions for two decades.

ONCE THE WORKSHOP BEGINS...

Before the beginning of the workshop, explain why you are there and what you are going to talk about. Also, define a couple of rules, so that the course of the workshop would be undisturbed.

Examples of how to start workshop and define rules:

- The workshop will last for 90 minutes without a pause, but then you'll have a long break, don't worry, you'll have all the breaks that you get according to the timetable.
- We kindly ask you not to speak all at once. It is highly important to us to hear every one of you. Also, we're sure that you have plenty of interesting answers and we'd like to discuss each of them.
- Today you won't have a typical lecture and so we hope that you'll be active. There are no wrong answers. This is not the subject which is discussed daily and no one expects you to be well- informed about it. That's why we are actually here today.
- Let the participants propose some rules of their own (phones in silent mode, **ne sedimo na svim potrebama**, we are not late...).

It is important that you stand up while realising workshops. Position yourself so that everyone can see you, and talk loud enough so that everyone can hear you clearly. Talk louder than you do in your everyday life. In case you are talking in a soft voice, the participants would not bother to hear you. You have to constantly animate them with your voice and with what you are saying, in order to keep them interested for the subject.

Workshops are always realised by two facilitators. This is important for a couple of reasons, inter alia, because changing facilitators make the workshop more dynamic. In case one of the facilitators loses concentration and is at loss for words, the other can take over and continue with the workshop. Thus the course of the workshop would not be changed and the participants would not notice that there have been any problems. Moreover, if the participants become restless, one of the facilitators can warn them quietly to keep silent while the other facilitator is talking.

Never introduce your colleague, but let everyone say her/his name. You are equal partners, so try to have each of you talking 50% of the time. Except for the fact that you will thus occupy your listeners' attention, you will have time to rest and be able to talk with focus to the very end of the workshop.

Never turn your back to your workshop co-facilitator. It is necessary for you to communicate all the time and to notice if she/he gestures that you should continue, or that there is a certain problem.

The sentences you may use include: "As Marko has mentioned, it is highly important for you to know..." or "I would just like to add, in