

“Women in Development – Shkodra” Organization



WIDSH

TRAINING OF TRAINERS

Part 1:

**The Basics of Trafficking in Human Beings,
and how to combat it**



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INTRODUCTION

The Training of Trainers (ToT) Program was developed by “Women in Development—Shkodra”, with USAID funding, which was made available through CAAHT. The Program aims at providing knowledge in the area of anti-trafficking and developing trainees’ training skills. The acquired knowledge and skills will be used in future events under the Project, where the current trainees will be trainers. The agenda and manual were prepared in such a way that they meet participants’ needs.

The training manual will serve both as a guide during the training sessions and as a reference tool in the future. It contains the knowledge required for trainers to work with their communities in the future. It also provides information that can be used by the trainers in future training events.

SESSION 1: THE NATIONAL ANTI-TRAFFICKING STRATEGY

OBJECTIVES:

At the end of the session the participants will have:

- Understood the Strategic Framework and National Action Plan 2005-2007;
- Understood the importance of coordinating work with various anti-trafficking institutions;
- Understood the NGO role in the area of anti-trafficking, in particular;
- Understood the National Strategy Against Trafficking in Children.

THE NATIONAL ANTI-TRAFFICKING STRATEGY And Other Related Strategies

This session should include a brief but comprehensive description of the National Anti-Trafficking Strategy.

It would also be helpful to include a similar summary of social services provided by the Ministry of Labor, Social Affairs and Equal Opportunities.

Since the strategies are revised and updated on an ongoing basis, a summary of them has not been included in this part.

SESSION 2: TAFFICKING AND HUMAN RIGHTS

OBJECTIVES:

At the end of the session the participants will have:

- Understood what trafficking is;
- Learned and understood the Universal Declaration of Human Rights;
- Understood rural women’s economic and legal rights.

GENERAL INFORMATION ON TRAFFICKING

Introduction

The term 'trafficking' is a little vague and may mean different things to different individuals. Therefore, it is critical to define trafficking accurately and concisely. Trafficking in persons and organized crime are complex phenomena, which require strengthening of coordination and cooperation among countries. The European Union and candidate countries and the international community, in general, are particularly interested in fighting trafficking in persons and observing victims' rights and dignity, particularly for women and children. Trafficking in persons, particularly in women and children, is a growing phenomenon; more than 700,000 women and children are estimated to be trafficked globally.

Trafficking in persons in Albania is a broad issue requiring an answer. Albania presents a complex and tragic model with regard to trafficking, in general, and trafficking in children, girls and women, in particular. This is not only a regional issue, but also a national, local and domestic one. Despite being a country of origin for internal trafficking and a transit country for trafficking in persons, the situation is under ongoing change. Government recent measures and legal efforts for fighting and reducing the phenomenon mainly focus on the coordination and cooperation among central government and local government and other relevant institutions, such as the police, judiciary and prosecution authorities.

At local level, but, also, generally speaking, across Northern Albania, the issue of trafficking in persons, mainly in the form of trafficking in women, is a great concern. The geographical extension of trafficking in this part of Albania is dictated by a series of social, political, cultural and economic conditions that cannot be seen as separate from other crimes such as domestic violence, noncompliance with the legislation in power, etc., which have been present in the area throughout the transition. Unlike Southern Albania, the fight against trafficking in persons in the North has been limited to informal initiatives only.

The term 'trafficking' in the past

The term 'trafficking' is a little vague and may mean different things to different individuals. Therefore, it is critical to define trafficking accurately and concisely. Current deliberations on trafficking focus on the protection of trafficked persons' rights, but no consensus exists, yet, on a definition of trafficking.

The most common use of the term 'trafficking' in the past, with reference to people, was related to what was called 'white slavery'. International conventions that referred to human trafficking addressed the movement of (mainly) girls and women across borders for prostitution purposes.

The term 'slavery' was widely used in the original conventions on trafficking, as it linked the issue with the pre-existing international law on slavery, thus making it possible for the subject-matter to be covered in international agreements. In addition, prostitution, regardless whether it was forced, was usually addressed by local law (i.e. national law) as part of moral or criminal law. Due to its transnational and extremely tough nature slavery was condemned international and was subjected to international law.

The term 'trafficking' today

Trafficking and sex work

Some groups are still talking about consent trafficking, which can be better understood as migration or (willful) commercial sex work. Sex work per se is not trafficking. Crossing the border with the intention of being a sex worker is not trafficking. Coercion and lack of consent are key elements.

Trafficking and smuggling

The movement within or across borders was key to the definition. Some groups hold that trafficking takes place when the travel arrangements are made for the purposes of exploiting someone's labor in the new country or region. This distinguishes 'trafficking' from 'smuggling'. In that case, smuggling would be defined only as the illegal movement across international borders, provided that the smugglers do not receive any gains from the smuggled persons' work after they have reached the new country or region.

Trafficking dimensions

Trafficking has various and numerous dimensions:

- it is one of the aspects of violence against women;
- it is an example of serious violation of human rights;
- it is an issue of economic development with consequences for the entire region and its societies; and, finally,
- it is a criminal act, which is committed by the traffickers and not by the women.

