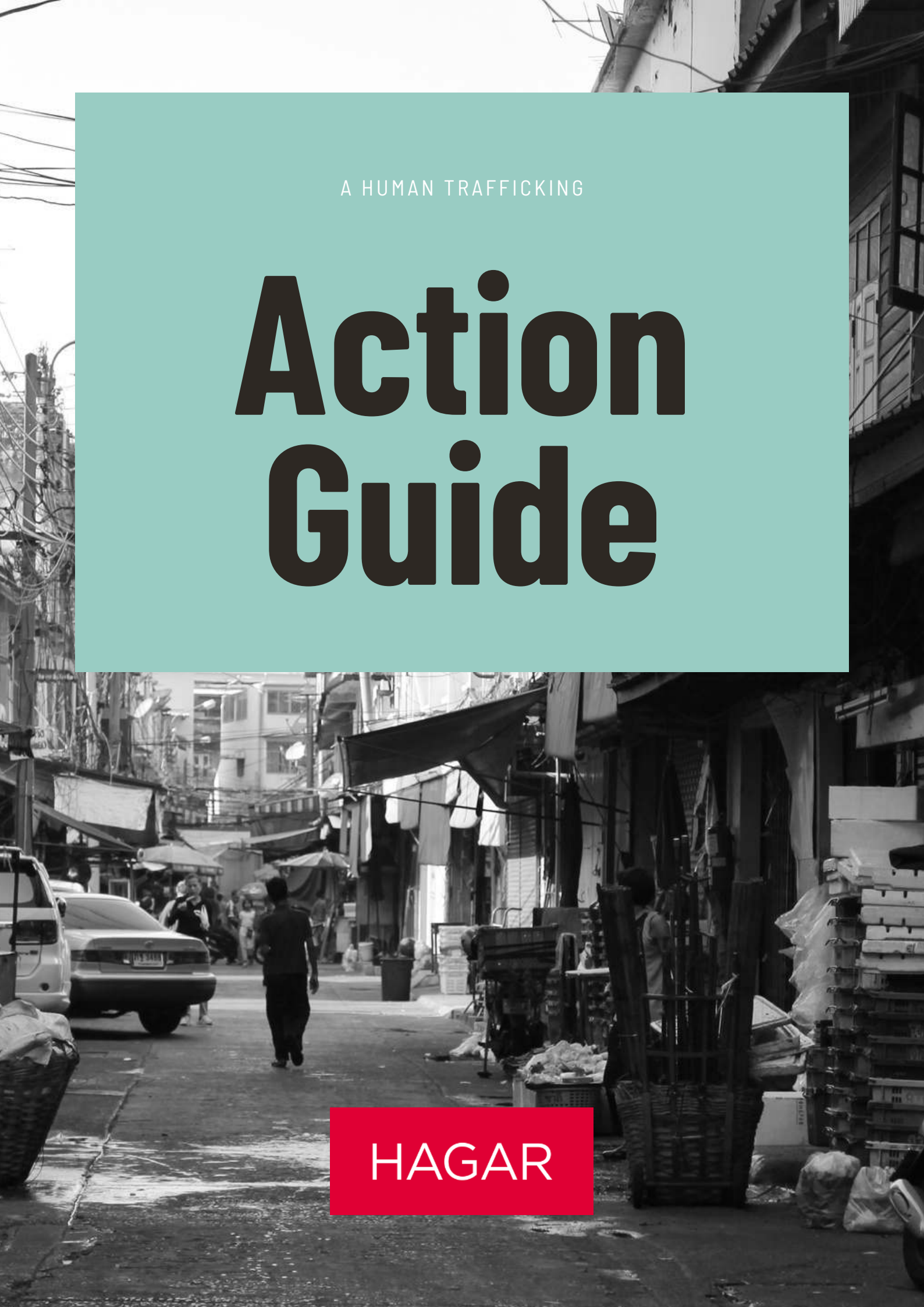
A HUMAN TRAFFICKING

Action Guide



HAGAR

Let's talk about human trafficking in 2026.

