

home awareness guide

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prevent sex slavery

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who we are

beLydia is a group of women bonded in the fight to prevent sex trafficking with awareness. We encourage women to follow their callings as entrepreneurs, hostesses, and builders of confidence for the next generation. beLydia, a non-profit 501c3 organization, is based in Austin, Texas.

how we got here

In a dream, beLydia Founder and Executive Director Terri Ingraham received what she describes as “a download from the Holy Spirit”. Hearing “be Lydia, be Lydia” over and over, she awoke with perfect clarity on how we are supposed to be like Lydia in Acts 16:14-15 and respond to the Gospel. beLydia responds by fighting to prevent child sex trafficking.

In His great mercy He has given
us new birth 1 p e t e r 1 : 3

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Human Trafficking is modern day slavery and involves the use of force, fraud or intimidation to obtain some type of labor or commercial sex act.

why “beLydia?”

Our mission encourages hospitality, entrepreneurship, and faith in honor of our namesake, Lydia of Thyatira. A seller of purple cloth, a worshiper of God, and an early convert to Christianity, Lydia opened her home to missionaries including Paul and his companions with eagerness and an open heart. A matriarch, a hostess, a disciple and an entrepreneur - the Lydia of Acts and the Lydia of today rely upon faith to affect change.

how people are trafficked

force

Kidnapped victims lose control of their freedom. Tactics including rape, sleep deprivation, starvation and physical abuse, forcing sex slaves into lives of servitude and darkness.

fraud

Victims are lured by the false promises of a better life, employment or other reward.

intimidation

The threat of physical harm to oneself or a loved one is often enough to convince a vulnerable person into sex slavery. Filled with fear, victims are intimidated into believing there is no other option than to perform sex acts for which the payment goes directly to a trafficker.

Example: A runaway teen accepts a ride from a stranger who in turn forces her to prostitute herself or face severe brutality and abuse.

Example: Under advisement of a “trusted advisor”, a destitute parent sends his children to a foreign country with hopes of a better education; in reality the new guardian sells the children into sex slavery before ever seeing a moment inside a school.

Example: A teenaged boy is videotaped being gang raped. The traffickers threaten to share the horrific video on social media unless the victim engages in commercial sex.

common methods used by traffickers

online love affair One of the most common methods used by traffickers to recruit victims, whether by direct contact, a social networking site, or recently via online video games, is through the guise of romance. These predators are patient and will “groom” their victim over the course of a year so that the victim feels like they know them and can trust them.

promise of a better life Offenders will groom victims to believe that they will provide a better life for them. Whether the child is just tired of helicopter parents, in a foster care home with too many restrictions or just ready to be treated as an adult, the trafficker will use that idea of freedom and a better life to entice them.

get a job as a dancer They may promote dancing in a sexually oriented business as a legitimate job but fail to mention that the victim will have to perform illegal sexual acts for money as well.

you owe me Once the victim has accepted gifts, assistance and/or romantic attention, it is typical that the trafficker will make the victim feel obligated to pay the trafficker back. Examples of this could be buying a handbag they “liked” on social media, paying off student loans or something basic such as food or shelter. What the victim may have taken as a gift is turned into a debt that needs to be repaid (and continues as the trafficker keeps that cycle going).

drugs If the trafficker is also a drug dealer, he will intentionally get the youth hooked on drugs to ensure compliance in the sexual exploitation. He may facilitate drug use by the victim, or use the victim to deliver drugs to meet demand.

Source: (Williamson & Prior, 2009; Smith, Vardaman & Snow, 2009)

human trafficking statistics

A pimp can make **\$100-250K** per year, having **4 to 6** girls on average.



U.S. human trafficking is a **\$9.5 billion** industry.

Only **1 - 2%** of trafficking victims are ever rescued.

An est. **300,000** children are at risk of being prostituted in the U.S.

Average age of entry for boys and girls is **11 to 14 years.**

In the **first 48 hours** on the streets, **1 in 3** children are lured into prostitution.



Source: U.S. Department of Justice, National Center for Missing and Exploited Children

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how to identify a trafficking victim

Recognizing key indicators of human trafficking is the first step in identifying victims and can help save a life. Here are some common indicators to help recognize human trafficking:

Not all indicators listed are present in every human trafficking situation, and the presence or absence of any of the indicators is not necessarily proof of human trafficking.

Does the person appear disconnected from family, friends, community organizations, or houses of worship?

Truancy: Has a child stopped attending school?

Has the person had a sudden or dramatic change in behavior?

Is a juvenile engaged in commercial sex acts?

Is the person disoriented or confused, or showing signs of mental or physical abuse?

Does the person have bruises in various stages of healing?

Is the person fearful, timid, or submissive?

Does the person show signs of having been denied food, water, sleep, or medical care?

Is the person often in the company of someone to whom he or she defers? Or someone who seems to be in control of the situation, e.g., where they go or who they talk to?

Does the person appear to be coached on what to say?

Is the person living in unsuitable conditions?

