

District 2 — Kanata-Stittsville (with Emojis) – Feb 22 – Human Trafficking Awareness Day – Local Social Media Slides

Zonta Club of Kanata-Stittsville

HASHTAGS

#ZontaInternational #ZontaCanada #NHADCanada #NationalHumanTraffickingAwarenessDay
#ItsTimeToTALK #EndHumanTrafficking #SupportSurvivors #StopTheTraffic
#CanadaAgainstTrafficking #AwarenessToAction

Day 1 Sunday 15 February

The Zonta Club of Kanata-Stittsville serves west-Ottawa neighbourhoods by advocating for safer communities, supporting youth and partnering with local service providers. 🌸 We work to ensure women and girls have access to the resources, information and protections they need. Our club proudly promotes community awareness and long-term safety. 💛

February 22 is Canada's National Human Trafficking Awareness Day — a time to stand together, honour survivors, raise awareness and take meaningful action. Human trafficking is happening in communities across the country; awareness saves lives.

**HUMAN TRAFFICKING
AWARENESS DAY
in Canada February 22nd**

**WHO IS AT RISK OF BEING
LURED INTO TRAFFICKING?**

**97% OF REPORTED VICTIMS
ARE WOMEN AND GIRLS.**

**75% OF THESE ARE UNDER
THE AGE OF 25.**

**ZONTA
INTERNATIONAL
CANADA** BUILD A BETTER WORLD
FOR WOMEN AND GIRLS

What You Can Do

HUMAN TRAFFICKING AWARENESS DAY *in Canada February 22nd*

If you think someone is
being groomed or
trafficked:

- Contact Ottawa
Police
1-800-292-1168;
613-236-1222 x5005
- Report to Crime
Stoppers 1-800-222-
TIPS (8777)



BUILD A BETTER WORLD
FOR WOMEN AND GIRLS



BUILD A BETTER WORLD
FOR WOMEN AND GIRLS

Ottawa Survivor Support & Resources

- Youturn Youth Support Services: The Next Chapter
613-789-0123
- Voice Found: The Hope Found Project 613-763-5332 x1
- Kids Help Phone: 1-800-668-6868 or text 686868
- Ontario Native Women's Association 1-800-667-0816



Day 2 Monday 16 February Category 1

Human trafficking impacts west-Ottawa communities through online grooming, peer manipulation and movement along transportation routes. 📁 We help families recognise risks and take proactive steps to stay safe. ⚠️

Human trafficking is happening here in Canada. Most victims are young women and girls, and most know the person exploiting them. Awareness saves lives — share these facts and help others understand the signs, risks and realities in our communities.

Canadian National Human Trafficking Awareness Day: February 22.

A promotional graphic for Zonta International Canada. The background is blue with a white torn-paper effect on the left side. On the left, the Zonta International Canada logo is displayed, featuring a stylized 'Z' and 'A' in a square, followed by the text 'ZONTA INTERNATIONAL CANADA' and the tagline 'BUILD A BETTER WORLD FOR WOMEN AND GIRLS'. On the right, a young woman with long brown hair is shown from the chest up, holding a dark grey sign with white handwritten text that reads 'It's time to talk about it'.

