

UNDERSTANDING VIOLENCE AGAINST VICTIMS OF HUMAN TRAFFICKING: A CASE OF YOUNG FEMALES

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ABSTRACT

The study aimed determining different forms of violence inflicted on the victims of trafficking especially the young females. Human trafficking has been persistent in many regions of Tanzania despite different efforts done by the Government and other stakeholders. Young females are affected by this act against human rights than other groups. In assessing the forms of violence against young females trafficked, a research was conducted in seven district councils of Arusha Region. The study used a cross section design and used both quantitative and qualitative data collection tools. The study involved 400 young females for quantitative and qualitative data collection tools respectively. From the study it was revealed that the victims of human trafficking encounter a number of inhuman acts which lead to temporary or permanent damage of lives. They encounter physical, sexual, psychological and economic forms of abuse from their traffickers and sometimes from their employers. Physically the respondents mentioned starvation (57.5%); slapping (42.2%) and beating in form of whipping (41.5%) being common among a good number of the respondents. Sexual abuse was also common among the respondents as a good number of respondents (58.3%) reported of encountering inappropriate touching, 52% being forced to kiss. Psychologically a significant number of the respondents reported to be insulted and criticized (36.2%), while 23% reported of being humiliated, Eighteen percent and 18.5% of the respondents reported intimidations and verbal threats respectively. Further the victims revealed that they faced economic challenges such as having big debts (72.5%) and irregular salary payments (74%).

Keywords: Human trafficking, Human traffickers, Young females.

1.1 INTRODUCTION

Human trafficking has been condemned as a dreadful form of human exploitation. The victims of trafficking are forced into different forms of exploitation including forced labour, involuntary servitude and sexual exploitation. They are trafficked internationally from one country to another or domestically from one region or district to another to be exploited. UNODC (2004) and Perera (2011) defines human trafficking as a process which involves recruitment, transportation, transfer, harbouring or receipt of person through the means of threat, force, coercion, abduction, fraud, deception, abuse of power, giving and receiving of payments for the purpose of exploitation which includes: Prostitution and other forms of sexual exploitation; Forced labour and services; Slavery and similar practices; Involuntary servitude and; Removal of organs.

Women and children especially the girl child are the main victims of trafficking (IOM, 2008 and Kamazima, 2009). It is estimated that women and girls account for 70% of all victims of human trafficking worldwide (UNODC, 2014). Since women and girls are mainly the victims of human trafficking it is evident that trafficking of human beings is highly associated with

gender inequalities existing in the communities. The patriarchal systems; harmful traditional practices which tend to fuel gender based violence and discrimination; and biased policy approaches and legal measures tend to disproportionately fuel the supply and demand of females in the trafficking market. In Africa, the patriarchal structures are further blamed for keeping women in subordinate position and often lead to unequal opportunities between men and women. With unequal opportunities, the females have a tendency to escape and thus become vulnerable to be lured in the trafficking networks.

Tanzania like other African countries faces the same problem. The country has been categorized as Tier II country since it is still a source, transit and destination of victims of human trafficking (IOM, 2019). Women and girls are trafficked as twice or more as compared to their male counterparts (Kamazima, 2009; Mteweale 2012). Though internationally trafficking is also practiced, domestic trafficking is more popular. The victims are trafficked from rural areas to urban areas for the purpose of domestic servitude, forced prostitution, forced labour in different agricultural, mining and horticulture activities. Further the victims are employed in entertainment and food industries where they work in bars, night clubs and eateries. Though they are employed in these different sectors, the victims of human trafficking suffer different forms of abuse while under their traffickers, employers or their pedophiles. The abuse might be in form of physical, sexual, economic and psychological abuse. The current study intended to determine different forms of abuse encountered by the victims of human trafficking while travelling and after reaching their destination, focus being on young females in Arusha Region.

