



TRAFFICKING TRUTHS
A MYTH-BUSTING CAMPAIGN

**REBECCA
BENDER**

INTRO

You may have downloaded this ebook because you think trafficking may be happening where you live, and you want to do something about it. Maybe you're faced with having to homeschool your preteen or teen during the pandemic and you want to be sure you can protect them from online predators. Or maybe you're simply curious. Regardless of your "why", I'm so glad you're here. Just in case you're new to RBI, I wanted to let you know a little bit about me and why I'm so passionate about dispelling myths that surround sex trafficking.

I grew up in a small lumber town in Southern Oregon. I was an average girl, who had never been put in an "at-risk" youth category. I played varsity sports. I was on the honor roll, and after I graduated a year early I was accepted into Oregon State University.

No one would have ever expected that I would have been targeted by a trafficker. No one could have guessed that for nearly six years, I was sold between three different traffickers. I was branded twice, having two men tattoo their names on my back like a piece of cattle. My face had been broken in five places, and I was hospitalized for dehydration and overexhaustion. I had been to jail several times. But I was never kidnapped. Or duct-taped. Or locked in a room with a dirty mattress.

The reality is that my daughter may have gone to school with yours; I may have stood next to you in the grocery store line. And nobody ever noticed. Nobody ever noticed because we all can get caught up in myths that keep us from seeing what is happening right under our noses. Sex trafficking is a violent, lucrative, dangerous business, and traffickers target vulnerable people every day. This is why I founded the Rebecca Bender Initiative. This is why RBI runs the largest online school for survivors in the world: Elevate Academy. This is why I speak, why I write, and why I share. I hope this ebook helps you to fight, and if you need additional resources, please visit our website.

There are many myths currently circulating on social media about sex trafficking. I've tried to pick seven of the most common ones, but there are many more. Reading through all seven will give you at least a macro-level knowledge of how trafficking works, and who is really at risk.

Also, if you want to read more about my story, you can pick up my book "In Pursuit of Love", available now, anywhere books are sold. Thank you for taking the time to learn more about trafficking. Together, we can change culture and change the world.

Love,
Rebecca



**“NOBODY
EVER NOTICED
BECAUSE WE ALL
CAN GET CAUGHT UP
IN MYTHS THAT KEEP
US FROM SEEING WHAT IS
HAPPENING RIGHT UNDER
OUR NOSES.”**

MYTH 1

MOST TRAFFICKING
VICTIMS ARE KIDNAPPED
AND HELD CAPTIVE

HOW DOES TRAFFICKING HAPPEN?

While there are circumstances in which traffickers may physically hold the people they exploit, it is **more** common for them to use psychological means to date, lure, recruit, groom and control their victims. It is important to know the most common tactics employed by traffickers so we can keep those we love safe and be advocates in our community.

Situations often can become violent when a victim starts saying no, but rarely before. Fear, trauma, threats against families, addiction, mental health and a lack of options due to poverty, racial injustice and homelessness can all prevent someone from leaving. Brainwashing and a grooming process start long before that. Some individuals who experience trafficking may also be manipulated to believe they are in love with their trafficker, which can make them resistant to seeking help.

In other myths we will discuss more about vulnerabilities that place individuals at risk for trafficking and all the different types of exploitation, but for **this** myth we will simply focus on recruiting methods.

WHAT DO THE EXPERTS SAY?

While we **ALWAYS** want to be watchful of kidnapping, it's important to **ALSO** know the signs of how traffickers typically recruit and groom their victims.

"The idea of being abducted from a parking lot hits all the marks of a good urban legend," Michigan State Police Lt. Sarah Krebs said. But that almost never reflects reality. "We have never had a case in Michigan where somebody was abducted and put into the life of sex trafficking," Krebs said. "It truly does not happen that way."*

THE
REALITY
IS MOST
VICTIMS ARE
TRAFFICKED
BY SOMEONE
THEY KNOW
AND TRUST.

Most traffickers (or scouters) gain access to victims through a variety of places: the mall, school, online, youth groups, and more. Once they have access, they begin to learn more about the victim so they can identify their felt need. Soon, the victim believes that the trafficker really cares for them. The trafficker pretends they can meet the victim's need for love, belonging, financial help, a shoulder to cry on, etc. Often, we warn our kids about strangers, but we may not prepare them for this type of situation.

