



The 6 C's of Becoming an Advocate

Survivor's Lead



About this Workbook

Survivor Alliance is an international, US-based not-for-profit, made of, by, and for survivors of slavery and human trafficking. Survivors must maintain a majority on our Board and staff, and membership is only open to people who self-identify as a survivor.

Survivor Alliance's mission is to unite and empower survivors around the world to be leaders in the anti-trafficking movement.

Survivor Alliance in collaboration with, the International Institute of Buffalo and Freedom Network USA, has created the following workbook to support individuals who have experienced human trafficking and exploitation in deciding how or if they want to be involved in the anti-trafficking movement.



ARE YOU READY TO START YOUR JOURNEY INTO ADVOCACY?

This toolkit includes a brief video featuring seasoned survivor leaders. Survivors share the work they are doing and some of the important lessons they have learned over the years. Each section of this workbook includes information, a perspective from another survivor, and an area for your own reflections. We encourage you to use this resource as a true toolkit, making notes along the way and sharing these thoughts with trusted allies. We have included some key resources at the end of this workbook that will help you fill in the gaps that you identify through this tool.

The decision to share your story and survivor identity with others is, and always should be, yours and yours alone. As you make these decisions, you may find you need additional support to gain the skills you need to make the impact you want.

This can be an exciting and scary time. As survivors, there is so much to consider when deciding to jump into the anti-trafficking movement. This workbook was largely developed by, and for, survivors who are interested in getting involved in the anti-trafficking movement. We hope this resource gives you some of the information you need to make an informed decision. Here are some other pieces of key information about this workbook:

- You can use this workbook alone or with a support person that you trust.
- You can use this workbook before, during, or even after your decision to get involved to help you make decisions on what is best for you.
- You are, and should always be, in control of how, when, why, or where you decide to get involved.
- You, your time, your experiences, and your heart are incredibly valuable. This toolkit is a starting point. Please see the resources at the end of the workbook to find that can support you on your journey of growth and leadership.

KEY TERMS WHILE USING THIS WORKBOOK

ADVOCATE

In the anti-trafficking movement, the term advocate is used in many ways. For the purpose of this workbook, advocate or survivor advocate refers to survivors who use their experiences to impact the movement through speaking, training or consulting. advocating for change, or in a variety of other ways.

SURVIVOR

Anyone who has exited any form of slavery or human trafficking.

SURVIVOR LEADER

Anyone who has exited any form of human trafficking and exploitation and is actively contributing to anti-trafficking or social justice efforts at any level (i.e. does not have to hold a paid job in the field).

SURVIVOR CONSULTANT

A survivor leader who works in the anti-trafficking field as an independent contractor.

LIVED EXPERINCE EXPERT

A term used for individuals who have a multitude of experiences including various types of trauma or exploitation, and who have chosen to use that experience to inform and lead the anti-trafficking movement.

VICTIM

Anyone currently being exploited OR a label used to describe a circumstance (victimhood or victim of crime).

ALLY

"Someone who recognizes that they are on the privileged side of a particular prejudice, and/or oppression divide created by society, and who actively engages in search and implementation strategies to dismantle that divide."

SURVIVOR'S EXPERIENCE

"When I first found out about the term human trafficking, I wanted to get involved in any way I could. It was the first time that I had a name for the experiences that I had that were not terms related to my time on the streets. I called an organization that I had seen on Facebook and told them I wanted to volunteer. The first time I ever told anyone about my experiences or what I had gone through was in that moment. The organization offered to help me and get me connected to a trauma therapist. They also asked me to share my story on the news just a week later. I felt obligated because they were offering to help me. I had not told my friends or family about anything I had gone through. So I had to call everyone and tell them before they saw the news. Looking back I realize how harmful and unfair that was to me at the time. I wish I would have had some information to know about what I was getting into. After sharing my story and starting to speak I decided I wanted to be involved in changing systems and helping survivors directly so I started school for social work. Today, years later I have been involved in all sorts of advocacy and still share my story. However, I am very picky about, when, why, how, and where I do so. Consider these questions as you decide how and where you want to get involved. You have so many unique talents and gifts!"