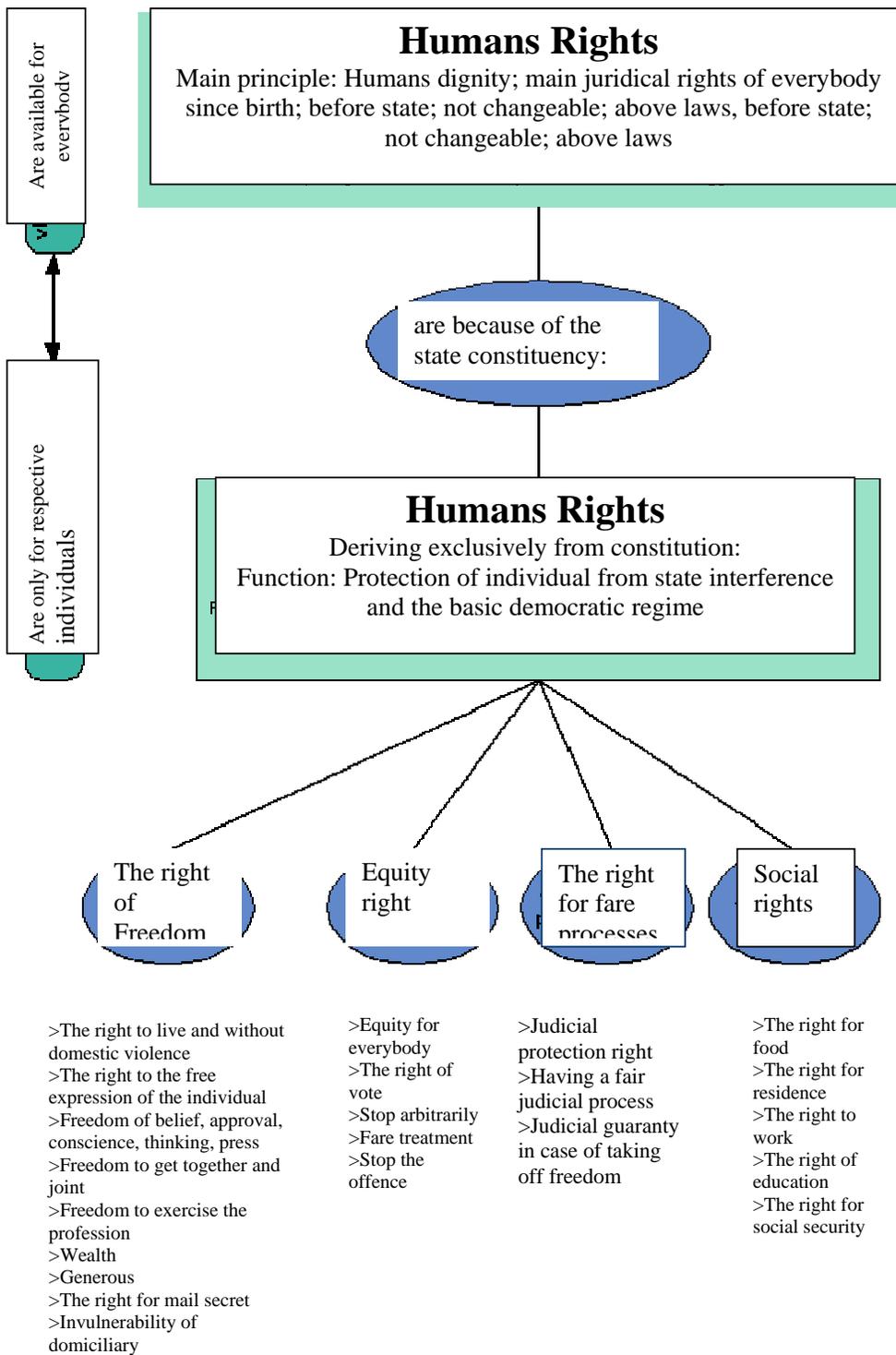
In addition to typical sexual abuse, the situation of victims of trafficking is exacerbated by recurring incidents of confinement, threats and intentionally harsh treatment in the hands of traffickers.

Current definitions of trafficking

Current definitions of trafficking usually include the nonconsensual movement of persons within or across borders with the purpose of labor exploitation. Trafficking can be done for the purpose of, or result in, prostitution, selling of children, indenture, adoption against payment, and promise to marriage against payment. Married women are usually used for domestic work, forced labor, servitude under marriage and sex work.

Trafficking is a form of modern slavery, which consists of transportation, harboring or receipt of persons, by means of the threat or use of force or other forms of coercion, of abduction, of fraud, of deception, for the purpose of exploitation, sexual exploitation or forced labor.

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Human Rights and Trafficking in Persons

Human rights principles: Universal Declaration of Human Rights

Virtually all countries in the world are UN members, adhering to the UN Charter and the Universal Declaration of Human Rights. The Universal Declaration of Human Rights, which was adopted by the UN in 1948, sets out the basic human rights and fundamental freedoms that must be ensured for all. By understanding the nature of human rights and government responsibilities for protecting them, we can demand that actions be taken on behalf of trafficked persons. We can put pressure on the governments that have vowed to observe the Universal Declaration of Human Rights to honor their promises.

The word 'universal' means that human rights are to be enjoyed by all people, wherever they are, and that those rights are the same for everyone. People have the same basic needs and the same essential freedoms, and those must be protected. Under the principle of universality, a common standard can be used to measure such issues as the right to nutrition or the right to living in a productive way.

Human rights are interrelated with each other; they do not exist in a vacuum. This contributes to the non severability of human rights. Civil rights, political rights, social rights and cultural rights cannot be seen as not being interrelated, as they complement each other.

The right to speech or the right to choose the number of children, and period of time between child births are interrelated with other rights. For instance, they are dependant on the access to information and women's rights within the family.

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Basic human rights guarantees are non discriminatory—they belong to all categories of people. This means that no discrimination can be made among people based on race, sex, religion, ethnicity, language or other circumstances.

Women's rights as human rights

The use of human rights concepts can be a powerful force for protecting women's rights. The statement 'women's rights are human rights' is not a claim of 'special rights'. Human rights are not severable, i.e. all rights are intrinsically interrelated. The traditional debate on human rights focused on men, men's actions and the protection of those actions, and ignored women's rights and access to public life and education, as well as their right to having their own opinion and being treated equally at home. Women's rights make the picture complete, which would be enabled by also implementing women's rights.

There is a UN Declaration on the Right to Development, which is about the need for governments to commit to enabling all members of the society to productively contribute to social development. What special steps are required to allowing a woman to take part in, or benefit from, the development in her society? She needs legal equality to conclude a contract. She needs a domestic structure that would allow her to work and receive remuneration. Women's rights are not special rights. On the contrary, they make human rights feasible for women, taking into account the reality of their lives.

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In various treaties there are statements on the protection of the physical integrity and equal legal nondiscriminatory protection for all. There is also a tradition of separating public life from private one. There is a statement for observing private life, ensuring that families and private life must be respected. Most of the violence against women, however, happen in the private domain. Human rights organizations need to argue that women have the right to protection in the private domain, too. In fact, governments regulate many other aspects of private life, from child care to inheritance, which means that domestic life is not always

private and intangible. Governments can and must take the steps required for protecting women against domestic violence.

Human rights and women's rights in international conferences

International conferences are special events that are different from routine UN meetings. In international conferences local and national NGOs have called for greater participation, and a lot of NGOs can be more active in those events than in regular UN meetings.

