

# The Brain Knows Series

## Human Trafficking 101 Guide

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*The eyes don't see what the brain doesn't know*

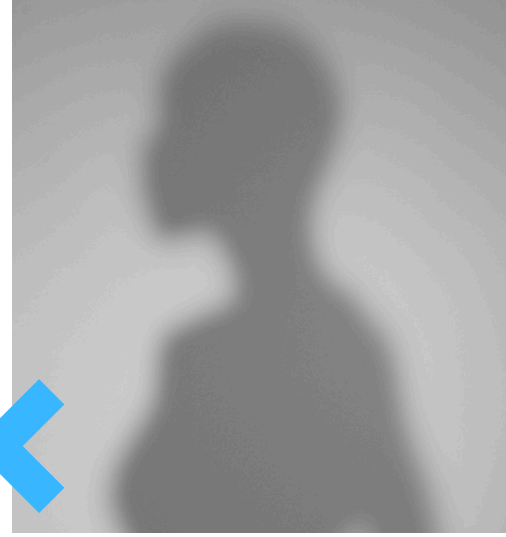


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PROJECT  
**MONA'S**  
HOUSE

RESTORING  
HUMAN  
TRAFFICKING  
SURVIVORS





## WHAT IS HUMAN TRAFFICKING?

Human trafficking is defined as an act that uses **force, fraud, or coercion** to obtain some type of labor or commercial sex act. Basically, that means buying and selling actual human beings.

**It is modern day slavery, and it affects millions of adults and children across the world.**

## TYPES OF TRAFFICKING\*

### Labor Trafficking

Labor Trafficking is complex and multifaceted, but it usually involves industries with high physical demand, like:

- Agriculture & Animal processing
- Factories & Manufacturing
- Forestry & Logging
- Health & Beauty Service
- Healthcare
- Hotels & Hospitality
- Sports & Entertainment
- Childcare/Babysitting
- Construction
- Cleaning Services/Domestic Work
- Landscaping
- Restaurants & Food Service

### Sex Trafficking

Sex Trafficking is the most widely known form of human trafficking. **It's also the most commonly identified form of trafficking.** It can and often does include the following:

- Commercial Sex Industry
- Prostitution - Legally or illegal.
- Escort Services
- Pornography - Formally or informally produced.
- Sex Tourism - Travel to other countries/regions to partake in sex acts.
- Brothels - A building where people go to purchase sex.

\*Non-exhaustive list





# HOW CAN I SPOT IT?

It's difficult to know if someone is being trafficked-- that's why it's such a hidden crime. Being aware of some more clear signs of trafficking, or even that something may be out of the ordinary is useful.

## WHO'S MOST AT RISK?

While anyone can be at risk of being trafficked, **marginalized women and children at the highest risk\***. This includes, but is not limited to the following:

### EXPERIENCES:

- Foster care system.
- History of trauma and/or abuse.
- Contact with the criminal legal system, especially juveniles.
- Humanitarian crises and instability.

### STATUS:

- Those who are unhoused.
- People dealing with addiction, mental illness, or disabilities.
- Living below the Poverty Line.
- Undocumented, displaced, or refugee status.

### IDENTITY:

- Women and Girls
- People of Color
- LGBTQ+

These people are already marginalized, and often discriminated against in society. Such populations may have limited access to resources that may help them. As a result, people who exist within these groups are vulnerable.

**Traffickers target people who are already at a point of disadvantage.**

## WHAT ARE THE SIGNS?

### PHYSICAL

- Appearing malnourished
- Showing signs of physical injuries and abuse
- Tattoos/ branding on the neck and/or lower back
- Working excessively long hours
- Living at place of employment
- Lack of ID or personal possessions

### VERBAL/SOCIAL

- Avoiding eye contact, social interaction, and authority figures/law enforcement
- Seemingly scripted or rehearsed responses
- Being with older men, calling them boyfriend or "daddy" (often slang for traffickers)

