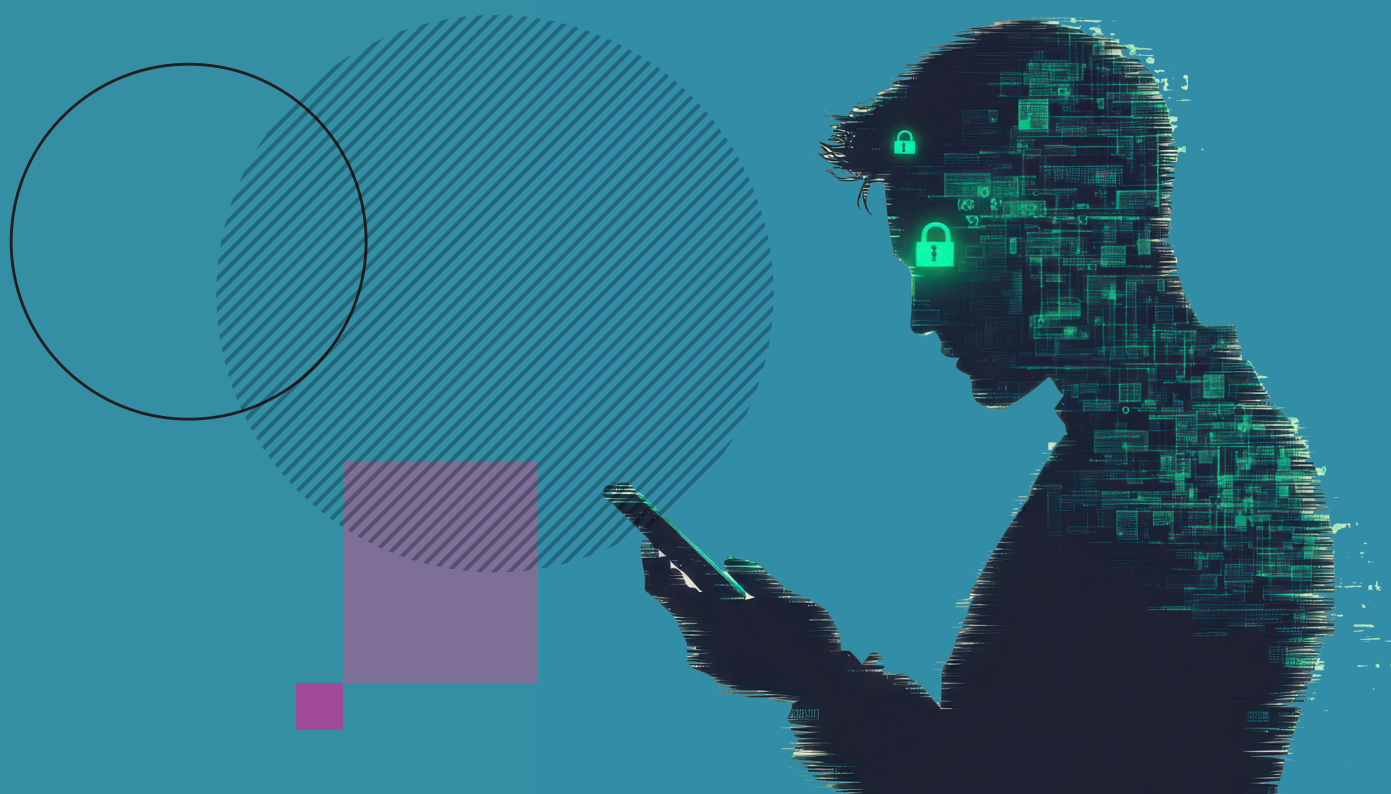




EVERYTHING YOU NEED TO KNOW ABOUT PROSTITUTION, HUMAN TRAFFICKING, AND OTHER FORMS OF SEXUAL EXPLOITATION



This publication is based on the Swedish booklet *Allt du behöver veta om prostitution, människohandel och annan sexuell exploitering*. The booklet was produced by Ellencentret, a part of 1000 Möjligheter.

**STIFTELSEN
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Introduction

INTRODUCTION

Would you like to learn more about the issue of human trafficking for sexual exploitation and prostitution? Perhaps you have questions and thoughts about these topics and find that it is not so easy to talk about them with your parents, a teacher or your friends? This resource is created to guide you and provide you with knowledge. You may think that gaining new knowledge about these topics is only useful for yourself, and it's easy to assume that your knowledge and actions have no influence or power on your surroundings. But did you know that having knowledge about sexual exploitation and human trafficking can actually create a significant impact and make a real change?

While countries have different laws, sexual exploitation and prostitution are global issues that need worldwide solutions. Learning about this topic can help us understand more about the society we live in at a local, national and global level. It can also teach us more about ourselves, our rights and autonomy, the power of our language, as well as the importance of awareness and support mechanisms. By educating ourselves, we help prevent these traumatic events from happening and repeating, and we raise awareness about the potential of taking part in reducing the demand for sexual exploitation, about everyone's equal rights, and, most importantly, the right not to be sexually exploited. Knowledge will also help you stay safe, as you learn about potential dangers and vulnerabilities.

If you have experienced a traumatising event or are going through a difficult situation, we understand that it may be hard to share about it. You might be afraid of not being understood, or of being pushed away or perhaps blamed. However, your feelings are equally important as anyone else's, and your experience does not represent who you are, nor gives anyone else a reason to judge you. Talking to a person who does not know you, like a social worker, a helpline volunteer, or a psychologist, might be of help for you to find the courage to open up in a safe, neutral space. A professional may offer valuable insights into your challenges, helping you understand the support you need to overcome your difficulties and make informed decisions. You might also help others by just being there and listening. If someone opens up to you, it is important to listen without judgment, because they trust you enough to open up and share a part of the pain they have been carrying.

FOR THE READER



This resource contains many important parts which you can read and interact with, to learn more about the reality, causes and solutions of human trafficking for the purpose of sexual exploitation. Take your time reading this resource, as the topic is vast and complex. If you find yourself in need of further support, know that you can look into local organisations or authorities that offer information and help resources. Feel free to also share about this resource with your school, youth leader, or other trusted adults for the purpose of using it in your class or group to learn about the subject. By learning about these issues, we can work together to create a safer, more informed world.

FOR THOSE WHO INTERACT WITH YOUNG PEOPLE



It's great that you, as someone who interacts with young people, have found our material and wish to discuss this important issue with young people in your class or youth group! Our experience is that young people have a significant need to talk about these issues, and it means a lot to them that you, as an adult, show interest, engagement, and take these issues seriously. Really, that's all that's needed from your side - interest, engagement and knowledge. Still, it's important to remember that you don't need to be an expert on the subject to start the conversation. By reading and reflecting on this material, you're well prepared to discuss with the youth. The material includes a section for those interested in conducting workshops, and we recommend diving into the footnotes for further references to research and additional resources. Thank you for your involvement in fighting against human trafficking and sexual exploitation, contributing to a violence-free, equal society!

CONTRIBUTORS

This resource aims to provide a renewed, youth-focused insight into the realities of the sex industry, a topic that intersects significantly with women's rights, feminism, minority groups, and human rights. It addresses the evolution of the industry, incorporating new studies, analyses, and emerging issues, facilitated by the support of two civil society organisations, Veda Vidus - Klaipeda Social and Psychological Support Center from Lithuania, Lightup Norway from Norway.

The following resource is based on Swedish booklet: "Allt du behöver veta om prostitution, människohandel och annan sexuell exploatering" made by Ellencentret and the Stockholm County Administrative Board.

**Let's learn
about it!**

LET'S LEARN ABOUT IT!

HUMAN TRAFFICKING

Trafficking in human beings, or human trafficking, is a crime where people are controlled through force, deception, or coercion, and are exploited for labour, commercial sex, organ removal, criminal activities, or other activities in which the traffickers benefit financially. Every year, millions of people are trafficked around the world, with indications that 50 million people are exploited in a form of human trafficking on any given day.¹ It can happen in any community, and victims can be of any age, ethnicity, sex, sexuality, or nationality. The perpetrators behind the crime, the traffickers, have various methods to lure people into exploitation, such as the use of violence, manipulation, false promises of jobs, or romantic relationships. When first lured into exploitation, feelings of fear, language barriers, or trauma can make it difficult for victims to seek help, keeping human trafficking hidden.

Traffickers usually look for people who are going through tough times, who are emotionally or psychologically vulnerable, have financial struggles, lack support systems, or are affected by crises like natural disasters or political instability. Those targeted might not see themselves as victims, or may be too afraid to ask for help. It's important to be aware of the signs of human trafficking. If you notice anything suspicious, don't hesitate to tell the police.

This resource will focus on human trafficking for sexual exploitation. It will help you learn about the topic and understand how you and those around you can stay safe, and how you can help and support others as well!

LANGUAGE MATTERS!

What we say matters, but why? The words we use reflect our values, and in our subconscious, our mindsets are also influenced by the words we use. For example, "child pornography" is a term used by the media and others, but it can be misleading. Sexualised images and videos involving children are not pornography – they

constitute sexual abuse. Another example is the use of the term "porn star", which glamorises or legitimises an industry that contains considerable exploitation. By using this term, we may overlook the harm and hardship, such as the abuse and exploitation, that people, both male, female and others, who are in the porn industry can experience.

Using accurate terms is crucial, but it's also important to consider the audience you're addressing. In this material, we use the phrase "buying and selling sex" as it is easily understandable for many young people. However, it's essential to keep in mind that the context still refers to prostitution. Referring to prostitution with terms such as "sex work" may downplay the power imbalances that may exist in prostitution due to the leverage created by the compensation through money or material goods.

It is important not to put labels on others, especially those subjected to human trafficking and sexual exploitation. For example, using terms like "person in prostitution" instead of "prostitute" respects an individual's identity beyond their involvement in prostitution. The term "victim" is crucial for legal identification and acknowledging the crime committed against them, but can deepen victimisation and a feeling of hopelessness. Once they leave prostitution, they may prefer to identify themselves as survivors, and if so, then we should, too. This term can be empowering, recognising their strength and resilience, and emphasising their ability to overcome bad and traumatising experiences in their past.

CONSENT

Sex has to be consensual, but what does that really mean? Everyone involved in the sexual act should be there because they want to be there and because it feels right. When there is a power imbalance between those involved, through e.g. manipulation, threats, violence, or sex being asked for in exchange for money, housing, food or other material goods, consent is not free and mutual, but rather conditional. This means that you can be a victim of sexual assault even if you haven't been directly forced into it or if you couldn't say no.

Some countries have sexual offence laws based on voluntariness, meaning that sex has to be mutually voluntarily agreed, otherwise it is considered a crime and nonconsensual. Regardless of the legislative model in place, we must be conscious of our own and others' personal boundaries and speak up if we witness

¹ International Labour Organization, Walk Free Foundation, International Organization for Migration. (2022). Global Estimates of Modern Slavery: Forced Labour and Forced Marriage. https://www.ilo.org/sites/default/files/wcmsp5/groups/public/%40ed_norm/%40ipec/documents/publication/wcms_854795.pdf

non-consensual acts. Remember that in addition to protecting yourself, all individuals partaking in sexual activities have a responsibility to make sure everyone is feeling well and wants to be involved.

WHY DO PEOPLE BUY AND SELL SEX?

There is widespread demand for sexual access to people's bodies. This creates an industry where sex is bought and sold, and people are significantly exploited. This happens on the internet, on the streets, in schools, at hotels, in bars, and in other places. Sometimes it is visible and sometimes discreet. The reasons for having sex in exchange for money and/or goods can, for the same person, be many and vary over time. Some have sex in exchange for money and/or goods on a single occasion, while others do it multiple times. Sometimes it might be done because it feels like there's no other choice. Others start having sex in exchange for money and/or goods out of curiosity or in search of validation.

However, many people who sell sex are trafficked or coerced into it, or find themselves in a vulnerable position where one or several factors, such as poverty, neglect, marginalisation and exclusion in societies, have pulled them into such a situation.² While all people can be exploited and be in vulnerable situations, women, LGBTQIA+ people, and people from marginalised communities or communities affected by poverty are globally overrepresented in experiencing human trafficking for sexual exploitation.³

Vulnerabilities are a big reason why people are exploited in prostitution. When people are in vulnerable situations, it is easier for traffickers to exploit them for their own benefit. Vulnerabilities are many, and they can vary from situation to situation. A very common vulnerability is poverty, and others include fleeing from war and conflict, and experiencing challenges socially or around learning. Even just being young is a vulnerability, as you lack life experience! Being part of a minority group, for example, LGBTQIA+, is another very important vulnerability to know about. This is because of discrimination and obstacles in society, and how these can limit possibilities and support, which in turn makes it easier for traffickers and exploiters to identify the people in vulnerable situations. A study from Denmark found that young people who identify as part of the LGBTQIA+ community are also more

often than others in forms of prostitution and having sex to get money or other material goods.⁴

Furthermore, groups that are often treated as objects – disregarding their thoughts, feelings and rights – may be at a greater risk of becoming sexually exploited. Views towards women as property or as submissive have impacted the demand for prostitution throughout time. For example, in Europe, 90% of people in prostitution are women and girls.⁵ In addition, on average, 70% are migrant women who are more vulnerable to prostitution due to language, cultural, financial, educational, and societal barriers.^{6,7}

HOW DOES HAVING SEX IN EXCHANGE FOR MONEY AND/OR GOODS AFFECT A PERSON?

Participating in sexual acts in exchange for money and goods can happen in many ways. For example, someone can offer to buy a ticket for a train ride for you to come do sexual acts with them, or they can offer you gifts like handbags, that popular jacket everyone seems to have, or even a meal! People can also promise to do something for you, in exchange for you doing sexual acts for or with them. Others can offer money, in cash or via digital transfers, for you to do sexual acts.

These experiences can vary greatly. Some feel very bad about it and would like to stop, but don't know how. Some describe not feeling bad at the beginning, but feeling worse over time. Some only realise they are not feeling good about it after they have stopped selling sex. Some say that they do not experience feeling bad about it.

