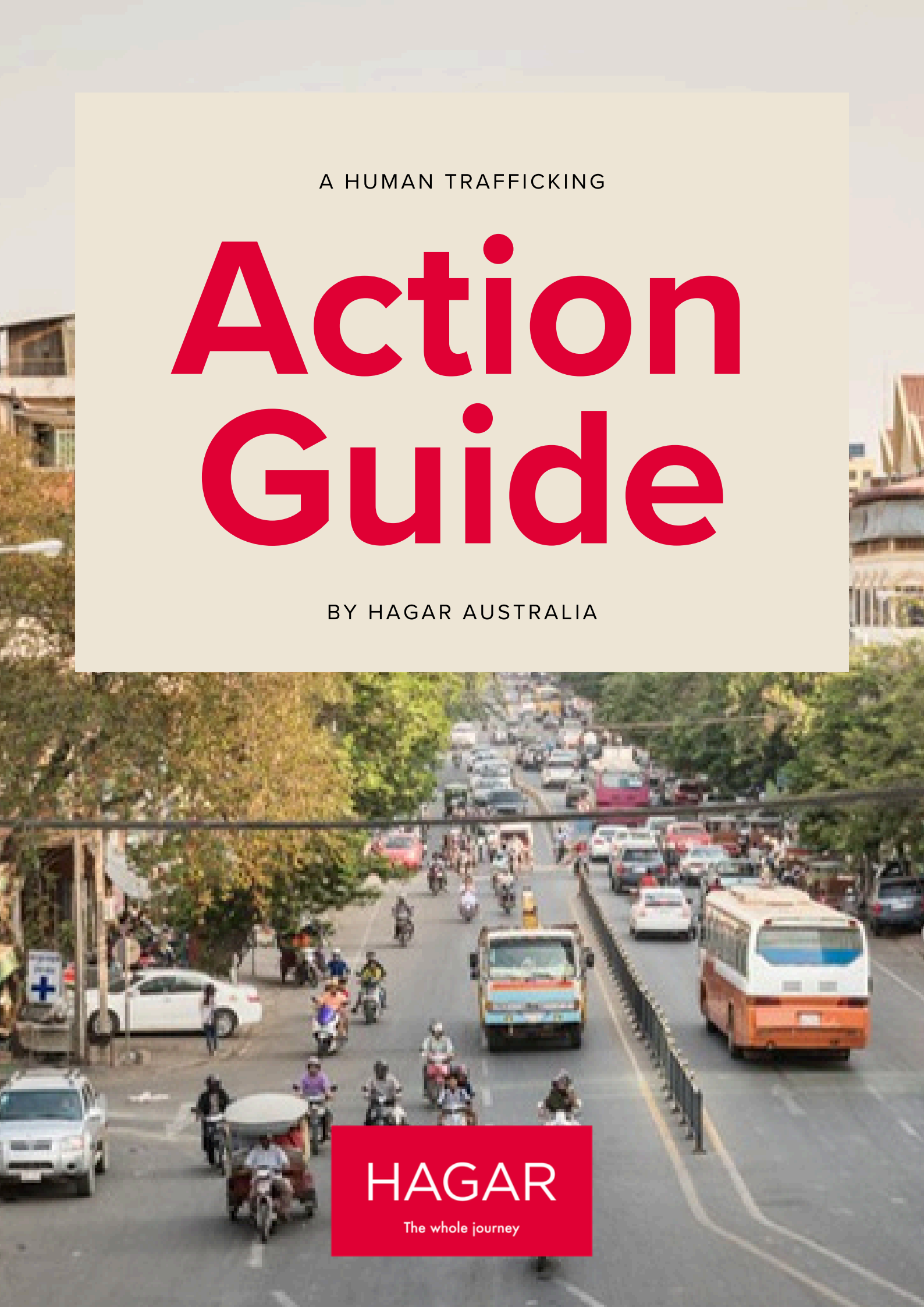
A HUMAN TRAFFICKING

Action Guide

BY HAGAR AUSTRALIA



HAGAR

The whole journey

Let's talk about human trafficking in 2026.



50 million people are living in slavery, but only a fraction of them receive the help needed to break free from exploitation and abuse, making it essential to support survivors and tackle the root causes of human trafficking through prevention and systems change.

Many individuals who have endured human trafficking, abuse and slavery, suffer from deep psychological, emotional, and physical scars. Without effective intervention, survivors face an elevated risk of re-exploitation and may resort to destructive behaviours to cope with their pain. In a world where an estimated 50 million people are trapped in modern slavery, Hagar recognises the urgent need to support vulnerable communities that are disproportionately affected by this pervasive issue.