Lived Experience Expert

The 6 C's of becoming an Advocate

01

Change

02

Community
Response

03

Compensation

04

Copyright

05

Challenges

06

Care and
Support



CHANGE

Many survivors become an advocate to create change. You may want to create:

- Change in the systems and policies that impacted you.
- Change in how services are delivered.
- Change in how survivors are held and regarded in the community.
- Change in yourself.
- Change in the story of your life.
- Change that is unique to you.

For many survivors, the first opportunity that presents itself involves telling your trafficking story. This is not the only way to get involved in the anti-trafficking movement. We want you to know that there are many ways to get involved. Sharing your story to inspire change can be a healing and life-changing experience. However, it may be triggering and therefore a hard road to navigate. It may be helpful to consider how and when you want to share your story and whether that will help you make the change you are working toward.

NOTES

REFLECTION

So, before you get started in deciding how you want to be involved in the anti- trafficking movement, think about the specific change you want to see. How will your work help make this happen?

01

WHAT ARE YOU LOOKING TO CONTRIBUTE OR CHANGE?

02

HOW DO YOU WANT TO FEEL WHILE YOU ARE ENGAGED IN THIS WORK?

03

HOW WILL YOUR ADVOCACY HELP MAKE THIS HAPPEN?

04

WHAT AUDIENCE IS BEST FOR YOUR MESSAGE? (IE: IF YOUR GOAL IS TO CHANGE POLICY OR LEGISLATION, AN AUDIENCE OF THERAPISTS, MAY NOT HELP LEAD YOU THERE).

SURVIVOR'S EXPERIENCE

CHANGE

"I knew pretty early on that I wanted to focus on prevention by addressing the trauma that led to me being vulnerable to being trafficked in the first place. Once I decided on the area I wanted to focus on and the change I wanted to create, it gave me a way to focus my education and the information I wanted to seek. It also gave me a way to frame my story and my speaking engagements in an educational way that utilized my experience but focused on giving examples of what would have been most helpful. It was the building block for me to grow my career and my personal brand basically."

COMMUNITY RESPONSE

Once you step into the anti-trafficking movement, different groups of people may respond positively or negatively to your work and experience. There is a lot to consider and this section is to prepare you for those responses. This section is not to scare you away from sharing your experiences or expertise publicly. There are a lot of ways that your network will grow as you begin your journey as an advocate. Your family or friends may reach out with questions or comments. Anti-trafficking organizations may contact you to help them. Other survivors may reach out and seek support, friendship, or connections. It can be overwhelming and exciting. Think about how you want to respond in different situations and how that might impact the change you are working toward.

"Having a built-in support system of survivor leaders who have already experienced this will help because they can share tips that will help after everything is said and done. I have gone into depression after sharing, reading comments, and just seeing myself on social media, or youtube, etc..."

Survivor Leader

NOTES

REFLECTION

01

DO YOUR FAMILY AND FRIENDS ALREADY KNOW ABOUT YOUR EXPERIENCES? HOW WOULD YOU FEEL IF THEY FOUND OUT?

02

WITH THIS IN MIND, DO YOU WANT TO BE PUBLIC OR WORK BEHIND THE SCENES?

03

ARE THERE OTHER SURVIVORS THAT WORK WITH OR WITHIN THE ORGANIZATIONS YOU ARE CONNECTING WITH?

WHAT IF OTHER SURVIVORS REACH OUT FOR SUPPORT AFTER CONNECTING WITH YOU? IF YOU WANT TO SUPPORT THEM, ARE YOU PREPARED TO DO THAT? IF NOT, WHAT WOULD MAKE YOU FEEL MORE PREPARED?

DO YOU HAVE A GOOD SUPPORT SYSTEM? THIS CAN BE ANYONE IN YOUR LIFE WHO YOU TRUST AND HAS YOUR BEST INTEREST AT HEART (IE: FAMILY, FRIENDS, A SOCIAL WORKER, OR OTHERS IN THE SURVIVOR COMMUNITY).