This might lead to dissociation, which is a common coping mechanism when anyone is exposed to experiences that are so overwhelming that it is not possible to process them in the normal way.⁸ Being sexually exploited, regardless of how one enters the

2 UNODC (2022) Global Report on Trafficking in Persons 2022 (United Nations publication, Sales no.: E.23.IV.1). https://www.unodc.org/documents/data-and-analysis/glotip/2022/GLOTiP_2022_web.pdf

3 UNODC (2022) Global Report on Trafficking in Persons 2022 (United Nations publication, Sales no.: E.23.IV.1). https://www.unodc.org/documents/data-and-analysis/glotip/2022/GLOTiP_2022_web.pdf

4 Reden Ung (n.d.) Nyeste forskning inden for byt-tedating: FAQ. <https://redenung.dk/udgivelser/>

5 Europol (2016) Situation Report Trafficking in human beings in the EU: https://www.europol.europa.eu/cms/sites/default/files/documents/thb_situational_report_-_europol.pdf

6 European Parliament (2014). Resolution of 26 February 2014 on sexual exploitation and prostitution and its impact on gender equality (2013/2103(INI)) https://www.europarl.europa.eu/doceo/document/TA-7-2014-0162_EN.html

7 Puidokiene, D. (2013) Covert Codes of Women in Prostitution: Trauma & Recovery. LAP LAMBERT Academic Publishing.

8 Villeneuve, É., Paradis, A., Brassard, A., Vaillancourt-Morel, M.-P., Fernet, M., Gewirtz-Meydan, A., & Godbout, N. (2024). Dissociation and sexual concerns in male survivors of childhood sexual abuse: The role of identity cohesion. *Journal of Trauma & Dissociation*, 25(4), 500–515. <https://doi.org/10.1080/15299732.2024.2356597>

sex industry, is a traumatising experience. Being objectified, abused and exploited can leave a deep emotional scar, and coping with such a big trauma for some may mean dissociating and suppressing it within oneself. However, what we experience and how it affects us never goes away just by suppressing it. When trauma shows up, people often resort to self-destructive behaviours like alcohol or drug abuse, or self-harm in order to cope. There are also those who do not feel deep emotions or traumas about their experiences. It is important to note that every person deals with their traumas and processes events of their life differently, meaning that there is no one and only true approach to dealing with these experiences. When working directly with people who are selling sex or have already stopped selling sex, most of the time we meet people who are deeply hurt, regardless of how they entered the sex industry.

Whatever the reasons and experiences, it can be difficult to talk to someone close about sex in exchange for money and/or goods, and it's easy to feel alone. Having someone to talk to who does not judge, but instead supports and listens, can be significant. Keep in mind that you are not alone. It is possible to get help and to feel better.

SEXUAL SELF-HARM

To harm oneself through sex means seeking out or agreeing to meet people who subject one to violence and violations, online or offline, or having sex even though one really does not want to. It can also involve having many different sexual partners despite not feeling good about it, not protecting oneself, or taking other kinds of sexual risks. Sexual self-harm can also be a reason for entering the sex industry, having sex in exchange for money and/or goods. The behaviour causes suffering, and other aspects of life are affected, for example, making it harder to manage school, work, or relationships.

Its roots often come from earlier sexual violence

Many of those who are in the sex industry have been subjected to sexual assault or other forms of violence earlier in life. Sexual assault can have severe consequences, and it's not uncommon for victims of such assaults to start seeking new perpetrators. Part of this can be an attempt to feel control and make one's story more comprehensible by seeking out a situation that reminds one of their own assaults. It can also be a way to momentarily escape memories of the previous sexual violence or relate to having low self-esteem. However, it is important to know that this is not always

the case. Especially those exploited online often have no history of sexual violence but may still engage in sexual self-harm due to other reasons.

Using sexual activities as self-harm can momentarily relieve anxiety and other difficult thoughts and feelings. Even if these thoughts and feelings may ease for a short while, they often return after the self-harming behaviour. In many cases, one may feel worse because one has been subjected to even more sexual violence through the sexual self-harm, and the behaviour does not really resolve underlying traumas, but rather covers them up with new harmful experiences by disassociating from reality. However, these are only temporary solutions, not real solutions.

RACISM AND DISCRIMINATION IN SEXUAL EXPLOITATION AND PROSTITUTION

Prostitution is a result of demand and is fuelled by fetishism and the objectification of certain groups in society. Online prostitution and pornography are places where demand for specific groups or individuals based on their sex, skin colour, facial or body features, and cultural background is particularly visible. Statistically, more Black than White women are exposed to aggressive sexual behaviour in pornographic images and films.⁹ In videos depicting Asian or Hispanic people, women are found to have more aggression targeted towards them, compared to other ethnicities.¹⁰ These research findings highlight how the objectification and fetishisation of societal groups can increase the sexual exploitation of individuals.

Discrimination and racism also occur in street prostitution. It is not as visible to the general public, but it is still as serious. Especially women of certain backgrounds are overrepresented in prostitution. Their exploitation is not only due to demand, but also because discrimination in society limits their options. In different countries, there may be different groups that are targeted for prostitution. For example, in countries such as the United States and the United Kingdom, studies have indicated that individuals belonging to racial minorities are overrepresented among people in prostitution.¹¹ While in Germany, according to a 2024 estimate, around 80% of people in prostitution

9 Fritz, N. et al. (2021). Worse Than Objects: The Depiction of Black Women and Men and Their Sexual Relationship in Pornography. *Gender Issues*. 38 (1).

10 Shor, E. et al. (2019). Gender, Race, and Aggression in Mainstream Pornography. *Archives of Sexual Behavior*. 48(3).

11 Platt et al. (2022). «The Effect of Systemic Racism and Homophobia on Police Enforcement and Sexual and Emotional Violence among Sex Workers in East London: Findings from a Cohort Study». *Journal of Urban Health*, 12;99(6)

are from outside Germany.¹² Sexualising one's origins, ethnicity, religious beliefs, culture or appearance is discriminatory and traumatising for the one experiencing it. It can distort one's self-image and negatively affect one's self-perception. Every person wants to be seen for who they are and recognised for what they can achieve without being labelled.

SUGAR DATING

Sugar dating or 'sugaring' is a type of service where an older person, usually called 'sugar daddy' or 'sugar mama', pays or gives gifts to a significantly younger person, usually called 'sugar baby', in exchange for companionship, intimacy, and, in many cases, sex. Sugar dating can involve different activities such as having meals together, going on vacations, calls and text conversations or sexual activities, in exchange for gifts. These can be luxury goods, travel, rent, meals or money. Sugar dating is often a form of disguised prostitution, and it happens in the same way as other forms of sexual exploitation.

Why do young people start sugar dating?

In the report *Compensated dating in Denmark*,¹³ the financial aspect is said to be one of the most prominent reasons for venturing into sugar dating. However, some of the youth interviewed for the report also said that the "sense of worth" and "recognition of the value of their body" were reasons for their continuance of dating in exchange for money and/or goods. Some young individuals from the LGBTQIA+ community who sugar dated mentioned that their exchanges and relationships with older men and women could be viewed as a part of their journey of self-discovery, exploration of their sexuality, and as a way of "coming out of the closet".

Certain groups of young people are more likely to engage in sugar dating.¹⁴ These include youth who, for

example, are not in school, are unemployed, experience financial difficulties, have a high intake of drugs and/or alcohol, lack trusted adults, or have experienced previous sexual assault. Sugar dating is also prevalent among bisexual or homosexual individuals, while having an equal gender split between men and women.¹⁵

Impacts of sugar dating

- ***Overstepped boundaries, abuse, and exploitation***

In the world of sugar dating, many individuals find themselves crossing their own boundaries because of pressure from their 'sugar daddy' or 'sugar mama'. Even when they have set clear boundaries for a meeting, these boundaries can be overstepped or ignored when they actually meet. This may lead to difficulties with having boundaries in the future.

'Sugar babies' can be manipulated with the promise of more money, threatened with non-payment, or coerced into doing certain activities they have already said no to. This may include pushing and exceeding their boundaries in ways they neither desire nor control. Many report incidents where they were deceived or experienced abuse and rape.¹⁶

- ***Loss of self***

While some people share that they have no problems with 'sugaring', several report growing discomfort with themselves and their situation. Their self-esteem and feeling of control diminish, and they report feeling reduced to a 'sexual object' and fear the long-term consequences of their 'sugar relationships'.¹⁷

- ***Hindered ability to form meaningful, intimate relationships***

Some have shared that sugar dating has impaired their ability to develop meaningful, intimate relationships with others, making them struggle with new

12 Federal Statistical Office of Germany. (2024). Prostituentenschutz. https://www.destatis.de/DE/Themen/Gesellschaft-Umwelt/Soziales/Prostituentenschutz/_inhalt.html#_rh28j08sp

13 Bjønness, J., Bræmer, M. H., & Groes, C. (2023). Compensated Dating in Denmark: Report from the research- and development project 'Sugardating among marginalized young people'. Aarhus Universitet. https://psy.au.dk/fileadmin/site_files/filer_rusmiddelforskning/dokumenter/rapporter/2023/Sugardating_among_marginalized_young_people_report.pdf

14 Dahl, K.M. & Østergaard, S.V. (2021) Unges udveksling af intimitet for materielle goder – et kvantitativt studie. København: VIVE – Det Nationale Forsknings- og Analysecenter for Velfærd. <https://www.vive.dk/media/pure/ov9keyxn/5463127>

15 Reden Ung (n.d.) Nyeste forskning inden for byttedating: FAQ. <https://redenung.dk/udgivelser/>

16 Bjønness, J., Bræmer, M. H., & Groes, C. (2023). Compensated Dating in Denmark: Report from the research- and development project 'Sugardating among marginalized young people'. Aarhus Universitet. https://psy.au.dk/fileadmin/site_files/filer_rusmiddelforskning/dokumenter/rapporter/2023/Sugardating_among_marginalized_young_people_report.pdf

17 Bjønness, J., Bræmer, M. H., & Groes, C. (2023). Compensated Dating in Denmark: Report from the research- and development project 'Sugardating among marginalized young people'. Aarhus Universitet. https://psy.au.dk/fileadmin/site_files/filer_rusmiddelforskning/dokumenter/rapporter/2023/Sugardating_among_marginalized_young_people_report.pdf

relationships. There are also reports of both physical and mental health issues after 'sugaring'.¹⁸

Regardless of the background for the 'sugaring', it is the 'sugar baby' who is in the vulnerable position and should not carry any form of guilt or responsibility for their 'part' or 'engagement' in their exploitation.

SELLING SEXUAL CONTENT ONLINE

Selling a picture online can seem like an easy way to make fast money. Recent research indicates that many young people have a positive view of selling nude photos and sexual content.¹⁹ However, this can also have risks. One of the most famous platforms for selling sexual content online is OnlyFans, which makes it a good example of some of the potential downsides involved.

Today, some young people say that platforms specifically made for selling sexual content, like OnlyFans, are not needed. They share that it has become easier and more socially accepted to sell explicit content privately on platforms such as Tinder, Snapchat, Twitter, Reddit and Discord.²⁰ Regardless of the platform, it is crucial to be aware of both one's own safety and the possible implications of one's actions in interacting with such content. This is also the case with online porn sites that advertise themselves as ethical or feminist – exploitation can occur there too. The desire to keep subscribers engaged can influence creators to publish increasingly explicit and extreme content. In addition, some people may decide to join OnlyFans because they're struggling financially, which can make them more vulnerable to being exploited.^{21 [19]} It is challenging

to know how much exploitation there is on OnlyFans²² and similar websites. However, there have been several documented cases where adults and children have been exploited on OnlyFans. The customers paying for the content may also distribute it further, leading to the creators losing control over their content and potentially experiencing sexual exploitation.²³

LAWS IN DIFFERENT COUNTRIES

All countries in the Baltic Sea Region are bound by international agreements that define what human trafficking is and what countries need to do to stop it. One of the most important ones is the Palermo Protocol, which is a United Nations agreement that most countries in the world have agreed to follow. It provides the internationally accepted definition of human trafficking and states that countries must put into place policies, programmes, or other measures to prevent and combat trafficking and to protect victims, especially women and children.²⁴

In addition, the EU has a Directive that focuses on preventing and fighting human trafficking while also ensuring the protection of its victims.²⁵ The Directive emphasises that trafficking of both adults and minors is punishable by law, promotes cooperation between the EU countries, and highlights the significance of preventing human trafficking.

Within the framework of international law, countries take different approaches towards combating

18 Bjonness, J., Bræmer, M. H., & Groes, C. (2023). Compensated Dating in Denmark: Report from the research- and development project 'Sugardating among marginalized young people'. Aarhus Universitet. https://psy.au.dk/fileadmin/site_files/filer_rusmiddelforskning/dokumenter/rapporter/2023/Sugardating_among_marginalized_young_people_report.pdf

19 Berggrav, S. (2024) «Er det innafor å selge nudes?» Ungdoms perspektiver på salg og bytte av seksuelt innhold på nett ["Is it okay to sell nudes?" Young people's perspectives on selling and exchanging sexual content online]. Redd Barna Norge. https://www.reddbarna.no/content/uploads/2021/01/Rapport_ErDetInnaforASelgeNudes.pdf

20 Berggrav, S. (2024) «Er det innafor å selge nudes?» Ungdoms perspektiver på salg og bytte av seksuelt innhold på nett ["Is it okay to sell nudes?" Young people's perspectives on selling and exchanging sexual content online]. Redd Barna Norge. https://www.reddbarna.no/content/uploads/2021/01/Rapport_ErDetInnaforASelgeNudes.pdf

21 Lozic, J. (2023). Digital transformation in dating industry: OnlyFans Platform. https://www.researchgate.net/publication/371685742_Digital_transformation_in_dating_industry_OnlyFans_Platform

22 Titheradge, N., & Croxford, R. (2021, May 27th). The children selling explicit videos on OnlyFans. BBC. <https://www.bbc.com/news/uk-57255983>

Ilie, L., Ganea, O. & Marshall, A. R. C. (2023, February 2nd). Insight: Sex, lies and video cams: Andrew Tate turned women into slaves, prosecutors say. Reuters. <https://www.reuters.com/world/europe/sex-lies-video-cams-andrew-tate-turned-women-into-slaves-prosecutors-say-2023-02-02/>

23 So, L., Marshall, A. R. C. & Szep, J. (2024, March 13th). OnlyFans Exposed. Reuters. <https://www.reuters.com/investigates/special-report/OnlyFans-sex-legal-cases/>

The Exodus Road. (2024, February 12th). The Role of OnlyFans in Human Trafficking. <https://theexodusroad.com/the-role-of-OnlyFans-in-human-trafficking/>

24 United Nations Office of the High Commissioner for Human Rights. (2000). Protocol to prevent, suppress and punish trafficking in persons, especially women and children, supplementing the United Nations Convention against Transnational Organized Crime. <https://www.ohchr.org/sites/default/files/ProtocolonTrafficking.pdf>