KNOW THE APPS:

Hopefully you understand why it's important to know who your child is chatting with online, but do you also see the need to educate yourself about all the apps that traffickers are using? It doesn't take very long for a young person to feel connected to someone online. They can even feel that they are in a relationship with a stranger, clouding their ability to discern that the person may be dangerous and fraudulent.

As grooming begins, these online "friends" slowly expand boundaries. First they may ask their victim to send them a photo, and then they will ask for a selfie in a bathing suit. Each time they ask for a little more, expanding their boundaries in a hypersexual way. This is why I teach that victims are not instantly forced into prostitution. Traffickers don't jump from A to Z.



TRAFFICKING IS
A GRADUAL
EXPANSION
OF BOUNDARIES
AND AN INCREASE
IN TRUST.

HOW CAN WE PROTECT OUR KIDS FROM HUMAN TRAFFICKING?

NCMEC explains:

“One of the most important things you can do to protect your child is to create an environment in which he or she feels comfortable talking with you. Open communication is key. Help make your children more aware by explaining the dangers of sex trafficking and by challenging myths and misconceptions that glamorize commercial sex. This includes having conversations with them about online safety & how traffickers/pimps use social networking sites and apps to mask not only their appearance but also their true intentions while recruiting new victims.”

The truth is, many victims don't even self-identify as being trafficked. I believe this is because there is a disconnect. We hear sensational stories about someone being kidnapped in a parking lot or held captive in a secured room, and we miss how traffickers are actually luring their victims every day in our very own communities. By dispelling myths and spreading awareness, we can work to keep our kids safe, and we can help victims get the assistance they need. We must do better, for us and for them.

HERE ARE SOME STRATEGIES THAT YOU CAN PUT INTO PLACE RIGHT NOW:

- 1 Learn and Implement Online Safety.
- 2 Discuss the phrases traffickers use such as: dating/befriending, grooming/luring, breaking, or turning out.
- 3 Role play “exit plans” for when your teen is in an uncomfortable situation - Whether it is trafficking or not, this never hurts to help teens learn how to leave a party or situation that has become uncomfortable or unsafe. Let your teen know that a situation doesn't have to be “urgent” before they decide to leave. Encourage them to think about small, subtle scenarios that may make them feel uncomfortable, and help them come up with a few ideas to leave.
- 4 Download a ride sharing app on their phone and choose at least three people they can call if they want to leave an uncomfortable situation. This empowers them in the moment because they have thought through different scenarios ahead of time and have several options and plans to choose from.
- 5 Keep your eyes and ears open for abnormal behavior. Many parents of trafficked victims have noticed that their child is in possession of extra money or items that they didn't purchase for them. They have also noticed extreme emotional swings or other red flag behaviors.

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**YOU CAN
DOWNLOAD
OUR RED FLAG
BROCHURE BY
TEXTING "FLAGS"
TO 33777 TODAY
FOR MORE
INFORMATION**



RESOURCES:

***Understanding the
Perspective of a Victim**

Trafficked in Plain Sight

HHS, ACF

**A Guide for parents/guardians
from the National Center for
Missing Exploited Children**

**US Office of the Administration
for Children & Families**

**National Human
Trafficking Hotline**

**News article about
kidnapping myths**

Statistics

Rebecca's IGTV interviews

Rebecca's YouTube channel

(ALL OF THE
RESOURCES IN
THIS E-BOOK
ARE CLICKABLE!)

MYTH 2

TRAFFICKING REQUIRES A SEX ACT

I know it's easy to imagine that one movie we saw that one time, and think we know all there is to know about trafficking. But what exactly is human trafficking, and what does it really look like? We **HAVE** to be clear on a few definitions to understand how cases are charged and prosecuted, and how law enforcement determines whether or not the case involves trafficking.

WHEN WE SAY 'SEX TRAFFICKING', WHAT DO WE MEAN? .

Human trafficking is defined as:

- a) Sex trafficking in which a commercial sex act is induced by force, fraud, or coercion, or in which the person induced to perform such act has not attained 18 years of age; or
- b) The recruitment, harboring, transportation, provision, or obtaining of a person for labor or services, through the use of force, fraud, or coercion for the purpose of subjection to involuntary servitude, peonage, debt bondage, or slavery. (22 U.S.C. § 7102(9)).