1.2 METHODOLOGY

Arusha region was selected for this study since it has been mentioned by different reports as among the main source and destination of human trafficking victims (IOM, 2008; Kamazima, 2009, IOM, 2016). The study used both qualitative and quantitative methods in data collection. A cross sectional design was applied since it allowed collection of data and drawing conclusion across a wide population. Both probability and non probability sampling strategies were applied in this study. Random sampling was applied as a probability method while for non probability sampling strategy convenience and snow ball methods were used.

The questionnaire was as a method of quantitative approach. Using this method a total of 400 young females from seven district councils of Arusha that is Arusha City, Arusha Rural, Meru, Karatu, Monduli, Ngorongoro and Longido district council were sampled for the study. As for qualitative approach the methods used to collect data included key informant interview, face to face interview, focus group discussion and observation. These were utilized on different respondents including young females, community members and key informants. These tools as in quantitative case were also utilized in the seven district councils of Arusha region. The data obtained were analyzed using different data analysis methods according to the nature of the data. Quantitative data were entered and analyzed using the Statistical Package for Social Science while Content analysis method was used in analyzing the qualitative findings.

1.3 RESULT AND DISCUSSION

1.3.1 Demographic Findings

The field findings shows that majority (71.2%) of the respondents were at the age group of 20 to 24 years, while 43.8% of them reported to be married. In case of their education level, a good number of them (74%) revealed that they at least have completed primary education

while very few of them (1.5%) had achieved tertiary education. Only 12.5% have completed adult education and another 12.5% have completed secondary education as Table 1.1 shows.

Table 1.1 Respondents by age group, marital status and education levels (n=400)

Age group (years)	Frequency	Percent
10 - 14	2	0.5
15 - 19	113	28.3
20 - 24	285	71.2
Total	400	100.0
Marital status		
Have been married before	175	43.8
Have never been married	225	56.2
Total	400	100.0
Education level		
Primary	296	74.0
Secondary	50	12.5
Adult education	48	12.0
Tertiary	6	1.5
Total	400	100.0

Field Findings, 2019

1.3.2 Different Forms of Abuse Inflicted on Victims of Human Trafficking

According to the Council of Europe (2010) abuse has been defined as any act or omission committed by a person (or group) that endangers the life, bodily or psychic integrity, or freedom of a person (or group), or severely compromises the development of his/her personality and/or adversely affects his/her financial security. Violence or abuse can be categorized into different types that include; psychological or emotional, physical, sexual, verbal and socio economic abuse. The main victims of these different forms of abuse are women and children. In the current study, the young females who were victims of trafficking reported to have faced different forms of abuse ranging from physical, sexual, psychological and economic. The abuses were inflicted on them by different people but mainly their employers and traffickers. The following section will elaborate what the respondents reported as abuse imposed on them.

(i) Physical Abuse

The European Institute of Gender Equality (2019) defines physical abuse as any act which causes physical harm as a result of unlawful physical force. Physical violence can take the form of, among others, serious and minor assault, deprivation of liberty and manslaughter. Physical violence acts includes punching, pinching, kicking, strangling, beating (whipping), using weapons, throwing things and destroying properties among others. In the current study the respondents from both qualitative and quantitative data collection tools mentioned to have contracted one or more forms of physical violence. The respondents mentioned starvation, pinching, whipping, slapping, kicking, and burning among others to have caused these harms to their body. Table 1.1 below shows different forms of physical abuse inflicted on them while travelling and after reaching their new destinations.

Table 1.1: Different Forms of Physical Abuse (n=400)

Form of physical Abuse	Frequency		Percent	
	Yes	No	Yes	No
Starvation	215	185	57.5	42.5
Slapping	169	231	42.2	57.8
Beating (whipping)	166	234	41.5	58.5
Punching	74	326	18.5	81.5
Pinching	51	349	12.7	87.3
Kicking	35	365	8.7	91.3
Attacking by weapon	28	372	7	93
Burning	16	384	4	96

Source: Field Findings, 2019

From table 1.1, it is deduced that starvation (57.5%), slapping (42.2%) and beating in form of whipping (41.5%) were common among a good number of the girls. Starvation was also mentioned during face to face interviews and focus group discussion. The respondents reported that in several cases they have been starved by their employers or when they were travelling to their new destination. Further, about 18.5% of them also reported to be punched by their bosses and 4% of them reported to be burnt in different parts of their bodies once they made a mistake. This was also a case during face to face interviews and focus group discussions. The respondents mentioned the above forms of violence, during their daily work. They complained of being beaten and even being burnt once they had done a small mistake. A victim from Meru district points out how she was burnt;

“My boss beats me whenever I do a small mistake, even when I do not mop the floor the way she wants it. When I burn food while cooking she also takes a knife, puts it hot charcoal and burns my skin. I cry the whole night. In the morning I wake up and continue working”.