25 European Union. (2011, 5 April). DIRECTIVE 2011/36/EU OF THE EUROPEAN PARLIAMENT AND OF THE COUNCIL of 5 April 2011 on preventing and combating trafficking in human beings and protecting its victims, and replacing Council Framework Decision 2002/629/JHA. EUR-Lex. <https://eur-lex.europa.eu/legal-content/EN/TXT/HTML/?uri=CELEX%3A32011L0036>

prostitution and human trafficking. While most would agree that human trafficking is a global problem and should be tackled, prostitution, on the other hand, is perceived differently among states and people. For example, in Sweden, France, Ireland, Northern Ireland, Norway and Iceland, it is illegal to purchase sex. However, people who sell sex or are being sex trafficked are not fined or criminalised as they are perceived as victims of sexual exploitation. This type of law is often known as the Equality Model or the Nordic Model and was first adopted in Sweden in 1999.²⁶

Other types of legislation fully prohibit prostitution, meaning that both sex buyers and those who sell sex are fined. This approach, which is used in countries such as Lithuania, is based on the idea that prostitution is a violation of human rights and that the best way to stop it is to make every aspect of the activity illegal.²⁷ On the other hand, some countries, such as Germany and the Netherlands, practice full legalisation of prostitution. This means that it is legal to both buy and sell sexual acts. The aim of this model is to treat prostitution in a similar way to other forms of work and provide regulations that improve the safety of people in prostitution.²⁸

26 Di Nicola, A. (2021). The differing EU Member States' regulations on prostitution and their cross-border implications on women's rights. European Parliament. [https://www.europarl.europa.eu/RegData/etudes/STUD/2021/695394/IPOL_STU\(2021\)695394_EN.pdf](https://www.europarl.europa.eu/RegData/etudes/STUD/2021/695394/IPOL_STU(2021)695394_EN.pdf)

27 Di Nicola, A. (2021). The differing EU Member States' regulations on prostitution and their cross-border implications on women's rights. European Parliament. [https://www.europarl.europa.eu/RegData/etudes/STUD/2021/695394/IPOL_STU\(2021\)695394_EN.pdf](https://www.europarl.europa.eu/RegData/etudes/STUD/2021/695394/IPOL_STU(2021)695394_EN.pdf)

28 Di Nicola, A. (2021). The differing EU Member States' regulations on prostitution and their cross-border implications on women's rights. European Parliament. [https://www.europarl.europa.eu/RegData/etudes/STUD/2021/695394/IPOL_STU\(2021\)695394_EN.pdf](https://www.europarl.europa.eu/RegData/etudes/STUD/2021/695394/IPOL_STU(2021)695394_EN.pdf)

**Common
questions
about
prostitution
and human
trafficking**

COMMON QUESTIONS ABOUT PROSTITUTION AND HUMAN TRAFFICKING

Knowledge is important for understanding what human trafficking and prostitution are. This knowledge is further crucial to prevent human trafficking and exploitation. Therefore, many common questions and misconceptions are gathered here. As issues of sexual exploitation and human trafficking concern everyone, regardless of gender, sexual identity, ethnicity, and other factors, the questions are intended for all people.

The questions below function as information directly to individuals, both youth and adults. They can also be used as a resource for engaging activities in the classroom, a youth group, and similar settings.

It is important to note for the young reader, that if something like this happens to you or someone you know, know that you can and should talk to a trusted adult. This could, for example, be a school nurse, a teacher or a parent. They might also give you advice if something you have experienced should be reported to the police.

WHO IS SEXUALLY EXPLOITED IN PROSTITUTION AND THROUGH HUMAN TRAFFICKING?

One of the main causes of human trafficking is a lack of knowledge and awareness of the risks that are connected to and might lead to human trafficking.²⁹ Therefore, it is important to know what characterises those who are exploited in human trafficking.

What often characterises people who are exploited in human trafficking is that they are in a vulnerable situation. In vulnerable situations, people are less resistant to attempts of human trafficking. There are several forms of vulnerabilities, e.g. having a poor personal economy, lacking positive emotional support networks, being in an unstable living situation, fleeing from war, and many more. Being young is also considered a form of vulnerability to human trafficking and sexual exploitation, as young people are often assumed to be more easily manipulated.³⁰ Further, marginalisation and exclusion in society also constitute a vulnerability, meaning that, e.g. LGBTQIA+ people,

who in some societies are often socially and/or legally excluded, can be more vulnerable to human trafficking and exploitation.³¹

HUMAN TRAFFICKING DOESN'T EXIST CLOSE TO ME, RIGHT?

Human trafficking and sexual exploitation are often well-hidden. However, they exist worldwide, also in Europe and the Baltic Sea Region.³² People are trafficked and exploited in their home country, in other countries, and online. Unfortunately, this means that sexual exploitation and human trafficking exist close to you. While official governments, organisations, and institutions in the European Union (EU) actively aim to combat human trafficking, individuals also play a role. Everyday actions can impact the demand that fuels human trafficking and sexual exploitation, so understanding how your choices can contribute to reducing demand is important. It is also crucial to recognise the risks of human trafficking to protect yourself from harm.

IS PORN CONNECTED TO PROSTITUTION, HUMAN TRAFFICKING AND SEXUAL EXPLOITATION?

Prostitution and pornography might seem different because one occurs physically and the other online. However, they are connected. The origin of the word pornography hints at these links. It derives from the Greek words *porne* (meaning prostitute) and *graphein* (meaning write) – thus referring to writing about prostitutes. Today, the connection is visible in how people in prostitution are presented or showcased, for example, in porn videos or images.

29 United Nations Office on Drugs and Crime. (2019). Root causes. <https://www.unodc.org/e4j/zh/tip-and-som/module-7/key-issues/root-causes.html>

30 Child10. (2021). Best practices in programming for child victims of trafficking and commercial sexual exploitation. <https://childx.se/wp-content/uploads/2021/09/Stylised-Best-Practice-Report.pdf>

31 Sutter, J. (2020). Shedding light on the dark sides of the internet. Lightup Norway. https://static1.squarespace.com/static/553508f1e4b0e276c298b739/t/5fd3481fd16683056e4e9709/1607682090677/Final+version+lightupNO-+Report_+Sexual+exploitation+through+digital+platforms.pdf

32 United Nations Office on Drugs and Crime. (2022). Global Report on Trafficking in Persons 2022. UNODC Research. https://www.unodc.org/documents/data-and-analysis/glotip/2022/GLOTIP_2022_web.pdf

In addition, offline prostitution and pornography can overlap. In some cases, individuals are coerced or find themselves in economically vulnerable situations that lead to them being filmed for pornography. Prostitution is sometimes also filmed to be made into porn. Furthermore, the traumas for people exploited in online porn and in other forms of prostitution can be substantial. This is especially true when online videos are kept and spread further online, continuing to exist even when the people in them do not want them to. People whose exploitation is distributed as pornography can suffer from more severe mental health issues than those whose experiences were not filmed.³³

Furthermore, demand for porn may fuel demand for other forms of sexual exploitation, as consuming porn may lower a person's threshold for buying sex. Additionally, porn often contains violence. When people are influenced by such content and choose to purchase sex, the risks faced by the people sexually exploited in porn and/or prostitution can increase.³⁴

WHY SHOULD I CARE, I AM JUST ONE PERSON AND CAN'T MAKE A DIFFERENCE, RIGHT?

The reality is actually quite the opposite. Actions do matter! The actions that each and every person takes affect the demand for human trafficking and sexual exploitation.

As you read this, remember that you are not being judged for what you have or haven't seen or done, and that there should be no shame in, for example, having watched porn. There is no shame in being curious about sex, but it is important to know that porn and sex are two different things. Some people have watched porn, some haven't, and others may have been shown it by someone else. People's experiences,

33 Farley, M., Cotton, A., Lynne, J., Zumbbeck, S., Spiwak, F., Reyes, M. E., Alvarez, D., Sezgin, U. (2008). Prostitution and Trafficking in Nine Countries: An Update on Violence and Posttraumatic Stress Disorder. *Journal of Trauma Practice*, 2(3-4), 33-74. https://doi.org/10.1300/J189v02n03_03.
 Escoffier, J. (2007). Porn Star/Stripper/Escort: Economic and Sexual Dynamics in a Sex Work Career. *Journal of Homosexuality*, 53(1-2), 173-200.

34 Villena-Moya, A., Ballester, L., Dosil-Santamaria, M., Gutiérrez, A. (2024). Pornography consumption as a form of exploitation and digital prostitution of women and girls - a human rights issue. United Nations. https://www.researchgate.net/publication/378035298_PORNOGRAPHY_CONSUMPTION_AS_A_FORM_OF_EXPLOITATION_AND_DIGITAL_PROSTITUTION_OF_WOMEN_AND_GIRLS_-_A_HUMAN_RIGHTS_ISSUE.
 Carrotte E.R, Davis, A.C, Lim M.S. Sexual Behaviors and Violence in Pornography: Systematic Review and Narrative Synthesis of Video Content Analyses *J Med Internet Res* 2020;22(5). doi: 10.2196/16702

thoughts, and attitudes toward porn vary widely, and there is nothing to be ashamed of. However, porn affects young people and the world around us more than you might be aware of. By getting more knowledge, you can critically approach and think about this.

So, how can each person make a difference, going forward? Firstly, you need to have knowledge about what sexual exploitation is and how it is affected by demand in society, which this resource helps teach you about. Based on this knowledge, you can be aware of your own actions and make conscious choices. This is crucial to decreasing demand, which is a key factor in reducing human trafficking and sexual exploitation. You can also address the issue even more directly. Some ways are through sharing knowledge with your friends and family, engaging with local teams and organisations that work to prevent and end human trafficking, and signing petitions. [The Traffickinghub campaign](https://traffickinghub.com/)³⁵ is a good example of how the engagement of individuals can lead to actual changes. Specifically, following over 2 million signatures in this campaign, one of the world's largest pornography sites, Pornhub, took action to remove over 10 million videos that contained questionable and sexually exploitative content.³⁶

ISN'T PROSTITUTION OK IF THE PERSON WANTS TO SELL SEX?

A significant amount of exploitation exists in the sex industry, and many people who sell sex wish to leave the situation of sexual exploitation. Those who want to exit also often struggle to leave because of physical and mental threats and hindrances.³⁷ Because of the great demand for the services and products provided by the people who are sexually exploited and who cannot leave this situation, human trafficking for sexual exploitation persists.

Although there are signs to look for to identify someone who is sexually exploited and trafficked, successfully recognising them is often challenging. This can make it difficult to identify who is exploited and who is not.³⁸ Given the high likelihood that individuals in

35 Traffickinghub. <https://traffickinghub.com/>

36 Traffickinghub. <https://traffickinghub.com/>

37 Pfeffer, R., Barrick, K., & Galvan, T. (2023). Barriers and Facilitators to Leaving a Trafficker: A Qualitative Analysis of the Accounts of People Who Have Experienced Sex Trafficking. *Victims & Offenders*, 1-20. <https://doi.org/10.1080/15564886.2023.2214814>.
 Farley, M., Baral, I., Kiremire, M., Sezgin, U. (1998). Prostitution in Five Countries: Violence and Post-Traumatic Stress Disorder. *Feminism & Psychology* 8(4), 405-426. <http://dx.doi.org/10.1177/0959353598084002>

38 United Nations Office on Drugs and Crime. Human trafficking indicators [Brochure]. United Nations. https://www.unodc.org/pdf/HT_indicators_E_LOWRES.pdf

the sex industry are exploited and want to leave, it is important to lessen the demand for these services and products.

WHAT ABOUT SUGAR DATING?

It is important to know what sugar dating means and involves, as sugar dating has become somewhat normalised and glamourised. Sugar dating is based on the sale of a person's time and perhaps intimacy, where the payment is in money, gifts or, for example, travel. Sex is then not necessarily a demand. However, sometimes the relationships involve pressure to have sex. Because of the unequal power relationship between the so-called sugar daddy or mommy and the sugar baby, the sugar baby can feel pressured, possibly leading to sexual exploitation.³⁹

Sometimes, efforts to recruit sugar babies are aimed at people in vulnerable economic situations. Recruiters may frame sugar dating as easy money, overlooking the risks of significant pressure, sexual exploitation, and human trafficking, which it may involve.⁴⁰ Targeting people in vulnerable situations is also a common tactic in human trafficking, and there are real-world examples of people being sexually exploited and experiencing human trafficking through sugar dating.

IS AI PORN OR AI CSAM BETTER THAN MATERIAL WITH REAL PEOPLE, BECAUSE NOBODY GETS HURT?

39 Nordic Council of Ministers. (2019). Young People, Vulnerabilities and Prostitution/Sex for Compensation in the Nordic Countries: A Study of Knowledge, Social Initiatives and Legal Measures. https://books.google.no/books?hl=no&lr=&id=KdXF-DwAAQBAJ&oi=fnd&pg=PA2&ots=USSTIW3aCb&sig=LBBuoDdt-M8f1dsUyPJuW9ZOm0k4&redir_esc=y#v=onepage&q&f=false. Sahibzada, A. (2023). Is there any sugar in Sugar Dating?: A study on capitalism, patriarchy, and commodification of intimacy. Gothenburg University Library, 1-59. <https://gupea.ub.gu.se/bitstream/handle/2077/78402/Amanda%20Sahibzada%20MA.pdf?sequence=1&isAllowed=y>

40 Nordic Council of Ministers. (2019). Young People, Vulnerabilities and Prostitution/Sex for Compensation in the Nordic Countries: A Study of Knowledge, Social Initiatives and Legal Measures. https://books.google.no/books?hl=no&lr=&id=KdXF-DwAAQBAJ&oi=fnd&pg=PA2&ots=USSTIW3aCb&sig=LBBuoDdt-M8f1dsUyPJuW9ZOm0k4&redir_esc=y#v=onepage&q&f=false. Sahibzada, A. (2023). Is there any sugar in Sugar Dating?: A study on capitalism, patriarchy, and commodification of intimacy. Gothenburg University Library, 1-59. <https://gupea.ub.gu.se/bitstream/handle/2077/78402/Amanda%20Sahibzada%20MA.pdf?sequence=1&isAllowed=y>

Artificial Intelligence (AI) tools are growing in access for people, and relatively recently, AI-porn has started to surface. This is problematic, for example, because pornographic content can be created using images of someone's face. While the person whose face is depicted did not physically experience the sexual exploitation shown in the video, the person can experience significant trauma. The content can also depict severely violent actions, and/or depict children. If the content involves children, it becomes AI CSAM, AI child sexual abuse material. People viewing this can develop a desire to seek out and experience what they have seen, which can lead to sexual exploitation and abuse in the real world.⁴¹ Demand also plays a role in this context, as demand for AI-generated porn or CSAM influences the degree of harm these tools may cause to individuals.

