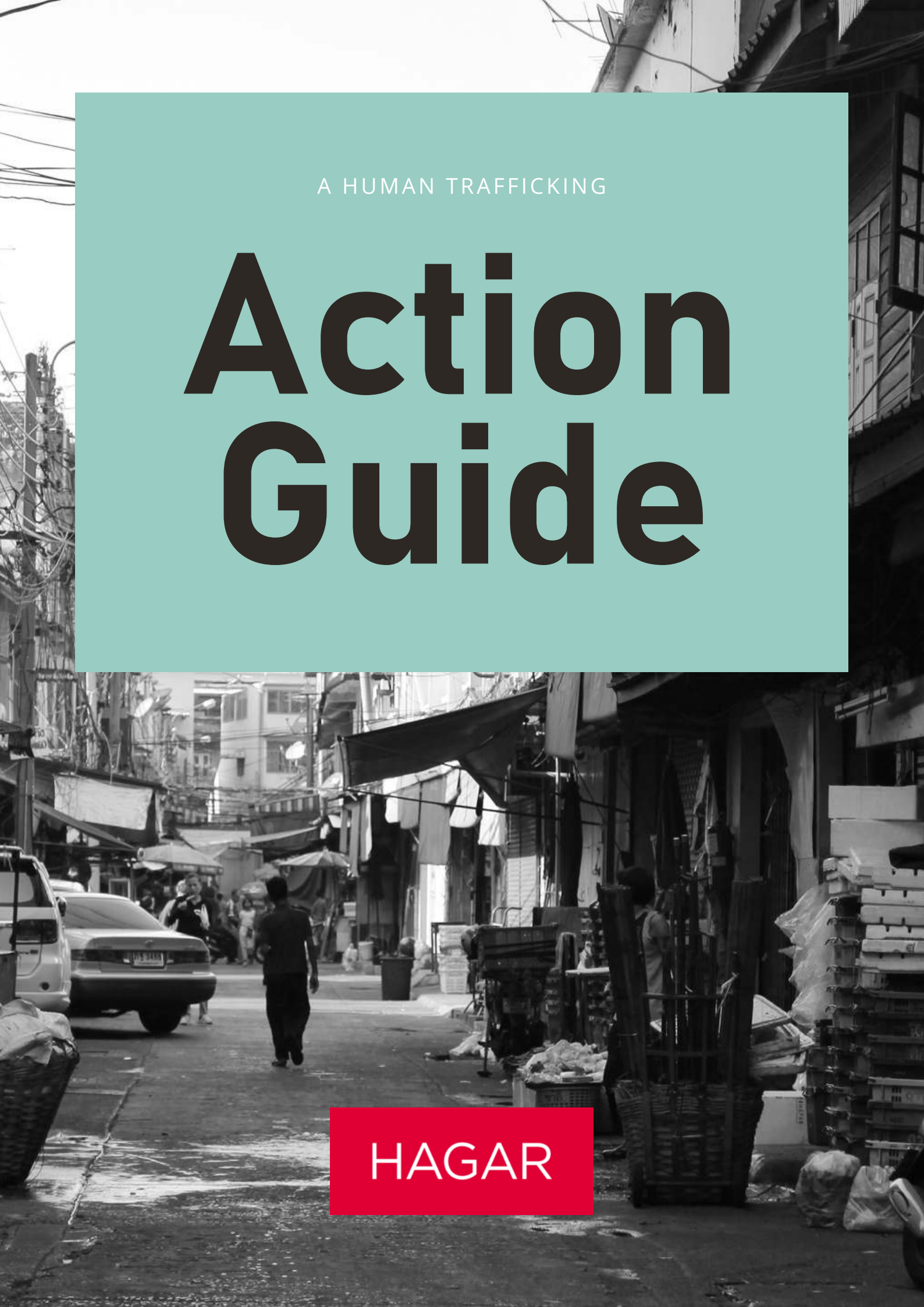




A HUMAN TRAFFICKING

# Action Guide

HAGAR

# Let's talk about human trafficking in 2025.

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 scam text messages we receive each day, can all be tainted by human trafficking.

“Human life is far more important than just getting to the top of a mountain.”

- Sir Edmund Hillary

”

New Zealand Mountaineer and Explorer



## 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



## Mony's Story

Growing up in a small Cambodian village, Mony\* was determined to help her family escape poverty.

At 18, she moved to the capital city of Phnom Penh to work in a factory. An old friend reached out to offer an opportunity in China—promising security and the better life she had always dreamed of.

**Coerced into an exploitative marriage, that promise shattered.**

Mony's husband sold her to another man after only a few short weeks. For the next year, she was trapped in bride slavery, her freedom and autonomy stolen from her.

When this second man also planned to sell her, Mony made the brave decision to flee. She was arrested as an undocumented migrant and spent months in custody.

Still, she held on through the uncertainty. She was eventually transferred to the Cambodian embassy and sent home.

Back in Cambodia, Mony was referred to Hagar, where she began to rebuild her life. Hagar's staff welcomed her with care and compassion, working tirelessly to secure her identity documents and reunite her with family.

Mony received counseling, safe housing, and the support she needed to regain control of her future. Her courage and resilience guided her through each step of the healing process. She received training as a seamstress and slowly reintegrated into her community.

Today, Mony supports herself by creating beautiful clothing—building the life of independence and hope she had always imagined.

\*name and imaged changed for privacy.

# You are part of the solution.

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

**You are critical in the fight!**

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

Be vigilant and report any suspicious activity you believe could be human trafficking. This can include signs of exploitation, forced labor, or individuals appearing fearful and controlled. If you receive spam calls/texts, report them with the Netsafe or Immigration NZ.

Human Trafficking Hotlines:

**Netsafe : +64 0800496877**

**Immigration NZ Auckland: +64 9 914 4100**

**Immigration NZ Wellington: +64 4 910 9915**

**Immigration NZ (Worldwide): +64 9 914 4100**

**Report Scams/Digital Exploitation:**

**Netsafe: [www.netsafe.org.nz](http://www.netsafe.org.nz)**



## 2 Restore Survivors and Prevent Exploitation

Your generosity can rescue and restore survivors. Every day, non-profit organisations like Hagar rescue victims and 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.](#)