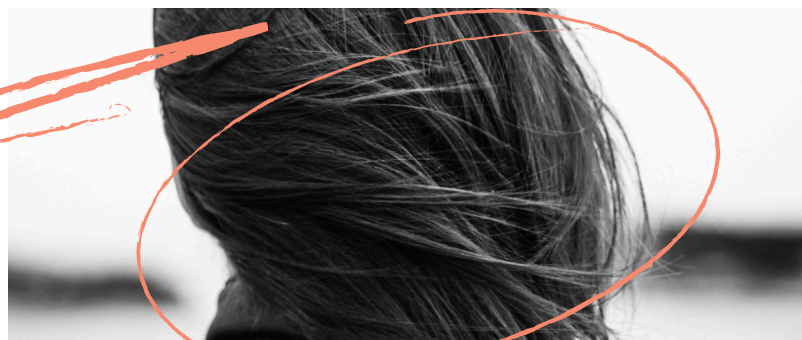
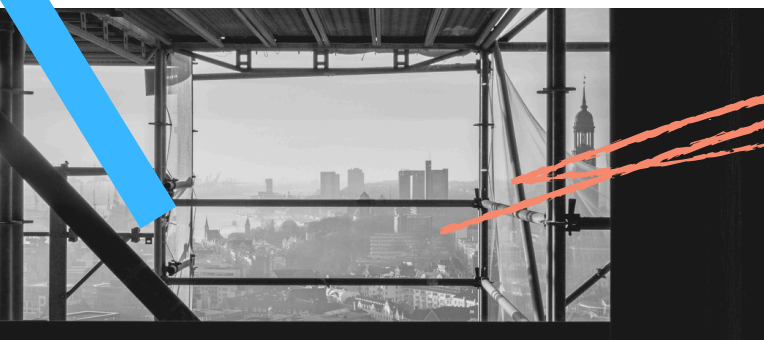
### MEDICAL

- Poor physical or dental health
- Untreated sexually transmitted diseases
- Chronic cardio or respiratory issues
- Rectal trauma
- Urinary difficulties
- Pelvic pain
- Drug addiction
- Multiple abortions in a short timeframe

### TRAFFICKERS

- Extensive security measures to keep people inside an establishment
- Not allowing people to go into public alone, or speak for themselves

\*This does not mean that only these groups are trafficked. It means that these people are trafficked at higher rates





## HOW TO JOIN THE FIGHT

Once you know what to look for, you can lock arms with us and join the fight to end human trafficking. Below, you'll learn how to stop human trafficking in its tracks.

### PREVENTION

As members of the community, it's our responsibility to make sure that we do what we can to help the people around us. When it comes to yourself and your loved ones, pay attention. Take note of your surroundings, and any changes.

- **Legislation**
  - One important way to make change is through the law. It's important to **voice your support for anti-trafficking measures.**
- **Research**
  - Because human trafficking is such a hidden crime, we don't have all the info on it - that's where research comes in. It allows us to get a better idea of trends, and to collect more data on what's taking place. **This all allows us to form a more effective plan on how to fight trafficking.**
- **Advocacy**
  - **The best way to decrease the number of people that are trafficked is through awareness.** When we shine a spotlight on human trafficking, victims have the opportunity to find the path to freedom.
  - **Check our website** for volunteer opportunities
  - **Donate** to local anti-trafficking organizations

### RESOURCES

If you suspect that someone is being trafficked, or that someone is a trafficker, use these resources:

#### **National Human Trafficking Hotline**

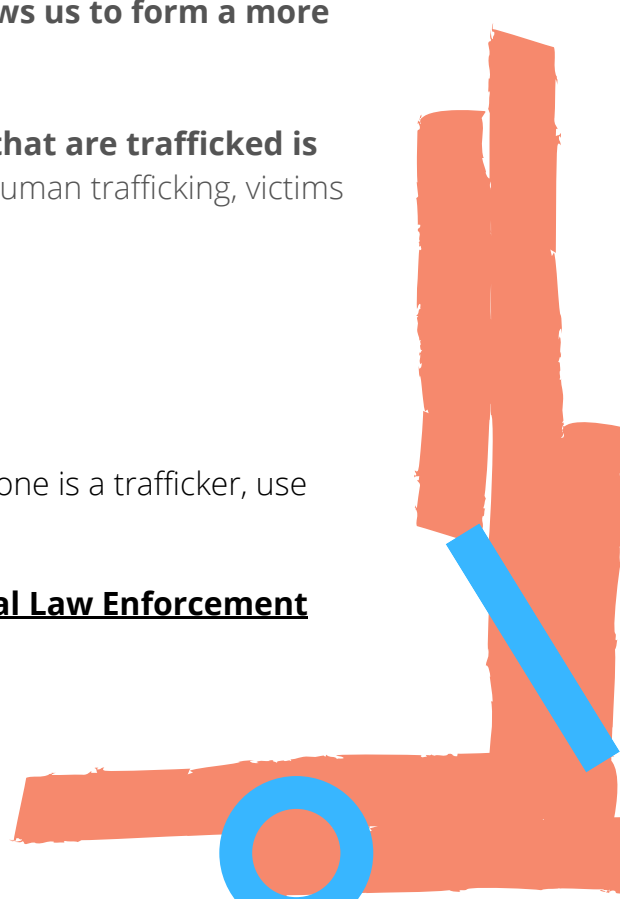
*All forms of trafficking, serves all ages*