International conferences are high-profile events which can be used to submit new issues and to put pressure for more government commitment to the UN Convention. Almost every international conference adopts a final document that signals political commitment. Governments can be asked to hold the promises they make by formally ratifying various human-rights-related UN conventions. The UN treaty language can be checked regarding its adequacy in protecting women's human rights. International conferences are also important venues of building regional and global networks.

The following are some highlights of the debates related to human rights and women's rights from past conferences:

- The World Conference on Human Rights, Vienna 1993. Its final declaration stated that violence against women was a violation of fundamental human rights of women, and that governments should take action to protect those rights. It reaffirmed that women's rights were universal and integral part of human rights;
- The Conference on Population and Development, Cairo, Egypt, 1994. Governments discussed the relationship between human rights and women's rights to controlling their sexuality and reproduction issues;
- IV World Conference on Women, Beijing, 1995. The final wording that was adopted stated that women's human rights included the right to controlling and freely and responsibly deciding on issues related to sexuality, including sexual and reproductive health, without being subjected to force, discrimination and violence. Trafficking was recognized to be violating women's rights.

Trafficking and human rights

Formally, not all acts of violence constitute a violation of human rights for which a government can be held liable based on international law. For international human rights procedures to address an act of abuse we need to show how a government is responsible—often through an act of accomplice, condoning or ignoring the illegal acts. If there is not a specific international treaty addressing the act of abuse, we can argue that the government is responsible for failing to take the steps that would have helped protect the person against the abuse, such as the constitution of that specific act of abuse into a criminal offence, or the initiation of criminal proceedings against the crime.

Since 'trafficking' is not clearly defined in international law, few international organizations, including the UN, specifically understand the elements of the abuse and how to hold governments liable for them.

Rural women's economic and legal rights

The efforts for implementing women's rights and empowering them in rural areas face issues and challenges that are related to both the culture and traditional mindsets of rural households and the emerging phenomena and processes associating the restructuring

efforts taking place in the country in accordance with the model of a free and democratic society. The need to focus on rural women's economic and legal rights does not arise only from the fact that women are half of the population in those areas, but also from the specific difficulties they face in the context of rapid social and economic changes during the transition. Women play an important role in the social and economic development of rural communities. In the context of urbanization and increased male migration, they carry a significant burden in coping with the new social and economic challenges, emerging as one of the most important human resources for the development of rural areas.

Rural women's rights protection and legislation

Sanctioning the equality between women and men in the public and private domains represents a significant step in the path of development of mankind and an indicator of the level of democracy and civilization of our times.

Social customs, traditions and mindsets have had a strong influence and have practically hindered the improvement of women's social status and her advancement along the social hierarchy.

Under the heavy burden of social traditions, norms and customs handed down to the generations, the progress towards recognizing and affirming rural women's rights has been very slow and difficult.

Women's rights and fundamental freedoms, in compliance with relevant international document concepts and principles, are treated as inseparable, unalienable and **unviolated** in all legal order acts. During the past decade, in the context of reviewing and improving the national legislation, Albania has ratified a series of important international documents, such as the International Charter on Human Rights, the Convention on the Elimination of Discrimination Against Women, the Revised European Social Charter, the Convention on Discrimination and ILO Convention 142 on Rural Employee Organizations. The Albanian Constitution and legal system enshrine the principle of equality between men and women.

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Another important aspect in the area of protecting women's dignity and rights is the improved legislation on the measures against domestic violence; domestic violence mainly targets women and children, and is considered as a violation of human rights in a society that is based on democratic principles. In the context of developing the new Family Code, other measures are expected to be sanctioned, with an impact on strengthening the institutional mechanisms in the area of protecting women's legal rights in rural areas, too. To that end, women and girls will enjoy increased access to legal and institutional tools for the prevention of the phenomena that are already a real risk not only to women but also to the normal functioning of the family and the society.

Legislation enhancement and approximation with modern standards is essential to strengthening women's de jure standing; however, the main challenge is the provision of equal opportunities for women in their day-to-day lives, where the violations of legally guaranteed rights and equality take place.

One significant factor affecting the situation is the lack of knowledge of laws and their rights among rural women. Raising women's awareness of their rights and supporting them in their efforts for demanding and protecting their rights remains a major goal, to the achievement of which all can and should contribute, including the Government, Civil Society structures, women's NGOs, the written and electronic media, local government structures and the general community.

Rural poverty and social consequences

Due to its historical background and current development, Albania is characterized by a high poverty rate, which is worryingly high in rural areas, especially in remote mountainous ones. A complex and multifaceted phenomenon, poverty is widely spread in Albania, with an accentuated rural profile. According to Living Standard Measurement Surveys, poverty headcount is higher among those population strata that mainly live off agriculture. Compared with urban poverty, rural poverty is twice as high for the same educational attainment groups, except for higher education, where the poverty headcounts are the same. Poverty represents a complex phenomenon that is affected by wellbeing factors and indicators, lack of opportunities or lack of incomes, and inadequate living conditions; it is also shaped by nonmonetary factors that refer to access to social services and education, health and risk exposure, morbidity, violence, natural disasters, etc.

Economic poverty, lack of security and fear of sexual exploitation and trafficking risks, schools that are far from settlements, and the revitalization of the traditional mindset that “girls exist for the benefit of other families” are some of the factors leading to the exclusion of girls from the right to complete education. The girls that, following completion of the eight-year education cycle or secondary education, do not enroll in higher education are trapped in the vicious circle of poverty and unemployment. The only option left for them is confinement at home and unpaid labor in subsistence farming.

While young men tend to emigrate, young women are at risk of being victims of trafficking networks, which intend to use them for prostitution and sexual exploitation. Poverty and lack of prospect, media-cast illusions of a better life in the west, and the natural desire to leave the village for a better life make some of the women look to emigration or accept any promise of ‘heaven’ in a foreign land, while failing to consider the consequences, which more often than not are painful and tragic. Unofficial data on trafficking in women support the allegations that most of the women who are trapped into prostitution and sexual exploitation come from poor rural areas. Poverty reduction and mitigation of its social consequences is one of the biggest challenges of the transition and the efforts for ensuring sustainable economic and social development.