CAN SEXUAL EXPLOITATION HAPPEN ON MAINSTREAM SOCIAL MEDIA?

Exploitation can occur through various digital tools, including popular social media platforms like Snapchat and TikTok. While social media offers many positive benefits, such as helping people connect and stay informed, it also has risks. These platforms are often used as arenas for e.g. grooming, where adults seek to build a relationship with minors to abuse and exploit them sexually. The emotional impact of digital sexual abuse can be as devastating as that of physical sexual abuse.⁴²

Another issue is minors exploiting each other online. A trend, known as "Exposed groups", allows young people, often under the age of 18, to share exploitative and harmful content about other minors in private groups, e.g. Snapchat groups.⁴³

41 Hao, K. (2021, September 13th). A horrifying new AI app swaps women into porn videos with a click. MIT Technology Review. <https://www.technologyreview.com/2021/09/13/1035449/ai-deepfake-app-face-swaps-women-into-porn/>

Lang, J. & Yarmel, A. (n.d.). The Ethics of Customizable AI-generated Pornography. https://scholarship.depauw.edu/cgi/viewcontent.cgi?article=1021&context=midwest_ethics

42 Farrant, T. (2024, January 4th). British police launch first investigation into virtual rape in metaverse. Euronews.next <https://www.euronews.com/next/2024/01/04/british-police-launch-first-investigation-into-virtual-rape-in-metaverse>

43 Kripos. (2022, January). Ungdom henges ut på nett: Deling av Ulovlig og Bekymringsverdig Materiale av Barn og Ungdom. <https://www.politiet.no/globalassets/tall-og-fakta/voldtekt-og-seksuallovbrudd/phenomenrapport-exposed-kontoer.pdf>. Hellevik, P., Kruse A. E., Dullum, J. V., Frøyland, L. R., Skar, A. S., Andersen, L. C., Helseth, H., Frafjord, O. S. G., Haugen, L. A., Øverlien, C. (2023). Digitale seksuelle overgrep mot barn og unge - gjerningspersoner og fornærmede. Nasjonalt kunnskapssenter om vold og traumatisk stress.

We should be aware that social media algorithms can make things worse by pushing specific content to users, particularly those who might be vulnerable. Additionally, fake accounts are commonly used to deceive others, making it easier for predators to manipulate others into exploitation. Being aware of these risks can help us use social media safely and spot potential dangers for ourselves as well as for our friends.

SO, WHAT CAN I DO?

Both online and offline sexual exploitation are connected to high profits for those exploiting others, as humans can be exploited continuously and over a long time span for sexual purposes. Human trafficking for sexual purposes exists because there is demand for the exploitation of children and adults for sex, and criminals are able to meet this demand with a supply of victims. Additionally, the risk of legal prosecution and conviction of exploiters is low, as many governments lack adequate measures to prioritise such efforts. This is why it is crucial to focus on demand in order to reduce and eliminate sexual exploitation in our societies.

The most crucial takeaway from these questions is that your knowledge, but also your attitudes, choices, and actions, matter! You have the opportunity to create positive lasting change through making choices that reduce the demand for sexual exploitation. Reducing the demand is crucial, and you are key in this. Being conscious of your choices, as well as spreading awareness and sharing knowledge with your peers and others, is a good step along the way.

Regarding societal attitudes, it is important to remember that just because something can be normalised through everyday language of jokes and so on, it does not mean that it is harmless, safe or free from sexual exploitation and human trafficking. It is also crucial to be aware of risks and dangerous behaviours linked to sexual exploitation, to stay safe from being subjected to exploitation yourself, too. Finally, remember that it is always a good idea to reach out to someone you trust if you have questions or concerns regarding yourself or others.⁴⁴

<https://www.nkvts.no/rapport/digitale-seksuelle-over-grep-mot-barn-og-unge-gjerningspersoner-og-fornaermede/>
 44 Council of Europe. (2020). So, This is Sexual Abuse? <https://edoc.coe.int/en/children-rights/8611-so-this-is-sexual-abuse.html#>

**How can I
take part
in creating
change?**

HOW CAN I TAKE PART IN CREATING CHANGE?

As young individuals, you have the power to create positive change in your communities that are important not only to others, but to you as well. Whether it's addressing human trafficking or other critical issues, your actions matter. Let's explore practical ways you can contribute:⁴⁵

Knowledge is power, stay informed

If we are to fight human trafficking and sexual exploitation, we must know what they are and what they look like. Keeping ourselves updated on news and discussing the issues with our friends helps to spread knowledge of what to look for and what we can do. There is a lot of information out there, many documentaries, websites, newspaper articles and reports that you can read to gain more knowledge about human trafficking.

Think about the words we use

Think about the words used in news articles you read. Are all perpetrators in human trafficking cases men? Are people in the porn industry porn stars? How glamorous is the porn industry actually? Is a person in prostitution labelled negatively as a hooker, or perhaps as a sex worker?

Discussing the topic with friends

Talk about topics related to human trafficking and sexual exploitation with your classmates, fellow students, around the dinner table, and together with family and friends. How does your group of friends talk about sexual exploitation and about people in prostitution? Help your friends understand the exploitation that takes place in the sex industry and how their actions can contribute to the demand for sexual exploitation.

Use your voice on social media

If you see something that you think is important and interesting when it comes to work against human trafficking, don't just like it, but share it on social media! This helps to make a very important issue visible to those around you, making more people aware of it. You can also encourage your followers

to follow, engage and support local organisations working on the topic.

Changing your own actions

Through this resource, you will be given a lot of information about topics you might not yet know very well. Based on the knowledge you gain, you can choose to take a stance and change your own actions. For example, we know that the porn industry is linked to the rest of the sex industry, and that there is a significant amount of exploitation there. Gaining knowledge, and acting based on this, does make a difference!

Get your school involved

Get your school, youth club or student union at the university engaged with the topic! For example, they can use the workshop materials in this resource to give a lecture for you and your class! Or maybe a local organisation can be booked for a workshop? Or you can use the resources provided to hold a lecture or workshop for your peers. This could be a great way to start a conversation.

Write in your local newspaper and contact politicians

How about writing a reader's post in the local newspaper, or in national news media? Ask politicians, both locally and nationally, to get more involved in preventing sexual exploitation, including exploitation happening online.

If you see something, say something

Do you suspect that sexual exploitation or human trafficking is happening in your immediate environment? Talk to a trusted adult, the police, or contact your local anti-human trafficking support line, and they can follow up on it. If you encounter concerning content on social media, use the report function available on that platform. Reporting what you see could make a huge difference and help keep others safe.

Join organisations that work with the topic

Get engaged with a local organisation working for political change to strengthen prevention work and ensure that people who are or have been exposed to exploitation are treated with dignity and receive the help they need.

⁴⁵ The List is inspired by Lightup Norway's "Toolkit for Change campaign". Lightup Norway (n.d.) En guide til hvordan DU kan forebygge menneskehandel med enkle grep. [A guide to how YOU can prevent human trafficking with simple measures.] <https://lightup-movement.no/toolkitforchange>

Ten stories

TEN STORIES

This section presents ten stories of sexual exploitation. Some are stories from reality, others are combinations of various people's experiences, representing typical ways that people are sexually exploited, trafficked or prostituted.

"IT DIDN'T FEEL LIKE A BIG DEAL"

I go to a high school where everyone is quite well-off. My parents don't have as much money as the others, but it's all right. The only problem I have with money is that my group of friends can all afford to go on trips during the holidays, they have the latest clothes, makeup, bags, do their nails and so on. It doesn't help that I constantly see people on TikTok who do all these big shopping hauls all the time. Sometimes I feel that "everyone" can afford everything, and that I can't quite keep up. I know that's not really the case, but it's hard not to feel that way.

The other day, four of my friends came to school with new bags, really expensive designer bags, I was the only one without and it felt like the last straw. I just had my old bag from Zara, and I knew it would take me an incredibly long time to earn enough money to afford a designer bag.

On Instagram and TikTok I have received messages from strangers just like everyone else, maybe since I was 12. "Send nudes – you'll get 50€", "sugar daddies looking for dates" "You look hot, how about a topless photo? I'll pay!" How dangerous could sending one photo be?

I responded to one of the messages that offered money for one photo. It was easy, didn't feel like a big deal, and I got the money! Could it really be that easy? Now I suddenly had 50€ in my account, for one topless photo? I was a bit worried that they would be leaked to people I knew. But I didn't know this man, so how could he find out who I know? I sold a few more, it felt like incredibly easy money! After a bit of googling, I found a sugar dating site. It seemed a little more nerve-wracking to meet someone, but then it also seemed exciting. I was in control, set the price for the meeting, and I could just leave when I wanted. I registered on the site, uploaded a photo, and quickly got a lot of responses. Never before have I received so many comments on my appearance, it was an incredible confidence boost. Yes, of course, someone sent messages asking about "blowjob for 100€", but I didn't have to answer those.

I replied to one of the messages, and we met for dinner. It was only a date, and we agreed that there

should be nothing sexual. I could tell he liked to hug a little longer than I would consider normal, and was constantly bumping into me a little, but it didn't matter much. It felt a bit strange, but ok. He treated me to dinner and asked if we could do it again. Saying we could go shopping, because it was so nice to be with me. I said yes, and we set a new date.

This time the dinner was at a hotel where he had a room. He asked if we could go up to his room before we went shopping. I said yes. I've always been a girl with "thick skin" and can stand up for myself. I don't know what happened. When we got to the room, he wanted to have sex. I tried to laugh it off and made excuses. "I'll give you money for just one kiss", I agreed to one kiss, but he didn't stop. "This is what I'm paying for, deal with it", he said. I was scared, he was older and stronger than I. I couldn't fight, so I let it happen, but to myself I thought "just this one time". I went numb, and then it was over. Afterwards, he said: "You can shop alone instead", gave me the money and left. I felt dirty. I went straight to the store and bought one of those expensive bags. It was almost like I thought I'd lose the money if I didn't buy it immediately. Now, it feels like at least I'll have that bag.

It's difficult to stop now. After the bag, there was a dress, after the dress, a new phone. I also do feel somewhat wanted. I never met that first guy again, but now I feel almost without boundaries. I have sex for goods, but sometimes I also have to do other things that I really do not want to, the men can be quite rough, but why should I say no, I have already crossed one line. I feel gross and kind of like a commodity. I am scared, and it is quite difficult to imagine how I'll ever be able to get out of this.

REFLECT!

- Why does so-called "sugar dating" exist?
- Is it common to receive messages on social media, online gaming, and on forums to send pictures and other things?
- Is this different for girls, boys and non-binary youth?
- Is there pressure to have the "right" things, clothes, and brands?
- How does it affect those who can't afford expensive things?

PAULINA

It's still hard to take in sometimes, what happened, everything that followed, and the current situation. I

was raped by my boyfriend and sold to various men. Ordinary men with families, regular jobs, each with their own desires and cravings. I knew such things happened, but never thought it would happen to me. Perhaps I believed I was protected by a good upbringing, caring parents, and many friends. Now, I understand it can happen to anyone, to those who are struggling, but also just an ordinary girl like me.

I've always been a strong person, someone who spoke up and had good relationships with everyone. Maybe that was a challenge for him. I was 22 years old when I met him, who I initially thought could be my future husband; he was 33. We met online and spoke a lot, several times a day. We talked on the phone, texted, sent snaps and emailed. It felt great, and I fell in love.

After two weeks of contact, we decided to meet. I went to see him, and then something struck me immediately. He wasn't acting like the man I had spoken to online. There was something about him, his style, his polished sports car, I had a feeling that something was wrong. But I was raised not to judge anyone by their appearance, and I was in love with the man I believed he was. We hugged and got into the car. He took off his jacket and "accidentally" showed a knife in his inside pocket. It scared me, I didn't dare ask about it, and I already felt lost, caught in a tight grip, unable to escape. I was scared, and he made me more worried as he told me about his dangerous family and mafia friends.

That day, hell began; he was jealous, manipulative, threatening, controlled everything, and isolated me more and more from the outside world. Eventually, he was the only one I saw. The only one who said I was beautiful or terrible. Mostly, I heard bad things. I felt ashamed that I hadn't left him, and for the abuse he subjected me to. I was afraid for my life every day. I became another person; I felt brainwashed.

I couldn't believe someone could be so horrible; he raped me and invited other men. He, who was extremely jealous at one moment, enjoyed watching other men degrade me at another. Sometimes he participated, sometimes he sat beside and masturbated. I never met them alone; he wanted to make sure I didn't escape and that I suffered. But how could I dare to escape?

It seems simple now, but back then, he was everywhere, and I didn't want it to get worse. I didn't want to die. I felt powerless, as if in a nightmare. Despite first resisting, I eventually gave up the fight. Sometimes they were two, sometimes seven, sometimes they filmed, and sometimes they took photos. I exist out there on the internet, and it makes me feel sick.

I wasn't living in reality, I pushed it away, I had to suppress it to survive. Today, my view of men has changed from when I thought such things wouldn't happen to an ordinary girl like me. Sometimes I think about how they knew I didn't want it, only for them to close their eyes and think of their own sick fantasies and desires. I was thinking about ending my life.

Then, the thing that saved me happened: I became pregnant and decided to keep the child even though he was the father. Becoming a mom gave me a glimmer of hope. With the help of an ex-boyfriend, I managed to escape after four months. I fought my way out of the hell I was in. My baby saved my life.

After getting out, I kept quiet for a long time, while the lump in my chest grew and grew. But you can't run from your feelings. It took four years until I dared to report it, and when I reported him in 2005, he had victimised more people. Another woman and I went through the trial together. It was incredibly difficult and felt so humiliating. Talking about what happened, going through the abuse again, was a challenge, but in hindsight, I'm glad I did it. I had the support of a wonderful male police officer and my legal counsellor. The sentence of 14 years for pimping and aggravated rape was the beginning of my new life. Since then, a lot has happened. I've fought against society many times, I've learned a great deal, and rebuilt myself. It has been tough many times, but I am proud of myself, I feel strong and whole again. Today, I have a fiancé, two children, a house and cats. My daughter is the best thing that came from the worst experience. Although I cannot change the past, I have a responsibility to turn it around. I've processed and rebuilt myself, overcoming my hatred.

I started Novahuset to help other victims of sexual violence. The scars from my experience will never fully heal, but they don't sting as much anymore. They stole enough from me; I won't let them take any more. I want to say to all of you out there who have been victims, believe in yourselves, seek help from others because YOU are important and valuable, and the guilt and shame do not belong with you. Never give up! You are worth so much more! Hugs, Paulina.

