

How You Can Help

Every conversation matters.

Human trafficking often happens in plain sight. It affects people of every age, background, and community, and many victims know or trust the person exploiting them. Prevention begins long before a crisis, it begins with awareness, trusted relationships, and people who choose to notice when something feels wrong.

Need someone to talk to?

If you have questions, are worried about yourself or someone else, or simply don't know where to start, please reach out to us at **project.asha.team@gmail.com**. While we are not a crisis service, we are happy to listen, share educational resources, or help connect you with appropriate organizations and support services.

If You're a Parent

You don't need all the answers, you just need to keep the conversation going.

- Create a home where questions can be asked without fear.
- Learn about online safety, grooming, and healthy relationships together.
- Take a few extra minutes each day to check in, even when everything seems fine.
- Listen without immediately judging or reacting. Feeling heard makes it easier for young people to ask for help.

If You're a Friend

Sometimes the most important thing you can do is simply notice.

- Check in with your friends, even when they say they're okay.
- Trust your instincts if someone's behavior suddenly changes or they become isolated.
- Be a safe person to talk to without pressuring them.
- If you're worried about someone's safety, tell a trusted adult instead of handling it alone.

If You're a Teenager

Your voice matters.

- Learn the warning signs of grooming and unhealthy relationships.
- Trust your instincts when something doesn't feel right.
- Set boundaries and remember that "no" is a complete sentence.
- Reach out to a trusted adult if you ever feel unsafe or worried about a friend.
- Looking out for yourself isn't selfish, it is part of protecting your future.

If You Want to Make a Difference

Prevention starts with ordinary people.

- Start conversations in your school and community.
- Share accurate information instead of myths.
- Volunteer with organizations working to prevent exploitation.
- Support survivors with compassion, respect, and without judgment.
- Speak up when you see something that doesn't feel right.

In Immediate Danger?

If you or someone else is in immediate danger, call your local emergency services immediately. For additional support, please visit our **Resources** page, where you'll find trusted organizations and hotlines that can help.