

Angela Nguyen:

Up to 40 million people or modern day slaves. Up to 2 million children are sold for sex every year. It's a \$36 billion industry, it makes more than Starbucks, Google and Facebook combined.

Gilad Cohen:

You're listening to the Hum. We're joined here today by Angela Nguyen, she's a nurse and also the founder and president of One Body Village Canada, a charity that is committed to supporting survivors of child sexual exploitation and human trafficking from Vietnam and Cambodia.

Taylah Harris-Mungo:

It goes without saying that every episode of the Hum, we're touching on some heavy topics, but this episode does touch on child sex trafficking and human exploitation, so it's a little bit extra heavy. So please feel free to take your time, take care of yourself and enjoy.

Gilad Cohen:

We're so happy to have you here on this Podcast today and to learn more, I know we're going to be diving into some heavy stuff today and we're intrigued to learn more just about the topic of human trafficking and child exploitation in Southeast Asia. And you sort of have an unconventional path to this field of work, I understand that you grew up in Calgary, which is not the unconventional part. And you went to school and graduated as a nurse, how exactly did you transition from nursing to becoming the president and founder of One Body Village Canada?

Angela Nguyen:

Wow, it was not a journey that I envisioned more for myself when I first graduated, so my parents they're Vietnamese refugees, my dad was in the Vietnam war, he came here in 1975. And so both my parents, we grew up in Forest Lawn and Calgary, which is the hood where all the crime and the violence is. And my parents had three jobs, every day they worked from 5:00 AM till midnight at different jobs. And so we never could afford to go back to Vietnam and I was born in Calgary, of course. So when I graduated nursing, I worked for a year and I took us all back.

Angela Nguyen:

And that's when I was introduced to the issue of child sexual exploitation, child trafficking. And I read about it, I watched documentaries on it, but it never really hit me until I was there. And I just met a friend, it was so coincidental. And she told me all these stories, she was initially involved with One Body Village and she told me the story that just stuck with me the whole time. And that's how I got involved, so it kind of just steered my life from that moment on.

Angela Nguyen:

And so the following year, I said, I went home crying every day, watching everything, reading all the articles and I said, I want to go back to Vietnam by myself the following year to go with One Body Village to be a volunteer and see their work on the ground. Are they doing what they say they're doing? Where is our money going? How are they helping these kids? And that's when I met the kids and I totally fell in love with them. They've been through a lot, unimaginable suffering, but the hope and their potential and the success stories that come out of it, that's what's kept me over all these years.

Gilad Cohen:

I mean, as someone who founded a charity here in Toronto, so much of your story resonates with me, for me it was a trip to North Korea and I actually didn't see much suffering in North Korea, I saw something that was completely fabricated, but I remember leaving and doing research and feeling so compelled to do something. And so it's really inspiring to hear that part of your story. And I'm curious for those of us who are listening, for those who are out there listening, who don't exactly know what child exploitation or human trafficking even really is, that's at the nexus of your work. Can you tell us a little bit more about how you would define those things or what those things are?

Angela Nguyen:

Yeah, for sure. And I just want to start with a disclaimer that of course these topics can be very sensitive and stories that I may share can be quite sensitive. So just for your listeners or even for yourself, if you want me to stop so they can take a moment, please tell me that. And then for your listeners to be aware and then recognize that in yourself that you can take a moment to stop and so you don't have to be traumatized by what I'm saying. But so just to start, human trafficking, it's just this hot topic, especially in the last 10 years, gotten a lot of attention and that word is thrown around a lot, but what it really means and this definition is from the United Nations office in drug and crime, involves three things.

Angela Nguyen:

So it is the act, first of all, the act of recruiting, harboring, transport a receipt of persons by means of force, coercion, deception, fraud, violence for the purpose of exploitation. And exploitation in its simplest terms is taking advantage of someone to profit from them and they're being treated unfairly.