REFLECT!

- Why do you think it took so long before Paulina reported him?
- How do you think one can move forward after experiencing something like this?
- What do you think Paulina learned from this experience?

LUCAS

Lucas is 15 years old. He lives in a small town, and about four years ago, he began to think a lot about why he didn't really feel like the others in his class. His male friends had started to get girlfriends, "real ones" and not just the kind you ask out in middle school. Instead, Lucas had begun to feel more and more interested in boys, and noticed that it was boys he was attracted to, though not anyone in his class.

Thinking about it, he has probably always felt this

way, even when he was little. When asking girls out, he did it because everybody else was doing it. Actually, he would have liked to ask a guy out, but it felt too scary as no one else was doing it. The more he thinks about it, the more he wishes he had someone he could talk to about it all, but he doesn't feel like bringing it up with any of his friends. They often make gay jokes and use gay as a derogatory term, so Lucas doesn't feel comfortable talking to any of them.

One evening, he Googled websites for homosexuals. He gets in touch with an older man, Marcus, on an online forum. Marcus gives him many tips about other forums and online communities, where he can meet others like him. Lucas feels that Marcus accepts him, and he feels he can talk to Marcus about anything.

After a while, Marcus asks if Lucas would like to come and visit him in Stockholm and offers to pay for the ticket. Lucas, thrilled by the suggestion, travels to Stockholm. He and Marcus start seeing each other often. He enjoys Marcus' company and looks up to him, feeling that he is a bit like an extra father. With Marcus, he can talk about everything he could never discuss with his own father. Marcus is also very kind, and he gives him a lot of things, like clothes, alcohol, and more.

Soon after, Lucas also gets a key to Marcus' apartment. The times he stays over, they have sex. Lucas doesn't want to, but he feels that he owes Marcus because he has helped him so much. Lucas feels like there's an unspoken agreement; Marcus gives Lucas lots of things, takes him to lots of parties, and is always there when Lucas needs him. In return, Lucas is there for Marcus whenever he wants sex.

This goes on for quite a while, but after about a year, Lucas meets a boy his own age. Lucas and Marcus start to argue and eventually break all contact. Now, Lucas looks back on the time with Marcus with mixed feelings of gratitude, guilt and shame. At the same time, he feels uncomfortable and dirty when he thinks about all the times he had sex with Marcus even though he didn't really want to. He would rather not think about it at all and tries to suppress those feelings as much as possible.

REFLECT!

- What has happened here?
- Is what Marcus did illegal?
- Why do you think Lucas felt obligated to have sex with Marcus?
- Why do you think Marcus bought a lot of things for Lucas?
- Why do you think Lucas feels the way he does now, years later?

FOR SALE

I grew up in a strict home, often fighting with my parents and feeling very lonely, so when I was 12, I

created an online account to connect with people. I loved football and started chatting daily with a guy named Peter, who said he was 21. He mostly did the talking, but it felt nice to talk to someone, and it made things at home feel a bit less difficult.

When I turned 13, we started to have more frequent contact. Peter and I talked about getting married as soon as I turned 18, first jokingly and then seriously. After a few months, we met at a hotel, and we had sex. I didn't really want to, but I didn't want to disappoint him.

Later, when I was 14 years old, we got engaged. Since Peter was all I had, it felt very important not to disappoint him, and we had sex quite often. I even moved out from my parents', and lived in all sorts of places with Peter. Sometimes in a caravan, sometimes in a basement, and sometimes in someone else's apartment.

When this had been going on for a while, the social services started to wonder what was really happening with me and where I was staying. I was seldom at school and seldom at home. One day, they placed me in a youth home. It was terrible there; I didn't know anyone, and it felt unsafe. So, I ran away and met Peter again.

Quite often, Peter and I hung out with his friend Anders. Anders raped me once while Peter filmed and took photos. After a while, Peter suggested that I should sell these pictures to others. I said that I didn't want to, but he thought I could try it, so I did it for his sake.

Soon after this, we went to Riga for a while. Peter had arranged for a guy I'd never seen before to take naked photos of me, which Peter posted online, attached to ads for different "services" he thought I should sell. Peter then arranged the trips and meetings. He stayed nearby when I met or talked with clients and monitored everything through my phone. I was sold to more than a hundred men, 2-5 men per day, and feared what Peter would do if I didn't comply. Peter also took all the money, leaving me with just enough for basic things like maybe a hamburger.

After what felt like an eternity, I managed to get in touch with my old best friend and told her about some of what had happened. I couldn't bear to carry it by myself any longer. She told her mom, and then a police report was filed. After that, there were lots of conversations with the police, and then two court trials, which were very tough.

Today, both Peter and Anders are in prison. Peter received six years and six months of prison for, among other things, aiding in rape, serious pimping, and child pornography crimes. Anders received four years of prison for rape, child pornography crimes, and aiding in serious pimping.

I have received help and counselling support. Today, I manage to think about the future and that there is a possibility for me to study and move forward in life.

REFLECT!

- Why do you think she went back to Peter after being in the youth home?

- Why do you think people bought sex from her, even when they saw that she was a minor?
- What do you think would have happened if she hadn't dared to tell her friend, and the friend's mother hadn't reported it to the police?

KIRAN

Growing up, I always felt different but couldn't quite tell why. Then, one day it became clear, I identified as a girl, even though I had been assigned male at birth! This realisation was both liberating and terrifying. In my conservative community, discussing such feelings was taboo, and I feared rejection from my family and friends. My school life was isolating. I was bullied by my classmates who sensed I was different. To be able to talk about who I am, I joined online forums and social media groups where I met other transgender individuals who shared similar experiences.

One night, while scrolling through a forum, I met a transgender girl my age named Ria. Ria was kind and seemed to understand my struggles perfectly. She offered advice and support, helping me feel less alone. After weeks of chatting online, Ria invited me to meet her, promising that she would introduce me to a supportive community and help my transition. I met her, and for the first time, I felt a sense of belonging. Ria took me to parties and gatherings where I met other transgender people. For a while, I felt truly happy.

Ria began to introduce me to older men who attended these parties. These men showered me with attention, making me feel special. One of them, Raj, took a particular interest in me. He invited me to his apartment, and I enjoyed the attention, but Raj started to pressure me into having sex, and I felt trapped. I didn't want to lose the only community where I felt accepted, and I feared Ria's reaction if I refused Raj. Each encounter left me feeling violated and ashamed, I told myself that this was just a temporary sacrifice, to be part of the community. But the guilt and depression grew stronger each day.

I started to withdraw from the parties and avoided Ria. I realised that the acceptance I thought I had found was conditional and came at a high cost. One night, after a particularly disturbing encounter with Raj, I decided to end all of this mess and never meet either of them again.

I felt lost, broken and scared, so again I went online. This time, I searched specifically for transgender support groups. There I found a counsellor who helped me work through these experiences. I learned that what Raj and Ria had done to me was not love or acceptance. Still, my journey is far from over, but I no longer feel alone.

REFLECT!

- Why did Kiran feel like she had to go along with Raj's demands?
- How did Ria's initial kindness affect Kiran's trust in her?
- Why did Kiran think Raj's attention meant acceptance and support?
- How can Kiran's story help others recognize exploitation and find real support?

I WATCH PORN AND NOW I AM CONSIDERING BUYING SEX

I started watching porn when I was 13 years old. Or at least that was when a friend showed me a video. Later, I started to Google on my own, and then found more and more. Now I am 17 and have been watching for four years, but it's the last two years that I've really started to have problems. I can't really stop, it affects everything. I can't sleep properly, I feel that I have to watch more porn as soon as I get home from school.

And then there's this thing with sex and girls. I realise that my view of sex is completely skewed, or influenced, sort of. I was with a girl before, and there were several things I wanted to do that she found kind of disgusting or unpleasant. I have met some girls since, who do what I want, like for example choking sex and deep throat and stuff. But lately, I've started to feel like it's not enough? So, I've started thinking about paying someone. To be able to do all those things that I watch all the time, that I want to try. It's not like I'm the only one watching, either. All the guy friends I have watch, but to varying degrees. I think that a friend of mine might have a bit of the same problem as me, but we haven't really talked about it.

I know all about how some girls who sell sex might do it because they're poor or have been deceived into it. But the thing is, the act of buying sex is somewhat about getting the girl to do it for money, meaning I'm turned on by the girl doing it without really wanting to. In porn, so many of the videos show that the girls don't want to do this and that, and they are crying or being laughed at. Actually, that feels horrible, but it is also exactly what turns me on.

I don't know why I am like this. Maybe it has to do with the fact that I've been watching porn since I was so young. I started before I even had sex for the first time, and now for me the kind of sex I see in porn is kind of the only sex that counts. Now, I even think that buying sex once in a while shouldn't be such a big deal.

REFLECT!

- Why might it be difficult to stop watching pornography?
- How do you think those who participate in the films and clips feel?

- How often are consent, mutuality, and respect present in pornography?
- How are men and women depicted in pornography?
- How might it affect us if, often starting from a young age, we watch content where girls and women are treated in humiliating and degrading ways?
- What stereotypes or myths about pornography do you know?

A NIGHT OUT

I didn't even like the bar we went to, to be honest. Luckily, Jacqueline was there. I had hidden my feelings for Jacqueline for quite a long time; she was so beautiful and so kind, and I wanted to be more than friends. I had decided that this night would be "the night", I would reveal my feelings for her. But once inside the bar, she mostly spent time with her other friends, and I felt quite disheartened by the lack of attention I received.

I decided to instead go get a drink at the bar. A man offered to buy me one, and then more drinks. I wanted to see if the attention I got would make Jacqueline jealous, so I accepted the drinks.

Later, Jacqueline came over to us and whispered in my ear, "Come on! Let's dance! Don't stand here with this old guy, come and dance with me, it'll be fun!" I felt a warmth spread through my body, and I was overjoyed that she wanted to dance with me. I didn't care about the guy now. Halfway to the dance floor, I felt that this was the moment, right now, to tell her how I felt, so I did. Jacqueline looked at me, a bit surprised, and said that she was in love with someone else. My mouth went dry, and I said that I felt a bit sick, and that it was time to go home. I felt the tears push on as I walked towards the coatroom to get my jacket.

Feeling like the loneliest person in the world, and incredibly insignificant, I suddenly felt a large and warm hand on my hip. "Hey, you're leaving now? Stay a bit longer, please!" It was the man again. I muttered, "No, I'm heading home now, but thanks for tonight", trying to hide how sad I was. Then he made a new proposal: we could go to his place, have a few more drinks, and have some fun.

I caught on immediately and explained that I was not interested in men. He didn't seem to care much and leaned in closer to whisper in my ear, "I'll give you a hundred euros if you come home with me and give me a blowjob." When his words first hit me, I felt disgust, but at the same time, in the back of my mind, I hoped Jacqueline would come running after me if she saw me leave with him. Before I knew it, I had said "okay", and we were on our way to his place.

The whole time I was at his place, I just wanted to get out of there. When it was finally over, I left as quickly as I could. Walking home, one single thought circled

in my head: why did I do it? Why, why, why?

I felt dirty and nauseous. I stopped, vomited, and sat down on a bench to process what had happened. I felt the same way I used to when I was little, when a family member had taken advantage of me. It felt like my body was someone else's, and that I was treated as nothing.

A couple of weeks later I confided in the university counselling service. As I shared my story, it seemed endless. I talked about the abuse, the bar incident, and feeling like I no longer owned my own body.

REFLECT!

- Why do you think she felt the same way as when she was exploited as a child?
- Why do you think she went home with the guy?
- Why do you think the girl felt as if someone had taken her body away from her?
- How do you think she felt after talking to the University counselling service?

SOPHIA⁴⁶

It all started when I was an exchange student. I got to know a cute guy, and it all happened so fast! We became a thing, and then a couple. Everything seemed nice at first, and he seemed so kind - but that didn't last. By the end of my exchange year, he had shown his true colours. He became violent and was insanely jealous. He wouldn't let me go out or see friends. Talking to other guys was out of the question. My exchange year dream had turned into a nightmare.

I tried to break up with him, but it only led to threats. "If you leave me, I will destroy your life!" I stopped trying for a while, but when my exchange came to an end and I had to move back, I managed to end the relationship in the process. I was free of him, I thought.

One night, I got a message on Facebook from a generic Norwegian name I didn't know, the account didn't have a profile photo or any friends, and the message said: "Video of you: <https://link.to.video/>". I thought it was spam, but something made me click the link. It loaded a video, it starts and shows a couple having sex, "this isn't me, is it?", but it was actually me!

He had filmed it without my knowledge. I was horrified. I had to get the video removed and never speak

46 This story is based on the real experience of "Kaja". Sivertstøl, A. (2020, July 25th) "Kaja" hamna på Pornhub utan samtykke: - Ein mister ein del av sjela si. ["Kaja" ended up on Pornhub without consent: - You lose a part of your soul] P3.no. <https://p3.no/overgrepsfilmer-og-hevnporno-pa-pornhub-ein-mister-ein-del-av-sjela-si/>. Thorin, C. L. (host) (2020, September 10th) Følelsen: Hevn [The feeling: Revenge] (podcast episode) Mellom oss, NRK. https://radio.nrk.no/podkast/mellom_oss/sesong/foelelsen/l_5c2b4b3c-c3c8-42d1-ab4b-3cc3c8b2d159

of it again, hoping it would make it all just go away. But it wasn't that easy.

I submitted a form to have the video deleted from the webpage, saying it was filmed and uploaded without my consent. It was taken down, only for it to be reposted again the next day. This kept on happening; it was posted, I'd get it deleted, it was posted again. When a few days passed without any uploads, I thought it was over. But the next week, I got a message from a friend who had heard from a friend who had heard from a friend, "You haven't seen that video with Sophia, have you?" It was uploaded again. It was posted on another porn site, and this time with my full name and address. It keeps being reposted every time I manage to have it deleted. Now, some years later, this is still my reality.

Walking through my hometown, it feels like everyone has seen me naked, like they've all had sex with me without my consent. The looks they give me make me feel exposed. I'm pretty sure 90% of the people aged 16-25 in my hometown have seen or know about the video. It feels like every time I look someone in the eye, I know they've seen it. I'm not ashamed, just deeply saddened. I feel broken, like I've lost a part of my soul.

People who know about the video ask if I'm okay, and say it's not that bad, trying to help, but dismissing how devastating it is to be violated like this. No one understands the true pain of having your body stolen and exposed like that, being robbed of your body for everybody to see.

