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**HUMAN TRAFFICKING, CAUSES, EFFECTS AND SOLUTIONS**

Human trafficking is criminal activity in which people are recruited, harboured, transported, bought, or kidnapped to serve an exploitative purpose, such as sexual slavery, forced labour, or child soldiery.

Every problem has a cause and so does human trafficking. Some of the causes of human trafficking will be discussed below.

Firstly, the most common cause is poverty. When individuals have no source of income to cater for their everyday needs, they begin to think of criminal and immoral ways of getting money. This is where human trafficking comes in. They begin with kidnaping, then adult napping, and before you know they become chief human traffickers in the business. Even if it is to ensure their survival, it is at the cost of human lives and that is just horribly wrong.

Secondly, another cause is bad family background. When children grow up in crime and violence driven families, they are bound to also join in on all the action. As such children grow up, shady business becomes a part of them. Eventually they will find their way up to trafficking human beings.

There are many other causes of human trafficking such as political instability, militarism, civil unrest, internal armed conflict and natural disasters. The destabilization and displacement of populations increase their vulnerability to exploitation and abuse through trafficking and forced labour.

Human trafficking has devastating effects on both the individuals and the country itself but for this article, we would be focusing on its effects on the individuals.

To begin with, victims of human trafficking never return the same. Many survivors end up experiencing post-traumatic stress. The thoughts of being put to forced labour or just a fraction of image of the working site or club or wherever they were put to work may trigger some serious emotions.

Also, young ladies trafficked for the sole purpose of sexual exploitation normally contract a lot of Sexually Transmitted Infections. Some of these females are even challenged with the problem of unwanted pregnancy and lots of abortions damaging their wombs permanently.

Another effect is shame. Although it may not be their fault survivors of human trafficking are most times ashamed of themselves and have difficulty relating with their fellow human beings. Most find social interaction very difficult after such an experience and get this ‘alone’ feeling.

Fear is another effect of trafficking on the victims. Survivors of human trafficking never feel safe after such experiences. They continue to live in fear and anxiety for practically the rest of their lives. The thought of going through the same or similar experience all over again just crushes them within.

Also, some victims of trafficking suffer from memory loss. Some come back not remembering who they are, what they did for a living or any of their relatives and friends. This may be due to the excessive usage of drugs on the trafficked individuals by their captors or just the experience alone resulting in some serious mental damage.

As the extent of human trafficking is recognized, a number of approaches to tackling it have been developed. Now, there are ways in which we can curb and put an end to human trafficking even though slow but effective.

To start with, contact the National Human Trafficking Hotlinevisit disclaimer page if you have any concerns about a potential trafficking situation. Report any case at all to the authorities.

Human trafficking awareness programs should be made available to the general public order to educate the ignorant ones on human trafficking, causes, effects, and possible solutions.

More so, strict laws should be placed against human trafficking an offenders caught should be punished severely. This would serve as a warning to others out there involved in the business of human trafficking.

Finally, avoid poverty and idleness. It is often said that ‘an idle mind is the devils workshop’. Stay I school, come out with good grades, get a really good job, and just live a good life. I repeat, avoid poverty because that is when all evil thoughts start coming in.