Angela Nguyen:

So child trafficking, child exploitation, we have to start looking at what a child really means. So for us, One Body Village, we use the United Nations conventions on the rights of a child, their definition of a child is under 18. Most countries define child as under 16, but we're totally encompassing all those under 18. And it's the use of children for the gratification for a profit that really harms them in the long term. They can often be treated in the most cruel and harmful ways and it affects their physical, mental development, their education, their moral, their socio emotional development. And from stories that I personally know from our children, it affects them for a really, really long time.

Angela Nguyen:

And children are exploited mainly for two ways, it's for sex. So either sexual gratification of someone or for profit and then economically they're exploited, so child labor, for begging, things that we see a lot in developing countries and not so much here in Canada.

Taylah Harris-Mungo:

Being involved all in this work every day, how do you take care of yourself knowing you are in constant interaction with this kind of content, with this kind of violence, really? How do you take care of yourself?

Angela Nguyen:

Oh gosh, I've been doing this since 2012, was when I first started volunteering and I must admit it affected me a lot emotionally and spiritually. To this day I still can't sleep very well, so I have to have

Friends playing on in the background, because it's my favorite show ever. And it's on repeat so that my mind doesn't wander and think about all these cruel things that happens to children. Between the caregivers and our program manager in Vietnam and Cambodia sharing the cases with me, because we have to talk about it. Children with cigarette burns all over their body, beaten to a point where they're unrecognizable, a four year old girl being raped by three grown men. And that only scratches the surface, but I really can't share all the gruesome details, because it's just so gruesome and it's sometimes unbelievable.

Angela Nguyen:

So how I deal with that is really, I look at the success of the girls and the life that they have now, now that they've been rescued and now that they're being treated with love, dignity and respect. So our girls, they, because we've been around for actually 21 years, it's originally an American charity. So I've seen these girls transition and get married and have their own children and have their own jobs and careers and that's what keeps me going.

Taylah Harris-Mungo:

Yeah. Well, I used to work in a violence against women shelter and I did also worked with kids and I always used to think of it as the transition point in trying to look at it from the other perspective. Trying not to focus so much on what has happened to folks coming in, but the space that they're in and the future that's available to them, so it's really awesome to know, despite all of the challenges that come with having to ingest that kind of cruelty every day, you have a way of other than watching, listening to Friends in the background, but having another way of steering your mind to the positives and to the growth that is waiting for the children that you're supporting and that you're helping to rescue from the horrors that they've had to endure in their short lives.

Taylah Harris-Mungo:

... Some locations set up in Cambodia and in Vietnam. What role did your Vietnamese heritage play in choosing to spearhead this organization that's doing this work in Vietnam?

Angela Nguyen:

I think it played a major role, because when I went there and I saw what destitute, poverty really looks like. And then seeing these children that look like me, speak my language, have hopes and dreams like me, but unlike me they weren't given any opportunities. I always say that I felt that I won a life lottery by being born in Canada. So even though we had nothing, virtually nothing growing up, my parents made a combined income of less than \$40,000 a year to support myself and my brother. We can still, yeah ... We had primary school education, I went to university, we had a roof overhead, we were safe, we were everything, all the opportunity to achieve.

Angela Nguyen:

And then children in Vietnam and Cambodia, if you're poor, you really, excuse my language, you're fucked. So, right? If you're poor, you can't afford to go to school, it's not free. And then you're pulled back or you're taken out school by your parents so that you have to help them work and work on the field or sell things in the market. And then on top of that, selling girls virginitities is a thing for people to make money, for families to live. So that's the ... They're not monsters for selling their kids, that's just all they know and all they have. So when I look at them and why was I in here? If my parents never left

Vietnam, I could really easily be in their place. So that really motivated me a lot to get involved, because I really felt guilty.

Gilad Cohen:

Yeah, I mean, I appreciate you sharing that part of yourself, I had this exact same conversation with my family earlier this week, we immigrated here from Israel, from the middle east and not a day goes by that I'm not thankful that I get to live in a place, excuse me, that feels much more peaceful. So I appreciate you sharing that, Taylor and I, we were digging around in some stats, we have a huge research team here at the Hum, a huge team of Taylor and I, but we were digging around and doing some research.

