



HUMAN TRAFFICKING  
RESOURCE CENTER

# What Parents Should Know About Human Trafficking

As a parent, you do everything in your power to keep your children safe. It's natural to believe that trafficking could never happen to your child or that the risk is low. However, human trafficking is a reality across the United States. Traffickers often target minors under 18 through social media, in public spaces, or via connections with friends or family. Any child can be vulnerable to the grooming tactics traffickers use to exploit them.

Traffickers can be a trusted friend or family member. They can be any age, gender, or come from any socioeconomic status.

One of the most effective ways to safeguard your child is by understanding the risk factors and recognizing the warning signs of human trafficking.



Traffickers are not picky about who they traffic. However, they tend to look for vulnerabilities such as:

- Homeless or Runaway
- Low Self-esteem
- Gang Affiliation
- Seeking Attention or Love
- Minorities
- Divorced Parents
- LGBTQ+
- History of abuse or neglect
- Caregiver Substance Abuse or Criminality
- Foster Children
- Low Income

## What can you as a parent or caregiver do?

- Stay informed about your children's online activities.
- Be aware of who they spend time with and where they go.
- Educate your children about human trafficking, both sex and labor trafficking.
- Watch for physical indicators such as tattoos, bruises, an abusive relationship, or changes in appearance.
- Foster open communication and ensure your children feel comfortable coming to you with concerns.

**If your child becomes a victim of trafficking, resources are available to support their recovery and help them process trauma. Remember, trafficking happens to people—it does not define their identity or worth.**

Learn More:

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