

# QUICK **SELF- PROTECTION** GUIDE

AGAINST **HUMAN TRAFFICKING**  
FOR SEXUAL, LABOR, AND OTHER  
EXPLOITATIVE PURPOSES

#ERESMÁSINTELIGENTE

Many migrants are being lured by deceptive offers that conceal trafficking and exploitation networks.

#ERES  
MÁS

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## Who is being recruited

Anyone can fall victim to trafficking, so vigilance is key.

However, we have noticed that in recent months, the following groups are being specifically targeted:

Young women and middle-aged women from:

- Africa: **Gambia, Senegal, Guinea Conakry, Ivory Coast, Somalia**
- Latin America: **Colombia, Paraguay, Venezuela**
- **Morocco**

Men and young men from: **Gambia, Senegal, Morocco**

With this guide, you can stay alert if you encounter any of these situations and arm yourself with the tools to react and protect yourself.



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## LOVER BOY

**The most successful method on social media** (many victims). A man contacts you online, expresses romantic interest, and builds a relationship. Over time, he suggests that you move in with him so he can cover your expenses and even send you money.

## How are they recruiting?

### In the country of origin:

- You receive an offer to travel to Spain or France to work as a domestic worker and earn a large sum of money.
- They offer to pay for your flight to Spain.
- A friend tells you about a job at a club in Spain, mentioning that you may have to engage in sexual activities, but only for a short time, and that you will earn a lot of money. She claims to be doing very well.
- In Morocco, you are offered a job as a household worker, and from there, they propose traveling to Spain to look for better opportunities.

### In Spain:

- Domestic Work: You are offered the opportunity to leave your internship and find a better-paying job where you can regularize your immigration status.
- Agriculture: After the season in Huelva, they suggest you join another campaign in Zafarraya, Almería, or other regions. They tell you that you will be able to work and regularize your status.

## What really happens?

**Women:** You end up being sexually exploited under violent conditions. Victims recruited this way are forced to have sex constantly, face threats, and are not allowed to contact anyone.

**Men:** The reality is that you end up working in exploitative agricultural conditions akin to semi-slavery, suffering physical and verbal abuse, and enduring a constant violation of your rights. There is no employment contract, no defined working hours, and your documentation is withheld to prevent escape.

In some cases, you may be coerced into committing crimes and handing over the proceeds. Victims are often left with criminal records, which can have long-lasting effects on their future. Your contacts will be controlled, and your documentation will be kept from you.





**MANY HAVE  
RISKED EVERY-  
THING AND SUFFERED IMMENSELY. BUT YOU  
ARE SMARTER  
PROTECT YOUR-  
SELF.**



## How can you self-protect?

**AT THE SLIGHTEST DOUBT, IF SOMETHING SEEMS SUSPICIOUS:**

1. **INFORMATION:** Always ask for detailed information about the job (address, contact number, company name), and research it online.
2. **CONTACT NETWORKS:** Consult online networks and migrant groups for advice and contact references.
3. **NEVER ALONE:** Always go to the location with someone you trust.
4. **TELL SOMEONE YOU TRUST:** Share your situation with a trusted person, and if you're traveling, provide them with all details (who contacted you, where you're going, etc.).
5. **ASSOCIATIONS:** Reach out to organizations that can inform you about your rights and provide guidance.
6. **SOCIAL MEDIA:** Avoid sharing overly intimate photos or pictures of your documentation online.
7. **DOCUMENTATION:** Always keep a copy of your documents and never hand them over except to official authorities.

## SIGNS IT'S A SCAM

- ✗ OFFERS A CHANCE TO EARN A LOT OF MONEY WHILE WORKING FEW HOURS, WITH NO PRIOR EXPERIENCE REQUIRED.
- ✗ DOES NOT PROVIDE DETAILS ABOUT THE COMPANY OR THE TYPE OF WORK.
- ✗ AN UNKNOWN PERSON CONTACTS YOU ONLINE, CLAIMING ROMANTIC INTEREST AND OFFERING TO TAKE CARE OF ALL YOUR EXPENSES WHILE SHOWERING YOU WITH GIFTS.
- ✗ YOU ARE TOLD NOT TO SHARE THIS INFORMATION WITH ANYONE AND TO GO ALONE.

## DATOS ENTIDADES COLABORADORAS:



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El proyecto **BALAM** nace con el objetivo de **fortalecer la prevención y atención a las víctimas y a las potenciales víctimas de Trata de Seres Humanos**, así como a sus descendientes, a través de una acción integral y en red.

### Financia y cofinancia



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