ABUSE IS HORRIBLE, BUT IT MIGHT NOT BE TRAFFICKING.

This chapter is not meant to be a complete legal rundown on trafficking definitions, or an exhaustive briefing on the prosecutorial process, but **I want to provide some clarification in plain language** about how experts determine whether or not a person has been trafficked and the many ways people can be exploited beyond prostitution. When reviewing a potential sex trafficking situation, experts consider whether or not someone has used **force, fraud** or **coercion** to obtain, recruit, or harbor someone into any form of commercial sex act in order to exchange that act for something of monetary or favorable value. That's a lot of information! Let's break it down.



Was someone recruited, harbored, or transported? For example, did they get lured offline to meet someone? Did they give someone a place to stay? Did they give them a ride to a hotel?



Was force, fraud, or coercion used at some point? Were they told it would be different than it turned out to be? Once they got to a hotel and said no, did things get violent? Did they threaten to harm their little sister if they didn't comply?



Was a commercial sex act performed?



Did someone (other than the victim) - like a 3rd party - profit from this exchange, either monetarily, received something of monetary value, or gained other types of favors?

In addition to those initial questions, there are some other things to keep in mind:

- Force, fraud, or coercion are not necessary to prove when a situation involves a **minor**. Also, an intent to traffick (even if the act never occurred) is prosecutable.
- Commercial sexual exploitation includes lap dancing, any form of sexual acts (sexual intercourse is not required), prostitution, pornography, child sex tourism, and forced marriage.
- Sexual servitude, smuggling, and exploitation when a 3rd party is not present, are all horrible crimes, but they do not always meet the criteria specific for the crime of sex trafficking. (For example, the **Amanda Berry** case was horrible, but it was not trafficking.) Learn more about smuggling (federal vs state charges), the difference between buyers and pedophiles, and more in the full interviews on our [YouTube channel](#).
- Sadly, sometimes cases cannot be charged, even if it seems like they should be. There may not be enough solid evidence to feel confident at trial, a witness may not be ready or able to take the stand, and therefore other charges may be filed like statutory rape or abuse. This is why statistics which count the number of trafficking cases there are in your state will never be 100% accurate - usually there are many more cases than could be accounted for by the precise technical language of the courts.



RESOURCES:

National Human Trafficking Hotline Typology Report

TVPRA

U.S. Citizen's guide to Federal law on child sex trafficking

MYTH 3

TRAFFICKING
ONLY HAPPENS
TO KIDS
OVERSEAS

DOES TRAFFICKING HAPPEN WHERE I LIVE?

You might be surprised to learn that there is human trafficking happening in your community, because there have been reported cases in every state in the U.S. Trafficking looks very different based on the community and culture in which you live. How trafficking looks in Miami will be different than Little Rock, Arkansas, or in Cambodia or Uganda or Seattle.

There are at least **25 types** of human trafficking in America alone, so children and adults across the gamut can fall victim to the crime of human trafficking. Different types of trafficking may include:

- **Familial Trafficking** - Parents exchanging their child for drugs, rent or money
- **Survivor Exploitation** (law varies by state)- Homeless youth exploited by predators to have their basic needs met
- **Pimp Controlled**
(Romeo, Guerilla/Gorilla, CEO/Business are the most common types of pimps)
- **Cantinas**
- **Illicit Massage Parlors**
- **Many others**

Although reports change annually especially in underfunded departments and under-reported crimes, according to the **Bureau of Justice Statistics**, 83% of trafficked persons were identified as U.S. citizens and high numbers of trafficked children identified had experienced multiple encounters with the foster and child welfare system¹. Regardless of the type of trafficking, the place you live, or the number of at-risk, underserved populations in your community, one thing is certain:

TRAFFICKERS EXPLOIT THE VULNERABLE.

Close your eyes and imagine the most vulnerable people in your town.

If you can see them, so can the traffickers.

There are many “onramps” to trafficking in every community. Foster Care. Homelessness. Mental Health Deficits. Living as a runaway. Domestic Violence. Bullying. Racial inequities. Poverty. A trafficker identifies the vulnerabilities of potential victims and offers to meet specific needs. **The best way to combat trafficking in your neighborhood is to meet those needs.**

“While anyone can be a victim, we know that kids who are homeless or runaways, African American or Latino, LGBTQ and youth interacting with the child welfare system are more vulnerable to this type of exploitation...To wrap our heads around who is affected by this crime, we dissect complicated experiences into isolated ones and create a series of valuable data points to direct our work. Community involvement plays a huge role in serving at risk, underserved and marginalized populations in communities. 150,000 new escort ads are posted daily and somewhere in that pile of data are children who are bought and sold online for sex.”

