



WATCH OUT FOR THE FOLLOWING SITUATIONS:

- Social networks: don't post/send sexual or personal photos, don't accept someone you don't know as a friend or follower, set your profile to "private" and not "public".
- Don't believe people, even young people your own age, who make you unbelievable offers (to become a model, to earn money quickly, etc.).
- If you are in a situation that makes you feel uncomfortable: having to remove an item of clothing in front of one or more people, being photographed or filmed when you don't want to be; working regularly and/or late at night, unwanted touching or sexual relations, etc. You can be coerced into this kind of situation by someone who forces you through the use of violence, threats or persuasion (either by manipulating you and telling you that you owe it to them or that you will get something in return), but this person has no right to do so, you are not obliged to do anything. **Remember that it is never your fault if you are exploited or abused. What is important now is to seek help as soon as possible.**

www.info-ukraine.be

NOT YET REGISTERED?

- You are accompanied by a parent or guardian.
- You are alone, without a parent or guardian. You are an unaccompanied minor. If you are here with, for example, your uncle or grandmother who is not your legal guardian (recognised by Belgium), you are also considered an unaccompanied minor. In this situation, you will be assigned a guardian. This guardian will help you in Belgium, represent you legally and look after your safety and well-being. You will not be able to live with your guardian. There is a waiting list, so you may have to wait a while to get a guardian.

You are entitled to accommodation, either with your family if you are accompanied, or in a foster family or in a specialised children's centre if you are alone.



YOU ARE
UNDER
18 YEARS OLD
AND YOU ARE
UKRAINIAN OR
YOU HAVE FLED
UKRAINE

DO YOU FEEL LIKE A VICTIM
AND NEED HELP?

DO YOU NEED HELP?

- Are you **forced** to work (not small jobs like cleaning your room or helping to set the table... but work that takes you several hours a day, during the day or evening or night, on a regular basis) or to have **sexual intercourse in exchange for money or gifts**?
- Do you owe someone money? Does this person **force you to work** to pay back the money or to have sex with them or others?
- Are you **forced to do things** you don't want to do through the use of violence, threats or blackmail?
- Are you **afraid** of someone you know or the person who is hosting you or "helping" you?
 - Do you **feel watched** or controlled?
 - Do you feel that you **can't leave the place you are staying**, that you can't say 'no' and that you can't ask for help?
 - Have you ever been a **victim of threats** or violence?

IF YOU THINK YOU ARE IN ONE OF THESE SITUATIONS:

Do not hesitate to contact one of the three national centres. You will be listened to anonymously and without any obligation. The Centre can support you and help you find a suitable home. They are available 24/7

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You can also go to the contact point for victims of human trafficking: www.stophumantrafficking.be

www.stophumantrafficking.be



**IF YOU ARE IN IMMEDIATE DANGER,
CALL THE POLICE ON 101**