Physical abuses were also mentioned by the community members during focus group discussions. They reported that the victims in different work places work in difficult situations since majority of their bosses tend to abuse them physically and even sexually. Those working at eateries (*mama lishe*) were abused in many forms; whenever they break a glass or plate they are either charged for it or punished through beating, burning, or pinching. The respondents working in bars and hotels also reported the same forms of abuse, as this respondent from Monduli reports;

“Whenever I have a loss or break something like a glass, my manager demands I pay or he demands I sleep with him. If I reject him, my job is terminated or I will not be paid salaries up to when my loss is cleared”.

The respondents working as domestic helpers also had mistreatments upon them. They complained of being severely beaten, strangled, burnt and starved whenever there is a misunderstanding or they have done a minor mistake. The disputes between them and their bosses was reported to occur when they destroy material things, when they are found having affairs with husbands or sons, delay in doing chores, befriends people who are not friends to the employers, oversleeps due to being overworked, getting pregnant, eat a lot of food etc.

Apart from being physically attacked the girls during face to face interviews complained of doing a lot of chores during the day. They reported to be responsible for cooking meals, laundry, fetching water, gardening, cleaning house, looking after infants and children and taking care of sick and the disabled. They also complained of working long hours starting at 5.00 a.m. to 10.00 p.m. This situation made them very weak and tired. Working more than

the normal 8 hours a day makes the domestic helpers tired depressed and sometimes feels sick. This finding relates with the a study done by ILO (2016) in Tanzania which revealed that most domestic workers work for more than 12 hours a day and others for more than 14 hours, and the extra hours they put into work are not adequately compensated. This goes against the Employment and Labour Relations Act of 2004 of Tanzania which provides for three kinds of rest periods: daily break, daily rest and weekly rest. While an unpaid daily break or lunch break is only one hour and applies to workers who work for more than 5 hours consecutively, daily rest is set at 12 consecutive hours between the end of work and the commencement of work for another day. Domestic helpers worldwide have reported to be abused, humiliated and even killed. Several studies done worldwide have reported that, domestic servants face a lot of violence from their employees. Specifically in human rights watch report of 2006 it was reported that In Saudi Arabia, the Indonesian, Sri Lankan and Philippines embassies handle thousands of complaints a year. In January 2004, for instance, the Sri Lankan embassy estimated it was receiving about 150 domestic workers each month that had fled their employers. In Singapore, at least 147 domestic workers have fallen to their deaths from hazardous workplace conditions or suicide. In most of these countries, embassies have created shelters onsite to handle the huge numbers of domestic workers seeking assistance for unpaid wages, physical or sexual abuse, or poor working conditions.

(ii) Sexual Abuse

Sexual abuse can be described as an act which involves touching, or inviting anyone to touch in a sexual way. According to the Canadian Department of Justice (2005), sexual abuse include: any kissing, fondling, touching, sexual intercourse without consent; not stopping sexual contact when asked to; forcing someone to engage in sexual intercourse; inappropriate looking, sexual teasing or innuendo. In the current study, sexual abuse was reported in different districts visited. At least 58.3% of the respondents reported to encounter inappropriate touching, 52% forced kissing, 28.5% forced oral sex and 17.5% reported to be raped. During interviews it was confirmed that a good number of victims of human trafficking are brought by from the rural areas for the purpose of commercial sex. The victims are exploited in different ways as the community development officer from Namanga, Longido District reports;

“Sex exploitation is a problem here in Namanga, since majority of girls and young women aged from 8 to 30 years are trafficked from different places including Babati, Karatu, Arusha rural, Kondoa, Singida (Iramba and Ikungi), Mbulu. The girls are brought to Namanga for either being trafficked to Kenya (Nairobi) or remain at Namanga for Commercial sex or prostitution. A lot of cases of sexual abuse are heard though not formally reported to the ward office. However, we are able to work with the church and other organizations to rescue these young girls”.

