

EYES OPEN

Seeing is the first step. Caring is the whole journey.

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Looking closely isn't about distrusting everyone. It's about not abandoning someone who may be without a voice. Human trafficking doesn't always look like a kidnapping. Sometimes it looks like a job. Sometimes it looks like a family. Sometimes it looks like a relationship. It can hide in an overcrowded house, on a construction site, in a restaurant, on a farm, in a beauty salon, in a religious promise or on a trip.

Seeing responsibly means looking without invading, without judging either side and without turning a suspicion into a spectacle. Eyes open are not frightened eyes. They are responsible eyes. Eyes that know exploitation can be near, and that also know the response needs to be safe.

"Trafficking doesn't have to involve movement. A person can be exploited without ever leaving their own city."

CONTROL DOESN'T ALWAYS SHOUT

Trafficking is sustained by control. When an adult seems unable to decide anything about their own life, something needs to be watched carefully. Control can smile. It can present itself as care: "I speak for her", "I keep the documents", "She is shy" or "She can't leave now". The key question we should ask ourselves is: where is the real freedom to choose, leave, speak, receive, rest and ask for help?

WARNING SIGNS IN THE PERSON

- **Extreme fatigue:** or lack of basic care (hunger, unexplained physical marks).
- **Fear and silence:** avoids eye contact, doesn't speak freely or has a rehearsed response.
- **Disorientation:** doesn't know the address where they live or work, or the city they are in.
- **No control:** doesn't have access to their own phone or documents. Says they owe money or that they can't leave.

WARNING SIGNS IN THE PLACE

- **Lack of privacy:** people sleeping at the workplace, without rest or free access to the street.
- **Isolation:** many people in a small space, sealed windows, doors locked from the outside.
- **Controlled movement:** workers who arrive and leave always in groups, controlled by someone.
- **Abusive conditions:** long hours, no pay, no contract, no breaks.



EMPATHY THAT OBSERVES

An exploited person will not always ask for help. Sometimes they are afraid. Sometimes they think no one will believe them. Sometimes they have been convinced it's their fault. Sometimes they are protecting someone. Sometimes surviving requires staying quiet.

An attentive gaze doesn't ask "*Why doesn't she leave?*". It asks instead "*What might be preventing this person from leaving?*". Exploitation changes clothes, but control almost always leaves a trail. The problem isn't the road. It's when someone steals the way out.

WHEN YOU NOTICE... WHAT TO DO

If you've identified a potential victim, the next step isn't confrontation. It's protection.

What NOT to do:

- Do not confront the exploiter.
- Do not expose the victim or publish images.
- Do not ask compromising questions in front of others.
- Do not try to remove the person from the location without safe support.



WHERE TO SEEK HELP

Asking for help through an official channel is always safer than trying to resolve the situation on your own.

If there is immediate risk

Find the local emergency number (Police). Do not try to intervene or resolve the situation on your own.

If there is no immediate risk

Record what you observed calmly (address, times, description, vehicles) and contact an official channel.

In Portugal

SNS24 (trafficking is a public crime).
National Team EME/APF: 964 608 288

In Brazil

Dial 100 (Human Rights, 24h).
Call 180 (Women's Helpline).

References:

- [1] SNS24 Portugal. "Trafficking constitutes a violation of human rights."
- [2] DHS Blue Campaign USA. "Trafficking doesn't have to involve movement."
- [3] Policía Nacional España. "Victims are deceived and end up living under fear and threat."

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

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