Gilad Cohen:

And we're trying to dig around some ... To find some data, just to get a full grasp of what all of this is. And according to a report from the US department of state from 2020, 5.6% of children in Vietnam may experience coercion or exploitation indicative of trafficking, with children from rural and deprived communities particularly at risk. And we found another study that was done by UNICEF and a survey showed that 35% of Cambodia's 15,000 street workers are children under the age of 16 with almost all of Cambodia's brothels being Vietnamese owned.

Gilad Cohen:

In the context of Vietnam, how do children come to be trafficked or exploited? I'm sure this might even be a triggering conversation, but we're curious if you can guide us through that process of how that even comes to be.

Angela Nguyen:

Oh yeah, for sure. So I think to start, we have to kind of unpack what it is that makes them vulnerable to exploitation and trafficking in the first place. So key factors like societal attitudes, social systems and institutions that are supposed to be there to prevent modern slavery and child trafficking are lacking in countries like Vietnam and Cambodia. So if we look at risk factors and vulnerabilities, there's something called the global slavery index and it's put out by the Walk Free Foundation. So for Vietnamese people, about 41 out of a hundred people are vulnerable to modern slavery. So in a country of 93 million people, there's an estimated about 420,000 people living in modern slavery there. So being trafficked for sex, for labor, for organs, for begging, children in begging and things like that. So 41 out of a hundred.

Angela Nguyen:

In Cambodia, it's 63.5 people out of a hundred-

Gilad Cohen:

Holy smokes.

Angela Nguyen:

... are vulnerable. Yeah. Over 60%. So in a country of only 15 million people, you have over 260,000 people. Compare that to Canada, so if you want a little perspective, compare it to Canada, our risk factor is 10, 10 out of a hundred people. So in our countries, which is still a lot, if you think about Canada and how great it is, why are people still vulnerable? Because there's still some broken things in our system,

right? Especially for first nations people, homeless youth, LGBTQ youth, they're especially vulnerable in Canada. So about 17,000 people in Canada are predicted to be living in modern slavery. And so then why? Why in Cambodia and Vietnam is it so high?

Angela Nguyen:

Things like access to free healthcare? They have none. And like I said before, access to free primary school education, they don't have it. And education is the main protective factor against exploitation and trafficking. Interestingly, people may not know this, only 50% of Cambodian youth ever reached high school. Half of them and then less than that ever even finish high school, so only 26% of their youth attend college or university or pursue higher education. Versus in Vietnam, 90% of youth make it to high school and then about 70% make it to university.

Angela Nguyen:

So we can see why there's that difference in the vulnerability score like 63% for Cambodia versus your 41% in Vietnam. So they don't have those structures that protect them in their country and then how are they trafficked? It's different in Vietnam than in Cambodia. So in Vietnam, they're often trafficked for economic purposes by their families, most of the time unknowingly for sex. So if we go back to the human trafficking definition, the recruitment of the youth, the children by use of deception. So they're often in rural areas of Vietnam where education is low, the population is very naïve, don't know what's going on around, or going on in the world around them. And they're approached by traffickers and recruiters that are often women who have been victims and survivors before, but they're stuck in this cycle.

Angela Nguyen:

So they recruit the family and say, oh, I promise your 13 year old girl job as a hostess in a hotel in let's say Kuala Lumpur, where you can make 30 to 50 US dollars a day. Versus she's not making any money here in your village, your family makes \$5 a day to support your 10 children, they live on nothing. And these families say, wow, that is incredible, that's amazing. Sure, here take my girl. And the recruiters and the traffickers will say, we'll pay for all of her airfare, paperwork, room and board, everything is taken care of. And so that seems too good to be true and of course it is. And the moment that she touches down in another country, like Kuala Lumpur, a lot of Vietnamese victims are trafficked to Malaysia.

