



Reference Guidelines

1 of 3

Sex Trafficking
Definition

Sex Trafficking
Red Flags

Labor Trafficking
Red Flags

EMPOWER acronym

DEFINITION OF SEX TRAFFICKING

Sex trafficking is the recruitment, harboring, transportation, provision, obtaining, patronizing, or soliciting of a person for the purposes of a commercial sex act, in which the commercial sex act is induced by **force, fraud, or coercion**, or in which the person induced to perform such an act has not attained 18 years of age

A commercial sex act is any sex act performed in exchange for something of value given to or received by any person.

Compensation of value includes: cash, basic needs (food, clothing, shelter), and/or drugs.

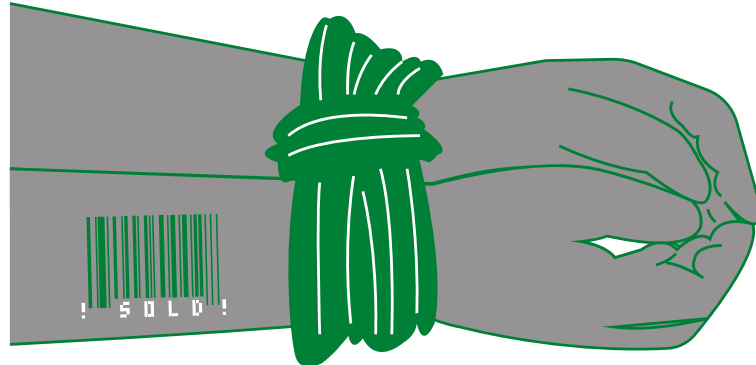
DEFINITION OF LABOR TRAFFICKING

The recruitment, harboring, transportation, provision and/or obtaining of a person for labor or services, through the use of **force, fraud, or coercion** for the purpose of subjection to involuntary servitude, peonage, debt bondage, or slavery.

HUMAN TRAFFICKING

RISK FACTORS:

SEX TRAFFICKING



- Runaways/Homelessness
- Involvement w/ Justice System
- Substance Abuse (including guardian)
- History of abuse
- Gang involvement
- Cognitive or physical disabilities
- Truancy
- Foster Care System
- CPS Involvement
- Youth
- Unaccompanied minors
- LGBTQ population

RECLIME

HUMAN TRAFFICKING RISK FACTORS: LABOR TRAFFICKING

- Foreign nationals
- Immigrants
- Unaccompanied minors
- Human smuggling
- Refugees
- Poverty
- Non-English speaking
- Cognitive disabilities



RECLAIM



PSYCHOSOCIAL RED FLAGS SEX TRAFFICKING

- Scripted or inconsistent story
- History of abuse
- Unable to provide address, is "new to town," doesn't know how long they've been in the area
- No social network
- Cash pay
- Anxiously refusing to be without phone, or has multiple phones
- Not in possession of ID
- Accompanied person(s) does not let patient speak for themselves
- If alone, demonstrates evidence of controlling or dominating relationships
- Fearful, nervous, avoids eye contact, hostile, distrusting of Healthcare Professionals and Law Enforcement.

PSYCHOSOCIAL RED FLAGS LABOR TRAFFICKING



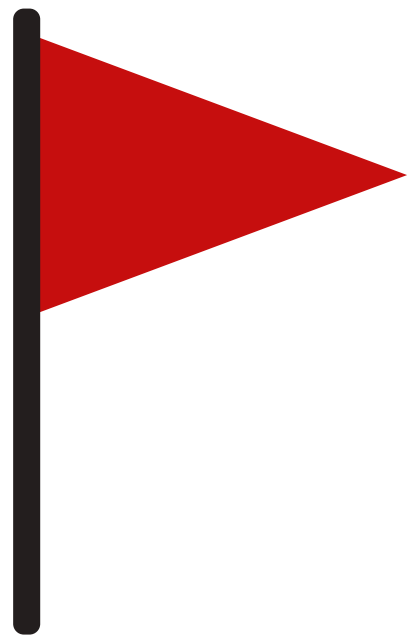
- Scripted or inconsistent story
- Cannot provide emergency contact
- No social network
- Cash pay
- Not in possession of ID
- English is not first language
- Accompanied person insists on translating for patient
- Describes having a job different from the work they were recruited for.
- Mentions living in crowded conditions and working long hours
- Unable to take breaks at work to eat or drink
- Mentions owing significant debt