SURVIVOR'S EXPERIENCE

COMMUNITY RESPONSE

I was pretty surprised by how many survivors would start to reach out to me once I started speaking, as well as a lot of people wanting me to come speak at different events like community groups and in the classroom both high school and college. I was going to school for Social Work at the time so I felt comfortable meeting with other survivors and supporting them, but at the time I was going to school full time and working two jobs and was trying to raise my kids better than what I had.

I was spread really thin already and the community response after sharing my story for the first time, really 'sucked' me into carrying even more. I grew a lot but it also cost me a lot. Like taking people food boxes or speaking to class for free, when I could barely pay my own bills or buy food for my kids. Looking back I wish I would have taken some of this into consideration before getting lost in it all. There was also a lot of emotional labor involved with having my story so public. I was terrified it would negatively impact my kids or that my kid's friends would find out and cause problems for my kids. I used a different name for a while because I also didn't want people to recognize me from my past.

03 COMPENSATION

Talking about money is a difficult topic, especially for many survivors. It can be triggering and overwhelming to negotiate or ask for money. It is very important that you are paid for your time, whether you are speaking or providing organizations/individuals with information. There may be times where compensation is simply not available, including with media/journalists. Think about your own personal situation and consider what types of work you may be willing to do free of charge versus those you want to charge money for.

What would you charge someone for your time? If you are unsure what to charge, are there places you know of where you might find more information (business owner, another survivor leader, anti-trafficking professional, etc)?

Do you have or can you seek out a survivor leader or business mentor that can support you in navigating rates, business structure, and tax implications?

(Consider connecting with the resources provided at the end of the toolkit for organizations that support survivors in business)

NOTES

REFLECTION

01

WHO IS PAYING YOU?

02

WHAT ARE THE REQUIREMENTS TO GET PAID?

03

DO YOU HAVE TO SUBMIT AN INVOICE?

04

IF YOU ARE SHARING YOUR STORY OR PROVIDING FEEDBACK, DO YOU FEEL LIKE IT IS IN EXCHANGE FOR ANY TYPE OF HELP OR SUPPORT?

SURVIVOR'S EXPERIENCE

COMPENSATION

“When I first started speaking and even when I was consulting I was doing a lot for free. I honestly felt like because I didn’t have a degree or formal education I wouldn’t or shouldn’t get paid. My lived experience made me an expert and I deserved to get paid for my time. I was away from my family, I was taking time off of work. Once I had a degree I still charged a very small amount. I was doing it all on my own and learning as I went.

Knowing what I know now I would reach out to other survivor leaders to get input and support in having prices, contracts, and other things put in place before getting started.”

COPYRIGHT

When sharing your story and expertise, think about it as something you want to protect and preserve. The unique experiences that inform your work are your intellectual property and owned by you. If you share your experiences with an organization, they cannot reuse your story or profit off of it without permission. This includes not just recordings, interviews or presentations but also written materials, photos, and other images that are included in work you provide. It is important to have a contract signed before providing any work or speaking engagements. The contract should include how they can and cannot use the information you provide.

NOTES

REFLECTION

01 WHAT WILL THE PERSON WHO IS INTERVIEWING YOU OR RECORDING THE EVENT YOU ARE SPEAKING AT DO WITH YOUR STORY/EXPERTISE?

02 IS THERE CONTENT YOU NEVER WANT TO BE SHARED BY AN ORGANIZATION/INDIVIDUAL?

03 HOW WILL YOU LIKE TO USE THE CONTENT OR INTERVIEW IN THE FUTURE FOR YOUR OWN WORK?

04 WHAT SUPPORT MAY YOU NEED IN DEVELOPING CONTRACTS FOR DIFFERENT TYPES OF WORK OR SPEAKING ENGAGEMENTS?

SURVIVOR'S EXPERIENCE

COPYRIGHT

"My story was used in a lot of documentaries that I have no rights to now. I have different contracts in place to protect my story and my intellectual property that organizations and people have to sign. I also try to co-brand any of the work that I do so that I can re-use the content or videos for my own business and in the trainings I do."

05 CHALLENGES

There are unique challenges that many survivors face, both when they start and as they grow in the movement. Examples of this might include disagreements with other survivor leaders on how to solve a particular problem or disagreements with service providers on how survivors should be involved in an effort.

