

COVID-19 TRAFFICKING GUIDE

A GUIDE FOR SURVIVORS OF SEX TRAFFICKING

1. ISOLATION

Social distancing physically keeps you away from your support network. Stay connected virtually in the safest and most comfortable way you can. You hold the power to decide what type of virtual communication you use.

3. DEBILITATION & EXHAUSTION

Self-awareness is important. Keep a journal to track your feelings and symptoms and recognize patterns or triggers that lead to anxiety. Journaling can also help you acknowledge feelings and begin to focus on solutions, such as connecting with a friend, meditation, or whatever else may bring you peace.

5. MOMENTS OF HOPE

Diversify your sources of positivity. It's helpful to be aware of how someone might exploit their power during this time. Have a few key trusted friends or family from whom you seek support. Have a few positive outlets for your time, whether it is self-care alone or through a virtual community.

7. HUMILIATION & EMOTIONAL ABUSE

It is not okay to be harassed or abused for any reason. If you do not have safe or trusted people in your life, follow organizations and leaders you trust online. Seeing positive, trauma-sensitive posts can be another way to remember you are not alone.

2. DISCONNECTION & DISTRUST

Consume media from trusted sources, especially those from trauma-informed organizations who are mindful of the impact the information they share could have on survivors. If you feel overwhelmed by information, schedule a time to check updates so you can be in control of when and how you receive information.

4. THREATS

The threat of catching and/or spreading COVID19 can cause considerable anxiety and fear.

Please see our [*Guide to Safety Planning during COVID-19*](#) which includes tips on identifying the safest room in the house and creating a peaceful space for yourself.

6. INTIMIDATION

The spread of coronavirus can feel like you are not in control of your own fate. Assert the power you do have over your situation. Follow the recommendations from trusted sources about how you can minimize risk for yourself and your loved ones. If you feel out of control, remind yourself of the things you are doing to stay safe.

8. UNPREDICTABLE EXPECTATIONS

Keep a brief list of safety recommendations from a trusted source and if you feel the need to review it, remember you are in control of how you respond. You can set a schedule for yourself, choosing to check it at a planned time each day or week.

