

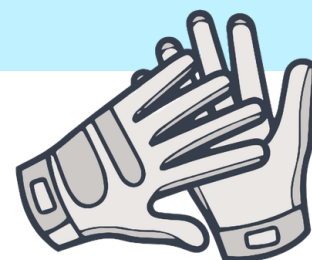
# What youth need to know about LABOR TRAFFICKING & EXPLOITATION



## What is labor trafficking?

Labor trafficking is when a person is **forced to work or provide services** through the use of **force, fraud, intimidation, or threats**.

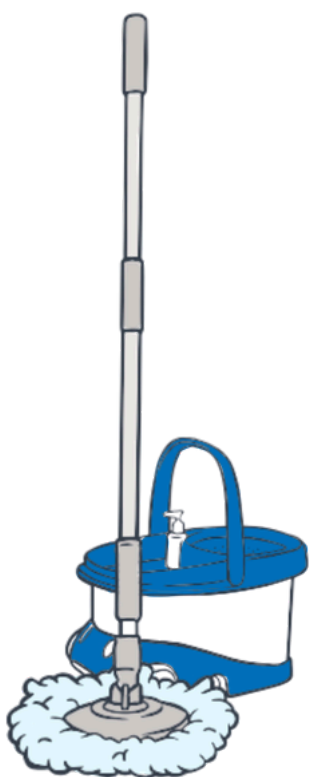
Most employers in the U.S. do not commit labor trafficking, but it's important to know the signs so you can protect yourself and others.



### 10 Warning Signs

If someone...

- **Requires you to pay** rent or other household expenses
- Makes you work to **pay off a debt** or you have debt that **keeps increasing**
- **Forces you to work** instead of attending school
- **Controls** your transportation, where you go, and who you talk to; **isolates you** from friends and family
- **Threatens harm** to you or your loved ones, or to call the police or immigration if you don't do what they say
- **Withholds your wages** or **deducts expenses** from your pay
- Asks you to do a job that exposes you to **toxic substances** or **hazardous work conditions**
- Is **in possession** of your passport, documents, money, or phone
- Makes you **live at your workplace**, in **poor living conditions**, often with many people
- Makes you work **many hours** without sufficient pay or adequate breaks to eat, drink, rest, or go to the bathroom



## Where does labor trafficking occur?

Labor trafficking and exploitation can happen in **many types of jobs and workplaces**, including:

- Restaurants
- Farms and factories
- Construction and landscaping jobs
- Informal or cash-based work
- Cleaning, housekeeping, and maintenance work
- Childcare or caregiving jobs



## Who are the traffickers?

**Traffickers do not always look dangerous.** They may be employers, people offering a “job” online, romantic partners, friends or peers, family members, or random acquaintances. Traffickers often make promises that don’t feel possible, try to control you, your money, or your documents.

Remember, **most adults are safe**, but it’s important to **know the signs of trafficking** so you can protect yourself.

## How can you get help if you or someone you know may be in a labor trafficking situation?

**You have rights**, and these are steps you can take if those rights are violated.

- Talk to a **trusted adult**.
- Call local **police** or **911** in case of emergency, or to report someone abusing or exploiting you.
- Contact the **National Human Trafficking Hotline**. They are open 24/7.



**Phone:** 1-888-373-7888

**Text:** 233733

**Live Chat:** <https://humantraffickinghotline.org/en/chat>