Does the person lack personal possessions and appear not to have a stable living situation?

Does the person have freedom of movement? Can the person freely leave where they live? Are there unreasonable security measures?

Source: U.S. Homeland Security

common health issues

Average life span of a victim is 7 years.

It goes without saying but the ramifications of human trafficking on its victims are endless and long lasting. Here is a list of common health issues associated with a victim of sex trafficking.

Source: <https://www.acf.hhs.gov/>

Drug and alcohol addiction

Broken bones

Concussions

Burns

Vaginal/anal tearings

Sterility

Miscarriages

HIV/AIDS

Gonorrhea

Syphilis

UTIs

Pubic lice

HIV/AIDS

Forced or coerced abortions

Memory loss

Dizziness

Headaches

Numbness

Mind/body separation/dis-associated ego states

Shame

Grief

Fear

Distrust

Hatred of men

Self-hatred

PTSD

Acute anxiety

Depression

Insomnia

Physical hyper-alertness

Self-loathing that is long-lasting and resistant to change (complex PTSD)

Suicide and suicidal thoughts

why brain development matters

Neuroscientists including Dr. Jay Giedd of the NIMH report that brain “maturation does not stop at age 10, but continues into the teen years and even into the 20’s. (Begley, 2000).”

In fact, there is a second wave of brain development that occurs during the critical adolescent years.

Rational choice making, self-control, judgment, and emotional regulation are in a constant state of flux making a young mind incapable of making the adult choice to sell oneself for sex.

The prefrontal cortex in the brain is responsible for:

- Complex planning or setting a goal and keeping it**
- Attention or the ability to focus on one thing without distraction**
- Decision making or the ability to determine the difference between a good choice or a bad choice**
- Impulse control or ability to maintain self-discipline**
- Logical thinking or making rational and smart choices**
- Organized thinking**
- Personality development or identity issues**
- Risk management or the ability to assess risky situations**
- Short-term memory**

online safety

Tell your kids the danger of being on apps or group messaging apps with people that they do not know well. Kids often assume they know someone if they have a bunch of mutual friends, however that is one of the tricks traffickers use to connect with your child. Traffickers are very patient and will often wait a year or longer before making a move. Officer McIlvain says, "Make it difficult for them to get to your child because predators won't work for it."

"The greatest danger to our kids is anything connected to the Internet."

- Chris McIlvain, Assistant Chief of Police at Austin Police Department

"Pimps are continually trolling the internet posing as a teen girl or boy interested in friendship. The relationship is developed without threat until the unsuspecting child agrees to meet them, to send compromising photos or shares their deepest secrets with them. That's when the predator can move in and begin to separate them from their safety nets."

"What's the difference between a pimp and a trafficker? Nothing. A pimp is another name for a trafficker."

Source: Shared Hope International

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5 tips for keeping your kids safe

When you or your child gets a new device or installs a new app, establish your privacy preferences. Tell them why it's important to disable location and personally know every person that is following them (know them in person, not just online).

Use Common Sense Media together to evaluate if the app or device is safe. Here are a few of their tips for staying safe online:

- 1. Never share your name, your school's name, your age, your phone number, or your email or home address with strangers.**
- 2. Never send pictures to strangers.**
- 3. Keep passwords private (except from parents).**
- 4. Never open a message from a stranger; it may contain a virus that can harm a computer.**
- 5. Immediately tell an adult if something rude or creepy happens.**

Source: Common Sense Media

how to join the fight

pray!

More than anything, beLydia and its team need you to join our prayer team. Evil is something we fight on our knees so we ask for prayers for strongholds to be broken and darkness to be exposed by His light. (Ephesians 5:13)

become a beLydia backer

By donating to beLydia.org/donate you can help support the efforts of our organization to continue to raise awareness and directly help our prevention campaign.

volunteer

By joining our beLydia team you will be fighting with us side by side. Sign up to become a home host or Luminary. Encourage your kids to sign up for The Belles and Beaux, our junior philanthropic entrepreneurship program. Interested in helping in any other area of beLydia? Please contact us at hello@belydia.org or visit beLydia.org/get-involved for more information.

***What's a Luminary? A leader in beLydia who helps us by getting others to host awareness gatherings. They also network and fundraise for us.**

Our goal...

As beLydia women of faith, in this fight for victims and the vulnerable, in obedience to our Father God following hard after our Savior Jesus Christ and in allegiance with His Spirit, we will...

Reach and restore beauty from the ashes of trafficked victims by radiating God's love and grace through word and deed;

Edify and enable the broken and the vulnerable with God's truth;

Arm our future through awareness programs and tools specialized to abolish these evil strongholds; and

Prevent and protect this evil from permeating future generations.

For although we live in this crippled world, we are whole. We sow the seeds of His truth, love and power. Our families, friends and all neighbors are aware and armed to conquer. We are free.

“A wicked person earns deceptive wages, but the one who sows righteousness reaps a sure reward.”

Proverbs 11:18

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