Since it was hard to observe the indicators of previous sexual abuse act such as bruising on private parts and thighs, itching in genital areas, unusual difficulty in walking or sitting; infections, unexplained genital discharge, or sexually transmitted diseases as indicators for sexual abuse the respondents in the current study were only inquired if at all they have faced any mentioned act related to sexual abuse. Table 1.2 illustrates the forms of sexual abuse inflicted upon the respondents.

Table 1.2: Different forms of sexual abuse (n=400)

Form of Sexual Abuse	Frequency		Percent	
	Yes	No	Yes	No
Rape	70	330	17.5	83.5
Inappropriate touching	233	167	58.3	41.7
Forced Kissing/ Fondling	208	192	52	48
Forced watching pornography and other illicit material	58	342	14.5	85.5
Forced Oral sex	114	286	28.5	71.5

Source: Field Findings, 2019

From Table 1.2, it is clear that a good number of respondents (58.3%) reported of encountering inappropriate touching, 52% being forced to kiss and fondling and also a good number reported of being forced into oral sex. Few respondents reported rape (17.5%) and being forced watching pornography and other illicit materials (28.5%). These cases were also revealed during face to face interviews and focus group discussions. Respondents working as domestic helpers complained of being raped and touched inappropriately. They reported to be abused within the household by the household head, relative or even the son of the family. Some even got pregnant after being sexually abused as this respondent reports;

“I was employed in a certain household in Mbauda area, the bosses never mistreated me but the son was very hostile to me. One day after the parents have gone to work, he raped me. He threatened me that if I ever report him he will do something bad to me or my family back home. So I kept quiet and never uttered a word till I discovered I was pregnant. I told him, but he denied me outright, so I escaped”.

The respondents working in bars and lodges or guest houses, also complained of the same. They complained that both the customers and bosses abused them whenever they felt like. The following case from a respondent in Arusha City narrates.

“I work in a night club as a waiter; I have been abused several times by my clients and boss. My boss forces himself on me whenever he wants, In the beginning I used to cry a lot, but nowadays, I am tired of crying because it does not help. They threaten to fire me if I tell anyone. So I keep quite”.

(iii) Psychological abuse

According to UNICEF (2010) psychological abuse is defined as a type of abuse which includes behaviour that is intended to intimidate and persecute, and takes the form of threats of abandonment or abuse, confinement to the home, surveillance, threats to take away custody of the children, destruction of objects, isolation, verbal aggression and constant humiliation. Psychological abuse differs with physical abuse in a way that it may not leave physical marks, but it can be just as destructive as physical abuse, leading to anxiety, depression, and addiction. Like physical abuse, it is primarily a means of control and a way for the abuser to feel superior (Gass et al, 2019). In the current study the respondents mentioned a number of acts which was thought to be psychological type of abuse. The acts ranged from threats, isolations, insults and intense criticizing, intimidation and humiliation. Table 1.3 shows the frequency and percentage distribution of the type of psychological abuse inflicted on the respondents.

Table 1.3: Different forms of psychological abuse (n=400)

Form of psychological abuse	Frequency		Percent	
	Yes	No	Yes	No
Insults and Intense Criticizing	145	255	36.2	63.8
Humiliation	95	305	23.8	77.2
Intimidation	74	326	18.5	81.5
Verbal threats	72	328	18	82
Physical and social Isolation	51	349	12.7	87.3
Belittling	68	332	17	83
Movement monitoring	28	372	7	93