Now, I can barely remember who I was before everything changed. Before this, I was carefree, always having fun with friends. That was all that mattered to me. Now, the old me feels strange and distant, like I've lost myself completely. I can never be that girl again.

REFLECT!

- What happened to Sophia?
- How do you think this was for her personally?
- Why do you think Sophia's ex-boyfriend did what he did?
- Why do you think the porn sites allow people to continue to reupload the video after it was deleted?
- Why do you think there is a demand for these kinds of videos?
- What can be done to prevent such things from happening?

THE BUYER⁴⁷

Thomas is a young professional who works at a company that also operates in Germany. It is common for

him and his colleagues to go there on business trips. Early in his career, he is invited on a business trip to Cologne. Before they leave, his colleagues' joke about the "fun" rewards they can get after a long day's work, hinting at visiting brothels.

On the first evening in Germany, Thomas's colleagues take him to a brothel. Although he has never paid for sex before, Thomas quickly gets used to the idea of being in a place where one can pay for sex. His colleagues, some of whom are in stable relationships back home, each go off with a woman, and Thomas does the same.

Visits to the brothel become a nightly routine. However, once back home, no one mentions it. Thomas got used to, and even liked to have the power to decide the terms of the encounter. At home, Thomas watches a lot of porn, often featuring young girls doing things he wouldn't ask his partner to do. His curiosity and desire grow, and he starts contacting women who sell sex in Sweden through the internet. He convinces himself that these women seem well-off, even though he finds the prices high. Sometimes, Thomas meets women who do not speak Swedish well, but he avoids thinking about why they are selling sex and never asks them personal questions. He also lies to his partner about late nights and work demands, hiding his new habit.

When he buys sex on the street or through phone contacts, Thomas appreciates the convenience and lack of emotional involvement. He sees it as a simple transaction, a service where he pays and gets what he wants. Over time, he loses count of how many women he has paid for sex, viewing them as interchangeable and forgettable.

REFLECT!

- Why did Thomas feel it was okay to pay for sex while on business trips, even though he had never done it before?
- How did Thomas's experiences in Germany change his behaviour and attitudes towards sex and relationships?
- Why did Thomas prefer not to think about the backgrounds of the women he was paying for sex?
- How might Thomas's behaviour impact his relationship with his partner and his own self-perception over time?

47 COALITION LITHUANIA WITHOUT PROSTITUTION.
(n.d.) Digital museum of the abolition of prostitution:
<https://www.abolicionizmomuziejus.lt/sex-buyer/>

JULIA⁴⁸

I knew I needed money. I had debts. It was just a game, the most important thing was to get the money out of it. I didn't have anywhere to go, I didn't have money to rent a flat or to buy food, and I couldn't find any work. That's why I started selling sex.

I tried to tell myself this was just my work, and that I was not in prostitution. All I thought about was how to work off the money I owed, while everything else was actually unimportant to me. I didn't even think that I was pretty, so when clients would look at me and give me compliments, I would feel better. At the time, it seemed like a normal job. Just like you don't necessarily have to like any other kind of job, you just have to get through it, one day at a time. I did what I was told, I humiliated myself, all to get the money. I started doubting my own ability to do other work, maybe doing this was all I could do?

I felt that I was falling into a bottomless hole, and the speed was unreal. First, I felt fear, then I felt nothing, I felt like I was no longer alive. I felt totally empty inside. I was in shock, and the shock was mixed with a tremendous desire to kill everybody. I felt I hated everyone, including myself. With every new instance, I felt that I hated myself more than those who were abusing me, and the further it went, the more the hate grew. I slowly realised that selling sex was not what I thought it would be. I was actually being sexually exploited.

One day, I did manage to leave. A police officer had talked to me and informed me of a help centre, and I decided to go there. My first impressions of the help centre were the surroundings. It felt calm, it was beautiful, and it felt like a place where I could finally relax and calm down. I was finally free... I still have difficulty admitting that I was prostituted. Accepting the reality of what I went through may always be a challenge for me. However, now I can be open about it and heal.

REFLECT!

- Why did Julia feel forced into selling sex despite not wanting to do it?
- What made it difficult for her to leave the situation she was in?
- Why did she sometimes feel better when buyers complimented her?
- How did going to the help centre change her feelings about her situation?

48 Puidokiene, D. (2012). Covert Codes of Women in Prostitution: Pathways for Recovering Roots after Trauma Interface. Rovaniemi: University of Lapland. Doctoral Thesis: 369 pp. https://lauda.ulapland.fi/bitstream/handle/10024/61773/Puidokiene_actaE_110pdfA.pdf?sequence=4&isAllowed=y

Workshop material

WORKSHOP MATERIAL

Here are suggestions for workshop exercises on the topic of human trafficking and sexual exploitation. These can easily be applied to discussions among youth, young adults or professionals, as we all carry prejudices and misconceptions that need to be discussed. When sensitive topics are discussed in a group, it's crucial to create a safe environment. The following exercises are meant to further expand the conversation on the topic of prostitution, human trafficking and other forms of sexual exploitation that starts when the topic is raised in a classroom or youth group. For the best outcome and conversation among the youth, it is recommended that these exercises be included in a larger teaching programme around the subject.

It is recommended to start by introducing yourself, what you will talk about today and your approach to the topic. Perhaps you come from an organisation that works with similar issues, or you are a teacher in a subject where you think it is important to incorporate these questions. Regardless of your background, it is essential to know that this is a sensitive topic that can affect many personally, and therefore, it is crucial to create a safe place for young people before diving into it.

It may also be that some of the youth in your group, or someone they know, has experienced sexual exploitation or abuse. We suggest collecting contact information for local agencies in your area, and informing the youth about this before you start teaching about sexual exploitation.

Make it very clear to the students that you are not going to ask any of them about their own experiences. The youth must not be encouraged to expose themselves and their own personal experiences, nor should they be questioned about their experiences or given room to expose themselves. It's essential that no one feels singled out and that no one feels excluded from the discussion. For this reason, it's very important not to assume that anyone in the group has experienced what you will talk about, nor should you assume that they haven't. Not judging or being judged is crucial in the discussion. Explain that you will discuss the topic from a hypothetical standpoint and that if anyone finds it difficult, they are welcome to say so.

Rules that could be beneficial to establish around the workshop:

- Everything said by other participants during the workshop stays in the room.
- No one shall be encouraged to expose themselves and their own personal experiences, nor other people's experiences.
- Everyone respects each other's opinions.
- Everyone lets each other finish speaking.

During the workshop, many thoughts and queries may arise. Some questions may seem silly and others of a very serious nature. Do not give excessive attention to or reprimand questions or answers that do not appear serious, as it may be a root question they are wondering about. Make it clear that no question is too stupid, but some questions are for another time and place. One tip is to hand out post-it notes to the students at the start, where they can write down questions along the way. These notes can be submitted anonymously at the end of the class and can be addressed in a later session. This gives students the opportunity to ask questions they do not dare to ask in plenary. Remember to allocate time for this!

Choose exercises based on the time available. Remember, the questions under each story are suitable for shorter discussions - they go a long way! The exercises don't have to be done together in a contiguous workshop. You can choose to pick some of them and do them as time allows.

REMEMBER YOUR ROLE

Whether you are in school, a youth leader, or otherwise engaging with young people, consider the following:

The workshops are intended to teach and uphold the values of our shared human rights. It can be useful to enter into workshops on these topics of sexual exploitation from the framework of human rights education. With human rights education, we want to actively promote values, beliefs and attitudes that empower youth to uphold their own rights and respect the rights of others.⁴⁹ Therefore, it is not meant to be value-neutral. It should take a stand against phenomena in our society that go against these values.

It is also important to stay objective. This means that we present what there is good reason to believe (scientifically proven), not that all statements are treated as equal. Objectivity should not be confused with neutrality. This means that as a teacher, you should listen to the youths regardless of opinions that may arise from the conversations but have a clear direction and value base.

TIPS:

A simple way to discuss the stories within this resource material is to use the discussion questions at the end

49 OHCHR (2024) Human Rights Education and Training. <https://www.ohchr.org/en/resources/educators/human-rights-education-training>

of each story. These questions address most prejudices and thoughts and reflections on this topic, making them excellent for a workshop.

EXERCISES

In this section, you will find different activities and exercises that can be used in a classroom or group setting. Under each one, you will find information about expected time usage, equipment you may need and what kind of task or exercise it is. You may use one exercise or more in one sitting, but use enough time for each and do not try to do them all at once. The theme is heavy, and we always recommend spending enough time to allow the youth to process the information.

Sex vs. buying sex

Time: 10-15 min Equipment needed: Board, post-it notes or sheet of paper. Task: Association exercise

Write the sentence on the board: 'Why do people have sex?'. Then ask the youths to freely associate around this and write down everything that comes up on post-it notes. Ask the youth to say some examples of what they wrote, and write these on the board. Collect the notes before asking the next question: 'Write down reasons for why people buy sex'. While the youth write down these new answers on post-it notes, you can start writing the rest of the first answers on the board. Ask the youth to say some examples of what they wrote, and write these on the board. Collect the new answers and write these on the board while the youth gather in groups of 3-5.

Discuss in groups and then together:

1. Are the reasons the same or different, for why people have sex and why people buy sex? Why are the reasons the same or not the same?
2. Can buying sex have any short-term consequences? For the buyer, seller, others?
3. Can buying sex have any long-term consequences? For the buyer, seller, others?

How do we understand consent?

Time: 30-40 min Equipment needed: Requires the ability to play video on screen. Task: Video and discussion

The concept of consent can be difficult to understand because it involves recognising boundaries, communication, and respect, which can feel unfamiliar or complicated. In this exercise, we'll avoid using the term

"consent" and instead focus on examples that make it easier to understand situations where consent is given or not. To start, watch the short video "Consent: It's as simple as tea" by Blue Seat Studios, which compares getting consent to offering someone a cup of tea.⁵⁰ After watching, gather in groups of 4-5 and discuss the questions below.

1. What does consent mean to you?
2. If you were to choose other words that describe consent for you, what would they be? It's important here to remember that the definition of consent encompasses reciprocity, voluntariness, and interaction. Please remember the saying that sex should feel good "before, during, and after" and discuss what it practically can mean.
3. Are there any other "tea" examples you would have added in the video to teach about other aspects of consent? Come up with some new "tea" examples that can be used! Want some help? What about:
 - "Just because you interpret their clothes as fit for a tea party doesn't mean they want tea"
 - "And remember, don't give kids tea. Kids don't want tea. Even if they think they want tea, they don't."

Human trafficking: Paulina's story

Time: 20-30 min Equipment needed: Board. Task: Reading and discussion

Based on this resource's text about human trafficking, briefly explain what human trafficking is. Ask the youths what they envisioned when you talked about human trafficking, and write this down on the board. Ask, for example, what thoughts they had regarding the age of those subjected and those committing the crime, origin, the country where the crime occurs, and so on. Have the youth read "Paulina's story". Discuss whether this could be considered human trafficking.

Discuss the following questions based on the story:

- Why did it happen?
- How could it happen to her?
- Can it happen to anyone?
- Why is it sometimes difficult to leave a relationship where one is not treated well?
- Why do you think the man did what he did?

⁵⁰ Youtube video: Tea Consent <https://www.youtube.com/watch?v=oQbei5JGiT8> Script: Rockstar Dinosaur Pirate Princess, Animation: Rachel Brian, VO: Graham Wheeler. Copyright ©2015 Emmeline May and Blue Seat Studios

Philosophical conversation about OnlyFans

Time: 30-60 min Equipment needed: Writing equipment. Task: Conversation in groups.

The philosophical conversation can easily be part of a longer course of teaching where students learn about prostitution and human trafficking, in a historical and contemporary perspective.

Start the session by asking the youth to write down on a sheet of paper (or on post-it notes) what they associate with the term: Prostitution. Let the youth think for a few minutes to bring out prior knowledge and associations, and ask them to write down key words. Bring up the key words in plenary and write them on the board. Now do the same with the word: OnlyFans.

In groups of up to 10 youth, sit in a circle. Conduct a conversation with the group, with support from the reflection questions below. In the conversation, it is important to strive for an inquiring and open tone and let the youths' thoughts be the starting point for further exploration.

Reading tips before conversation: Read one of these articles:

- Young children exploited on OnlyFans, says US agent, BBC article: <https://www.bbc.com/news/uk-63249018> (2022)
- The children selling explicit videos on OnlyFans, BBC article: <https://www.bbc.com/news/uk-57255983> (2021)
- Citing alleged abuses on OnlyFans, lawmakers call for stronger safeguards, Reuters article: <https://www.reuters.com/world/us/citing-alleged-abuses-OnlyFans-lawmakers-call-stronger-safeguards-2024-03-15/> (2024)

Questions to use in the conversation:

1. What can be the differences and similarities between prostitution and OnlyFans?
2. How can/can you be sure that the content on OnlyFans is made and posted with consent?
3. How can/can you be sure that the content posted is not posted by someone who is a minor, which makes the content sexual exploitation of children?
4. Is it possible that the content creator can lose control over their content?
5. What is my role as a consumer in this?

After reading articles:

6. How does OnlyFans respond to the allegations of child exploitation on their platform?
7. What do you think about these responses?
8. Should OnlyFans stand accountable?
9. Is it too easy to bypass OnlyFans' age verification systems?

Non-consensual sharing of sex tape as "revenge": Sophia's story

Time: 20-30 min Equipment needed: Board. Task: Reading and discussion

Based on this resource's text about porn and online sexual exploitation, briefly explain what online sexual exploitation is. Ask the youths what they envisioned when you talked about online sexual exploitation and write this down on the board. Ask, for example, what thoughts they had regarding the age, sex and situations of those subjected and those committing the crime, origin, the country where the crime occurs, and so on. Have the youth read Sophia's story. Discuss whether this could be considered online sexual exploitation.

Discuss the following questions based on the story:

- Why did it happen?
- Can it happen to anyone?
- Why do you think the ex-boyfriend did what he did?
- Can Sophia ever get rid of the video?
- What would you do if that happened to you or a friend of yours?

Let's talk about porn

Time: 40-60 min (depending on class size) Equipment needed: A3 sheet of paper, tables, writing equipment with different colours. Task: World café.

In this exercise, the youth will discuss themes and write down their thoughts and views on a sheet of paper at each table. The different tables have different questions. All of the youth have to visit every table, but they do not need to follow the same group when switching tables. The teacher can decide this depending on the class dynamic.

