

National Human Trafficking Hotline

888.373.7888

Text 'HELP' to 233733



## WHAT IS HUMAN TRAFFICKING?

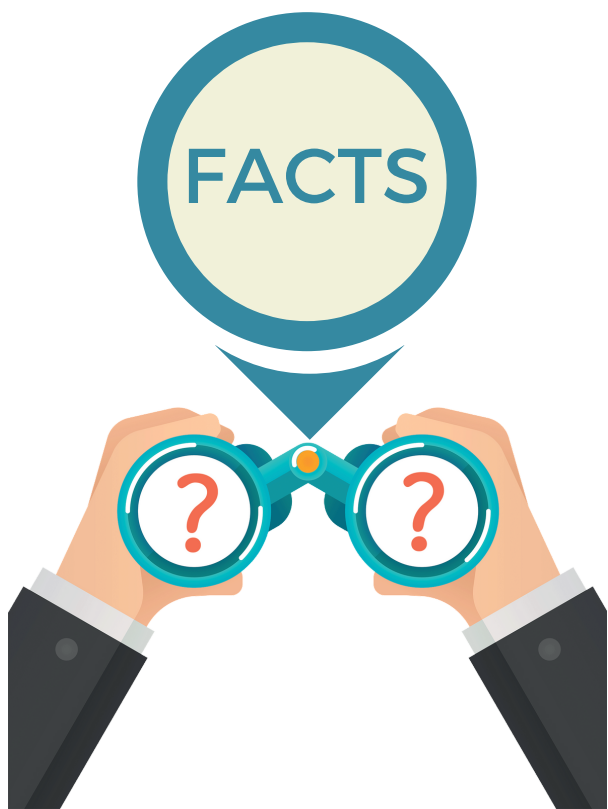
Human trafficking is a crime involving: the exploitation of youth under the age of 18 for commercial sex; the exploitation of adults for commercial sex through the use of force, fraud or coercion; and, the exploitation of any individual for compelled labor.

### Traffickers control people through the use of:

**Force:** physical restraint, physical abuse or assault, sexual abuse or assault, confinement

**Fraud:** false offers of employment, marriage, or a better life, withholding promised wages, or contract fraud

**Coercion:** threats of harm to self or others, coercion through familial or romantic relationships, destroying legal documents or document confiscation, debt bondage, psychological manipulation



- Human trafficking does not require that someone be transported.
- Human trafficking does not require that someone is physically restrained.
- Human trafficking can happen in legal industries.
- Human trafficking is not the same as human smuggling.
- Sex trafficking is not the only form of human trafficking.
- U.S. citizens, legal permanent residents, visa holders and undocumented workers can all be victimized in situations of human trafficking.

## RECOGNIZING THE **signs**

- not getting paid for labor or paid very little (different from what was promised)
- not free to change employers
- works excessively long and/or unusual hours
- being pressured to do something they don't want to do
- accompanied by another person who seems controlling or has someone in their life that appears to be monitoring them closely
- shows signs of physical or psychological abuse and/or coercion
- lacks identification or documentation
- under 18 and providing commercial sex acts
- in the commercial sex industry and has an exploiter/ pimp / manager
- uses language from "the Life" such as "Daddy", "trick", "date", etc.
- unexplained gifts or items they cannot explain or normally afford
- unexplained truancy or excessive tiredness in class

**\* This list is not exhaustive.**

One of these indicators on its own may not mean someone is trafficked, but a combination of these indicators may amount to a situation of human trafficking.

# HEALTHY RELATIONSHIPS



The following questions can be used as a guide when talking to youth about healthy personal and professional relationships:

## PERSONAL

- Do the people you have personal relationships with (a partner, significant other, family member or any other personal relationship) respect your boundaries?
- Do they give you space to hang out with others?
- Do they trust you?
- Do they or have they ever taken your money?
- Do they or have they ever told you what to do or tried to control you?
- Do they ever make you feel unsafe or threaten to harm you?
- Do they or have they ever pressured you to do anything you don't want to do?
- Have they ever convinced you to exchange sex acts for something of value?

### **A healthy personal relationship exists when:**

- you feel safe expressing yourself if something is bothering you.
- you respect each other; both parties' wishes and feelings have value.
- you find a way to solve conflicts in a fair way.
- you offer support and encouragement to each other.
- you respect each other's privacy and don't have to constantly be together.
- you trust each other.
- no one in the relationship is being controlled, manipulated, or exploited.

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## PROFESSIONAL

- Approximately how many hours a day do you work?
- Is your work and pay the same as promised to you when you were recruited for the job?
- Do you have to give up some of your paycheck to pay for debts or expenses like gas, food or rent? Who takes this money?
- Do you have to do extra work that is unpaid or different from your main job?
- Are you able to talk or hang out with family or friends? When and how often?
- Does anyone at your work make you feel scared or unsafe, or threaten to hurt you/ your friends/your family?
- At work, are you allowed to take breaks when you needed to use the bathroom or to eat? Do you have to ask permission?
- Were you ever injured or did you get sick where you worked? Were you helped in any way or were you stopped from getting medical care/the help you need?
- Does anyone else keep your documents, like your identification, pay stubs or bank account information?
- Can you quit your job? Why not?
- Do you go to school?
  - o If Yes: what school and what grade?
  - o If No: when was the last time you were in school? What grade?
- When is your birthday?

### **A healthy relationship with your employer exists when:**

- your employer is concerned with your welfare: you are given breaks to attend to your personal needs during the workday, you have sufficient time to rest in between work days, and you have control over your own time outside of your work.
- your employer ensures you have decent working conditions: your work setting is safe, or you are given safety equipment if you have to work with dangerous or hazardous materials, and your work area is in compliance with safety regulations;
- your employer pays your salary in the full amount you were promised, and in compliance with existing wage laws, without any hidden deductions or requirements to pay back some of your salary.



## RESOURCES

To find out more about the various service providers in Cook County, please visit the About Us page on the Cook County Human Trafficking Task Force website at [www.cookcountytaskforce.org](http://www.cookcountytaskforce.org).

For immediate help and access to resources, call the National Human Trafficking Hotline at 888-373-7888 or text HELP to BeFree (233733). Calls are confidential and interpreters are available.