What is sexual exploitation?
This brochure is intended to provide information to women and their loved ones about issues related to sexual exploitation. In addition to assisting the reader in understanding what sexual exploitation is, it provides helpful types and resources that may assist in exiting sexual exploitive relationships.

“The term ‘sexual exploitation’ means any actual or attempted abuse of a position of vulnerability, differential power, or trust, for sexual purposes, including, but not limited to, profiting monetarily, socially or politically from the sexual exploitation of another.”1

Myth vs. Fact

Myth: Women are always sexually exploited by strangers.

Fact: Those who sexually exploit women are not always strangers. Women are often sexually exploited by parents, husbands, boyfriends, relatives, friends, teachers or bosses.

Myth: Only sex trade workers are sexually exploited.

Fact: Sexual exploitation can happen anywhere; in the home, on the streets, in hotel rooms, at a friend’s place or at the workplace.

Myth: Sexual exploitation always involves physical violence.

Fact: Sexual exploitation can also be subtle, including demeaning sexual comments or controlling behaviours. Some women do not recognize they are being sexually exploited.

Am I being sexually exploited?
- Do you feel you must give sex for money, food, drugs, or a place to sleep?
- Have you ever been a target of sexual solicitation, including uninvited or unwanted requests to engage in sexual activities or explicit conversations in person, on the phone, or over the internet? 2
- Do you feel someone will hurt you unless you are sexually active with them? 3
- Does someone make you feel guilty for not engaging in sex or a sexual relationship? 4
- Has someone convinced you to move away from your home and community for sexual purposes?
- Has someone ever touched themselves inappropriately in front of you, or touched you 5 when it is unwanted?

If I am sexually exploited, what do I need to know?

It’s not your fault. No one deserves or asks to be sexually exploited for any reason.

There is help available. Find out about your options by talking with women’s resource or community centres. You can speak to them about advocacy, legal support, health care, cultural programming, housing, counselling, crisis services, information on street programs and addiction services.

If you need immediate help, call 911 or the local police. Keep emergency phone numbers with you.

If you need a safe place to go, there may be emergency shelters in your area. There may also be safe, low-income housing available if you cannot afford regular housing and need to find a safe place to live.

If you need food, clothing, or other items such as, condoms, or clean needles, you can often get these from community centres for free.

What can you do?

Reach out to others. Speak to a trusted Elder, family member, health care provider or friend or find someone to talk to at support groups or drop-in centres.

Set up a buddy system with someone you trust. Keep them up-to-date about where you are. You might want to share your contact information with them.

Create an exit or emergency plan. Find out where the shelters are and who you can contact for quick help. Have a bag ready for you and your children in case you have to leave in a hurry. You may want to speak to a councillor or another professional to help you plan a safe exit.

It’s Complicated

Exiting a sexually exploitive situation whether it be a relationship or an occupation can often be difficult and complicated for a variety of reasons including division of property, child custody and welfare concerns, and fear of escalated violence. It is important that you make informed decisions about how you will deal with issues such as these. There are services available to assist you in addressing these concerns.
If you know someone who is being sexually exploited, you can…

**Be supportive.** Talk to them without judgement. Remember, women and children are sexually exploited because of circumstances, not choice.

**Be there for them.** Some women may want a friend or relative to be with them when they visit services like support circles, drop-in centres, doctors or shelters.

**Let them take the lead** when deciding what help they may want.

**Be safe.** Your safety is important too. Do not confront the offender or put yourself in danger.

**Children are our future.** If you believe that a minor person (someone under the age of 18) has been sexually exploited in any way you are legally obligated to report it to authorities.

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**Resources**

Alcohol and Drug Information and Referral Services: Toll-free: 1-800-689-6855
www.vancouverrcmp.ca/adrs.htm

Aboriginal Infant Development Centre 138 George St., Prince George
Ph. 250-564-6341
Home and hospital visits, child assessments and referrals, emotional and addictions support.

AWAC – Quebec St. Women’s Shelter 199 Quebec St., Prince George
Ph. 250-562-6262
Emergency shelter for females, street outreach programs.

BC Crisis Line (24 hr): Toll-free: 1-866-661-3311
www.crisiscentre.bc.ca

Carrier Sekani Family Services 987 4th Ave, Prince George
Toll Free: 1-800-889-6855
http://www.csfs.org/
Addictions recovery, HIV/AIDS programs, referrals and counselling, facilitates visitations between family members with Ministry of Children and Family Development.

Central Interior Native Health Society 1110 - 4th Avenue, Prince George
http://cinhs.org/
Ph. 250-564-4422
Health resources, access to social workers and Elders, addictions services.

Kikino Métis Child and Family Services 369 Victoria St., Prince George
Ph. 250-563-1661
Elders and healers support, Métis culture programs.

Métis Centre
National Aboriginal Health Organization
220 Laurier Avenue West, Suite 1200
Ottawa, Ontario K1P 5Z9
www.naho.ca/metiscentre/
Métis specific health promotional tools, research database, and health information resources.

National Crisis Line for Victims of Human Trafficking:
Ph. 1-866-529-7109

New Hope Society
1046 - 4th Avenue, Prince George
Ph. 250-562-8680
Drop-in centre, health resources, food, clothing, addictions support group, youth initiatives.

Positive Living North
1563 - 2nd Ave., Prince George
Ph. 250-562-1172
Health and HIV/AIDS services, cultural drop-in centre, condoms, crisis intervention and advocacy, alcohol and drug support.

Prince George AIDS Prevention Program / Needle Exchange
1114 3rd Ave, Prince George
Ph. 250-564-1727
Harm reduction services: condoms, needles, pipes, health resources, STD testing and treatment, morning after pill.

Rape Relief Line:
Ph. 604-872-8212
http://www.rapereliefshelter.bc.ca/

Royal Canadian Mounted Police
Ph. 1-804-264-3111
http://rcmp-grc.gc.ca

VictimLink BC:
Toll-free: 1-800-563-0808
www.victimlinkbc.ca/

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Understanding Sexual Exploitation

A quick guide for Métis women

http://www.naho.ca/metis/