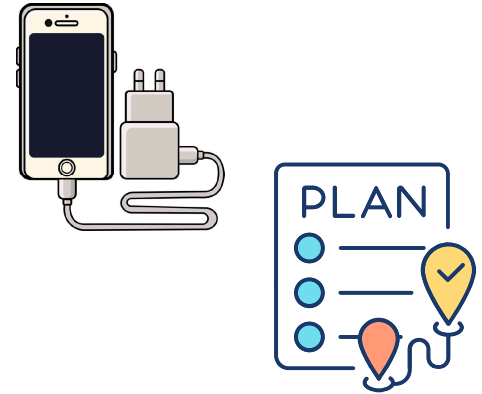


## Steps To Help You Avoid Becoming a Victim:

- Develop a safety plan in case you find yourself in a dangerous situation.
- Before you leave the house, make sure you have a fully charged cell phone and emergency contact numbers.
- Know the types of people who can be trusted. Examples of these people include police officers, bus drivers, and store clerks.
- Always demand respect: nobody should touch you inappropriately, hurt you, make fun of you, or refuse to pay you appropriately.



## Protect Yourself Against Grooming and Abuse:

- Surround yourself with service professionals that you know and trust. Examples include doctors, case managers, and therapists.
- Have a strong social support system.
- Avoid unsafe neighborhoods and/or schools.
- Have a trusted adult in your life who makes you feel loved, accepted, and safe.
- Traffickers often target people with low self-esteem. Cultivate personality traits that will make you a stronger person, such as optimism, confidence, creativity, humor, and independence.
- Feel accepted among your peers and other influential people in your life.
- Don't be embarrassed or afraid to confide in your family and other loved ones.
- Set consistent rules and expectations for yourself.
- Find a balance between being independent and being safe.
- Know how to cope with stress in a healthy way.
- Know the warning signs of abuse and how to report it.
- Talk openly and honestly about personal safety, boundaries, saying no, and healthy and unhealthy touching.

