

These are things that impact my ability to choose



I have choice and opportunity						
I experience barriers because of who I am						
I have responsibilities and limitations						
I have been deceived and manipulated						
I am being coerced and controlled						
I am being forced and degraded						

  

My situation is fulfilling	My situation is unstable	My situation is unprotected	My situation is discriminatory	My situation is abusive	My situation is inhumane
Decent Work	Precarious Work	Labour Violations	Human Rights Violations	Criminal Violations	Clearly Forced Labour

I would describe my work/relational situation like this 

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My situation is fulfilling	My situation is unstable	My situation is unprotected	My situation is discriminatory	My situation is abusive	My situation is inhumane
<ul style="list-style-type: none"> <li>Workers are respected</li> <li>I can live comfortably on what I earn</li> <li>I have the same opportunities as others</li> <li>I have benefits</li> <li>The work is safe</li> </ul>	<ul style="list-style-type: none"> <li>I never know how I will be treated</li> <li>I don't get enough hours</li> <li>No benefits</li> <li>My schedule can change suddenly</li> <li>I'm not sure when I will have more work</li> <li>I can barely live on what I make</li> </ul>	<ul style="list-style-type: none"> <li>My working conditions are not good</li> <li>There are safety issues</li> <li>I was promised better conditions and pay</li> <li>I am bullied or harassed</li> <li>I fear speaking up</li> </ul>	<ul style="list-style-type: none"> <li>I am treated badly because of who I am or how I look</li> <li>I don't have the same opportunities as others</li> <li>I am held back</li> <li>I experience discrimination</li> <li>I can't access basic goods/ resources</li> </ul>	<ul style="list-style-type: none"> <li>I have been assaulted</li> <li>I have been threatened</li> <li>My family has been threatened</li> <li>I have been stalked</li> <li>I am tracked electronically</li> </ul>	<ul style="list-style-type: none"> <li>I am degraded as a human being</li> <li>I have been punished</li> <li>I don't get paid</li> <li>I can't move around freely</li> <li>I am afraid often</li> </ul>
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<b>I have choice and opportunity</b>	<ul style="list-style-type: none"> <li>• I am respected</li> <li>• I have opportunities to grow and learn</li> <li>• I am supported in my choices</li> <li>• I have opportunities to make positive life changes</li> </ul>
<b>I experience barriers because of who I am</b>	<ul style="list-style-type: none"> <li>• I experience discrimination</li> <li>• I have missed out on opportunities that other people have</li> <li>• People look down on me</li> <li>• My life and work experience doesn't matter</li> </ul>
<b>I have responsibilities and limitations</b>	<ul style="list-style-type: none"> <li>• My family responsibilities put pressures on me</li> <li>• I have a long history of trauma</li> <li>• There are generations of trauma in my family</li> <li>• I have used drugs or alcohol to cope</li> <li>• I am more exposed to people who take advantage of me</li> </ul>
<b>I have been deceived and manipulated</b>	<ul style="list-style-type: none"> <li>• I feel used</li> <li>• I was lied to</li> <li>• I was promised a better life</li> <li>• I was tricked into making choices</li> </ul>
<b>I am being coerced and controlled</b>	<ul style="list-style-type: none"> <li>• I will get hurt if I don't do what I am told to do</li> <li>• I can't say 'no' to sex</li> <li>• Housing, food, my documents are used to keep me here</li> <li>• I have been forced to commit a crime</li> <li>• Alcohol and drugs are given to keep me quiet</li> </ul>
<b>I am being forced and degraded</b>	<ul style="list-style-type: none"> <li>• I have no options – it's perform or die</li> <li>• I am treated like I am not a human being</li> <li>• I am afraid most or all of the time</li> <li>• I feel like my situation is hopeless, no one can help me</li> </ul>