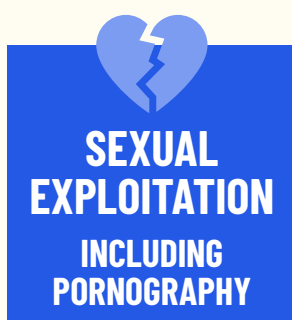


WHAT IS TRAFFICKING?

SOMEONE WHO DECEIVES, THREATENS OR FORCES YOU TO DO WORK, ACTIONS OR SERVICES AGAINST YOUR WILL TO OBTAIN A BENEFIT (ECONOMIC, MATERIAL OR PERSONAL)





WARNING SIGNS

PAY ATTENTION IF:

- They promise you easy or very well-paid work, but they ask you for money in advance or for your personal documents.
- You are forced or manipulated to work, record/photograph yourself, provide services or have sex “to pay a debt”.
- Someone else decides for you where you live, work, or who you talk to.
- They take your documents, control when you leave your house or monitor your phone.
- You work without a contract, without fair pay, without rest or without being able to refuse it.
- They force you to beg for money on the street, sell or transport drugs, steal, or pressure you to marry someone you don't want to get married to.
- They don't allow you to go to the doctor, study or access basic services.
- They threaten to cause harm to you, to your family or loved ones.

DURING YOUR JOURNEY OR STAY IN SPAIN:

- You are asked to hand over your passport or identity documents (only authorities, public administrations or official NGOs can ask you to show them for legal and/or social procedures).
- They want you to distance yourself from your family or other people you were travelling with.
- They promise to help you regularise your administrative situation and/or relocate you to another country in exchange for payment.
- They tell you that you must pay a debt for the journey, accommodation, food, etc.

YOU ARE UNDER 18 YEARS OLD:

- And someone offers you gifts (clothes, phones, jewelry...) or money in exchange for intimate photos or videos, to have sex or perform acts of a sexual nature.
 - And an adult or group forces you to work or carry out activities against your will, they do not let you go to school or institute and/or they control what you do at all times.
 - And you feel fear or confusion when you are with that person or group.
-

IT IS IMPORTANT FOR YOU TO KNOW THAT IN SPAIN



No matter if you are a foreigner, migrant or refugee, you do have rights, even if you do not have papers.



No matter if you are a minor, a foreigner or not, with papers or without, you do have the right to be protected.



Human trafficking is a crime and people who suffer from it, no matter if foreign or national, have the right to be protected.



It doesn't matter if you were promised a job, education, or a relationship: if someone controls, threatens you, or takes advantage of you, you may be at risk.



WHAT CAN YOU DO?

TO PREVENT AND PROTECT YOURSELF

Before accepting a job, offer, or trip



Be aware of offers that sound “too good”



Look for information about the place, the company and the person contacting you.



Use social media safely: Don't share your personal data, documents, or intimate photos with strangers.



Always store your documentation yourself.



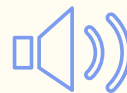
Share your plans and location with people you trust.

TO PROTECT YOURSELF

When you feel control, threats or deception



Don't blame yourself. You are being the victim of a crime, but you are not responsible.



Ask for help. Remember that there are organisations, services, and authorities you can trust.

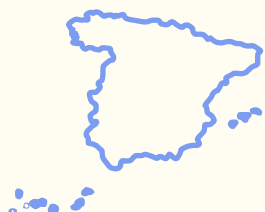


It is important that you know that you can ask for help without having to report it. It is not mandatory.



LEARN ABOUT YOUR RIGHTS AND WHERE TO ASK FOR HELP

WHERE TO ASK FOR HELP?



IN SPAIN

If you need urgent help:



112

EMERGENCY



016

GENDER-BASED
VIOLENCE



062

trata@guardiacivil.es

GUARDIA CIVIL



90 50 10 900

trata@policia.es

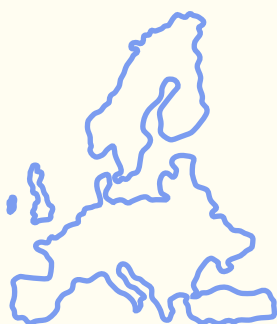
POLICÍA NACIONAL

- Download the [Alertcops App](#) to communicate with authorities in emergency situations.
- These lines operate 24 hours a day, every day of the year, and are free and confidential.
- You can also go to one of **Accem's** offices. Find your nearest office [here](#).

IN EUROPE

There are organisations specialised in trafficking with 24-hour hotlines.

Find the nearest one here: [La Strada International](#)





REMEMBER

TRAFFICKING DOES NOT ALWAYS BEGIN OR OCCUR WITH VIOLENCE

- Sometimes it starts with promises, debt, or false opportunities.
- If something makes you feel scared, controlled or ashamed, you are not alone.
- There are support organisations and institutions ready to help and protect you. In any health centre, hospital, educational centre, NGO or social services centre there are professionals who will listen to you, guide and accompany you.



accem@accem.es
accem.es



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DE INCLUSIÓN, SEGURIDAD SOCIAL
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