ZONTA INTERNATIONAL CANADA
BUILD A BETTER WORLD FOR WOMEN AND GIRLS

It's time to talk about it

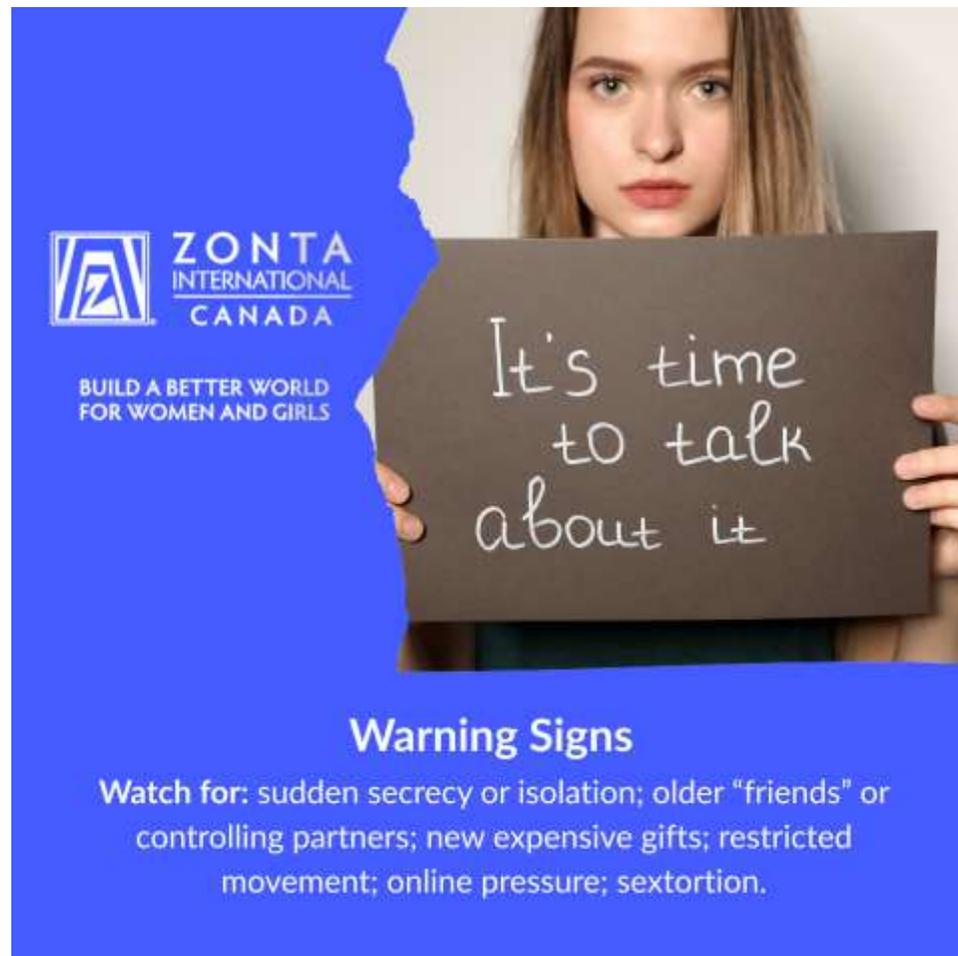
Grooming & Trust

In Canada, ~90% of victims know their trafficker; only ~9% are exploited by strangers. Grooming, manipulation, and false trust are the primary recruitment tools.

Day 3 Tuesday 17 February

Human Trafficking Awareness Day in Canada: February 22.

Who is Targeted? – Higher risk groups include girls and young women, youth in care, Indigenous youth, newcomers, 2SLGBTQIA+ youth, and anyone facing housing, financial or emotional instability. Watch for the Warning Signs. Report if you suspect someone is being groomed or trafficked.

A promotional poster for Zonta International Canada. The top half features a young woman with long blonde hair holding a dark grey sign with white handwritten text. The bottom half is a solid blue background with white text. On the left, the Zonta International Canada logo is displayed, consisting of a stylized 'Z' and 'A' in a square, followed by the text 'ZONTA INTERNATIONAL CANADA' and the tagline 'BUILD A BETTER WORLD FOR WOMEN AND GIRLS'.

ZONTA
INTERNATIONAL
CANADA

BUILD A BETTER WORLD
FOR WOMEN AND GIRLS

It's time
to talk
about it

Warning Signs

Watch for: sudden secrecy or isolation; older "friends" or controlling partners; new expensive gifts; restricted movement; online pressure; sextortion.

Day 4 Wednesday 18 February Category 2

Human Trafficking Awareness Day in Canada: February 22.

Residents can access services through local shelters, crisis agencies and outreach programs that support individuals experiencing exploitation or safety concerns.  We encourage sharing national hotline information throughout our community. 

If you or someone you care about is being groomed, manipulated, exploited or feels unsafe — help exists, and it's available 24/7 across Canada. You don't need evidence. You don't need to be sure. You don't have to navigate it alone.

The Canadian Human Trafficking Hotline and the Government of Canada's national support system connect individuals directly with trauma-informed, survivor-centred services — safely and confidentially.

Crisis Response – If someone is in immediate danger, call 911. Do not attempt to intervene directly — traffickers often use coercion, threats and violence.