Legislation implementation challenges in a transition country

The experience of transition countries shows that, in the new context of an open pluralistic democratic society, the issues and obstacles women face in their journey towards having an equal status with men in all areas of life reflects the interaction of several basic factors:

First: In the context of the transition transformation processes, the policymakers and government institutions’ focus is on macroeconomic stability issues and the achievement of structural reforms, rather than social development issues;

Second: The marginalization of women in the social, political and public life is a result of the still powerful traditional practices and mindset, which have nurtured a culture of male domination in the domains of family, economic and political life. Gender-based discrimination against women is still present, particularly in rural areas, although the society has got over the open discrimination that was enshrined and ‘institutionalized’ in the customary law of patriarchal Albania;

Third: The democratization of the country, the purpose of which is to encourage equal opportunities for both sexes and develop an efficacious institutional system in order to achieve that goal, is in a stage where the achievement of gender symmetry has not been made into a priority goal of reform. To that end, the women’s role and status in the society and family life and gender policies and reforms need to be studied and assessed.

SESSION 3: VIOLENCE AND TRAFFICKING

OBJECTIVES:

At the end of the session the participants will have:

- Understood the relation between violence and trafficking;
- Understood domestic violence concepts and its consequences on women and children;
- Got acquainted with the Convention on the Rights of the Child.

VIOLENCE AND TRAFFICKING

Violence as a source of trafficking of women and children

Domestic violence, and social and psychological taboos

Violence against women is one of the most problematic social phenomena our country is facing in the transition. Before 1990 the topic of violence against women was a taboo, while its true dimensions were covered with the propaganda veil of 'the equality between men and women', or were diminished in value on behalf of the creation of the 'new man'. Traditionally, the violence against women has been rooted in the mentality and culture of women's subsidence to men, which was legitimized in the customary codes as normal behavior, and, on that basis, a 'silence' on the topic was normal. Currently, the most virulent demonstration of domestic violence and abuse against women is conditioned by several social, economic, cultural and psychological factors, and is influenced by traditional models that are reflected in the violent fabric of the Albanian society, the complex issues of its transition, its degree of emancipation and civilization, and inferior position of women and their limited participation in the social and economic life.

According to the UN Declaration on the Elimination of Violence against Women (1993) violence against women "means any act of gender-based violence that results in, or is likely to result in, physical, sexual or psychological harm or suffering to women, including threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public or in private life".

Regardless ~~to~~ its form, ~~nuances and~~ means ~~used~~, ~~the~~ domestic violence is one of the main social mechanisms ~~through which~~ women ~~are driven~~ towards an inferior position, ~~subsidied~~ to their husbands and, more generally, to all the male members of the household. Violence against women is one of the most brutal use of male power; it is not merely a deviant behavior of certain individuals. ~~On~~ the contrary, it represents a widespread social phenomenon in both urban and rural households. Due to shocks it has suffered from unemployment, poverty, emigration, stress and depression, the Albanian family has lost its internal balances and has turned into a place of both violence and crime against its members. There are increasingly frequent media stories on tragic events and scenes of murder, strangulation and injury, the victims of which are mainly girls and women. Domestic violence against women has traditionally been dealt with silence and legitimized as a sign of male dominance in the family. In the ~~consuetudinary~~ law and ~~according to~~ the rules enshrined in the Northern Albanian Code, ~~Kanun~~, the women's honor is sacred and "protected by the household they are given to for generations". On the other hand, violence

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against them, their punishment and beating are considered as the men's normal right. So, with their power and authority, men are the ones to protect women's honor against any assault to such honor that may come from individuals outside the household, and, at the same time, they are the ones to violate it within the household. The perception of women as inferior beings and subject to humility is the cornerstone of the patriarchal mindset and gender stereotypes, which produces discrimination against women both at home and out of it.

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A period of radical changes, transition has brought about a transformation of social norms, reshaping social relationships, and changing family functions and perceptions of life, individuals and human rights. Compared with the historical development of the society and changes in social issues over time, gender stereotypes tend to be relatively more stable, despite their modified manifestations. Domestic violence happens outside the public domain. According to the predominant traditional opinion, it is an internal family issue. In such circumstances, it is difficult to know the real dimension and have a quantitative assessment of the frequency and geographical extension of the phenomenon.

The manner of society's response to violence against women reflects the level of its development and emancipation and the structure of gender relationships both at home and social life. The condoning of violence against women, particularly in rural areas, is conditioned by a number of social, cultural, psychological and traditional factors, as well as other factors related to the specific situation in which women that are subjected to violence are. In this context, several aspects should be noted:

First: Rural families have traditionally operated as closed structures, which has led to the perception of violence against women as an internal and private affair that should not be subjected to external scrutiny, especially by players that are not part of the family structure.

Second: The feeling of social shame, the duty to protect one's honor in front of the community and women's fear of being punished by their husbands act as powerful barriers to exposing the real dimensions of domestic violence. Traditionally, those women that denounced the violence and sexual abuse were branded with the stamp of shame, and were marginalized and looked down on by the community. Under the weight of that mentality and other social mechanisms, a "culture of silence" among women has been encouraged, educating them with the spirit of reconciliation with, and tolerance for, the dominant position of men at home. While the communist propaganda efforts for emancipating women did achieve some participation in the social, political and economic life, they failed to penetrate the core of family structure, particularly in rural areas, where traditions are more stubborn and women are powerless for improving their position.

Third: *Lack of support structures and shelters* is a serious barrier for those women who want to escape the claws of domestic violence and abuse.

Forth: The legal system plays an essential role in preventing gender violence, punishing the perpetrators, and also educating people with new attitudes and concepts with regard to women's rights in a democratic society. *Under the current legal framework (Criminal Code), violence is punished by the general provisions on violence; however, there are no specific offences provided for the cases of domestic violence.*

Based on the data indicating that domestic violence against women is a widespread phenomenon over the past years, human rights NGOs started to demand punishment of domestic violence quite early, as they consider it as a human rights violation. *The adoption of specific provisions on domestic violence offences is considered by women's NGOs, advocacy groups and structures working in this area as an indispensable measure for*

moving along the path that has already been opened by the legislation in many other countries with developed democracies.

Most of women see marriage as a purpose in their lives; however, some of them report that they married only to get away from their parents' homes, poverty or violence. Interviews with women have shown that marriage is seen as a standard desired social status for them. Patriarchal arranged marriages still exist. Women expect from marriage to provide them with a better and happier life, but they often face a situation of debasement, fear and conflict, and not an opportunity of having their dreams come true.