-Thorn



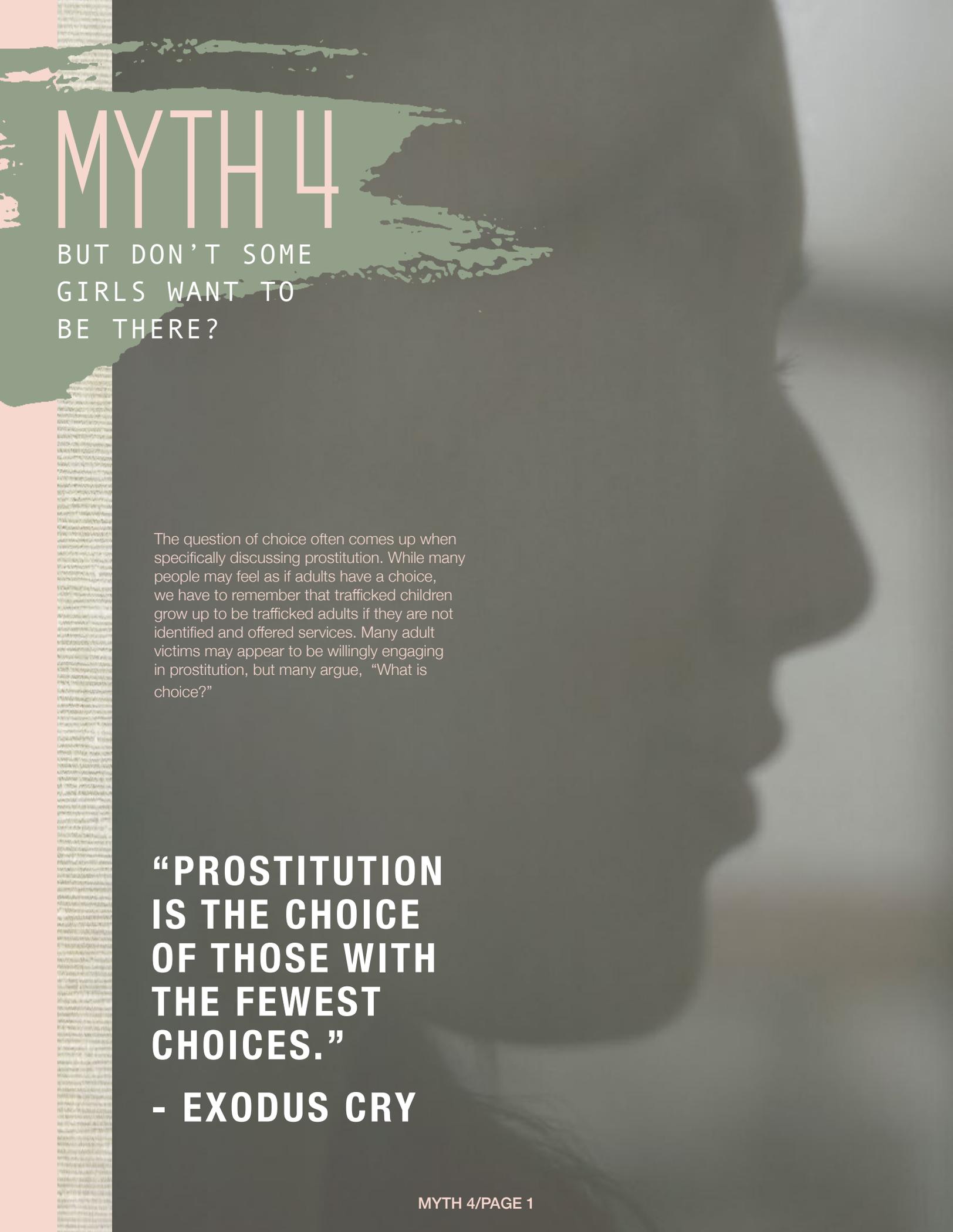
RESOURCES:

[Bureau of Justice Statistics](#)

[Child Trafficking Statistics](#)

[The Polaris Project](#)

¹“2019 Trafficking in Persons Report.”
United States Department of State. Accessed July 31, 2019.
<https://www.state.gov/wp-content/uploads/2019/06/2019-Trafficking-in-Persons-Report.pdf>.



