

A SAFE PLACE

Prevention is not distrust of everything. It's care for your own life.

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A safe place begins long before the door closes. Before accepting an offer, a trip, an invitation or a move, there is a precious amount of time. It's time to ask. Time to research. Time to listen to that part of you that senses when something doesn't fit.

A genuine offer can wait for you to check the information. A trustworthy person won't be offended when you ask for the address, the contract, the full name, an ID, a reference phone number or simply time to think. When there's too much urgency, too many secrets or promises that are too easy, it's worth turning on a warning light.

"A safe promise leaves traces: address, contract, name, contact, time to verify."

THE PROMISE AS INFORMATION

Traffickers often use false job opportunities, debts, promises of love or threats as means of approach and control [1]. Before saying yes, try to turn the promise into information. Lies hate questions.

IF THE OFFER SAYS...	YOU CAN FIND OUT...
"It's guaranteed work."	What is the company's name, local registration, address and contract?
"You pay later."	What debt will be created? Who controls that amount? Is it written down?
"Don't tell anyone."	Why does this need to be a secret? Who else can know?
"I'll take care of your documents."	Why wouldn't my documents stay with me?
"Trust me."	Trust also goes hand in hand with transparency.



YOUR NETWORK TRAVELS WITH YOU

Courage grows stronger when it's not alone. Preparing doesn't summon danger, it creates a way back. If you're going to travel, move house, accept a job or meet someone you met online, it's worth setting up a simple safety network.

A network is made of people, information and agreements. Choose two or three trusted people. Tell them where you're going, who you're with, when you'll arrive, where you'll sleep and the reason for the trip.

Non-negotiable Rights:

- Your original documents (passport, ID, contract) always stay with you. They are not anyone's "guarantee", they are part of your freedom.
- You have the right to stop.
- You have the right to ask again.
- You have the right not to go.

YOUR SAFETY KIT

Prepare this kit before any trip or major move:

Digital copies

Send photos of your documents, ticket and contract to your trusted network. Save them in the cloud.

Full address

Share the exact location of where you'll stay so someone knows where to look for you.

Code word

Agree on a signal or word that warns something is wrong without attracting the attention of those nearby.

Planned check-ins

Set exact times to check in. Don't rely only on "I'll let you know later".



IF THE PLAN CHANGES

Having a plan B isn't pessimism. It's love for yourself. Sometimes danger doesn't show up at the beginning. It appears when the person arrives. When the promised job changes. When the house isn't as agreed. When the salary doesn't arrive. When someone says you owe money.

In online relationships, care is similar. Love doesn't need to ask for isolation. Affection doesn't need to demand secrecy. Someone who cares about you doesn't need to push you away from everyone to prove anything. If the conversation becomes pressure to

send location, documents or accept a quick trip, breathe. What is beautiful doesn't need to be dark.

Ready phrases to ask for help:

- "I can't get out."
- "My documents were kept by someone else."
- "I came for a job, but found a different situation."
- "I need to speak to someone safely."

Try to find a place with a public presence: a pharmacy, hospital, school or public transport. You don't need to know how to solve everything on your own. You need to know that you're not alone.

References:

[1] DHS Blue Campaign. "What is human trafficking?"

[2] IOM/Eurofront. Pamphlet on human trafficking.

[3] SNS24 Portugal. "Recognizing human trafficking".

**We are not a rescue organization. We are the information that arrives
before the danger.**

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