For a lot of women, the reality is completely different from their dream of the ideal marriage. Research has shown that violent men favor traditional roles and responsibilities at home. They impose their own decisions on their families, while demanding from women to carry the burden of taking care of home and children and obey their rule. A man is allowed to react violently if he is convinced that his wife is not carrying out her role duly, or if she is considered to have trespassed into his area of responsibility. Women are assumed to be happy with their roles as wives and mothers, and accept to sacrifice even their lives in the name of their marriage.

Exerted violence

Women's reports show that abuse is a complex phenomenon that takes on different forms, from degradation to threats to social isolation to forced sex to beating. Violence against women is recurring and often aggravates from light violence to acts of serious violence. Physical violence may vary from a slap to gunshots. A lot of women live in fear for their lives and the lives of their children and relatives. The experience of sexually abused women has shown that the recurring violence against them varies from its nonphysical form such as ridicule, threats, degrading words and pressure to coerce them into unwilling sex to beating and raping. Physical violence is often coupled with attempts to control women's social interactions and movements. Some men forbid their wives from going out to work. Respondents in a survey reported economic abuse as one of the forms of abuse. Women's financial contribution to their families does not affect or reduce the dominant position men enjoy at home.

Recurring physical violence which is coupled with emotional, sexual and economic abuse causes multiple effects on women. For some of the women the abuse becomes so unbearable that they even consider suicide. Bruises, wounds and fractures are not the only consequences of violence by men. The abuse also leads to physical maiming, pregnancy abortion and premature births. It is, therefore, no surprise that physically, psychologically or sexually abused women suffer from emotional problems. The signs that are reported most commonly by women include: anxiety, depression, fatigue, bad temper, headaches, failure to concentrate and insomnia. They also mention emotional frigidity. Abuse by their partners destroys women's self-esteem and self-confidence, which makes them feel less as a human being, wife, mother and worker. Some women consider psychological effects of abuse to be more serious than the physical ones. Upon their partners' request, women also limit their social activities. They do so either out of shame or to protect their children and friends.

The conclusions show that, due to social, cultural, family and personal factors, women employ various strategies for coping with abuse. A significant step for coping with the violence is getting to know its causes. While informants have identified numerous causes for domestic violence, women try to explain it mainly with the major social changes occurring in Albania after 1991. Men's violence against women, inter alia, is presented as an illness. From that perspective, the gender nature of violence is not reflected as it should. Other frequently reported causes include the use of alcohol and men's jealousy. Domestic violence

is also caused by emotional problems men have, such as depression or lack of self-esteem. Some of the women consider men as aggressive by nature.

Abuse is manifested as:

- Physical abuse, such as slapping, arm twisting, stabbing, strangulation, burning, kicking, threats of gunshot and murder. This also includes traditional practices that are detrimental to women, such as the transfer of a widow's assets and her marriage to a dead husband's brother;
- Sexual abuse, such as forced sex, sex under threats, physical force and degradation, forcing into unwilling sex or forcing to have sex with other persons;
- Psychological abuse, which includes degradation and persecution. This is done through threats, abandonment or abuse, home confinement, surveillance, threats of taking away the children, asset destruction, isolation, verbal assault and debasement;
- Economic abuse, which includes deprivation of funds, refusal to contribute financially, deprivation of food and other basic needs, and control of healthcare benefits, employment, etc.

Children as victims of domestic violence and individuals at risk of trafficking

Abusive husbands and fathers abuse with children in various ways. Children become alternative targets of male control and dominance. A young mother of two says: "He abuses with our daughter, too. It is not physical violence, but psychological one. He puts her under pressure by asking her, 'Tell you daddy where mommy has been', and so on. She is frightened. If I tell him to leave our daughter alone, he beats me up... My daughter has witnessed many violent scenes, because he has abused with me in front of the children. This is the violence our children are subjected to."

Mothers are concerned about protecting their children against their fathers' wrath and violence. A divorced mother of two says: "I could not think of how to protect myself against my husband's violence. I had to think for my children. When he came home and yelled, my children often pretended they were asleep. First, they would assess the situation. If he was calm they would enter the living room one at a time. If he was angry they would keep pretending they were asleep. It was terrible." Another mother of five says, "I never cry in front of my children when my husband beats me. I do not want them to undergo stress. When he beat me I would take the children away so that they did not witness it; however, they would stay behind the window and hear everything."

In other situations, the children protect their mothers. A 43-year-old mother of three says, "My children have often quarreled with their father. To tell the truth, they stopped him most of the time in an effort to help me." There is a risk that the children witnessing violence might become violent themselves, as the following example illustrates. "It is hard for the children to see their parents fight. The same was true for my children when they saw how I was treated by their father. They hated him when they saw my face covered in blood. My son wanted to beat his father in order to protect me. I would put myself between them. I felt really bad that my son wanted to hit his own father, despite everything he had done to me."

The children are greatly affected by an environment of violence, fear and threat, regardless the fact whether they are directly abused. A lot of emotional, cognitive and behavioral problems are caused to children. Their mothers report that they have low levels of

educational attainment, they are shy, they avoid social contact, they have a feeling of guilt, and they are frustrated and aggressive. Some children have psychosomatic signs such as headaches and stomachaches, or they show aggressive behavior such as bedwetting or insomnia. Their mothers are very worried ~~that their children will imitate~~ the same violent behavior as their fathers.

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The Rights of the Child: The Convention on the Rights of the Child

According to the International Convention on the Rights of the Child, children must have the protection and care required for their wellbeing. To that end, all the relevant legislative and administrative measures should be taken. Among other things, the child has the right to be registered, the right to acquire a nationality and, as far as possible, the right to know and ~~have the parents' care~~. A child cannot be separated from his or her parents against their will, except when competent authorities subject to judicial review determine, in accordance with applicable law and procedures, that such separation is necessary for the best interests of the child. Children must be protected from economic exploitation and from performing any work that is likely to be hazardous or to interfere with the child's education, or to be harmful to the child's health or physical, mental, spiritual, moral or social development. (For further information, please, refer to the following box.)

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The Convention on the Rights of the Child: Convention main provisions

Article 1

For the purposes of the present Convention, a child means every human being below the age of eighteen years unless under the law applicable to the child, majority is attained earlier.