PHYSICAL EXAM RED FLAGS

General Appearance

Malnutrition

Fatigue



HEENT (Head, Ears, Eyes, Nose, Throat)

Broken teeth, Dental concerns

Hearing loss

Vision problems

Signs of head trauma

Pharyngeal trauma

Gum or tongue disease

Cardiovascular (CV)

Dehydration

Arrhythmia (tachycardia)

Sepsis

Bacterial Endocarditis

Viral cardiomyopathy

HTN

PHYSICAL EXAM RED FLAGS

Gastrointestinal (GI)

Weight loss

Vitamin & mineral deficiencies

Diarrhea

Constipation

Parasitic & bacterial infections

Abdominal trauma

Musculoskeletal

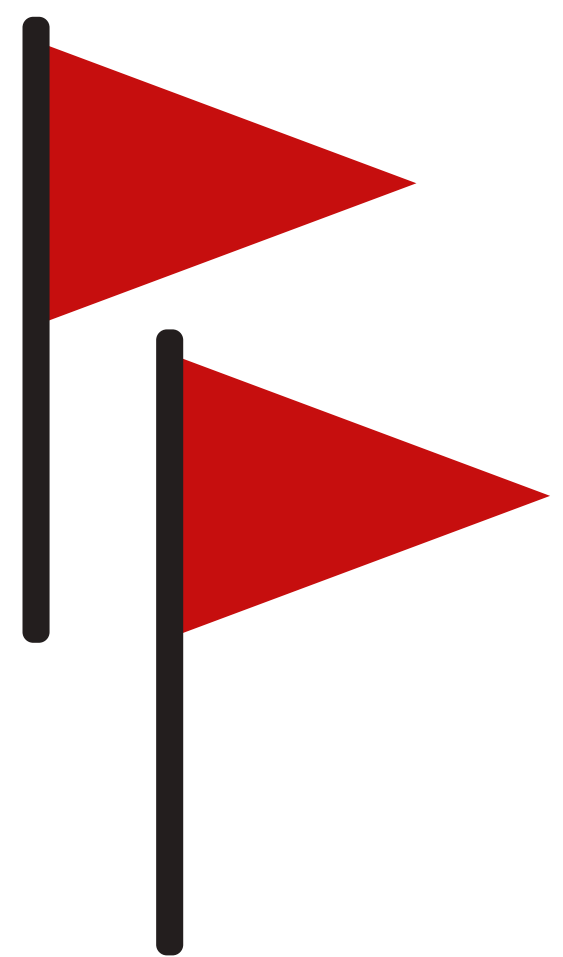
Neck & back pain

Physical disabilities

Major & minor trauma

Fractures

Blunt force trauma



Neurologic

Headaches or migraines

Concussion

Altered mental status (AMS)

Traumatic brain injury (TBI)

Seizure or Pseudo-Seizure

Vertigo

Meningitis

Tetanus

PHYSICAL EXAM RED FLAGS

Dermatologic

Signs of physical abuse or torture

Unexplained injuries

Neglected injuries

Soft tissue injury (human bites)

Chemical or thermal burns

Cigarette burns

Cellulitis & abscesses

Tinea (ring worm infection)

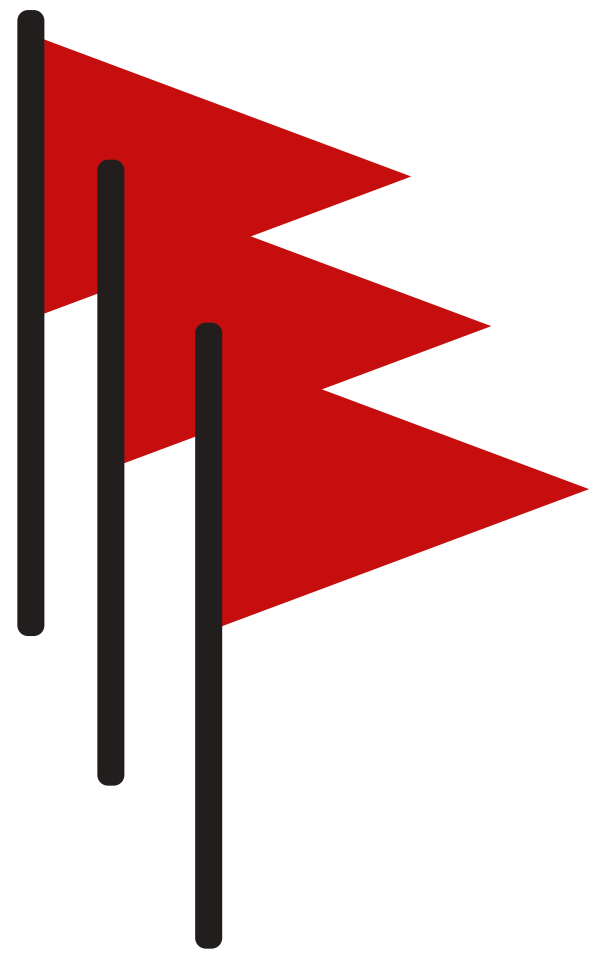
Infectious Disease (ID)