MYTH 4

BUT DON'T SOME
GIRLS WANT TO
BE THERE?

The question of choice often comes up when specifically discussing prostitution. While many people may feel as if adults have a choice, we have to remember that trafficked children grow up to be trafficked adults if they are not identified and offered services. Many adult victims may appear to be willingly engaging in prostitution, but many argue, "What is choice?"

**"PROSTITUTION
IS THE CHOICE
OF THOSE WITH
THE FEWEST
CHOICES."**

- EXODUS CRY

WHAT IS CHOICE?

When considering this complex question we must take into consideration a variety of factors:

- + Was a person raised where prostitution or stripping was normalized?
- + Was a person raised in cult-like communities where adhering to a high control leader was demanded?
- + Do they have a mental health condition that would make them vulnerable to a trafficker?
- + Is substance abuse present?
- + Is poverty a factor?
- + Are there a lack of options, opportunities and connections?
- + Was this person desensitized to violence or sexual abuse in the home?
- + Do they have a caring family to return to for help and support?
- + Do they have schooling or access to education?
- + Do they have a criminal record?
- + Did they enter into prostitution with many options and opportunities, or have they been brought there by an outside influence?

“THE TRUTH IS, VERY FEW VICTIMS REALISTICALLY HAVE HEALTHY, POSITIVE OPTIONS”

Multiple factors may play a role in luring young women or keeping them trapped in harmful cycles. Many survivors have shared openly how their trafficker took them to cities, taught them the ropes, and then they'd run and work on their own to try to save up to get away. Many victims of trafficking identify as empowered **DURING** their victimization! They can physically run but the mental chains of neurological trauma are actually influencing their decisions.

But is it really a “choice”? When someone claims they want to engage in the violent commercial sex industry, they may actually feel like they have no other choice. The truth is, very few victims realistically have healthy, positive options.

If we don't address the inherent dangers of prostitution when discussing “empowering choices”, we are missing a huge piece of the puzzle. Does an industry that promotes objectification and violence really align with the goal or theme of empowerment for women?

Can you think of any other job that has high rates of homicide, suicide, rape, violence and threat which is being promoted for legalization? What about the mental health issues that arise from prolonged exposure to living in a constant state of trauma and fear?

I propose that instead of legalizing prostitution, we focus on providing options for fair living wages, resources for single moms, affordable housing and access to education and services. These things are paramount if we actually want to equip vulnerable populations and offer them sustainable, empowering choices.



