



Human Trafficking Is Real.

Here's How to Get Help.

Human trafficking happens 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.

It can be hard or scary to talk to your friends or adults in your life about it. Still, **you** can act to help yourself or someone else.

It is important to know where to get help, even if you only suspect something isn't right. If you think that you or someone you know is being trafficked, you can reach out to these groups by text, email or phone:

Survive & Thrive Advocacy Center



Scan this QR code to visit our website.

Call or text: 850-597-2080

National Human Trafficking Hotline

Call: 1-888-373-7888 **Text:** 233733

Live chat: humantraffickinghotline.org/chat

If there's immediate danger, call 911