SECURITY RECOMMENDATIONS

for **victims** of **hum_n trafficking** for **sexual exploitation**

If they have brought you here, **deceived** you, **threatened** you, and are **exploiting** you or **forcing** you into prostitution, you are experiencing a situation of **trafficking in human beings** and this is a **crime**. You might feel **ashamed**, **afraid** or even **guilty**. These reactions are normal, but you need to know that you have been deceived. You have the right to **put an end** to this situation.

WHEN SOMEONE **OFFERS YOU A JOB** IN ANOTHER COUNTRY...

1. Assess the working conditions:

– Seek information on the job and the place where you will go.

– Request personal details of the person who gets in touch with you.

– Tell someone you trust about the proposal.

– Ask about the working conditions in writing.

2. Be careful if they offer you to leave the country:

– Using false identity documents.

– By deceiving your family.

– By contracting a debt.

– Without you having to pay anything.

– With little information.

3. If you decide to **leave**, remember to…

– Make a copy of your identity documents (electronic or paper version).

– Take a photo of the plane tickets.

– Ask for directions of the place you are going to.

– Tell someone you trust.

BE CAREFUL AND SUSPICIOUS IF…

1. They keep your identity or travel documents.

2. They force you into doing a job you do not want to do.

3. They force you to work without any rest, even though you do not want to.

4. They relentlessly monitor your phone, your money, what you are doing and where you are going.

5. They treat you badly by insulting, threatening, screaming and being aggressive towards you and your family.

6. They forbid you to have contact with whoever you want.

7. They force you into having sexual intercourse with strangers and prostituting yourself for their own profit.

8. You had to pay back a debt to the person who controls you.

9. They do not let you receive any medical, psychological or social attention or attend any kind of support service.

10. They do not let you leave the house or you must always go accompanied by someone.

You need to know that you are experiencing a **violent situation**. The only person responsible for this situation is the one that is threatening you and being aggressive. **Ask for help!**

DO YOU NEED **HELP**?

Do you feel you are in danger? Are you unsure of how to escape this situation?

You may find information at:

– Organizations specialized in providing support to women.

– Medical centers.

– Social services or support services.

– Police stations.

– Prosecution and tribunals.

Note the following:

– Seize the best moment to escape, such as when you are not being carefully monitored.

– It is important to take care of yourself! Think of your diet, your personal hygiene and your health.

– **If you need help, you can call the phone number 112. It is free and the call will not be registered.**

- You can also download the app 112 to reach the emergency services.

IF YOU THINK YOU MIGHT **HAVE BEEN ASSAULTED** OR IF **YOU ARE ASSAULTED**...

1. Try to leave the place. If you cannot leave, go into a room where you can lock yourself in.
2. Hide any dangerous object.
3. Protect your vital body parts (head, neck and chest) with your hands or with objects.
4. Scream "HELP" or (word in national language) or call the emergency number 112.

Memorize the emergency telephone number 112. It will put you through to the medical emergency service, the police or firefighters. Your phone will not keep track of this number, the phone call is not registered and it will not appear in your phone bill because it is free of charge.

If you need help or are in danger, **call the 112** phone number. This is for any emergency situation and will connect you to the **medical emergency services**, the **police** or **firefighters**.

They will ask for your personal details (name and family name) and for information on what is happening and where you are at the moment. You can explain to them what you have been forced to do and they will send someone to **help you**. Remember that **this phone number will not be registered on your phone**.

EMERGENCY MEASURES TO ESCAPE (KIT): **PLAN YOUR SAFETY**

If you have decided to escape, think of planning your departure:

– Take copies or photos of your identity documents and keep them with you.

– Hide some money and a piece of paper with important telephone numbers.

– Memorize these words in English: HELP, FEAR, KIDNAPPING, TRAFFICKING.

– Look around the place where you live. What is the building like? Are there people monitoring the place? Pay attention to the exits and whether or not they are locked to choose the best moment to escape.

– Decide where you want to go and think of how to get there. Plan your itinerary by foot or by public transport (metro, taxi or bus) to the place where you want to go (NGO, medical center, police station or social services). Use a map on the internet to help you out.

Note:

– **Try to take care of your own health:**

– Try to eat well and hydrate regularly, especially before going out, and take some food and drinks with you.

– Try to take care of your health to escape when appropriate

– **Prepare yourself:**

– Choose comfortable clothes to go out in and take some change of clothing with you.

– Wear comfortable shoes in case you need to run or walk.

– Take the medicines you need or write down the medication you use to ask for it if you are going to a center where they can help you.

– Keep your identity documents if you have it or some copies.

– Take your children with you, along with their identity documents and other things that are necessary to take care of them. Do not leave if they are ill. Try to leave when they feel good/get better.

– Tell someone you trust or a professional of your departure, where you are and where you will go. You can use a specific code that was established in advance.

IF THEY **RESCUE** YOU…

– Explain that you are being sexually exploited or that you have been forced to do things you do not want to do.

– Ask for help from organizations that support women who have been exploited. Explain your situation.

– If you go to the police station, they will help you. However, you are not obliged to file a complaint.

– In any situation, if you have trouble understanding or being understood, ask for a translator.

– Let someone inform you and do not make any hasty decision. When you feel sure and have recovered, they will tell you about your rights and the legal proceedings.

IF YOU WANT TO **FILE A COMPLAINT**...

– You can file a complaint in any police station (Mossos d'Esquadra or Policía) and ask for a lawyer to advise you.

– When filing your complaint, the police may require security measures to ensure your own safety.

– Lodging a police complaint involves starting a difficult judicial process that will trigger painful memories. Therefore, it is important that you are accompanied through this process and, if possible, receiving psychological support.

GENERAL RESOURCES AND SPECIFIC INFORMATION

Emergency number: 112.

Contact details (phone numbers) of organizations, support services and NGOs that work with THB victims.

If you are at risk, get rid of this document and keep only the basic information of the person and the reference entity.

Keep this information in a safe place.

Contact person: _____

Phone: _____

NOTES

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