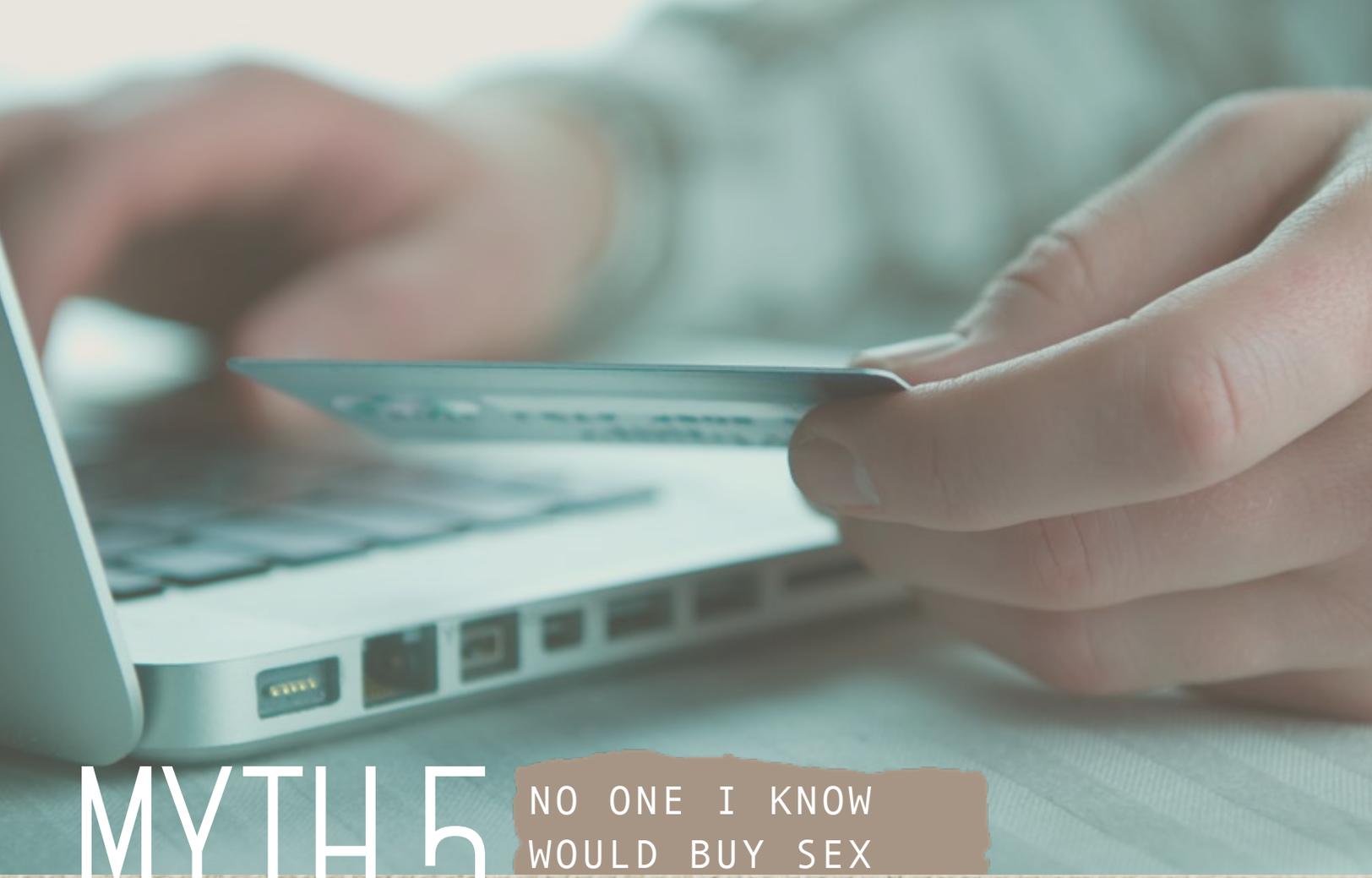
RESOURCES:

<https://www.equalitymodelus.org/>

<https://www.worldwithoutexploitation.org/>

https://www.youtube.com/watch?v=YFUal3WO_h0&t=7s

<https://www.youtube.com/watch?v=kPznZNIXLg8>



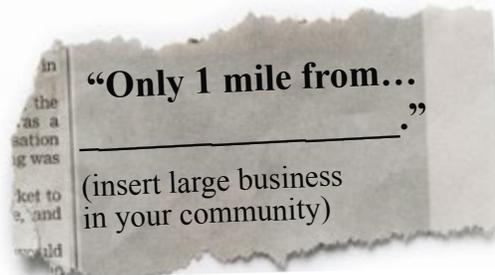
MYTH 5

NO ONE I KNOW
WOULD BUY SEX

Buyers are usually crack heads or elite billionaires, right?

When we think of the scope and magnitude of sex trafficking, we'd be remiss to not ask the question - who is buying? Who is causing this kind of demand so that billion dollar industries can thrive? Is this all on the dark web and in hidden, insidious places?

Unfortunately, it's happening right under our noses, in our very own communities by very average men. Just comb the press releases on busts and you will find story after story of average, every day men looking to buy sex but instead connecting with undercover cops. These men are local pastors, teachers, doctors, and businessmen. Many purchase sex on their way to and from work. Online ads advertising "escorts" - where many traffickers post daily ads - target locations near large workplace establishments where many men are calling or booking from their work phones or computers:



Being an advocate is not just about learning how to keep our daughters safe from traffickers. We should also be asking the questions, "How are we raising our sons?"

We live in a hyper sexualized world that permeates our culture. We must talk about these issues, as uncomfortable as they are, with **ALL** of our children.



And how we talk about it matters.