Today, 50 million people globally are trafficked and enslaved. That's nearly one in every 150 people around the world.

Too often, abuse and exploitation are hidden in plain sight. Yet, they are deeply enmeshed in every corner of our lives.

The clothes we wear, the food we eat, even the *text messages* we receive each day, can be tainted by human trafficking.

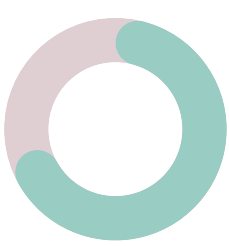
> I firmly renew the Church's urgent call to confront and bring an end to this grave crime against humanity.

Pope Leo XIV

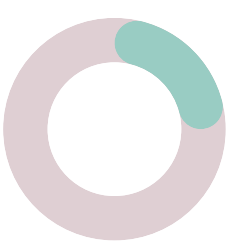
267th Pope of the Catholic Church
12th World Day of Prayer and Awareness Against Human Trafficking - 2026



The numbers:



71% of human trafficking victims are women and girls



1 in 4 victims of human trafficking are children



22 million people are trapped in forced marriages



60% of human trafficking cases originate in Asia and the Pacific



Grace's Story

At 17, Grace* should have been stepping into adulthood with excitement. Instead, one seemingly small decision changed everything.

During a school break, Grace saw a job ad on social media promising entry level work. With her family's blessing, Grace and her best friend accepted.

But it was a trap.

The ad had been posted by a trafficking ring. On their first day, their phones and ID cards were confiscated, and they were smuggled across the border into Cambodia.

There, they were locked inside a scam compound with high fences and barbed wire, forced to trick strangers online into sending money.

When Grace resisted, the threats turned brutal.

Grace prayed to go home. She missed her family and the life she knew.

Miraculously, her prayer was answered.

Grace's parents contacted Hagar's office in Thailand. Together with the police and the Thai Embassy, the girls were rescued and brought home safely.

But rescue was just the beginning.

Grace received trauma-informed counselling, legal support, and ongoing care from Hagar's social workers. Through Grace's brave testimony, her trafficker was sentenced to 12 years in prison. She also received financial compensation, a small but meaningful step towards rebuilding her life.

Today, the fear that once haunted her is fading. She no longer flinches at tall buildings or passing cars. With courage and steady support, Grace is beginning to dream again.

"I've learned to find my worth," Grace says. Thank you for helping me build a new future in my own way."

*name and image changed for privacy.

You are part of the solution.

Human trafficking is a complex problem. Don't let that stop you from getting involved.



It will take all of us working together to confront exploitation and help survivors rebuild their lives.

Follow our four action steps to restore survivors and prevent human trafficking.

1 Report Suspicious Activity

If someone is in immediate danger, call 111. For non-emergency Police reporting, call 105 or report online. Report scam or spam texts by forwarding them free of charge to 7726. Netsafe can provide advice and support for online scams and digital harm.

Report concerns in New Zealand:

Police: 111 for an emergency
105 for non-emergencies

Report Scams/Digital Exploitation:

Netsafe: 0508 638 723
Spam or scam texts: Forward to 7726

2 Restore Survivors and Prevent Exploitation

Your generosity can rescue and restore survivors. Every day, non-profit organisations like Hagar help survivors heal and rebuild their lives. Without holistic and empowering care alongside prevention education, victims remain at risk for exploitation.

Do your research! Seek out organisations that align with your values. When you support restoration and prevention, you create a safer and brighter future for all.

3 Shop Ethically

Be conscious of your purchasing choices. Human trafficking is often linked to the products we buy and the services we use each day. Agriculture, manufacturing, textiles and electronics are industries where workers are often vulnerable. Support companies and products that have transparent and ethical supply chains.

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 used and second hand whenever you can. Thankfully there's never been an easier time to find quality second hand products with the rise of online vendors and apps.



4 Raise Awareness

Educate yourself about human trafficking and advocate for stronger policies and laws. Most people are not aware of how severe the issue is or the role they can play in creating change. Share information on social media and support organisations working on anti-trafficking initiatives.

- 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

You can find out what your countries government have committed to here.