Over the years survivors have started to share these experiences to support each other in navigating these challenges. There are communities of survivors who provide insight and education to try to avoid some of the same hurt they may have experienced.

NOTES

REFLECTION

01 WHAT IF YOU ARE ASKED A QUESTION THAT YOU DON'T WANT TO ANSWER? HOW WILL YOU RESPOND?

02 WHAT IF YOU ARE ASKED ABOUT "ALL SURVIVORS" OR "OTHER SURVIVORS?" HOW WILL YOU ANSWER?

03 WHAT IF YOU DISAGREE WITH THE PERSPECTIVE OF ANOTHER SURVIVOR OR PROFESSIONAL WORKING ON THE SAME PROJECT (IE: OTHER SPEAKERS ON A PANEL, LAW ENFORCEMENT, OTHER ADVOCATES?) HOW WILL YOU RESPOND TO THAT PERSON?

SURVIVOR'S EXPERIENCE

CHALLENGES

"Having friends and support from the survivor community that has been doing work in the anti-trafficking movement has been the most helpful thing for me when trying to navigate challenges. We all have our own experiences and ways of handling things but the insight and support have helped me push through my fears and set much better boundaries with non-survivors in the movement. I first started connecting with other survivors in my area, then started getting connected to survivors all around the country."

CARE AND SUPPORT

A good support system is very important as you begin as an advocate. This may be friends, family, other survivors, caseworkers, advocates, or therapists. Using your personal experiences to impact change takes a lot of emotional labor. It can support your own personal growth and trigger realizations that will help you in your work. It can also be very emotionally draining. Having a support system is essential to be able to process what comes up without compromising your physical and mental health. Support can come in a variety of avenues. It can come from individuals but also communities. The anti-trafficking field has a very active survivor community that provides a wide-range of peer support to advocates just like you. There are also supportive professional communities. It is important that you spend some time to learn about the values and perspectives of these to find the best fit for you and your goals.

NOTES

REFLECTION

01 ARE YOU CONNECTED WITH AN ORGANIZATION THAT PROVIDES PEER SUPPORT AND EDUCATION?

02 DO YOU HAVE SAFE PEOPLE YOU CAN REACH OUT TO OR TALK TO BEFORE AND AFTER ANY SPEAKING ENGAGEMENTS OR EVENTS? IF SO, WHO ARE THEY?

03 DO YOU HAVE PEOPLE WHO HELP YOU ADDRESS ANY LASTING NEGATIVE IMPACTS OF TRAUMA? THIS IS OFTEN A THERAPIST, COUNSELOR, OR MENTAL HEALTH PROFESSIONAL.

04 WILL YOU HAVE TO PAY FOR THIS YOURSELF? DO YOU HAVE THE RESOURCES TO DO THAT? IF NOT, WHO MIGHT BE ABLE TO SUPPORT YOUR WORK?

SURVIVOR'S EXPERIENCE

CARE AND SUPPORT

This really looks different for everyone, the one single type of support that has been the most helpful for me is having a circle of supportive people both survivors and allies that I can call on when something was triggering or felt like it wasn't right. I started having a friend come with me to speaking engagements and even doctor appointments so that I could tell them what was important to me ahead of time and that way if I shut down we had a plan.

CLOSE AND RESOURCES

Walking through this toolkit does not have to be a one-time experience. As you grow in your work, you may wish to explore different roles, encounter new challenges, or uncover new areas of support. Revisiting the reflection questions may be useful at those times. You can also find ongoing support and resources from the following organizations and individuals. This list is not exhaustive. You can visit <https://freedomnetworkusa.org/capacity-building/> to find resources in your area that are updated regularly.

1. Survivor Alliance - www.survivoralliance.org
2. OVC Faces of Trafficking - ovc.ojp.gov/program/human-trafficking/faces-of-human-trafficking
3. NYATN Link - <https://nyatn.wordpress.com/>
4. Office of Trafficking in Persons Human Trafficking Leadership Academy
<https://www.acf.hhs.gov/otip/training/nhttac/human-trafficking-leadership-academy>

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