For example, there's a lot of talk about "child sex rings" that include very elite buyers. I think we need to be thoughtful with our word choices. For example, we fought several years ago to have the media stop using terms like "teen hooker." Now the pendulum has swung so far that it seems like every case of trafficking is now referred to as a "child pedophile ring."

Both phrases successfully evoke a certain emotional response from readers/viewers, but they can also solidify an inaccurate image in your mind, distracting you from the most common forms of sex trafficking by establishing false, sensationalized expectations.

That's not to say that you shouldn't talk to your kids about the genuine threats of pedophilia, exploitation within faith communities, abuse at youth camps, SRA (Satanic Ritual Abuse), child sex rings, or any other horrific situation. It's just important to be precise when talking about sex trafficking. That said, my heart goes out to any survivor who is faced with working through their trauma.

Knowing how to spot the signs of sex trafficking, or any other type of abuse, can equip parents to protect their kids and their community.

**TOGETHER WE
CAN SHIFT THE
CULTURE, SPREAD
AWARENESS, AND
INITIATE CHANGE.**

RESOURCES:

**USA TODAY - Who buys a trafficked child for sex?
Otherwise ordinary men.**

<https://www.demandabolition.org/research/>

<https://epikproject.org/>

<https://fightthenewdrug.org/>



MYTH 6

SENSATIONALISM HELPS RAISE AWARENESS

**AS LONG AS I'M SPREADING AWARENESS,
NOTHING ELSE MATTERS, RIGHT?**

WRONG.

While spreading awareness and supporting the cause is certainly important, advocates should learn how to discern whether an organization is providing accurate information and services worth backing. For example, are there survivors in leadership? Does the organization share stories of survivors ethically? Are marketing materials using those stories responsibly?

Advocates are invaluable partners in the fight against human trafficking. As an advocate, it's crucial to consider the language that is used, as well as the methods, best practices, and leaders we put into place in the fight for change.

**“When we’re looking for
the sensational movie
scene, the child in class
with your child, the kid in
your youth group, is going
unseen.”**

- Lexie Smith, Survivor Leader & Advocate

WORDS EVERY ADVOCATE SHOULD KNOW

SURVIVOR LEADERSHIP:

Survivor Leadership is paramount in this fight. Federal grants often require nonprofits to be survivor-informed for funding. Government task force agencies and multi-disciplinary teams often include survivor advisory councils. If an organization doesn't have a survivor in some sort of leadership or advisory role, how can they truly understand the issues?

SURVIVOR EDUCATION & TRAINING:

Survivor engagement is crucial, either as advisors to inform, or as leaders to engage with practical solutions, and survivor engagement is a suggestion of the National Advisory Council as Best Practice. Survivors also need **training and education** to take these leadership and advisory positions.

POWER DYNAMICS:

Sometimes, nonprofits and other organizations will ask survivors to lead and engage before they are ready, leaning too heavily on the fact that they have "lived experience." A survivor who is still actively receiving services and trying to simultaneously hold leadership positions may find themselves in a situation where they are not able to provide fair and accurate feedback of programmatic review.

SENSATIONALISM:

The Oxford Dictionary defines sensationalism as "the presentation of stories in a way that is intended to provoke public interest or excitement, at the expense of accuracy." We should never use shocking images or stories to increase public attention without considering the accuracy, impact, or the further negative perception and stereotyping it may cause. Although I agree it's important to bring awareness to human trafficking, it's never okay to use every horrific detail of a survivor's story just to shock someone into supporting an organization.

"Sensationalism fuels the misidentification that advocates work hard to break." -Rebecca Bender

TOKENISM: Tokenism at its core is a superficial practice to create the appearance of social inclusivity and diversity. Some organizations include members of underrepresented groups, including survivor leaders, as a symbolic gesture to avoid criticism, but don't truly invite their insight to the table.

Wisdom from lived experience should neither be exploited nor dismissed.

RE-EXPLOITATION: Using survivors in either of the above scenarios can be very harmful. Additionally, pressuring survivors to publicly share their stories at live events or for marketing purposes, especially if the survivor is currently receiving services, is problematic. Imagine this: traffickers pressured survivors to share intimate parts of themselves so that they can make money. When a nonprofit pressures a survivor to share intimate parts of themselves so they can make money, it can actually be a trigger for the survivor. In the end, the person who should be getting help is the person who is harmed.

granted special
—trust/i•ness
truth (trōōth)
fact or actuality
3. Sincerity; i
Reality; actua
ality and t

Many well-meaning nonprofits are unknowingly engaging and/or complicit in the behaviors of sensationalism, tokenism, and re-exploitation. Using survivor stories ethically so that you can bring in funds to help other victims requires cautious, compassionate wisdom and sensitivity to each and every person involved. This is why survivor leadership is crucial.



