



# Signs of Human Trafficking in Youth

**Human trafficking is when someone is being taken advantage of and forced, tricked or coerced to do things they do not want to do.** This can include **labor trafficking** - like working at a job all day without a break or for little to no pay, or **sex trafficking** - any kind of sexual act online or in person. Both sex and labor trafficking must involve the exchange of money or something of value.

Trafficking can be hard to spot, even for the people being groomed or trafficked. You can help keep children and teens safe by paying attention to changes in their behavior such as:

- Avoiding you, friends and family
- Frequent tardiness or absence from school or work
- Loss of interest in things they once enjoyed
- Sleeping often when they're home and staying out late or all weekend
- Having new and older friends or a significant other they met online
- Having or bragging about money, expensive items or traveling with no reasonable explanation
- Expressing fear of their employer or other adults in their life
- Working an excessive amount
- Having rehearsed responses
- Starting to use drugs or alcohol
- Become unstably housed or leave home to live with an older friend
- Frequent injuries with no reasonable explanation
- Having secret online accounts

If you notice any of these signs, talk to the child or teen. These may be signs of human trafficking or they could be struggling with mental health and difficulties at home or school.

You can call and text 850-597-2080 or visit  
[surviveandthriveadvocacy.org](https://surviveandthriveadvocacy.org) to get more information and seek help.