

Safe Escape Strategies & Resources for Human Trafficking Survivors

Safe Escape Strategies:

1. Memorize Key Information - Memorize important addresses, phone numbers, and escape routes to avoid leaving written evidence.
2. Slowly Store Small Essentials - Hide small amounts of money, clothing, and supplies in a safe place or with a trusted outsider over time.
3. Learn the Traffickers' Routines - Observe their habits, schedules, and weak points to find an opening for escape.
4. Use Code Words - Establish secret phrases with someone trustworthy to signal distress or readiness to escape.
5. Communicate in Disguised Ways - Use hidden messages in everyday conversations, coded writing in books, or casual discussions that signal help is needed.
6. Seek Help from Low-Risk Strangers - Trusted store clerks, religious centers, or underground support groups may offer a discreet way to get assistance.
7. Disguise the Departure - Make it look like a normal activity (e.g., going to the store, taking out trash, or visiting the restroom at a public place) but don't return.
8. Use Public Places as a Barrier - Seek safety in areas traffickers avoid, such as hospitals, places of worship, or community centers.
9. Leave When Distractions Occur - Use moments of chaos (e.g., a loud event, party, or argument) to slip away unnoticed.
10. Erase Digital Trails - Use incognito mode, delete search history, and disable location tracking before researching escape plans.
11. Use Prepaid Phones - Acquire a burner phone and hide it in an unexpected place to avoid it being found.
12. Call Safe Hotlines from Unfamiliar Phones - Use public or borrowed phones to contact escape networks or crisis centers.
13. Arrange a Ride in a Safe Way - Coordinate a ride through a coded message or pretend to be arranging something unrelated.
14. Use Unexpected Transport - Walk through stores and exit from a different door, take a rideshare under a different name, or blend into a crowd leaving a major event.
15. Hide in a Safe Vehicle - Some truck drivers and rideshare drivers help trafficking victims escape

if signaled safely.

16. Change Appearance Immediately - Wear different clothes, alter hairstyle, or use accessories to look unrecognizable.

17. Avoid Familiar Locations - Don't go to places the trafficker expects (such as old homes, workplaces, or common contacts).

18. Use Cash or Gift Cards - Avoid digital transactions that traffickers can track.

19. Stay in Women's Shelters or Underground Networks - Some organizations specifically help trafficking victims find temporary refuge.

20. Move at Night or in Crowds - This reduces visibility and makes tracking harder.

Support Organizations and Resources:

National Human Trafficking Hotline

Offers confidential support and connects individuals to local resources.

Contact: 1-888-373-7888 or text 'HELP' to 233733

Website: <https://humantraffickinghotline.org>

Polaris

A nonprofit organization that operates the National Human Trafficking Hotline and provides resources for survivors.

Contact: Website

Website: <https://polarisproject.org>

Covenant House Georgia

Provides shelter and support services to homeless and trafficked youth in Atlanta.

Contact: 404-589-0163

Website: <https://www.covenanthousega.org>

Tapestri

Focuses on ending violence and oppression in refugee and immigrant communities, offering services to trafficking survivors in Georgia.

Contact: 404-299-2185

Website: <https://tapestri.org>

Georgia Care

Provides support and resources specifically for victims of child sex trafficking in Georgia.

Contact: 404-602-0068

Website: <https://georgiacare.org>

Wellspring Living

Offers residential and community-based programs for women and girls who are survivors of sexual exploitation and trafficking in Georgia.

Contact: 770-631-8888

Website: <https://wellspringliving.org>

Out of Darkness

An anti-trafficking organization in Atlanta providing rescue and emergency services to victims.

Contact: 404-941-6024

Website: <https://outofdarkness.org>