Angela Nguyen:

First, she shipped off to a karaoke bar, that's where you find a lot of child victims of sexual exploitation, where you have to sit down and drink with men and then forced to have sex with men. And now you're in a country you don't know the language, you don't have your paperwork, what are you going to do? And then these pimps and traffickers tell you, well, we paid for you to come here, so there's two or three grand in your airfare and your documentation. And then you have to pay for your room and board, so they're compounded with this debt that they can never pay off. And then that's how they're stuck in there.

Angela Nguyen:

So that's one example of how children are trafficked in Vietnam. And they're oftentimes trafficked to Korea for child marriage, to China, with the lack of females there. And then in Malaysia, because it's a booming economy and their families are deceived into thinking that they can make decent work there.

Okay. And that's an example of a case that we had. So a girl and her family that was tripped and she was trafficked to Malaysia.

Angela Nguyen:

But now in Cambodia, like you mentioned Taylah, that a lot of the brothels are owned by Vietnamese people. And then on top of that, most of the victims in Cambodia are of Vietnamese ethnicity. And why? Yeah, why is that? It's because there is this longstanding discrimination and racism towards Vietnamese people in Cambodia. So this dates back before the Indo-China war, before the Vietnam war and there's just this war between Vietnam and Cambodia for the land. And so Vietnamese people in Cambodia are denied citizenship even if you're born there.

Angela Nguyen:

So no documentation, no documentation means you don't have any rights to primary education, you have no rights to healthcare, you have no rights to own land, you have no rights to work in legitimate places. So it's generations and generations of uneducated, unskilled people. And so all they know how to do to make money is to fish, construction work, sell things at the market and then sell their children for sex, because that's the most lucrative way for them to make money really quick.

Angela Nguyen:

So selling virginity is a common place in Cambodia. So one of our girls, her family sold her virginity and it's knowingly for only \$250 US when she was 12 years old. And then in turn, the men and it's often ... So contrary to popular belief that it's foreign men, it's most often local men who buy them, it's an 80, 20% difference, then yeah. And so the local man bought her virginity for \$30,000 US. And one of the driving things is that, if your business is down and out and you have bad luck, having sex with a Virgin will cure you up with all your bad luck. Well, that's a thing over there. It's just so archaic, so backwards, not found in nothing. And then after that you can buy sex with a child, you can rape a child, sorry, for 40 to \$80 at a time. It's disgusting, it's horrific.

Taylah Harris-Mungo:

So we're wondering, this has been going on for years, you said One Body Village has existed for 21 years, charity in the states and now in the work that you're doing, being that we've been in this pandemic for the past year and change. What are the effects? What impact has the pandemic played on child exploitation and child trafficking that's happening in Cambodia and Vietnam and Malaysia?

Angela Nguyen:

Oh God, it has played such a huge, exponential negative impact on children and their risk and experience of being exploited. So last September Interpol put out a report that highlighted the impacts of COVID on child sexual exploitation. And the main factors being, yeah, the closure of schools, more time spent online by children for school and for recreational purposes and then lack ... So they don't have access to their community service providers like childcare or their educational personnel, that would be the first to detect and recognize signs of abuse and exploitation, right? And then of course the restriction of travel.

Angela Nguyen:

So what did that do to children in this space, so it increase the distribution and consumption of child sexual abuse material online. Increase that sharing of child sexual abuse material between peer to peer

networks, so those that don't have a central server, increase in sharing videos of that material on messaging apps like WhatsApp, increasing of that material being shared and being sent through social media platforms like Instagram and Facebook and TikTok, I mean, it's just insane the way that children were ignored in this problem, first of all, starting in school, I know that we are ...

Angela Nguyen:

The pandemic, it's hard, I would not want to be a politician and healthcare, one of the medical officer of health, they have a huge job, managing the pandemic is one thing, but looking at all aspects of health and safety for all, it was pretty much missed. And then of course incidents of domestic child abuse, we don't know that until this is all over and things can be reported. And then the effectiveness of investigations also went down over COVID, because of lack of staff and resources to attack this problem. So COVID is terrible for everyone, including children.