The poster features a blue background on the left and a photograph of two hands reaching towards each other against a sunset sky on the right. The Zonta International Canada logo is in the top left, with the tagline 'BUILD A BETTER WORLD FOR WOMEN AND GIRLS' below it. The text 'NATIONAL HELP & RESOURCES' is prominently displayed in the middle left. At the bottom, the word 'Hotline' is written in a large font, followed by the phone number '1-833-900-1010' and a description of the service.

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**NATIONAL HELP
& RESOURCES**

Hotline

1-833-900-1010 – The Canadian Human Trafficking
Hotline is confidential, multilingual, and available 24/7. It
connects callers to 900+ verified partners nationwide.

Day 5 Thursday 19 February Category 3

Human Trafficking Awareness Day in Canada: February 22.

We encourage west-end schools and youth programs to adopt evidence-based digital-safety and exploitation-prevention resources. 📖 Empowering young people early strengthens community safety long-term. 🌱

Prevention starts early. Prevention starts long before exploitation happens. Most trafficking in Canada begins with grooming — often online, often through trust-building and often long before a young person even realises they're being targeted.

Education saves lives. Canadian families, teachers and youth workers have powerful, free tools to help children understand digital safety, consent, boundaries and the early red flags of grooming and sextortion.



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FOR WOMEN AND GIRLS

**Prevention & Youth
Education**

Prevention Starts Early

Children and teens spend much of their lives online — and traffickers know it. Prevention education helps young people recognize unsafe people, manipulative behaviour, grooming tactics, and sextortion risks before harm begins.

Day 6 Friday 20 February Category 4

Human Trafficking Awareness Day in Canada: February 22.

Our club supports organisations that provide counselling, transitional housing, reintegration pathways and culturally inclusive services for women and youth. 🧡 We believe survivors deserve stability, compassion and opportunity. 💖



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BUILD A BETTER WORLD FOR WOMEN AND GIRLS

Ottawa Survivor Support & Resources

- Youturn Youth Support Services: The Next Chapter 613-789-0123
- Voice Found: The Hope Found Project 613-763-5332 x1
- Kids Help Phone: 1-800-668-6868 or text 686868
- Ontario Native Women's Association 1-800-667-0816

The graphic features a blue background with a silhouette of a person's head on the left. Inside the silhouette, a glowing blue figure of a person is visible. Below the silhouette, two hands are shown cupping each other. The Zonta International Canada logo and tagline are in the top left, and the Ottawa Survivor Support & Resources title and list of services are in the bottom left.

Human Trafficking Awareness Day in Canada: February 22.

Survivor Support and Resources – Survivors of human trafficking deserve safety, stability and long-term support — not just in the moment of escape, but throughout their healing, rebuilding and reintegration. Across Canada, survivor-led organisations and trauma-informed providers are supporting people on some of the hardest journeys imaginable.



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Survivor Support & Resources

Survivors Need Long-Term Care
Exiting trafficking isn't a single moment — it's a long, complex process. Survivors need multi-year support, including housing, therapy, healthcare, legal assistance, peer support, skills training, and safe community connections.

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Day 7 Saturday 21 February Category 5

Human Trafficking Awareness Day in Canada: February 22.

We advocate locally and federally to ensure anti-trafficking strategies address the needs of youth and families across the west-Ottawa region. 🏛️ We raise our voices to strengthen legislation and prevention efforts. 📣

Advocacy is one of the strongest tools we have to prevent exploitation and protect survivors. Canada's laws, policies and national strategies shape how trafficking is identified, prevented and prosecuted — and how survivors are supported throughout their healing.



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**Advocacy
& Legislation**

Advocacy Matters

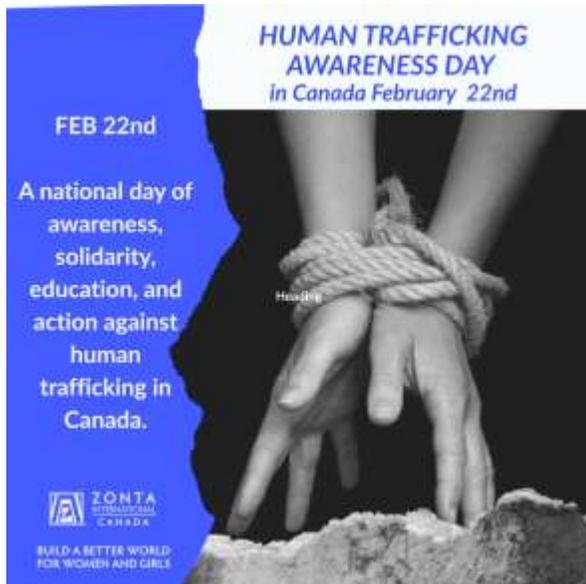
Ending human trafficking requires coordinated action: policy change + survivor-informed solutions + community advocacy.