**Call:** 1-888-373-7888

**Text:** BeFree (233733)

#### **Alert Local Law Enforcement**

**Call:** 911



# FOR PARENTS

As a parent, it's important to you that you keep your child out of harm's way. **Human trafficking may seem like a far away problem, but the reality is, it happens in our community.** Knowing the signs and how to prevent it can help keep your child safe.



## HOW DO I BRING IT UP?

It's important to set a precedent of open communication when it comes to your child's safety. **Create a space where your child feels safe coming to you to talk about anything:** questions, concerns, and more.

Let your child know that there may be people they meet who promise the world, but if that person asks them to do something that makes them uncomfortable, it's important that your child is honest with you. **It won't make you mad, it's not their fault-- it's all about their safety.**

## THE SIGNS

### KIDS

- Makes new friends who are older
- Owns new items that you didn't buy for them
- Sudden changes in school performance, behavior, and/or appearance
- Spends time messaging online, over social media, etc.



### TEENS

- Acts unusually promiscuous, makes sexual references that are uncharacteristic
- Makes new friends who are older
- Has a older "boyfriend" or "girlfriend"
- Owns new items that you didn't buy for them, or that they couldn't afford themselves
- Sudden changes in school performance, behavior, and/or appearance
- Spends time messaging online, over social media, etc.

## WHAT SHOULD THEY KNOW?

### BOUNDARIES

**Make sure your child knows that they are in control of their own body.** No one else can tell them what to do with it. Your child should not be forced to hug, touch, be picked up by, sit on the lap of anyone even if it's a family member or friend. In their teens, make sure they know that they have the right to enforce these boundaries, and that people may try to test them.

### HEALTHY RELATIONSHIPS

**Make sure your child knows what a healthy vs. unhealthy relationship looks like.** Know what is acceptable and unacceptable in a relationship.







## SAFETY MEASURES

🌟 **Empower your child** with the confidence in themselves and the ability to say no, and to know their own limits.

### **Teach your child the 4 Elements of Consent**

To give permission to ANYTHING, the consent given must be:

1. **Clear:** The permission/consent given must be explicit
2. **Coherent:** A person must not be under the influence of any substance
3. **Ongoing:** If a person changes their mind, consent is no longer given
4. **Voluntary:** A person must not be manipulated or influenced by someone else in their consent

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*"We cannot place the duty of protecting children on children"*

*Kelly D. Galloway, Founder and President of Project Mona's House*

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## TOOLS TO USE

### **ONLINE SAFETY**

To keep your child safe online, we recommend using tools that can monitor online activity.

- **MSpy**
  - Mobile and computer parental control monitoring software for iOS, Android, Windows, and macOS
  - Monitors and logs user activity
- **SaferKid**
  - Text and website, monitoring
  - Adult content blocking

### **National Human Trafficking Hotline**

*All forms of trafficking, serves all ages*

**Call:** 1-888-373-7888

**Text:** BeFree (233733)

### **Center for Missing and Exploited Children**

*Child Trafficking and Online Exploitation*

**Call:** 1-800-THE-LOST (1-800-843-5678)

**CyberTipline:** MissingKids.org



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*From the Mona's House team and the women we serve, thank you for taking the time to self-educate.*

**For any questions, visit**  
[www.projectmonashouse.com](http://www.projectmonashouse.com)



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