Article 2

1. States Parties shall respect and ensure the rights set forth in the present Convention to each child within their jurisdiction without discrimination of any kind, irrespective of the child's or his or her parent's or legal guardian's race, colour, sex, language, religion, political or other opinion, national, ethnic or social origin, property, disability, birth or other status.
2. States Parties shall take all appropriate measures to ensure that the child is effectively protected against all forms of discrimination or punishment on the basis of the status, activities, expressed opinions, or beliefs of the child's parents, legal guardians, or family members.

Article 3

2. States Parties undertake to ensure the child such protection and care as is necessary for his or her well-being, taking into account the rights and duties of his or her parents, legal guardians, or other individuals legally responsible for him or her, and, to this end, shall take all appropriate legislative and administrative measures.

Article 7

1. The child shall be registered immediately after birth and shall have the right from birth to a name, the right to acquire a nationality and, as far as possible, the right to know and be cared for by his or her parents.

Article 9

1. States Parties shall ensure that a child shall not be separated from his or her parents against their will, except when competent authorities subject to judicial review determine, in accordance with applicable law and procedures, that such separation is necessary for the best interests of the child. Such determination may be necessary in a particular case such as one involving abuse or neglect of the child by the parents, or one where the parents are living separately and a decision must be made as to the child's place of residence.

Article 13

The child shall have the right to freedom of expression; this right shall include freedom to seek, receive and impart information and ideas of all kinds, regardless of frontiers, either orally, in writing or in print, in the form of art, or through any other media of the child's choice.

Article 16

No child shall be subjected to arbitrary or unlawful interference with his or her privacy, family, home or correspondence, nor to unlawful attacks on his or her honour and reputation.

Article 22

2. For this purpose, States Parties shall provide, as they consider appropriate, co-operation in any efforts by the United Nations and other competent intergovernmental organizations or non-governmental organizations co-operating with the United Nations to protect and assist such a child and to trace the parents or other members of the family of any refugee child in order to obtain information necessary for reunification with his or her family. In cases where no parents or other members of the family can be found, the child shall be accorded the same protection as any other child permanently or temporarily deprived of his or her family environment for any reason, as set forth in the present Convention.

Article 32

States Parties recognize the right of the child to be protected from economic exploitation and from performing any work that is likely to be hazardous or to interfere with the child's education, or to be harmful to the child's health or physical, mental, spiritual, moral or social development.

Article 37

States Parties shall ensure that:

No child shall be subjected to torture or other cruel, inhuman or degrading treatment or punishment. Neither capital punishment nor life imprisonment without possibility of release shall be imposed for offences committed by persons below eighteen years of age.

SESSION 4: VICTIM AND TRAFFICKER PROFILES, AND OTHER RELEVANT ISSUES

OBJECTIVES:

At the end of the session the participants will have:

- Learned to identify profiles of victims and traffickers;
- Learned about circumstances leading to trafficking;
- Identified trafficking consequences/

VICTIM AND TRAFFICKER PROFILES, AND ISSUES RELATED TO THEM

Victim profile

Various studies on victims of trafficking over the past four years have shown that most of the victims are minors and girls, women and children from rural areas.

Family

The most likely victims of trafficking are girls, women and children coming from families that are

- Economically poor,
- With divorced parents,
- Big,
- With numerous children,
- With single parents,
- Living with stepparents,
- With abusive parents (drugs and/or alcohol),
- Prone to send away their children, women or girls to relatives or friends of the family.

Violence

- Sexual abuse
- Incest
- Conflicts within the family or with close relatives

Education

- Illiteracy
- Few years of schooling
- Forced school dropout
- Lack of information on what education is provided, such as courses, vocational schools, training, etc.

Marital status

- Early marriage
- Marriage against one's will and arranged marriage
- Marriage against parents' will
- Marriage to people living far away
- Young mothers

Trafficker profile

Studies on trafficking have shown in most of the cases that a trafficker may be normal in appearance, but can show certain features such as:

Trafficker profile before recruiting a victim:

- a single person without a family from the area he/she operates
- the trafficker is not always a stranger; he/she can also be some relative, neighbor or acquaintance
- a tolerant and credible person
- a generous and ready to help person

- a person who is ready for fictitious engagement and marriage
- a person who gives the impression of someone that is successful in
 - marriage and/or
 - employment

Trafficker profile after recruiting a victim:

The trafficker does not have the face of a 'philanthropist' or 'angel' he/she had before the victims got to know him/her. After recruiting the victims, the criminal shows his/her real face. These are a trafficker's characteristics after he/she has managed to entrap a victim into the claws of trafficking:

- the trafficker isolates the recruited person from his/her environment
- various types of threats are made
 - to the individual: personal threats
 - to the family: the family members are threatened if the victim seeks or attempts to escape, report the trafficker to the police, etc.
- violence against the victim is used. The types of violence can vary:
 - physical violence (torture, beating, cigarette burns, hair pulling, use of blunt instruments, etc.)
 - psychological violence (threats, offence, debasement, deprivation of freedom, etc.)
 - sexual violence
 - economic violence (deprivation of the right to having money to purchase food and clothes, etc.)
- in rare and extreme occasions, a trafficker can even eliminate a person if the victim has secretly tried to report the exploiter or has tried to get away from the trafficking network

Circumstances leading to trafficking

Family circumstances

Childhood and adolescence spent in frustrating and denying circumstances have an impact on an individual's biological and psychological wellbeing. In order to better understand the psychological effects on victims of trafficking one should also focus on their past and present relationships with their own family members, in addition to the trauma suffered in the hands of traffickers.

According to studies on developmental emotional relations, the experience of

- losing a parent
- divorce of one's parents
- having a parent in prison
- having one's parents in emigration (which leads to the desire to join them)

makes victims of trafficking to be easily controlled and cheated, which makes them more likely to be entrapped into being trafficked. They may think that an opportunity of getting out of their situation is being extended to them, thus becoming victims of the trafficker's lies, in

the hope that they will find a generous hand to help them get out of their miserable conditions.

Social limitations

Social limitations are another type of circumstances leading to trafficking. This includes:

- being an orphan
- being deprived of individual rights
- being ill-treated or subjected to violence

Such difficult circumstances also affect children's emotional development and have long-term consequences on an individual's ability to establish satisfactory and safe relations as well as his/her sense of self-awareness and self-confidence. Traffickers appear to provide them with an "opportunity" and, in a situation like that, the victim-of-trafficking-to-be yields and accepts the "way out" looking at it as a way to get away from home. The most frequent scenarios are related to open conflicts victims of trafficking have, such as fights with their parents (if they still live with them) or cheating and ill treatment from their spouses (if they are married). The breaking point, when the decision to leave the country is made, coincides with situations in which negative circumstances are at their highest point.