Day 8 Sunday 22 February Category 6

On Feb 22, we invite community members to learn the signs of trafficking and share key resources to protect women and youth. 📅 Together, we help build a safer, more informed community. ✨

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Human Trafficking Awareness Day in Canada: February 22.

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Day 9 Monday 23 February Category 1

Human trafficking involves exploitation through control, coercion, deception or grooming. It does not require crossing borders — and it's overwhelmingly domestic in Canada.

Between 2014–2024, Canadian police services reported 5,070 human trafficking incidents. 93% of identified victims were women and girls, most under the age of 25.



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It's time
to talk
about it

National & Regional Trends

Nova Scotia and Ontario consistently report the highest human trafficking rates per capita. Cities such as Guelph, Thunder Bay, and Halifax report elevated rates.

Day 10 Tuesday 24 February Category 2

Human trafficking is isolating by design. Survivors often believe no one can help — but across Canada, trauma-informed support, crisis response and local services are available 24/7.

If you or someone you care about is being groomed, manipulated, exploited or feels unsafe — help exists, and it's available 24/7 across Canada. You don't need evidence. You don't need to be sure. You don't have to navigate it alone.

What You Can Do

HUMAN TRAFFICKING AWARENESS DAY
in Canada February 22nd

If you think someone is being groomed or trafficked:

- Contact Ottawa Police
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613-236-1222 x5005
- Report to Crime Stoppers 1-800-222-TIPS (8777)




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- Ontario Native Women's Association 1-800-667-0816

Day 11 Wednesday 25 February Category 3

Human Trafficking Awareness Day in Canada: February 22.

Prevention starts long before exploitation happens. Most trafficking in Canada begins with grooming — often online, often through trust-building and often long before a young person even realises they're being targeted.

Education saves lives. Canadian families, teachers and youth workers have powerful, free tools to help children understand digital safety, consent, boundaries and the early red flags of grooming and sextortion.



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**Prevention & Youth
Education**

Grooming Awareness

Grooming often looks like: excessive flattery; secrecy; gifts or money; “you’re the only one who understands me”; pressure to send photos; threats or emotional manipulation.

Day 12 Thursday 26 February Category 4

Human Trafficking Awareness Day in Canada: February 22.

Exiting trafficking isn't a single moment — it's a long, complex process. Survivors need multi-year support, including housing, therapy, healthcare, legal assistance, peer support, skills training and safe community connections.



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**Survivor Support
& Resources**

Survivor Voices Matter

Survivors are experts in their own experiences and shape better programs, safer policies, and stronger community responses.

Day 13 Friday 27 February Category 5

Human Trafficking Awareness Day in Canada: February 22.

Zonta clubs across Canada raise awareness, support survivors, advocate for legislative reform, strengthen prevention education and promote human rights to improve the lives of women and girls. Join the Zonta Club of Kanata-Stittsville to advocate your Member of Parliament for stronger trafficking prevention, survivor-centred funding, national best practices and community-based programs.



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**Advocacy
& Legislation**

Local MP Engagement

Reach out to your Member of Parliament to advocate for stronger trafficking prevention, survivor-centred funding, national best practices, and community-based programs.



Day 14 Saturday 28 February Category 6

Human trafficking does not require border-crossing and occurs in Canadian cities, suburbs, rural towns and online spaces. Awareness, coordinated action and survivor-centred supports are essential.

What You Can Do

Share the Hotline;
learn grooming
signs; share youth
resources like The
Prevention Project;
follow
survivor-informed
organizations;
support local
shelters and
Indigenous-led
programs; advocate
for stronger policies.



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HUMAN TRAFFICKING AWARENESS DAY in Canada February 22nd