Poverty, displacement, conflict, climate change, limited awareness, and inadequate support systems contribute to the perpetuation of human trafficking cycles, leaving survivors without proper assistance. Hagar understands the dire circumstances faced by these individuals and is committed to providing them with the necessary care and resources they need to rebuild their lives.



22 million people are trapped in forced marriages



54% of victims are women and girls



1 in 4 victims are children



29 million victims are in Asia and the Pacific

Lina's Story





While other young women swapped gossip with friends and dreamed about their future, Lina worked tirelessly to bring her family out of poverty. When a broker approached her with an 'all expenses paid' trip to China to start a new job, Lina jumped at the opportunity. Without even telling her family, Lina left Cambodia with the broker.

But it was all a disguise for a trafficking operation.

Instead of a good job, Lina was trafficked to China where she was forced to marry a local man. Lina suffered severe abuse at the hands of her husband and in-laws and was forced to work a dangerous construction job to help pay the bills.

Lina was trapped.

Desperate to escape, she fled to the one person she knew in China – her broker. But instead of freedom, he trafficked her again into another forced marriage, which was even more abusive than the first.

Lina fled to the local police who eventually repatriated her to Cambodia and referred her to Hagar.

Once Lina walked through Hagar's doors, she was supported with a dedicated case worker, food, clothing, medical care, legal advice, and trauma-informed counselling.

"I feel free and loved by my foster mother and Hagar staff," Lina says. "They care for me, smile at me, and encourage me to stay strong, which gives me hope."

When she started to feel stronger emotionally and physically, Lina learned hairdressing and was able to stand on her own two feet and support her family.

"Hagar helped me to experience love and encouraged me to fight for the future," she says. "I want to protect other young women from being trafficked like me."

You can be part of the solution.

Confronting the formidable challenge of human trafficking requires a unified effort from governments, organizations, communities, and individuals. By raising awareness, supporting organisations making a difference, reporting suspicious activities, advocating for stronger laws, and making ethical purchasing choices, we can make a meaningful impact. This complex battle against exploitation demands our unwavering commitment, compassion, and vigilance to protect the vulnerable, bring traffickers to justice, and foster a world where human dignity prevails over darkness.



Raise awareness

Educate yourself and others about the issue of human trafficking. Many people are not fully aware of the extent and severity of this problem. Share information through social media, organize awareness campaigns, and support organizations working on anti-trafficking initiatives. Here is a list of some of our favorite resources to help you understand the issue:

- Walk Free: Global Slavery Index
- End Slavery Now blog
- A21 's Education Guides
- Disposable People: New Slavery in the Global Economy
- Half the Sky: Turning Oppression into Opportunity for Women Worldwide

Support organisations making a difference

Non-profit organisations play a pivotal role in the rescue of victims and providing critical support to survivors through shelter, counseling, rehabilitation services, as well as implementing essential prevention and awareness programs. As individuals, we have the power to make a difference by supporting these organizations financially or contributing through volunteer work. We encourage you to do some research to seek out and align yourself with NGOs that resonate with our values and vision for a world free from the shackles of exploitation, amplifying their impact and collectively striving towards a brighter, safer future for all.

Report Suspicious Activity

Be vigilant and report any suspicious activities that you believe may be related to human trafficking to the appropriate authorities. This could include signs of exploitation, forced labor, or individuals appearing fearful and controlled.

USA Human Trafficking Hotline:1-888-373-7888
Australian Human Trafficking Hotline: 131 237
UK Modern Slavery Helpline: 08000 121 700
New Zealand Crime stoppers: 0800 808 3733
Singapore home of affairs: 6435 0000



Advocate for Stronger Laws and Policies

Advocate for better legislation and policies aimed at preventing human trafficking, protecting victims, and prosecuting traffickers. Support politicians and lawmakers who champion this cause and hold governments accountable for their efforts to combat trafficking. You can find out what your countries government have committed to here.

Make ethical choices

Be conscious of your purchasing choices. Support companies and products that have transparent and ethical supply chains. Human trafficking can be linked to industries like agriculture, manufacturing, and textiles, where exploitation of vulnerable workers occurs.

Here are a few of our go-to resources to help make ethical choices:

- Ethical Consumer
- Baptist World Aid Ethical Fashion Guide
- Good On You
- The Good Shopping guide

We also recommend buying second hand whenever you can. Thankfully there's never been an easier time to find great quality second hand products with the rise of Facebook market place as well as apps like Depop.