

See the signs of human trafficking! This list, compiled from Polaris and Shared Hope, includes some of the main signs to watch for. Just remember that not all of these signs will be present. Get help if this applies to you or someone you know. Call the HEAT Watch Tip Line (510) 208-4959.

Work/Educational or Living Conditions:

- May not be free to leave or come and go as they wish
- Is unpaid, paid very little, or paid only through tips
- Works excessively long and/or unusual hours
- Is not allowed breaks or suffers under unusual restrictions at work
- Owes a large debt and is unable to pay it off
- Was recruited through false promises concerning the nature and conditions of the work
- High security measures exist in the work and/or living locations (e.g. opaque windows, boarded up windows, bars on windows, barbed wire, security cameras, etc.)
- Unexplained, long disappearances

Other

- Claims of just visiting and inability to clarify where they are staying or going
- Lack of knowledge of whereabouts and/or do not know what city they are in
- Loss of sense of time
- Has numerous inconsistencies in his/her story
- Branding - Tattoos are often used by pimps as a way to brand victims.
- Tattoos of a name, symbol of money or barcode could indicate trafficking
- Displays expensive clothes, accessories, or shoes or other material goods like jewelry, electronics, travel, etc. that they can't afford
- They receive many gifts or very expensive items - Iphone, drugs, clothes, hair, nails, etc.
- Clothes that aren't developmentally appropriate or inappropriate for the weather

Relationships

- Older boyfriend, girlfriend, or new friends with a different lifestyle
- Many new relationships (especially if sexual in nature)
- Online activity that is linked to escort sites or other related sites
- Someone else is dictating what they wear, eat, when they sleep, etc.

Physical Health Issues

- Lacks health care
- Repeated sexual and reproductive health issues
- Appears malnourished
- Constantly tired, not sleeping
- Shows signs of physical and/or sexual abuse, physical restraint, confinement, or torture - including signs of physical abuse, such as burn marks, bruises or cuts

Impacts of Trauma or Abnormal Behavior

- Is withdrawn, fearful, anxious, depressed, submissive, tense, or nervous/paranoid, distracted, "spaced out"
- Exhibits unusually fearful or anxious behavior after bringing up law enforcement
- Exhibits unusually fearful or anxious behavior around certain objects
- Avoids eye contact
- Overtly and/or unusually sexualized behavior

Lack of Control

- Has few or no personal possessions
- Is not in control of their own money, no financial records, or bank account
- Is not in control of their own identification documents (ID or passport) or lacks identification completely
- Is not allowed or able to speak for themselves