Angela Nguyen:

There's an explosion of cases now and recognition of online child sexual abuse in Cambodia and Vietnam right now. And I'm actually quite proud of an active role that the government is taking over there to raise awareness and have targeted awareness campaign. So that's one thing that they're doing kind of right, about last year, the Vietnamese government mass texted all their citizens on their mobile phones and said, child rape, sexual abuse and exploitation is illegal in Vietnam. Yeah. And then these are the punishments, this is the law. And then if you are a victim, call this hotline, it was amazing.

Angela Nguyen:

It didn't stop a lot of people from doing it.

Taylah Harris-Mungo:

Of course.

Angela Nguyen:

Yeah. There's still news articles almost every day of a case, but at least they're showing their stance. That's one thing.

Taylah Harris-Mungo:

Yeah. There's something to be said about taking an actual stance against something that is recognized as atrocious.

Angela Nguyen:

Yes, that's right. And then rape of a child under the age of 14 in Vietnam is a life sentence.

Taylah Harris-Mungo:

Wow. An actual life sentence or?

Angela Nguyen:

An actual life sentence.

Taylah Harris-Mungo:

Wow.

Angela Nguyen:

And they also have death penalties over there. Meanwhile, in Canada, I mean you're convicted of child sexual abuse and it's a minimum six year sentence, it's laughable, it's a nothing sentence.

Gilad Cohen:

You mentioned. And I don't know if it surprised you Gilad, but it surprised me that most of the exploitation that is happening in Southeast Asia is by local citizens.

Angela Nguyen:

I used to go to Vietnam and Cambodia at least once a year if not two or three times to do our work and I would take volunteers with us. And I remember this one night we were sitting down, there's 10 of us sitting down on a really busy street where all the nightlife is in [inaudible 00:29:04] City. And we paid this very cruel and callous game, it's spot the dirty foreigner. Play, it's okay, so it's usually an older male, often Caucasian, older than 60, walking hand in hand with a young 20 something year old, local female.

Angela Nguyen:

And within an hour we counted about 20 and that's just people passing by and so unashamed. Yeah, unashamed, the way that these men walk around in Southeast Asia flaunting that they can evade, just this we put people on this moral standard over here, right? You would be ashamed if you walked with a really young partner, most people. And over there we know that you're buying, we know that you're paying this person, we know that they don't love you, but they just do it so unashamed. So that still goes on, but most people who buy children and rape children are locals, yeah.

Gilad Cohen:

I'm also curious, I want to build on that question besides of course these dirty, I can't remember what we call them, dirty Westerners or dirty gross westerners.

Angela Nguyen:

Dirty foreigners, yeah. Dirty foreigners.

Gilad Cohen:

These DFs, as you said, these dirty foreigners, besides them actually going to those countries themselves and being DFs, what role do other Western countries or countries outside of that region play, are these folks who are human trafficked ever trafficked to other countries in the west, in north America? Does that exist?

Angela Nguyen:

Oh, that definitely exists, the one glaring example that I can think of are, all the seating massage parlors that you see in Toronto, nearly probably most of them you can purchase sex. There was this article that I was reading the other day and it was this whole string of fraudulent massage parlors selling sexual

services from Asian women who didn't speak English very well, so, there's something going on there. And they would also charge the insurance companies for that sexual service under the guise of a massage.

Taylah Harris-Mungo:

Interesting.

Angela Nguyen:

But how they come here may be different. So there might be a player that sponsors all these women over here under a work permit, right? And then when they're here, it's very much the same thing, so it's always about control and displacement and isolation. So they may take your documentation, they're not paying you a fair wage, they're making you do these things to support yourself. So that's not consent, right? And then if we think about trafficking or exploited people within the animal, agriculture industry in Canada, they're often from Mexico or other foreign countries, again, they're not living in the best living conditions, it might be a little house or a room with 10, 20 people in there, they're not being paid a fair wage, they're working under terrible conditions. That itself is also an exploit of situation that can be considered trafficking. It goes on under our nose and we just don't know. Yeah.