Opportunistic infections

Shingles | Tuberculosis (TB)

HIV | Hepatitis A, B, C

Endemic specific diseases



Developmental/Pediatric

Physical & cognitive disabilities

Delayed milestones

Age does not meet stated age

Short stature/low weight percentile
for age

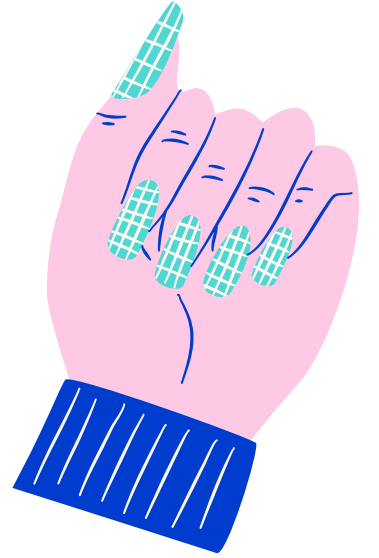
FOCUSED PHYSICAL EXAM

RED FLAGS

SEX TRAFFICKING

General Appearance

- Good hygiene, hair well maintained, finger and toenails well-manicured
- Presentation may be unkempt, disheveled and reports homelessness.
- Uses language, have knowledge and/or behaviors of sexually activity inappropriate for age
- Use language common in sex trafficking: 'daddy', 'dates', 'the life'
- Possible inappropriate dress for the situation; provocative or not clothed appropriate for weather



FOCUSED PHYSICAL EXAM

RED FLAGS

SEX TRAFFICKING



Gynecological & Genital

- Unusual high number of sex partners
- History of terminated pregnancies (including forced and home abortions)
- STI's (local and disseminated)
- History of untreated STIs
- Genital and anal trauma
- Retained vaginal foreign body (i.e. make-up sponge)

FOCUSED PHYSICAL EXAM

RED FLAGS

SEX TRAFFICKING

Dermatologic (Skin & Cutaneous)
Tattoo branding: 'Daddy's Girl',
'Property of ...', 'For Sale', barcodes

Signs of Substance Abuse:

Agitation

Irritability

Nausea & Vomiting (Cyclical
Vomiting Syndrome)

Diarrhea

Delirium Tremens (DTs)

Track marks

Skin popping

Polysubstance abuse (heroin,
methamphetamines, cocaine)



PHYSICAL EXAM RED FLAGS

LABOR TRAFFICKING

General Appearance

Foreign national

Poor hygiene, dirty clothes, unkept appearance

Neurological

Concussion

Headaches



Cardiovascular (CV)

Signs of prolonged environmental exposure

Heat stroke

Hypothermia

Pulmonary

Related to inhalation of airborne contaminants; fumes, dust, particles

Endotoxin or asbestos contamination

Inhalation injury

PHYSICAL EXAM RED FLAGS

LABOR TRAFFICKING

Musculoskeletal

Work related injuries

Injuries related to lack of appropriate PPE

Severed limbs (fingers)

Fractures

Repetitive motion syndromes

Neck & back pain

Chronic musculoskeletal complaints

Gynecological & Genital (GY/GU)

Evaluate for sexual abuse, STI, GY/GU trauma

Dermatologic (Skin & Cutaneous)

Occupation dermatosis secondary to exposure or prolonged exposure to industrial or agriculture chemicals