Economic limitations

In addition to family and social factors, most of trafficked women and children are also in financial difficulty, as they come from countries with low economic and social standards. Statistics show that women that have been victims of trafficking had been dissatisfied with their economic situation and had wanted to improve it, often failing to consider the means required to do so.

Due to a difficult economic situation at home, unemployment and temporary income, the degree of insecurity increase. Lack of expected solutions to their economic problems forces victims of trafficking to make hasty decisions with the only goal of escaping the destitution. Such decisions are not well considered, and their vulnerable position makes them an easy prey to manipulate.

Trafficking consequences in various aspects

Methods used to enslave other persons are cruel and often shocking. Traffickers control their victims brutally—both physically and psychologically. In order to make their victims obey their rules and orders they use such methods as violence, beating, torture, starvation, physical exhaustion, confinement, cheating and, even, life threats.

This high degree of violence and emotional pressure corners victims in a situation where there is no way out and they have to accept anything. All methods and possibilities of reaction or confrontation are avoided, and traffickers use those tactics to make women take up prostitution. As a direct result of the circle of ill treatment, victims of trafficking are forced into conforming, and they obey for the sole reason of avoiding any violent reactions against them. In response to difficulties and threats, they often use such methods as complicity and obedience. In addition, victims of trafficking live in an environment where there is no information, and traffickers provide them with false information that aims at preventing them from going to the police or trying to escape.

Such traumas and fears make victims of trafficking trust no one. Their reality is distorted, and, therefore, they lose confidence in themselves and other people. So they are in a situation that is too difficult to make such radical decisions as escaping the violence or asking for support for going back home. Among victims of trafficking, 'primary control' is demonstrated with attempts of objecting traffickers' rules and orders. Most of victims of trafficking report that they have tried at least once to directly object their traffickers to escape them. When that 'primary' control fails, victims of trafficking turn to 'secondary control', i.e. they become passive and suppress their feelings and views. Due to continuous ill treatment victims of trafficking have low self-confidence and conclude that they do not have any other 'better' options than to succumb to the abuse.

The experience of trafficking takes away victims' independence to the extent of having only minimal bodily integrity. Victims of trafficking are not allowed to decide when to feed; they are not even allowed to rest. They are not allowed to decide when to rest, if they are even allowed to rest, while they are continuously violated physically. This loss of control is often described as the most degrading aspect of the trauma. In many cases, victims' personal documents are taken away, and they are given false identities. It cannot be stressed enough that victims' views are disregarded in trafficking.

Trafficking, therefore, does not like the idea that people can control their actions and should be considered in relationships with them. This explains why most victims of trafficking become without feelings, passive and insecure, and may seem unable to fight off the terrible situation they end up in.

Trafficking-induced symptoms

Traumatic events include mainly life threats or threats to body integrity or the imminent threat of violence or death. The normal reaction people have to danger is both biological and psychological. When someone feels some danger, their body reacts by increasing the quantity of adrenaline and by alarming. This explains why people who are in danger are often able to forget about their hunger, fatigue and pain. Danger focuses a person's attention on the current situation. All these reactions are accompanied by strong emotions of fear or anger, which can either paralyze or mobilize a person.

In other words, when faced with a crisis people decide either to fight or give in. A traumatic reaction occurs when other types of reaction (flight) have failed or further resistance is impossible, and a person's defenses are overwhelmed and confused. The traumatic event causes major long-term changes (damage) to the psychological skills, feelings and recognition capacities. Traumatic events do not affect those functions separately, as they also change the way they are interrelated.

Trafficking experience includes recurring examples of cruel ill treatment, during which persons are not allowed any period of mental rest or 'normality' or 'peace', because victims of trafficking do not know what is to happen next, nor do they know when the next episode of abuse or violence will occur. What are the usual reactions a person can have to abnormal events, such as trauma from trafficking?

Physical reaction:

- Aches and pains, such as headache and stomachache
- Sudden perspiration and heart palpitation
- Changes in sleeping and eating habits
- Higher sensitivity to cold and disease (weakened immune system)
- Increased consumption of alcohol or drugs, excessive consumption of food

Psychological reaction:

- Shock and fear
- Stress
- Loss of orientation, and confusion
- Nervousness and anxiety
- A state of sorrow or melancholy, and haunting thoughts due to trauma
- Nightmares and memories of the past
- Reduced importance of experience
- Tendency to reclude and be alone
- Difficulty in establishing trust, or a feeling of being betrayed
- Feeling of guilt of the situation one is in
- Feeling of not being support, and feeling of panic and loss of control
- Reduced interest in everyday activities

Post-traumatic stress disorders

Over the past few years there has been increased interest and research in explaining psychological effects of shocking traumas. Post-traumatic stress disorders demonstrate themselves as delayed or ongoing reaction to situations of stress or disaster, which can lead to ongoing anxiety. The disorders can be particularly severe or prolonged if the stress stimulus is of human nature.

Typical post-traumatic stress disorders include:

- flashbacks about, or dreams of, traumatic events,
- emotional numbness and failure to respond to other people,
- feelings of estrangement or detachment.

Usually it is the fear and presence of exploitation signs that remind former victims of the original trauma. More rarely, it might have dramatic and acute manifestations of fear, panic or aggression, incited by stimulant causing sudden remembrance and/or revival of the trauma or the original response to the trauma. Recent clinical research results have shown that posttraumatic stress disorders are related to chronic trauma impact, which are usually manifested when a person is kept for a long time in a degrading environment.

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After being exposed to such a terrible experience, most of the victims of trafficking report that their memories of trafficking are moments of anxiety.

Victims of trafficking are emotionally caught between troubled thoughts and anxiety, and become apathetic and always sad. Due to the very nature of trafficking, the chronic trauma victims of trafficking go through is not limited to an isolated case of anxiety; indeed, the trauma continues for a longer period of time. Therefore, the longer victims of trafficking are under traffickers' control the longer and more severe the consequences will be.

