

I asked for help. Now I'm in control of my life.

**You deserve to be unharmed—
no matter what you may have
been told.**

Were you tricked into running away or leaving your home?

Did someone trap you in a job?

Is your job different from what you were promised?

Are you getting paid for all the work you do?

Are you allowed to keep all the money you earn?

Are you forced or pressured to trade sex for money,
or to have sex with people you don't want to?

Are you being hurt at work?

Are you afraid to leave?

Is your ID or other documentation being held
by someone else?

**These are all signs of human trafficking
or other types of abuse. Talk to your
physician or nurse, or ask to speak with
a social worker now. You can learn more
about your options—including long-term
needs like housing, education, legal
advice, and finding a job.**

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