1. Divide the participants into smaller groups, each group gets one table. On the table are different coloured pens and a big sheet of paper with a question written in the middle.
2. The groups explore the question written on their current table. They should listen to each other's views and write down notes, words and other main points with one of the coloured pens on the table that have not yet been used on the paper. Approx. 10 min on each table.
3. The group chooses a new table. They spend a few minutes reading what the previous group wrote on the paper. After reading what the previous group wrote, they start the conversation sharing their views and other points, adding new words and notes in a different colour.
4. This process is repeated until all participants have visited all tables.

- When all participants have visited all the tables, they stay at their last table, and get some minutes to prepare a short presentation of the points written on the paper they have. Each group presents in front of the whole group/class and the teacher summarises and writes on the board. Then, the whole group/class discusses together, and participants can add any other views.



For the purpose of this exercise, there are two versions: version A, which features questions for each table, and version B, which addresses common misconceptions about pornography. You can choose to do both versions or just one of them.

A: SUGGESTED QUESTIONS

Why do some youth watch porn?

Tips to mention in discussion: Sexual exploration. Sexual arousal. Sexual education. Availability. Sharing between each other. Porn advertisements on other apps. Addiction.

Why do some youths not watch porn?

Tips to mention in discussion: Age limits. Embarrassing, uncomfortable or frightening. Parents. Porn industry. Illegal porn with violence and assaults.

Can youth be influenced by watching porn? If so, how?

Tips to mention in discussion: Body image. Distorted view of sex. Distorted expectation. Focus on satisfaction and not on interaction. Pressure to perform. transgressive sexual behaviour.

In what way can we say that culture and society is influenced by porn?

Tips to mention in discussion: Music industry. Film industry. Commercials. Clothing. Behaviours. Social media.

B: SUGGESTED MISCONCEPTIONS⁵¹

1: When watching porn we can learn about sex.

Tips to mention in discussion: Body image: “porn body”. Distorted view of expectations to sex: anal, strangulation, violence. Sex should be based on respect, equality, trust, consent and intimacy, values we rarely see in porn. Lack of use of condoms.

2: Porn is just acting.⁵²

Tips to mention in discussion: The porn production itself happens for real. Real people experience the violence, humiliation and racism on their bodies. Amateur porn. OnlyFans. Forced sexual acts. Sexual abuse of children and young people characterise a large part of the porn industry. Revenge porn. AI porn.

3: Porn does not lead to sexual violence or violations.⁵³

51 Inspired from Lightup Norway’s educational resource “10 myter om porno” <https://lightup-movement.no/10myter>.

Inspired from “Reality Check’s educational resource “10 Myter om pornografi” https://reality-check.nu/wp-content/uploads/2020/08/RC_10myter-1.pdf

52 Bridges, A. J., Wosnitzer, R., Scharrer, E., Sun, C., & Liberman, R. (2010). Aggression and sexual behavior in bestselling pornography videos: A content analysis update. *Violence Against Women*, 16(10), 1065–1085. <https://doi.org/10.1177/1077801210382866>.

Shor, E. (2019). Age, Aggression, and Pleasure in Popular Online Pornographic Videos. *Violence Against Women*, 25(8), 1018–1036. <https://doi.org/10.1177/1077801218804101>.

Fritz, N., Malic, V., Paul, B., & Zhou, Y. (2020). A Descriptive Analysis of the Types, Targets, and Relative Frequency of Aggression in Mainstream Pornography. *Archives of Sexual Behavior*. <https://doi.org/10.1007/s10508-020-01773-0>.

MacKinnon, C. A. (2005). Pornography as Trafficking, *Michigan Journal of International Law*. Vol 26 (4). <https://repository.law.umich.edu/mjil/vol26/iss4/1>.

Farley, M., et al (2003): Prostitution and Trafficking in Nine Countries: An Update on Violence and Post-traumatic Stress Disorder. <http://www.prostitution-research.com/pdf/Prostitutionin9Countries.pdf>.

Rodriguez-Hart, C. et al. (2012). Sexually Transmitted Infection Testing of Adult Film Performers: Is Disease Being Missed?. *Sexually transmitted diseases*. <https://doi.org/10.1097/OLQ.0b013e3182716e6e>

53 Stanley, N. et al. (2018). Pornography, Sexual Coercion and Abuse and Sexting in Young People’s Intimate Relationships: A European Study. *Journal of Interpersonal Violence*. 2018 Oct;33(19):2919-2944. <https://www.ncbi.nlm.nih.gov/pubmed/26951609>.

Jochen, P. & Valkenburg, P. M. (2016). Adolescents and Pornography: A Review of 20 Years of Research. *Annual Review of Sex Research*, Special issue, p. 509-531. <https://www.tandfonline.com/doi/full/10.1080/00224499.2016.1143441>.

Seigfried-Spellar, K. C. (2013). Does deviant pornography use follow a Guttman-like progression? *Computers in Human Behavior* (September 2013), 29(5):1997–2003.

Tips to mention in discussion: International research show links between pornography consumption and propensity to commit sexual violence. Gendered difference, particularly large negative influence on boys' attitudes towards women, showing less empathy for girls/women subjected to abuse.

4: It is impossible to become addicted to watching porn.⁵⁴

Tips to mention in discussion: Dopamine levels in the brain increase and processes similar to drug addiction are set in motion. One can develop pornographic impotence, which means that one's sexual arousal changes so that one becomes dependent on pornography to get an erection. Studies show a massive increase in impotence challenges among young men, this cannot be linked solely to porn, but we see changes from the increased availability of free online porn.

5: Porn is not the same as prostitution.

Tips to mention in discussion: Pornography and prostitution are connected. . Origin from Greek pornographos (from porne = prostitute + graphein = write). What about "Live video chats" or online sex purchase, where the sex buyer "is the director" and gets exactly the porn they want. Using pornography lowers the threshold for buying sex. Pornography thus contributes to the demand for prostitution.

Take action: Learn the arguments.

Time: 25-30 min Equipment needed: None. Task: Discussion and argumentation.

Divide the class into groups of four. Each student gets 10 minutes for preparation, after which they will spend 5 minutes each arguing against their statements in front of their group.

- 1. Argue against the following statement:** "Human trafficking is such a huge and pervasive problem in the world - it's impossible for me to do anything about it!"

<https://doi.org/10.1016/j.chb.2013.04.018>

54 de Alarcón, R., de la Iglesia, J., Casado, N., & Montejo, A. (2019). Online Porn Addiction: What We Know and What We Don't—A Systematic Review. *Journal of Clinical Medicine*, 8(1), 91. <https://doi.org/10.3390/jcm8010091>.

Hilton, D. (2021, April 20th). Three Lies Most People Believe about Porn and the Brain.

Fight the New Drug. <https://fightthenewdrug.org/3-lies-most-people-believe-about-porn-and-the-brain/>.

Park, B.Y., et al. (2016). Is Internet Pornography Causing Sexual Dysfunctions? A Review with Clinical Reports. *Journal of Behavioral Sciences*. 2016, 6, 17. <https://www.mdpi.com/2076-328X/6/3/17/htm>.

Tips for argumentation: Attitudes, demand, awareness.

- 2. Argue against the following statement:** "Watching porn is healthy for the sexual development of children and young people, and a good place to learn more about sex."

Tips for argumentation: Porn can push our boundaries, sexual violence, actual abuse and exploitation shown.

- 3. Argue against the following statement:** "Human trafficking only happens in underdeveloped or developing countries, not in developed nations."

Tips for argumentation: Discuss the global nature of human trafficking, the internet makes everything connected.

- 4. Argue against the following statement:** "Sexual exploitation is a personal issue, not a societal problem."

Tips for argumentation: Consider the societal factors contributing to sexual exploitation, the impact on communities, and the role of societal change in addressing this issue.

Interactive scenario: Online safety and exploitation

Time: 30-40 min Equipment needed: Printed scenarios, writing equipment, board. Task: Interactive scenario discussion.

Use 5 minutes to introduce the topic by explaining that online sexual exploitation is a serious issue affecting young people. Remember your role as a teacher/trusted adult (etc.) as well as the sensitivity of the topic. Emphasise the importance of staying safe online. In this exercise, the youth will read scenarios of online sexual exploitation in groups. With each scenario, there are some questions to discuss. Ask students to discuss the scenario, determine if they feel it is exploitation, and consider what can be done as safety strategies to prevent or address such situations.

The groups write down notes, and after their group discussion, they present their answers and discussion points to the class. The teacher should facilitate a discussion on the strategies proposed by each group, and summarise each of the scenarios. Highlight the importance of consent, privacy settings, and reporting inappropriate behaviour.

UNWANTED ADVANCES

Scenario:

Sarah, a 15-year-old, receives messages on her social media platforms from someone she doesn't know. The person asks for personal photos and tries to engage in explicit conversations. At first, she does not answer, but they keep sending messages, so she answers just

to check, as she is a bit curious. The person further engages in conversation, and also says they would pay for photos, and the photos are said not to have to be sexual, but they would pay more if they were. "What about just feet, for 200\$?" That is a lot of cash for just a photo of my feet, Sarah thinks. And she really wants a new phone. Sarah sends a photo of her feet, and the stranger sends her money via PayPal.

Stop and discuss:

1. Is there harm in selling a picture of your feet on the internet?
2. What would you do if you got these messages online?

Scenario continues:

After the first picture, they continued to talk, and the person became more and more persuasive, and in exchange for gifts and money, Sarah sends more sexualised photos, and even meets the person for food one time. The meeting felt awkward, they were in their 20s, and Sarah is only fifteen, she now wants to stop the contact. The person does not agree, and says they should meet again, maybe it was the place they met that made it awkward, they say, and they would bring exactly that one gift she wanted the next time. Maybe, Sarah thinks.

Stop and discuss:

3. What should Sarah do?
4. What would you do?
5. What can happen next?
6. Could this happen to anyone, regardless of gender and sexual orientation?

SHARING INTIMATE CONTENT

Scenario:

Alex, a 17-year-old, had been dating their partner online for about 6 months, when they also started to send intimate photos to each other. They both promise to never share with anyone, and Alex feels safe in that thought. After a while, the partner asks for pictures of Alex doing sexual acts as well as nudes. Alex says no. That's when the pleasant conversation turns into the partner saying that Alex has to send the photos, they are together, aren't they? Alex does not want to and ignores the messages. When the partner finds out Alex is ignoring them, they start to call constantly and leave abusive voice messages saying that if Alex didn't do it, they would make sure that everyone Alex knew would see the earlier nudes, as they had screenshotted everything. The partner starts to send the nudes of Alex back to Alex, as to prove that they have them. The partner continues to threaten to share those photos publicly unless Alex complies with their demands of sending more sexualised photos. Alex is scared and does not know what to do.

Stop and discuss:

1. What should Alex do?
2. What can happen next? What can happen if Alex complies, and what can happen if Alex doesn't?
3. Could this happen to anyone, regardless of gender and sexual orientation?
4. What would you do if you were Alex?

INAPPROPRIATE GAMING

Scenario:

Mark, a 16-year-old gamer, interacts with older players who make sexual comments during online gaming sessions. They pressure him to join voice chats, and to join in with comments during the gaming sessions. Mark does not think too much about it. After a while, some of the other players share stories about their experiences and ask Mark to share too. They also make him share other personal information about his looks, classmates, crushes and so on. One of the players, a guy he looks up to, asks Mark to join voice chats privately. The conversations get more intimate, but Mark does not want to disappoint and joins in the conversations, before he decides not to answer the private voice chat requests anymore and only stay in the gaming chats.

Stop and discuss:

1. This is only happening online, isn't this then just some curious fun?
2. When would this have gone too far?
3. What would you do if you were Mark?

Scenario continues:

One day, Mark gets a WhatsApp message from this other player, the player says they have recorded Mark talking in the voice chats, and now they want him to send explicit pictures, or else they will send voice recordings to his family and school friends.

Discuss:

4. What can Mark do now?
5. Could this happen to anyone, regardless of gender and sexual orientation?
6. What would you do if you were Mark?

Infographic: One in five bears

Time: 30-40 min Equipment needed: Requires the ability to play video on screen and equipment for making infographics (either on paper or digital) Task: Making infographics.

In this exercise, you start by watching the YouTube video: "What If Bears Killed One in Five People?" by

Dropout.⁵⁵ After watching, ask the youth to think about and discuss how Dropout chose to use humour and creativity as a way to highlight the “one in five” statistic. In this exercise, we will use the creative method of infographics to highlight the issue of sexual exploitation and abuse. Divide the youth into groups of 4-5. The groups should research and use different statistics, graphs, graphics and facts to highlight their chosen topic. The infographic should aim to capture people's attention and spread awareness about the issue.

During the design process, the youth should think about:

- Which information and facts do they want to highlight, and in which order?
- What is the best way to highlight this information in terms of usage of graphs or graphics?

Suggested topics to choose from:

- Human trafficking
- Porn industry
- Prostitution
- OnlyFans
- Social media

For additional tips and references, you can check out the list of resources mentioned in the footnotes.⁵⁶

55 Dropout (2015, November 4). What If Bears Killed One In Five People? [Video file]. YouTube. <https://www.youtube.com/watch?v=LNVPkmZTQ4>

56 Increase in reported rape among youth in Norway: Bakken, A. (2023). Ung i Oslo 2023. Ungdomsskolen og videregående. [Young in Oslo. Secondary and upper secondary school]. NOVA 6(23). Oslo Metropolitan University. <https://hdl.handle.net/11250/3065089>

Support contacts

SUPPORT CONTACTS

Here you can find contact information to some of the organisations in your country who work with the issues of human trafficking and sexual exploitation. These organisations can help you and others in many ways, and you can find more information about the organisations by visiting their websites.

DENMARK

The Danish Centre Against Human Trafficking

This organisation is part of the social services governmental offices in Denmark, and works with identifying human trafficking, offering assistance to victims and people who have information about potential human trafficking. The centre also offers information and training. Website: <https://www.cmm.dk/english/>
Hotline: +45 70 20 25 50 If your call is outside of the opening hours, you can leave a message
E-mail: cmm@sbst.dk

AmiAmi

This is an organisation that focuses on helping migrant sex workers and victims of human trafficking. They offer support through social work and health care work. Website: <http://amiami.dk/>
Phone: +45 21 69 29 88
E-mail: lib@amiami.dk

HopeNow

This is an organisation that focuses on social work with potential victims of human trafficking, especially through various forms of support, motivation and knowledge and awareness raising. Website: <https://www.hopenow.dk/>
Hotline: + 45 26 16 10 12. Available 24 hours a day
E-mail: michelle@hopenow.dk

The Nest International

This organisation offers health- and social care for women who are in prostitution and/or in human trafficking, as well as shelters for victims. Website: <https://kfuksa.dk/reden-international/about-us-english/the-nest-international-english>
Hotline: +45 22 10 21 62. If your call is outside of the opening hours, you can leave a message.
E-mail: info@redeninternational.dk

Reden Ung

This organisation offers anonymous chat services for counselling and support for young people (15-30 years) who exchange intimacy and sexual services (e.g. selling

sex, sugar dating, sale/exchange of intimate images, webcam sex, etc.).

