

Human trafficking and sexual violence

Choosing Safe Support After Exploitation or Sexual Violence

Adults | 10 to 15 minutes

You deserve support without being required to describe what happened here. If danger or urgent injury is present, seek appropriate live help. In the U.S., RAINN and the National Human Trafficking Hotline offer support options. Use a safer device or contact method if someone monitors access.

Leave no written record if that could increase risk. Discuss prompts verbally with a safe helper, or skip them and contact support directly.

Begin with your priorities

You may want medical care, shelter, information, emotional support, legal advice, or time to consider options. Ask services about confidentiality, eligibility, costs, and reporting limits before sharing details that could affect safety.

Protect choice and privacy

Do not record names, locations, or plans if doing so could expose you. A helper can discuss options without pressuring you to confront someone, leave immediately, or report to police. Your safest available next step depends on your circumstances.

1. What kind of help would you choose first, without describing the event?**2. What contact method or device is safest and accessible to you?****3. What confidentiality, reporting, or service-access question do you want answered before sharing details?****4. What support option would you like a qualified helper to explore with you?****Clinical use and adaptation**

Prioritize survivor autonomy, urgent medical needs, ongoing danger, and safeguarding obligations. Avoid requiring disclosure or making reporting, rescue, or leaving a condition of support. Explain limits and coordinate culturally responsive, disability-accessible specialist services.

Original educational resource. Adapt with a clinician; not a validated assessment or complete treatment protocol.

Conceptual references: E19, E20, S05. Full sources are in the online preview and collection appendix.

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