Source: Field Findings, 2019

From table 1.3, it is observed that a significant number of the respondents (36.2%) reported to be insulted and criticized, while 23% reported of being humiliated, while 18.5% and 18% of the respondents reported intimidations and verbal threats respectively as forms of psychological abuse inflicted unto them. during focus group discussions and face to face interviews this was also discussed, the participants complained of being verbally abused, intimidated and even humiliated throughout the day in their work place. The researcher also observed this act at several bars and eateries where the bosses verbally insulted the respondents. They were verbally insulted for mere small mistakes such as delay in taking orders from customers, burning food, slowness in responding to orders, breaking utensil, etc. The following case explains;

“It was raining during lunch time in Mto wa Mbu, a young girl around 15 years working at the eatery was sent to deliver food across the road. On her way to food delivery she slipped and fell. She came back with no food and broken utensils. The boss was very furious and started insults. The girl cried, but the boss never stopped insulting her”.

Cases like this were mentioned throughout the discussions, participants also reported that psychological abuse in most cases go hand in hand with physical and sexual abuse. As the bosses verbally insult the victims, they also slap or beat them. This happens mainly to the victims who work as domestic helpers and those working as waitresses. The victims working at bars and other entertainment places were also psychologically abused, but in their case the insults, intimidation and humiliations comes from both the customer and their bosses. Their customers used intimidating language to demean them. Since they are drunkards the victims tend to neglect but it does not mean that they are not hurt. They are restricted from responding to any insult from their customers since the ‘customer is always right’. During focus group discussions with the bar attendants the following abusive language was reported during the discussions;

“Come here you prostitute”, “you are very stupid girl”, “you are dumb like your mother” “you don’t have brain where do you think from”, “You dirty thing come here” etc.

These findings relate to different findings from studies done worldwide by different organizations. In a study done to domestic workers and waitresses working in Far East, it was reported that 80% of them, has constantly been verbally abused by their bosses. In another study by Ullah (2015) it was revealed that domestic workers working in Hongkong received threats to use violence; threat to abandon; threat to confine and deprive of food; insulting, making derogative statements about them; socially isolating them, or not allowing them have visitors as most common complaints regarding psychological and emotional torment.

(iv) Economic abuse

Economic abuse involves acts such as the denial of funds, refusal to contribute financially, denial of food and basic needs, and controlling access to health care, other employment opportunities, etc. it is further described as an act which happens when an abuser takes control of or limits access to shared or individual assets or limits the current or future earning potential of the victim as a strategy of power and control. Also it might be related to coerced debt: when an abuser forces non-consensual, credit related transactions. Examples include: Applying for credit cards, obtaining loans, or opening accounts in a victim's name without their knowledge or consent, forcing the victim to obtain loans, forcing the victim to sign financial documents, use of threats or physical force to convince victims to make credit-related transactions (National Coalition Against Domestic Violence, 2015). As indicators of economic abuse in the current study the respondents were inquired if any of the following acts were inflicted on them; denial or irregular salary payment; long exhaustive working hour; denial of finding other jobs or other sources of income; refusal to let them claim benefits and refusing to let them access a bank account; control their mobile accounts. Table

1.4 shows the response to the above claims.

Table 1.4: Different forms of Economic abuse (n=400)

Form of Economic abuse	Frequency		Percent	
	Yes	No	Yes	No
Denial or Irregular salary	316	84	74	26
Long exhaustive working hour	286	114	67	33
Denial of other jobs /other sources of income	157	243	36.9	63.1
Refusal to let them claim benefits	120	280	28.2	71.8
Refusing to let them access a bank account	60	340	14.1	85.9
Control their mobile accounts	59	341	13.8	86.2
Debts	290	110	72.5	27.5

Source: Field Findings, 2019

From table 1.4, it is clearly shown that majority of the respondents (72.5%) complained of having big debts built from false accusations from their employers and 74% reported to have irregular salary payments respectively. Also a good number reported working long exhaustive hours with little or no pay (67%). While only few respondents (14.1%) reported that they are denied to have bank account and if they have, they are not allowed to access it. On a similar case thirteen percent of the respondents revealed that their employers control or check their mobile money account such as MPESA, Tigo Pesa and Airtel Money accounts on a frequent base. The following case from a face to face interview in Meru elaborates this scenario;

“My boss checks all my messages in my phone. She even checks my MPESA balance. There was a time, money was stolen in her shop, she immediately checked my MPESA account and found Tshs. 15,000/= in my account. She accused me of stealing her money, and took me to the police station, I was beaten mercilessly. Fortunately while I was still under custody, the money was found. From that day I am very careful, not to have any money in my mobile account”.

