**To be a “superkid”. The way out and the way forward.- A True story about child trafficking.**

I was sold by a member of my family so that he could sustain his drug business.

My next of kin consent, that he could sell me. I was sold for other men's sexual satisfaction. For every man who got to abuse me, the family member received 1000,- kroner. When I saw that he received money for what was done to me, I felt loads of guilt and I felt greatly ashamed. I didn't feel like a human being I felt worthless, and frankly I didn't want to live anymore and I tried on more than one occasion to end my own life. To keep me from resisting these horrific actions, I was drugged on pills and heroine. This led me to live 11 years in drug abuse. Today I have more than 5 years of sobriety.

"UN has estimated that more than 1 million children worldwide are exposed to human trafficking each year."

When I was little, I thought it was normal to endure torture, violence, abuse and human trafficking. But I didn't understand the un-normalcy of this before I was told that this was illegal. For a long time I thought this was normal, and that every child experience the horrors I endured. This was just a part of my every day. My family told me that if I ever told anyone, they would kill me. Teachers and neighbours asked questions if I was beaten or what was going on at home, because I came to school with bruises. All I ever answered was that I had fallen and hit myself, yet they kept asking. But no one ever dared to do anything. When I was young I spent a lot of time and energy concealing the bad things that happened at home.

I was that quiet, careful child in the back of the classroom who never said, or did anything!

I was exposed to human trafficking for two years, when I was nine until I turned eleven and the child protective services overtook my care. Even though the trafficking ended when Child protective services overtook my care, the dangers involved kept going on with death threats for many years afterwards. When I was 18 years old I was exposed to revenge crime where people from two jailed family members network came after me to hurt me, rape me or to kill me.

At a young age I was diagnosed with atypical anorexia/bulimia and post traumatic stress disorder.

I was strongly influenced by my trauma and strugglet with relations, trust, and I had challenges trusting and bonding with other people. I also had difficulty relating with my own body, sexuality and knowing and feeling where my personal boundaries were, and where other people's boundaries were.

I never used Self-Injury to move my pain over to something else, but I did it to get validation from myself, to feel my own body and to feel that I am still alive. Because for long periods of time I felt disconnected and my body felt so numb that I hardly felt my body at all.

To me the healthy relation to a trustworthy person was my "Angel-Mother" and a select few people on the way.

Music was and still is my inherent interest which is healthy and I choose to participate in Music-Therapy.

**Prevention and Disclosure.**

Look observantly for the child's and youth's personal hygiene; I.e see if they have showered, brought lunch if their clothes are filthy or full of holes, or if they are clean and whole. Can they keep eye contact? How is the eye contact ( Scared look etc.), are they jumpy and skittish to sudden movements? Are they sad or depressed?

I believe all children in Norway should be subjected to Full Body-Examination. And I Believe they should be Subjected to it throughout their childhood. To prevent and detect as early as possible; Violence, abuse, human trafficking and failed care giving. But also to normalise the human body considering the fact we all have one. Full Body-Examinations should be carried out by Mid-wives, School nurses, and other healthcare providing professionals.

I grow worried and sad, when Municipals say they will lay down several providers of help towards victims of human trafficking (see paragraph- **§ 4-29. Temporary placement in institution without consent in case of danger of exploitation of human trafficking.**) I fear that our mapping methods aren't catching the ones that are exploited by human trafficking examples being single minor asylum applicants, child protective services and reception centers. Our mapping methods need improvement and strengthening. I Highly doubt there are no children in Norway exploited by human trafficking ( since municipals say they have no Children on a decision regards to §4-29) I think probability is higher of us failing to detect them, especially since UN estimates that one million children worldwide are exploited by human trafficking every year. We have to, and the municipals have to improve and strengthen the mapping methods, and we have to sustain the offers that we have to help the victims. It is imperative that we as a society takes responsibility for all children and stand united to detect human trafficking and other criminal behavior where children and youth are the suffering party. We have to endure our children's answers without closing our eyes and saying this does not involve me! You are important each and every day to be a difference and to do a difference in someone's life. Never lose hope! And if you do lose it, find away to bring it back!