

TRAUMA-INFORMED QUESTIONS

First responders, healthcare professionals, and law enforcement are uniquely positioned to identify survivors of trafficking. However, many survivors of trafficking do not self-identify due to trauma bonding, fear, or bad experiences when they tried to disclose previously.

Regardless, there is an opportunity to ask trauma-informed questions to help determine if someone may be a victim of trafficking. The key is building rapport with the individual and helping them feel safe based on what questions you ask and how you ask them.

Here are a few questions to get you started:

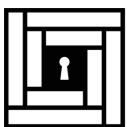
- What do you do for work or what do you do for fun? (try to understand a bit more about their ability to make their own decisions)
- Does anyone make you feel scared or unsafe?
- How many hours do you work in a week?
- Who do you live with?
- Have you ever felt you couldn't leave the place you work/live?

In general you are trying to avoid "Why?" questions or any directives that comes across as a demand, like "Tell me about ...". Although they may seem innocent to you, they can cause a victim to become defensive or feel ashamed.

Try reframing your questions to say something like, "would you be able to tell me what happened?" or "Would you tell me how you were feeling at that time?" or "Has this happened before?"

Whether the victim chooses to respond or not, asking trauma-informed questions, making them feel safe, and believing them if they do share any information is essential to helping return agency to a survivor of trafficking.

Learn more about the signs of trafficking, emergency services, and aftercare opportunities for survivors at www.SafeHouseProject.org



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If you are a victim, or know someone who is,
please call 1-888-373-7888 or Text "Help" of "Info" to BeFree