Angela Nguyen:

And you know what, another role that Western countries play, especially is our role in the consumption of sex and porn that fuels these issues. The US department of state also put out a report that US is the number one consumer of sex, so. And that means number one consumer of pornography and child sexual abuse material. So these material might be made in countries like the Philippines, where there's this corruption and whatnot that allows the proliferation of the production of this material, because it's a hundred percent illegal in the states, but we consume it. And so we fuel the demand, if there was no demand, there would be no victims.

Angela Nguyen:

And what I learned today through my also research that I was doing was that the origin of the victims. So origin of child victims of sexual exploitation, the top three countries in the world are domestically in the US, Mexico and Philippines. So a significant number of child victims live on our side of the world in our own backyard, in a country that I was so proud to be born in, but there are victims in our own backyard.

Taylah Harris-Mungo:

I'm wondering, looking at the comparisons between the trafficking and the harm that's being done abroad and then also the harms and the trafficking that's being done domestically. Through your work, have you seen any work that's being done that you think could be replicated domestically? Have you seen any work being done abroad that could be replicated domestically or applied more widely to international efforts to combat child sex trafficking?

Angela Nguyen:

You know what, to be honest, no, because the reasons why and how children are trafficked in other countries like Vietnam and Cambodia, it's different than how and why children are trafficked and exploited here. So what works for them might not work for us and vice versa, we always think that

because we're from this Western countries, we have great policies that they will translate to Vietnam and Cambodia, they don't, especially because culture and attitudes are different. Yeah.

Taylah Harris-Mungo:

For sure. For sure.

Angela Nguyen:

So I haven't seen anything that works better there that would work here. But what I would love to see more of is that the government, like the US's stance against human trafficking and child exploitation is really hard. And they gear these campaigns and awareness that target specific risk factors that drive human trafficking exploitation, they have that down really well and they make it part of their constitution and their laws and everything. I think if that was translated over there, but on the other, the opposite end that the government takes a more hard stance over there, it would do wonders. Because right now, even though they're making some effort, just really to make themselves look good to be honest, it's mostly NGOs and nonprofit work that are helping, but that's just a piecemeal kind of approach and we're helping victims and survivors, but to prevent it and tackle the root of the problem, it involves government and institutions, which they lack over there.

Gilad Cohen:

I want to jump a bit deeper into this organization that you founded here in Canada, One Body Village Canada, your work looks to improve the lives of at risk and affected children of sexual abuse and exploitation with shelter, with education, with medical and behavioral care, psychological counseling, excuse me in vocational training, just curious day to day. Can you tell us a little bit more about your programming?

Angela Nguyen:

Oh, I would love to, because that's my favorite part. So it looks really different now because of COVID, things are kind of relaxed for us here in Canada, meanwhile, in Vietnam and Cambodia cases are exploding over there and they're back on lockdown, stay at home orders, people don't even have access to food properly or vaccines like nothing. So our girls for the last four months have had to stay home from school, they like bar your neighborhood, you can't even leave.

Angela Nguyen:

So every day they're spending time with each other in the home 24/7. So I can appreciate how stressful that can be for the girls, but our regular programming. I mean, I love being there, when I'm there it's just so, 5:30 in the morning as they wake up every day at 5:30, they do their chores, they cook breakfast, go to school, come home for lunch, they all have their afternoon naps, which I'm really jealous of, they have that model over there for afternoon naps.

Taylah Harris-Mungo:

I'm jealous.

Angela Nguyen:

Yeah. Go back to school, come home for dinner and then all their evening programs start, so it's either group counseling. We started art therapy this year, we started once in May, we're one of the first organizations to introduce it, art therapy in Vietnam.

Gilad Cohen:

Yes. Yes.

Angela Nguyen:

Yeah. And then COVID then the art therapist can't come over. So we had to delay, so lots of counseling group therapy, play therapy, art therapy and then there are extracurricular activities, like we do self defense classes, we have a yoga teacher that comes over on the weekends. So we really hope for this somewhat normal childhood, give them back the childhood that they were robbed of, but of course with purpose and intention to help them heal and rebuild their lives through all of these programs. And in the last 21 years, we've rescued 1,066 children.