RESOURCES:

Office for Victims of Crime Toolkit

Toolkit for building survivor informed organizations

MYTH 7

“MY CITY IS THE BIGGEST HUB FOR TRAFFICKING” AND OTHER ONE-LINERS

HAVE YOU HEARD ANY OF THESE STATEMENTS?

“My city is the biggest hub for trafficking”

“Super Bowl is the largest trafficking day of the year.”

“Survivors don’t want to share their story.”

Be wary of any statistical quote that says one particular city or a specific day of the year has the highest rate of trafficking. For example, there is no data to support the claim that the Super Bowl is the largest trafficking day of the year. I’ve worked at the Super Bowl for several years, so I absolutely believe that there is an increase in trafficking – but **THE** biggest day? That is quite a big claim to make without any verifiable data. As a matter of fact, there is research that suggests that the Superbowl **IS NOT** the most prolific day for human trafficking! No reliable answer to this question can be reached, considering that trafficked populations in other cities have not been calculated during game day and no other large sporting events, tech conferences, or other mass gatherings have been statistically compared to the Super Bowl.

Anyone who has been fighting trafficking for an extended period of time has heard it all, but there are certain one-liners which spread quickly and frequently without verifiable data or a reliable understanding of the origin of the information presented.

UNSUBSTANTIATED ONE-LINERS

- *“The average life span of a person in prostitution is 7 years”*
- *“The average age of entry is 12-14 years old”*
- *“300,000 children are at risk for trafficking every year in the US”*



Here's the deal - trafficking is an under-reported crime and, if research funding is renewed annually, those numbers change every year. Any highly specific sweeping statements will always be an estimate at best - because no census ever includes pimps lining up to fill out forms. But at worst, statements like these are from really old data that has been surveyed from a specific group of people, and it was likely misinterpreted at the time.

“If a non-profit organization shares something, it must be true!”

There are a lot of great nonprofits in almost every community across the U.S. But that doesn't mean we need to regurgitate a statistic they provide unless we are quoting them directly. Most good NGOs will cite their source (and you should too), so go look at their citation and follow that thread back until **YOU** get to the original research report or data collection. Read the report. Three minutes of reading the “Method” section will give you an idea of what group was surveyed, etc. When you research for yourself, you ensure that you truly understand and are educating yourself, and will be more confident in what you are sharing or choosing not to fuel.

“My state has the most trafficking calls to the hotline. We are the largest hub!”

Most people use the **National Trafficking Hotline** to determine their ranking as the “busiest hub” in the nation. The crazy part is that the hotline report mainly shares about the numbers of calls that come in, as well as the outcome from those findings. So, if your city is #1 on the hotline this year, congratulations! You won the award for most concerned citizens, and possibly best marketing of the hotline! But the number of trafficking cases? That's debatable, especially because the number of trafficking cases identified from the hotline only includes those that came in directly to the hotline. It doesn't factor in any regional or community data collected by law enforcement and other entities in specific areas.

UNCOVER THE FACTS

REBECCA BENDER

My point is, data and research are important, but we have to be sure we are working with facts when we talk about human trafficking. It helps to spread the truth so that real victims can be identified, victims can **SELF-** identify, and you are able to keep your loved ones safe.

We hope this resource was helpful to you as you begin learning and diving deeper into this incredibly important topic. We didn't write this to shame anyone for believing some of these myths. We have all had to do the research and learn on our journey to becoming advocates. Our hope in releasing this ebook is that you will be more aware and engaged, and we're thrilled to be a resource for you. Please be sure to check out the video interviews that accompany these myths, as there are so many people who have been in this fight a long time, and they have a TON to offer!

Thanks,

Rebecca & Team

A handwritten signature in black ink that reads "Rebecca Bender". The signature is written in a cursive, flowing style.

“WE HAVE
ALL HAD TO
DO THE
RESEARCH
AND LEARN
ON OUR JOURNEY
TO BECOMING
ADVOCATES.”