

PREVENT YOURSELF FROM BECOMING A VICTIM OF HUMAN TRAFFICKING!



DON'T BELIEVE THE LIES:

- ✓ Traffickers look like everyday people. They can be a man or woman, young or old.
- ✓ Sometimes traffickers pretend to be a friend or a boyfriend/girlfriend to try and gain your trust. Watch out for any signs that they are trying to control you or ruin other relationships you have in your life.
- ✓ Sometimes traffickers lie and tell you they have a modeling job (*or something similar*) to gain your trust and get you to go with them.
- ✓ You may have people in your life telling you that you don't count. That you are not worth anything and you don't matter. Those are lies – don't believe them! You DO matter and have a lot to give to this world!

BE SUPER CAREFUL ONLINE:

- ✓ The #1 way to recruit victims that Traffickers use is pretending to be someone they are not, online.
- ✓ **NEVER** meet with someone in person, that you met online (*unless a parent or trusted adult comes with you*).

DON'T RUNAWAY:

- ✓ Almost every kid in Iowa that has become a victim of Human Trafficking ran away and was captured on the streets.
- ✓ In Iowa, 1 in 3 teens who runaway will be approached by someone in Human Trafficking within 36 hours.
- ✓ If you feel you need to leave a bad situation, don't go out on your own on the streets. Call **1-800-runaway** (*or text 66008*) for help.

STAY ALERT!

- ✓ Be aware of your surroundings at all times. That means not texting or having both ear buds in listening to music. Listen to any "gut feelings" you get about a situation and don't be afraid to make a scene or run away.

DON'T ABUSE SUBSTANCES:

- ✓ Traffickers will use whatever you are most vulnerable to, to hold you captive. If you "need" alcohol or drugs, they can force you to sell yourself to get them.

ADDRESS YOUR VULNERABILITIES:

- ✓ Up to 88% of survivors of Human Trafficking report that they were sexually abused or assaulted. If this has happened (*or is happening*) to you, tell a trusted adult (*or go to www.iowahelpline.org - you can even chat online with them*). It doesn't just go away because we pretend it didn't happen, no matter how much we wish it would.

EDUCATE YOURSELF:

- ✓ Knowledge truly is power! If you are aware of how Traffickers lure their victims, you will be less likely to become one. Learn where they target, how they groom and how they keep their victims captive. Then, educate others in your life as well!