Gilad Cohen:

Yes. Wow.

Angela Nguyen:

Yeah.

Taylah Harris-Mungo:

I love that.

Angela Nguyen:

It might seem like a small drop in the bucket, but as long as you can change and save one life, I think everything else is secondary, you just got to keep working for that one life and Hey-

Gilad Cohen:

Absolutely.

Angela Nguyen:

... 1066, yeah, that's what we're very, very proud of.

Gilad Cohen:

And think about the impacts of that, that's just, yeah, it's not just their lives, it's also future generations that come from that life and it's really huge to think about it that way.

Angela Nguyen:

Yeah. Their children, their communities are then changed, right?

Gilad Cohen:

For sure. For sure. We talked about the number at ... I don't even know if we mentioned this, but it's estimated that there are between 20 to 40 million people across the world who are trapped in human

trafficking or who are referred otherwise as modern day slaves, with the sheer number of people who are trapped in that situation as modern day slaves across the world ... It's easy sometimes to feel like this is an impossible intractable problem, like an impossible situation, but there are ways to help. And I'm curious, for any Canadian that's listening to this, anyone from Toronto or across this country or across the world, what can folks do to help?

Angela Nguyen:

Oh yeah, I so agree with you, the problem seems so insurmountable. The number you just gave up to 40 million people or modern day slaves, up to 2 million children are sold for sex every year, it's a \$36 billion industry, it makes more than Starbucks, Google and Facebook combined, the sale of human beings.

Gilad Cohen:

Oh my gosh.

Angela Nguyen:

Yeah. It's like, wow, where do we start? And sometimes I'm also overwhelmed by all of that. And then we're inundated with all these facts and figures through social media and I can appreciate that it seems hopeless. And for me, and this is my own personal experience and what I would recommend is that there's no amount of articles that I could have read or documentaries that I could have watched that would've impacted me more and compelled me to take action until I was sitting right in front of that child that was a victim.

Angela Nguyen:

That just changed my whole path in life and has kept me motivated and committed to this cause, so what I would urge Canadians to do is to volunteer and get involved in your local women's shelters, local homeless shelters, local organizations that support survivors of human trafficking and sexual exploitation. There's a great one in Toronto, I forgot the name and it's right by Ryerson university, it's very close, I'll think about it and I'll send it to you.

Angela Nguyen:

And it's a shelter specific for child victims of sexual exploitation in Toronto. So getting involved and if you ever have the ... It is an honor to work with survivors and to make that change and impact in one person's life means everything. And then you can go on to change the world after by making a meaningful impact in one person's life is where I would start.

Gilad Cohen:

Thank you. Thank you for sharing everything today. Yeah, thank you so much, Angela. Again, as a reminder, we're joined today by Angela Nguyen, the president and founder of One Body Village Canada, I encourage everyone to check out onebodyvillagecanada.org to learn more. Angela, thank you so much for joining us here today.

Angela Nguyen:

Thank you Gilad. Thank you Taylah. I mean, this was, I know it was heavy, okay. And I really refrained from sharing all the stories that would make you cry. So I want to be more hopeful that we can all do

good work and change the lives of others one life at a time. So thank you, thank you so much for having me.

Taylah Harris-Mungo:

Yeah. And thank you for being here and for the work that you're doing and continue to do every day, it is heavy, but your work is not going unnoticed and we appreciate it and we know that the children that you're helping also do as well.

Gilad Cohen:

Thank you, everyone for tuning in my name is Gilad Cohen. And I'm one of your co-hosts here on the Hum.

Taylah Harris-Mungo:

And I'm Taylah Harris-Mungo, your other co-host.

Gilad Cohen:

Our producers are Alex Castellani and Rachel Lewis.

Taylah Harris-Mungo:

The Hum is an initiative of JAYU a charity committed to sharing human rights stories through the arts.

Gilad Cohen:

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