Frost-bite | Chemical Exposure

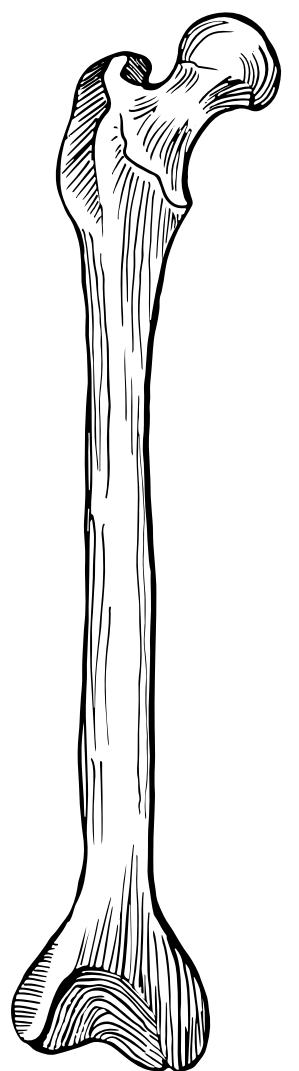
Burns chemical & thermal

Substance Abuse

Nausea & Vomiting

Agitation

Most common abused; stimulants, ETOH



PSYCHOLOGICAL RED FLAGS SEX & LABOR TRAFFICKING

Stockholm Syndrome (trauma bonding to trafficker)

Post-Traumatic Stress Disorder (PTSD)

Dissociative Identity Disorder (DID)

Suicidal Ideation (SI)

Hostility

Hypervigilance

Anxiety

Depression

Difficulty concentrating

Flashbacks

Lack of emotional responsiveness (numbness)

Feelings of shame, guilt, lack of self-worth

Self-harming behaviors

Psycho-Somatic Complaints

Sleep disorders (insomnia, nightmares)

Dizziness

Eating disorders



PSYCHOLOGICAL RED FLAGS SEX & LABOR TRAFFICKING

Depersonalization or Derealization

Memory loss (time, place, people, situation)

Emotional blunting

Physical numbness of senses

Distortions in perception of time

Amnesia

SUSPECT A PATIENT MAY BE A VICTIM OF TRAFFICKING? HERE IS HOW TO STAY TRAUMA INFORMED

E

Eye contact at eye level
Explain exam

M

Meet immediate physical needs (food, water)
Monitor for signs of distress

P

Provide professional interpreter
Private exam

O

Open ended questions

W

Wait for response

E

Equip with options and resources
Establish rapport

R

Reinforce victim's safety and bravery
Respect victim's choices

Copyright © 2019 Reclaim611

E

Eye contact at eye level Explain exam

- Always maintain eye contact at eye level
- If victim is a minor consider sitting below eye level
- Exam should be compassionate, confidential and complete
- Recognize medical exams can retraumatize a victim
- Ask permission to touch patient before starting an exam
- Explain step by step process of exam or procedure as clinically indicated and ask permission frequently.



- Determine basic needs assessment (hunger, hydration, clothes, hygiene and shelter)
- Do not withhold basic needs if resources are available
- If clinically appropriate offer food/water/warm blanket
- Recognize physiologic and psychologic signs of distress such as change in vital signs, increase in agitation, pacing, lack of eye contact, or acute change in behavior.
- Frequently ask “are you ok”
- Be flexible to accommodate victims needs during times of distress

P

Provide professional interpreter
Private exam

- For trafficked persons, giving them control over their bodies can be an empowering experience
- Respect the victim's choices to control, or deny, medical exams. This will have the long-term benefit of empowerment and autonomy.
- Provide private exam with possible chaperone
- Always ask gender preference of examiner



Open ended questions

- Collect only the data needed to treat the patient's medical needs and make the necessary report and referral
- Never coerce or pressure a patient to divulge details they are not ready to discuss
- Avoid questions only to satisfy your curiosity



- Be PATIENT and SLOW down
- Recognize that medical history taking can retraumatize a victim
- Patient's history may be confused or inconsistent, which is a sign of trauma, not necessarily lying
- Be prepared to listen patiently if patient discloses information about prior trauma and abuse
- Redirect or restate question gently if victim appears hesitant to answer
- Avoid pressuring a victim to answer a question.

E

Equip with options and resources
Establish rapport

- Establish trust and rapport: show empathy, listen, and create a safe, supportive and non-judgemental environment
- Limit patient contact to staff people with established rapport
- Equip with options and resources
- Establish safety plan as appropriate



Reinforce victim's safety and bravery Respect victim's choices

- Reinforce that the victims are survivors, and should not be blamed for their abuse
- Show respect for how victim has coped this far, even if their coping mechanisms are maladaptive
- Reaffirm victim's safety is first priority
- Reassure victim that there is help and they are NOT alone
- Realize that victim may not be ready to accept help
- Respect the victim's choices BUT ALWAYS encourage the victim to return!!!!