Seventy Four percent (74%) of the respondents complained of irregular or denial of their salaries. Since denial and irregular salary payment was mentioned by a good number of respondents the current study probed more on the modalities and amount the respondents receive. Table 1.5 shows the amount paid and the intervals of salary payments.

Table 1.5 Salary amount and payment intervals

Item	Frequency		Percentage	
	Yes	No	Yes	No
Amount of Salary (Tshs)				
Less than 50,000/=	273	127	68.2	31.8
Between 50,000/= and 100,000/=	119	281	29.8	70.2
More Than 100,000/=	8	392	2	98
Total	400		100	
Interval of salary payment				
Every end of month	248	152	62	38
After Every two months	36	364	8.8	91.2
After Every six months	7	393	1.8	98.2
Not consistent	109	391	27.2	73.8
Total	400		100	

Source: Field findings 2019

From Table 1.5 it is clearly reported that majority of the respondents (68.2%) received salaries of less than Tshs. 50,000/=. Only 31.8% of the respondents received salaries above Tsh. 50,000/=. Also the table illustrates that many victims (62%) received salaries every end of month except for 38%. However, the respondents reported that, sometimes the salaries received are not the agreed amount and in some instances the remaining amount is never paid. The amount reported to be paid by many employees in this study is very low as compared to those stipulated in the Employment and Relationship Labour Act of 2004. The amounts for domestic workers as stipulated in the act is TZS 65,000/= and TZS 80,000/= for those working in commercial setup. Much as this law is known to employers only a few of them obey it. This was also found out in a study done in Tanzania by ILO (2016) which reported that Above fifty percent (ranging from 58% to 73%) of domestic workers employed by those with income levels between TZS 100,000 to 999,000 declared they have either not been paid at all, in monetary terms, or their payments are irregular, contrary to what is stipulated in the national labour laws.

CONCLUSION

From the findings above, it becomes clear that the respondents encountered different forms of challenges while travelling or after reaching their new destinations. The challenges were categorized into different forms of abuse. They included physical, sexual, psychological and economic abuse. Physically the respondents mentioned starvation (57.5%); slapping (42.2%) and beating in form of whipping (41.5%) being common among a good number of the respondents. Also a few of the respondents mentioned pinching (18.5%) and punching (12.7%) as forms of physical abuse inflicted on them by either their employers or clients. On rare cases the respondents also revealed to be burnt (4%) after making minor mistakes such as burning food, breaking utensils and forgetting to do certain chore. Sexual abuse was also common among the respondents as a good number of respondents (58.3%) reported of encountering inappropriate touching, 52% being forced to kiss and fondling and also a good number reported of being forced into oral sex. Few respondents reported rape (17.5%) and being forced watching pornography and other illicit materials (28.5%).

Psychologically a significant number of the respondents reported to be insulted and criticized (36.2%), while 23% reported of being humiliated, Eighteen percent and 18.5% of the respondents reported intimidations and verbal threats respectively. Further the victims revealed that they faced economic challenges from mainly their bosses and clients. Among

others majority of the respondents (72.5%) complained of having big debts built from false accusations from their employers and 74% reported to have irregular salary payments. Also a good number reported working long exhaustive hours with little or no pay (67%). While only few respondents (14.1%) reported that they are denied to have bank account and if they have, they are not allowed to access it. Complementing the above 13% of the respondents also complained that their employers had control of their mobile money accounts. They reported that the bosses usually check to see the balance of the accounts. From the above discussion it becomes clear that, the victims of human trafficking do face a lot of challenges while they are in the hands of their employers and away from home.

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