Disassociation and self-injury

Disassociation aggravates many cases of extreme and stubborn behavior, such as self-injury, substance abuse and bulimia. As soon as they are under the dominance of trauma flashbacks, individuals start organizing their lives in such a way as to avoid the negative mental images. The avoidance may happen in several ways: staying away from anything that reminds them of the trauma, use of alcohol and drugs that suppress their depressive emotional state, or acts of self-injury. As a result, when victims of trafficking are overwhelmed by feelings of danger, sorrow and sadness or when they feel helpless and hopeless to overcome the terrible situation they are in, they decide to harm themselves in order to prevent the unbearable emotions.

These are some of the consequences of trafficking, and they often remain with the victims of trafficking for a long time, becoming a part of their lives even after they have got away from the claws of trafficking.

SESSION 5: PREVENTION OF TRAFFICKING PHENOMENA**OBJECTIVES:**

At the end of the session the participants will have:

- Understood some of the methods for getting away from trafficking networks;
- Identified methods of intervention for preventing trafficking in persons;
- Learned to identify anti-trafficking mechanisms.

PREVENTION OF TRAFFICKING**How to avoid being a victim of trafficking?*****If employment abroad is offered:***

- Get as much information on the type and method of employment as possible
- Get complete information on the place of settlement (address, telephone number)
- Get accurate information on how the destination will be reached

If a decision to go abroad is made:

- Inform a trusted person of the decision
- Inform them of the address you are going to
- Always keep in touch with a person in the country of origin
- Take as many telephone numbers and addresses of people living in the country of destination as possible
- Never hand over any passports, stay permits or employment contracts to anyone

If a marriage proposal is made:

- Get complete information on the person
- Take your time to make the decision
- Do not leave in haste unless convinced
- Get in touch with the candidate spouse's relatives

Methods of intervention for preventing trafficking

- ✓ Carry out studies in order to assess the phenomenon of trafficking and the degree of community awareness of trafficking and its consequences;
- ✓ Analyze the study data in order to identify the needs of the target group;
- ✓ Implement an intensive awareness raising campaign on the printed and electronic media;
- ✓ Implement an informational awareness raising campaign with community focus groups;
- ✓ Inform and raise awareness through community training seminars;
- ✓ Establish groups of animators and train them to assist in field work;
- ✓ Organize training seminars on local institutional capacity building in the area of anti-trafficking;
- ✓ Elaborate messages and produce informational campaign tools;
- ✓ Organize door-to-door information campaign, through informal meetings with target groups;
- ✓ Have social activities with girls and women and children in the target groups identified as potentially at risk of being trafficked, in order to better know each other, respect and appreciate what they represent, and encourage them to talk about their problems. Inform them about the dangers of not knowing of the phenomenon of trafficking and the consequences resulting from various social problems they might be having;
- ✓ Train teachers on anti-trafficking;
- ✓ Introduce an anti-trafficking training package in eight-year elementary schools and secondary education schools in order to educate and sensitize the younger generations;
- ✓ Implement poverty reduction and employment development programs with anti-trafficking features;
- ✓ Organize community events tailored to the mentality and needs of the relevant communities in order to convey education and awareness raising messages and information in a way that is both credible and easily absorbed by the community.

Trafficking prevention mechanisms

Trafficking in persons is considered by all International Conventions on Human Rights as a modern form of slavery. It is a type of slavery that wants to be legitimized through sophisticated modern methods, but which, in fact, remains nonetheless violent, offensive and degrading to all affected people and the general public.

The phenomenon of trafficking is one of the biggest challenges facing our society. ~~An~~ important role should be played by the Government of Albania; however, it is clear that the Government cannot cope with this huge task alone at national and regional level, due to lack of human and financial resources, or due to the fact that some of the activities, especially those in the area of prevention and protection, can be performed in cooperation with the Civil Society better.

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Development of close partnerships that are mutually supported and beneficial is a vital aspect of the fight against trafficking in persons. Our society should have a pivotal prevention, protection and denouncement policy against violence and trafficking.

It is a must to mobilize the society, politics and human capacities by denouncing and warning the phenomenon, encouraging the debate with the aim at ~~e~~ awareness raising and educating, and by encouraging migration that is coordinated and effective in order to prevent the phenomenon and protect people against it.

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Coordination of anti-trafficking programs and services in Albania

Trafficking in persons is a crime. In order to combat it a multifaceted coordination is needed, involving all major players operating in this area. From that perspective it is necessary to:

- Coordinate actions at national level,
- Coordinate actions at local level,
- Coordinate actions at international level.

At national level it is necessary to:

- Coordinate joint actions among government institutions,
- Coordinate actions between government institutions and NGOs operating in the area of human trafficking,
- Coordinate actions among NGOs:
 - NGOs operating in the area of prevention
 - Community service centers
 - Shelters
- Coordinate actions among government institutions, NGOs and the media,
- Coordinate national networks with regional networks.

At local level:

- Coordinate actions between local structures and NGOs,
- Coordinate actions between NGOs and the community,

- Coordinate actions between NGOs and target group families of actual and potential victims of trafficking,
- Encourage cooperation between local NGOs and international organizations operating in the same area.

At international level:

- Coordinate actions and encourage cooperation between destination countries and countries of origin, in order to develop the implementation of deportation programs, in line with the specific economic conditions of each country,
- Coordinate international actions in the area of criminal proceeding information exchange,
- Encourage international cooperation among EC countries in the area of implementing the witness protection law,
- Organize lobbying with the government to raise funds.

How can the coordination take place?

At national and local level:

- Sign agreements between local government institutions and NGOs,
- Cooperate in joint Government-NPO projects,
- Deliver social services,
- Establish joint working groups on the development of national anti-trafficking policies and action plans,
- Cooperate in various government or NPO activities at national and local level,
- Strengthen and operate joint networks and coalitions,
- Strengthen and train anti-trafficking government professional structures,
- Identify and select communities or target groups at risk,
- Draft and implement laws, decrees and instructions issued by the Government in the area of combating trafficking in persons,
- Reach tripartite cooperation: Government-Media-Civil Society,
- Ensure Government's political will to implement anti-trafficking programs and action plans,
- Establish a professional anti-trafficking medium,
- Establish contact points in schools and neighborhoods,
- Cooperate with religious communities,
- Cooperate with communities with different ethnic groups,
- Establish direct contact and communication with families and victims.

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At international level:

- Organize, and take part in, national and international conferences,

- Cooperate with international donors and organizations,
- Cooperate with international networks and coalitions operating in the area of human trafficking,
- Lobby for the signing and implementation of various anti-trafficking agreements and conventions in countries of destination and origin.