Website with anonymous online chat: <https://redenung.dk/om-redenung/>

Phone: +45 40 90 11 11

SMS: +45 50 38 80 38. If you send a SMS outside of the opening hours, they answer when they open.

E-mail: kontakt@redenung.dk

ESTONIA

Human trafficking prevention and victims' assistance counselling by the Social Insurance Board of Estonia

These work with supporting victims of human trafficking, and knowledge sharing about what human trafficking is.

Website: <https://www.sotsiaalkindlustusamet.ee/en/child-and-adult-need-help/support-victims/human-trafficking-prevention-and-victims-assistance>

Phone: +372 660 7320

E-mail: inimkaubandus@sotsiaalkindlustusamet.ee

FINLAND

The National Assistance System for Victims of Human Trafficking

These offer information to victims and others about human trafficking, as well as direct forms of assistance to both victims and others who know of or work with potential or confirmed victims of human trafficking.

Website: <https://ihmiskauppa.fi/en/>

Hotline: +358 2954 63 177 and phone: +358 (0)2 954 63 177

E-mail: ihmiskauppa.auttamisjarjestelma@migri.fi

Victim Support Finland

This organisation offers knowledge on human trafficking, as well as the possibility to contact them.

Website: <https://www.riku.fi/en/various-crimes/human-trafficking/>

Phone: +358 40 632 9293

E-mail: help@riku.fi

Pro-tukipiste

This organisation works specifically with human trafficking related to sexual exploitation, and works with identifying vulnerabilities, knowledge sharing, and offering support.

Website: <https://protukipiste.fi/en/anti-violence/>
 Phone: +358 40 650 3705 , +358 45 265 0480 and +358 40 635 0412
 Online chat: <https://protukipiste.fi/en/contact/>

Exit Prostitution Association

This organisation works to reduce prostitution and sexual exploitation, through prevention work and online counselling. Their focus is on sexual self-determination and rights.

Website: www.exitry.fi and <https://nuortenexit.fi/>
 Phone: No phone number, but meeting can be booked at <https://nuortenexit.fi/jarjesto/yhteystiedot/>
 Online chat: <https://nuortenexit.fi/>
 E-mail: info@exitry.fi

GERMANY

ODABS

This website offers information about where in Germany, victims of crime can get support and help. For example, information about shelter and about phone numbers to hotlines are offered.

Website: <https://www.odabs.org/index.html>
 Sexual abuse helpline, focusing on sexual abuse of children: 0 800 2255530
 Helpline for violence against women: 0 800 0116016
 Helpline for violence against men: 0 800 1239900

KOK, German NGO Network against Trafficking in Human Beings

This NGO Network offers information as well as support for victims of human trafficking.

Website: <https://www.kok-gegen-menschenhandel.de/en/human-trafficking/trafficking-in-human-beings>
 E-mail: info@kok-buero.de

ECPAT Deutschland

This organisation works especially toward protecting children and young people, from both sexual exploitation and human trafficking, as well as other forms of violence.

Website: <https://ecpat.de/>
 E-mail: info@ecpat.de

The Service Centre against Labour Exploitation, Forced Labour and Human Trafficking

This organisation works with human trafficking, especially on the topic of forced labour and labour exploitation.

Website: <https://www.servicestelle-gegen-zwangsarbeit.de/ueber-uns/#wer-wir-sind>

Lightup Germany

Lightup Germany offers both information and educational material about human trafficking and sexual exploitation. They also offer opportunities for youth

to volunteer, helping through working toward a world free from human trafficking and sexual exploitation.

Website: <https://www.lightup-movement.de/>

To contact: <https://www.lightup-movement.de/kontakt>

SISTERS

Sisters – für den Ausstieg aus der Prostitution! (Sisters – for the exit from prostitution!) works on helping people who are in prostitution and who do not wish to be, to exit prostitution. The organization also does prevention work, educating young people about sexual exploitation.

Website: www.sisters-ev.de

E-mail: mail@sisters-ev.de

SOLWODI

SOLWODI is a non-profit organisation assisting women affected by human trafficking for sexual exploitation, arranged marriage and domestic violence. SOLWODI network consists of seven safe houses and eighteen counseling centers and offers outreach to women in indoor and street-based prostitution.

Website: www.solwodi.de

ICELAND

The Icelandic Human Rights Centre (ICEHR)

This government office works with, among other topics, knowledge sharing about human trafficking.

Website: <https://www.government.is/topics/foreign-affairs/iceland-in-europe/eea-grants/partnership-opportunities-in-iceland/opportunity/?itemid=ed93eff7-0a25-11eb-8123-005056bc8c60>

Stígamót (Education and Counselling Centre for Survivors of Sexual Abuse and Violence)

Free individual counselling for female and male victims of exploitation and prostitution.

Website: www.stigamot.is/is/languages/english

Phone: (+354) 562 6868 or 800 6868

E-mail: stigamot@stigamot.is

LATVIA

Marta Center

This organisation is an NGO who offers social, legal and psychological help and support to victims of human trafficking and of violence, as well as educating youth.

Website: <https://marta.lv/lv/>

Phone: + 371 67 378 539

E-mail: centrs@marta.lv

Shelter "Safe House"

This organisation helps victims of human trafficking through offering shelter and support.

Website: <https://www.patverums-dm.lv/en>
 Hotline: +371 28 612 120. Available 24 hours a day
 E-mail: drosa.maja@gmail.com

LITHUANIA

National Association against Trafficking in Human Beings

This organisation works to assist trafficking victims and families, prevent trafficking, and raise awareness.
 Website: [Pagrindinis - nacionaline \(stop-trafficking.lt\)](http://Pagrindinis-nacionaline-stop-trafficking.lt)
 Hotline: 8 800 91119 for calls from within Lithuania, or +370 61691119 for calls from abroad. Available 24 hours a day.

Missing People Family Support Centre

This organisation offers emotional support and legal aid to families of missing individuals. They have a helpline for missing children and participate in anti-trafficking initiatives.

Website: [Dingusių žmonių šeimų paramos centras – Nemokama pagalba linija dingus žmogui 880026161 \(missing.lt\)](http://Dingusių-žmonių-šeimų-paramos-centras-Nemokama-pagalba-linija-dingus-žmogui-880026161-missing.lt)

Phone: +370 800 261 61

Email: centras@missing.lt

International hotline: 116 000. Available 24 hours a day

Centre for Combating Trafficking and Exploitation of Human Beings (KOPŽI)

This organisation offers social, psychological, legal, and safe housing services to victims of trafficking, prostitution, and sexual violence. They also conduct preventive and educational activities nationwide.

Website: [Pradžia - KOPŽI \(anti-trafficking.lt\)](http://Pradžia-KOPŽI-anti-trafficking.lt)

Hotline: +370 679 61 617

Email: centras@anti-trafficking.lt

Veda Vidus - Klaipeda's Social and Psychological Support Center

This organisation helps individuals affected by domestic violence, human trafficking, or prostitution. They offer psychological counselling, legal aid, and training programs, as well as a 24/7 helpline for women.

Website: <https://www.vedavidus.lt/>

Hotline: +370 67 000 820

Email: pagalba@vedavidus.lt

NORWAY

UDI, governmental organisation

UDI is one of the governmental departments in Norway that work with human trafficking. On their website you will find information about human trafficking, what victims have the right to, and contact information to

various organisations who can help.

Website: <https://www.udi.no/en/word-definitions/human-trafficking/>

Emergency hotline for children and youth

This governmental organisation offers a hotline for children and youth, where they can reach out about various subjects, for example violence, sexual exploitation, or human trafficking.

Website: <https://www.116111.no/>

Hotline: 116 111. Available 24 hours a day

Chat feature online: <https://www.116111.no/>

E-mail: alarm@116111.no

Krisesentersekretariatet - overview of crisis centres

This website offers information about crisis centres in Norway, where people subjected to violence can reach out for help.

Website: <https://www.krisesenter.com/finn-ditt-krisesenter>

ROSA

This organisation operates the Norwegian National helpline against human trafficking, and can help with information and forms of support.

Website: <https://www.rosanorge.no/english/>

Hotline: + 47 22 33 11 60. Available 24 hours a day

The Salvation Army, Norway

This organisation has a department focusing on human trafficking in Norway. On their website you can find more information about human trafficking in Sweden, and learn where to reach out. They also offer knowledge sharing and shelters.

Website: <https://frelsesarmeen.no/sarbare-grupper/arbeid-mot-moderne-slaveri-og-menneskehandel>

ECPAT Norway

This organisation works to prevent sexual exploitation and trafficking of children and youth, and offer information as well educational material for youth.

Website: <https://ecpatnorge.no/>

Stine Sofies Stiftelse

This organisation works to prevent violence and sexual exploitation of youth, and to support people who have experienced this. On their website you can find useful information for both youth and adults.

Website: <https://www.stinesofiesstiftelse.no/raad-og-ressurser/>

Barnevernvakten - local municipality child welfare office for emergencies

This governmental organisation provides contact information to local municipalities' child welfare departments, and provides information that these should be contacted in cases of sexual exploitation, forms of human trafficking and the like.

Website: <https://www.barnevernvakten.no/>

Lightup Norway

We are one of the contributors to this resource, and can offer both information and educational material about human trafficking and sexual exploitation. Additionally, we are a youth organisation who offer opportunities for young people to join in on the work for a world free from human trafficking and sexual exploitation.

Website: <https://lightup-movement.no/>

E-mail: info@lightup-movement.no

POLAND

Ministry of the Interior and Administration, Department for International Affairs and Migrations portal about combating human trafficking

This governmental website offers both information about human trafficking and access to help for people who experience, have experienced or suspect that others are being subjected to human trafficking.

Website: <https://www.gov.pl/web/handel-ludzmi>

Phone: +48 22 628 01 20 and +48 22 628 99 99

E-mail: handelludzmibsk@policja.gov.pl

PoMOC - Mary Immaculate Association for Women and Children

This organisation focuses on helping women and children who have been subjected to violence and/or human trafficking, as well as offering information about human trafficking in Poland.

Website: https://www.po-moc.pl/pl/Pomoc/O_handlu_ludzmi

Phone: (32) 255 38 69

E-mail: biuro@po-moc.pl

Empowering Children Foundation

This NGO focuses on helping youth who have been exposed to violence and/or sexual abuse.

Website: <https://fdds.pl/en>

E-mail: biuro@fdds.pl

SWEDEN

Governmental hotlines:

Crime Victim support line: +46 116 006

Women's support line: +46 20 50 50 50

Men's support line: +46 20 80 80 80

Transgender support line: +46 20 55 00 00

Children's support line: +46 116 111

ECPAT Sweden

This organisation works to prevent sexual exploitation of youth.

Website: <https://ecpat.se/>

Hotline: 020-112 100

Online chat: <https://dittecpat.se/>

The Salvation Army, Sweden

This organisation has a department focusing on human trafficking in Sweden. On their website you can find more information about human trafficking in Sweden, and learn where to reach out.

Website: <https://www.fralsningsarmen.se/vart-sociala-arbete/for-manniskor-i-utsatthet/manniskohandel/>

ChildX

This organisation works to prevent human trafficking for sexual exploitation of children and youth.

Website: <https://childx.se/en/>

1000 Möjligheter

1000 Möjligheter is a foundation with the goal of an equal society, free from violence. They have three fields of expertise: young people in prostitution, dating violence and violence prevention work. The support work with young people in prostitution is mainly focused on a national chat-helpline which provides support and help to young people in prostitution and a therapeutic centre in Stockholm where young people in prostitution can get help, advice and therapy.

Website: www.1000mojligheter.se

Phone: (46) 0709-553 153 and (46) 070-144 38 06

E-mail: info@1000mojligheter.se

Talita Sweden

Talita is a non-profit organization in Sweden offering both acute and long-term support to women who have been exploited in prostitution, pornography or human trafficking for sexual purposes. Talita runs safe houses in Sweden, Mongolia and Romania.

Website: www.talita.org

Phone: (46) 704 30 44 64

E-mail: info@talita.se

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Suggestion for feedback mechanism

SUGGESTION FOR FEEDBACK MECHANISM

We use a google form for feedback, we suggest making a feedback form for youth and teachers, making a QR-code to print on the resource. Suggestion for questions:

FOR YOUTH AFTER DOING EXERCISES:

1. How much did you know about human trafficking and sexual exploitation beforehand?
Answer on a scale from "nothing" to "a lot"
2. Did you learn something new today about human trafficking and sexual exploitation?
Answer "yes" or "no"
3. Did you learn something new today about who is exploited in the sex industry?
Answer "yes" or "no"
4. Did you learn anything new today about what can make people vulnerable to exploitation?
Answer "yes" or "no"
5. Have you learned anything new today about why demand, i.e. the choices we make as consumers, has a connection with human trafficking?
Answer "yes" or "no"
6. Do you feel that our teaching has helped to change your attitudes when it comes to watching porn?
Answer "yes" or "no"
7. How has it helped to change your attitudes when it comes to watching porn?
 - I will stop watching porn based on what I learned today
 - To the same degree as before, I want to stop watching porn
 - I will continue to watch porn
 - I don't watch porn
 - Don't know
8. Do you feel that our teaching has helped to change your attitudes when it comes to buying sex?
 - I will stop buying sex based on what I learned today
 - To the same extent as before, I want to stop buying sex
 - I can still imagine buying sex
 - Don't know
9. Is there anything you would like to learn more about from the questions and topics we've talked about today?
Answer: Fill out
10. Is there anything you wish we had spent less time on today?
Answer: Fill out
11. What made the most impression from the lesson?
Answer: Fill out

FOR TEACHERS USING THIS AID:

1. How much did you know about human trafficking and sexual exploitation beforehand?
Answer on a scale from "nothing" to "a lot"
2. How did you feel about using the exercises?
Answer: Fill out
3. How did you feel about using the personal stories?
Answer: Fill out
4. Are there some parts of this teaching aid you feel are redundant, if so, what?
Answer: Fill out
5. Did you run into any obstacle using this as a tool, if so, what?
Answer: Fill out
6. Is there any topic you feel we should expand, if so, what?
Answer: Fill out
7. What made the most impression from this aid?
Answer: Fill out

