What is Human Trafficking ?

Human trafficking is defined as the **movement or recruitment of people by deception, coercion, or force for the purpose of exploitation** (*Stop The Traffick*)

According Stop The Traffik, there are an estimated **49.6 million people living in modern day slavery** (2025). Of that number, the International Labour Organization reports an estimated **24.9 million people trafficked around the world each year for labour.** (*Human Trafficking Institute*).

There are many ways a person is trafficked and exploited, with the most common being for labour, sex, domestic servitude, forced marriage, forced criminality and organ harvesting. 10.1 million who are being exploited are estimated to be children under the age of 18. (*Stop the Traffick*)

Human trafficking is an issue that impacts us all, even if you are not directly involved in a particular situation. It not only has devastating impacts on those who are subject to it, but it also compromises the safety and security of all communities and countries. **The first part of fighting human trafficking is in raising awareness and knowing how to spot the signs.** One place everyone can start is in participating in dialogue to learn about human trafficking, its impact on communities and peoples' lives, and to share ways to prevent and eradicate this issue.

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  people living in modern day slavery (2025)
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  people trafficked around the world each year for labour

Learn More

Watch this video from the 2025 CNN My Freedom Project

Read the facts from Stop The Traffik.org

What is Dialogue?

Dialogue is not just about raising awareness about important issues like human trafficking. **Dialogue is a specific way to communicate with each other to create a deep understanding** of our own and other people's beliefs, values, perspectives, and experiences. According to Generation Global, **dialogue requires core skills to be effective** when communicating with others, skills like **global communication, active listening, critical thinking, questioning, and reflection.** It is important that anyone who enters in a dialogue to talk about human trafficking know and use these skills.

Dialogue is a specific way to communicate with each other to create a deep understanding.

Learn More

Learn more about the skills of dialogue on the Ultimate Dialogue Adventure

Dialoguing About Human Trafficking

Human Trafficking is a difficult issue to dialogue about. It is a **complex, sensitive and may involve intense feelings**, deeply personal experiences and awful facts to grapple with. To understand this challenging topic and how it affects us all, it is important that participants in the dialogue know how to communicate effectively. Before you enter a conversation on this sensitive issue be sure that you have taken some time to prepare using these tips and strategies below:

1 WORK TO CREATE AND MAINTAIN A SAFE AND BRAVE SPACE FOR DIALOGUE:

The best way to create a safe and brave space is to discuss and agree on community guidelines for engagement before the dialogue. This can be each participant sharing some things they need to feel safe like '**not being judged**' or '**being quiet while others speak**'. If you find yourself in a situation where you are not able to discuss this before the dialogue, think about what you need to feel safe and respected and treat others as you would want to be treated – more importantly, **treat others as they would want to be treated.**

Read the Rules of Dialogue before your conversation to ensure you are creating a safe and brave space

2 USE THE FIVE CORE SKILLS OF DIALOGUE:

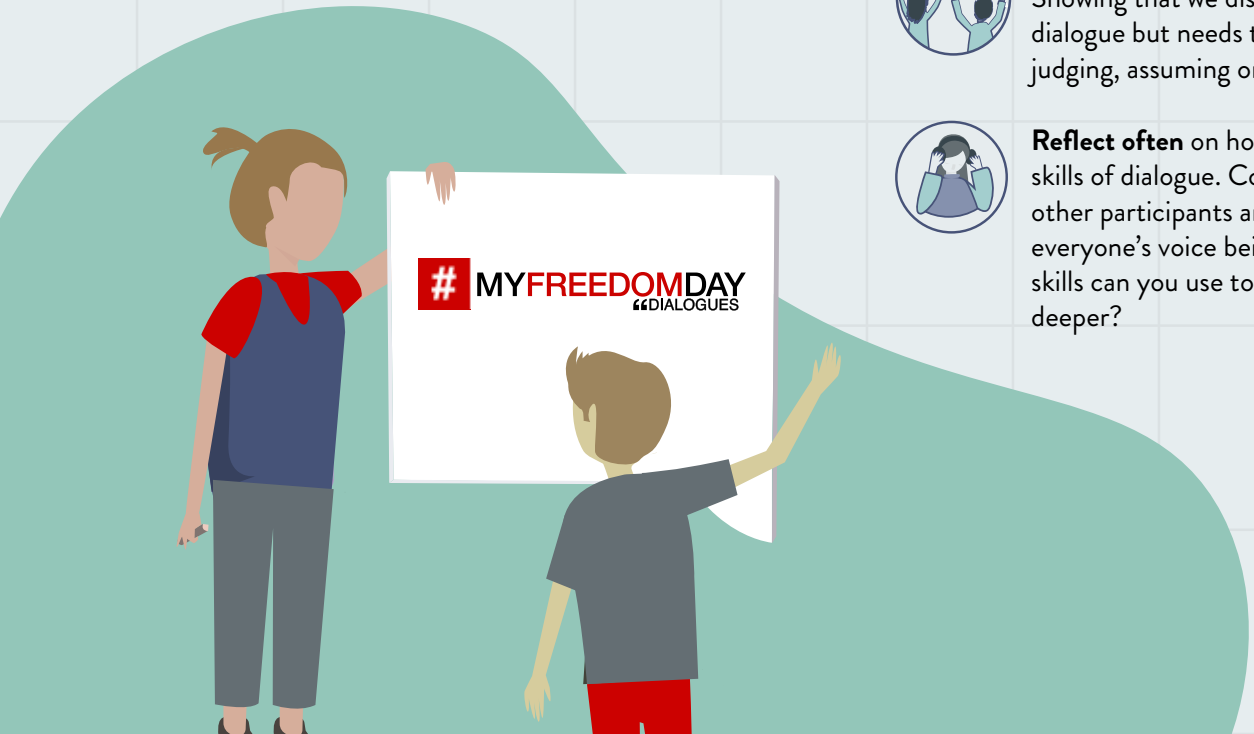
By using the five core skills, you are not only speaking clearly and working toward greater understanding of each other and the topic, but you are also showing respect for your peers and for the dialogue itself.

Show you are Listening to people who are sharing by focusing on them while they speak, thanking them for being brave, and asking them follow up questions based on what you hear to learn more.

Share about your own feelings and experiences with the topic if you feel comfortable and don't speak for other people. If you share your perspectives, be sure to explain why you think or feel that way.

Take a moment to pause and **think critically and carefully** about what you hear, and about your own beliefs and perspectives. This shows you are being considerate and trying to understand others.

Ask questions that seek to understand other people's belief, values, experiences, feelings and perspectives. A good tip is to use words like 'Why' or 'Can you tell me more about...'

Challenge the idea not the person. Showing that we disagree is healthy in a dialogue but needs to be done without judging, assuming or attacking a person.

Reflect often on how you are using the skills of dialogue. Consider how you and other participants are feeling. Is everyone's voice being included? What skills can you use to help the dialogue go deeper?