

# I asked for help. Now I'm in control of my life.

**You deserve to be unharmed—  
no matter what you may have  
been told.**

Were you tricked into running away or leaving your home?

Did someone trap you in a job?

Is your job different from what you were promised?

Are you getting paid for all the work you do?

Are you forced or pressured to trade sex for money,  
or to have sex with people you don't want to?

Are you afraid to leave?

Is your ID or other documentation being held  
by someone else?

**These are all signs of human trafficking  
or other types of abuse. Talk to your  
physician or nurse, or ask to speak with  
a social worker now. You can learn more  
about your options—including long-term  
needs like housing, education, legal  
advice, and finding a job.**

