

WHAT CAN YOU DO?

TALK

- Talk to your friends.
- Talk to your family.
- Talk to anyone who will listen.
- Don't worry if people don't want to hear.

PRAY

- No cares about this more than God does, so let's let him know we care too.
- Find a friend to pray with you.
- Start a prayer time with some friends that is dedicated to people who need help.

FAIR TRADE

- Start looking at where your products come from. There are a lot of companies that make chocolate and pay a fair wage. There are also some textile companies that are known for their atrocities. Do your research.
- [FAIR TRADE USA](#) is a good place to see what products come with slavery, and which ones come without.

WRITE

- Write letters to your [senators](#) and [congressmen/women](#) asking them what they are doing and asking them to continue making changes.
- Write women and girls pulled out of trafficking and encourage them. Locate an organization helping and ask them how to send encouragement.

BE SOCIAL

- Use social media to diffuse information on human trafficking. You can like certain pages and pass the information along on Facebook, Twitter, Instagram and other social platforms to get the word out.
- Start your own page to inform people on your passion to end trafficking.
- Begin a blog.
- Create a board on Pinterest.
- Always make sure to include the positive: the message that we can make a change, that people are being rescued every day, that we are teaching our kids how not to be victims, and that progress is being made. This is a dark problem and we don't believe in leaving people depressed, without hope or angry.

EDUCATE

- Educate yourself on this issue. Be ready to answer questions.
- Educate others. Many people don't realize this even exists but most people care when they find about it. But for those that don't, don't let them stand in the way of working with those who will be passionate like you in making a difference.

SEND STUFF

- Send things to groups. You can create a drive at your place of worship, in your neighborhood, at your high school or university or even at work. Always make sure to check with the organization first and on the legalities.
- Even if a particular group doesn't necessarily have something posted on needs, you can bet they probably need something. Write and ask! One group that specifically asks for things, as well as money, is [Stella's Voice](#) who do work in Moldova.

JOIN A GROUP

- There are a plethora of groups that strive to fight human trafficking. Find one in your area.
- [Polaris](#)
- [Aglow](#)

START A GROUP

- If a group doesn't exist in your area, start one! You do not have to wait to be important, organized, or not busy to do something. Start somewhere and see where it goes.

VOLUNTEER

- Many groups offer volunteer positions making choosing something more difficult than actually going. Volunteer positions exist at home and overseas and can be open even to teens (with parental permission).
- Volunteering can be incredible as you touch the abused community in some way; but it can be difficult, dangerous and heartbreaking. It is important to realize that the people who are recovering need a kind and non-judgmental touch. They need positive role models, and they need people who will always be there to love them.
- Volunteering can also be more hands-off for things like administrative work. This is incredibly important and needed, and can be something for someone who wants to make a difference but might be having some problems dealing with the concept of the atrocities.

GIVE FINANCIALLY

- We've talked about giving time and things, but finances are also important. Think about something you might be able to give every month. Can you spare \$10, \$20, \$30? Think about it, if 1 million people give \$10 every month. That is \$10 million a month. That can make a lot of difference!

GET STARTED

Some places to help you get moving:

- [20 Ways You can Help Fight Human Trafficking](#)
- [STOP Trafficking](#)

KEEP CHECKING IN

At Grace As Justice we add to the list of inspiring organizations and tell new stories all the time. Keep check on our blog and magazine for inspiration, empowerment and education.