



SWEDISH GENDER
EQUALITY AGENCY

ARE YOU BEING EXPLOITED? YOU HAVE RIGHTS!

You have the right to decide over your own body.

And to fair employment conditions.

No one is allowed to force you to commit crimes or to beg.

You can get help here.

NSPM.

Sweden's National Coordination against
Prostitution and Trafficking in Human Beings.

This brochure is for those of you who have been exploited through prostitution or human trafficking. This information has been produced by regional coordinators who work to combat prostitution and trafficking in human beings in Sweden.

What is human trafficking?

Human trafficking can take different forms. It can be that you are forced to beg or to work without pay or for very low pay. It can also be that you are forced to have sex for money.

It you are a victim of human trafficking, someone may be keeping track of where you go, what you do and how much money you make. You may feel forced to steal, beg or perform sexual acts. Or you have been forced to marry someone against your will.

Human trafficking can also mean that someone exploits you for labour, that you are forced to per-

form work with low or no pay and in poor conditions. Human trafficking occurs everywhere, including the restaurant and cleaning industry, car washes, nail salons, construction sites and agriculture.

What does the law say about prostitution?

Buying sex is illegal in Sweden. No one is allowed to offer you money, housing, clothing or any other form of payment in exchange for sex. Forcing someone to sell sex is also illegal. But those who receive compensation for sexual acts are not breaking the law.

Do the situations described here sound familiar? ●

1. Is someone keeping track of where you go, what you do and how much money you make?
2. Does anyone demand that you hand over money that you earn to pay off debts?
3. Do you live in crowded conditions or in the same place where you work, together with others who are in the same situation as you?
4. Does someone tell you to steal, beg, or have sex for money?
5. Is someone keeping your passport or identification documents?
6. Do you feel that you are expected to sell sex after going through a religious ritual or meeting a religious leader?
7. Is anyone threatening your family, your children or your relatives?
8. Have you ever been forced to leave your child with someone you don't trust?
9. Does anyone subject you to violence if you don't do what they tell you to do?

Then you have a good reason to seek help and protection. You have that right!

Remember!

If you are under the age of 18, you are considered a child (a legal minor). In Sweden, all children have the right to support and protection against exploitation.

**More about
your rights
on page 5**

If you need help

If you are subjected to prostitution or a victim of trafficking in human beings, you have the right to help and support. This applies regardless of where you come from or your relationship with the person who is exploiting you. If you are a victim of violence, threats and coercion, it is never your fault.

Violence can be physical, such as hitting and assault. But violence can also be psychological, emotional and verbal, such as degrading language and threats. Those who are exposed to violence often suffer injuries and long-term problems. In order to escape your situation and feel better about your life, you may need help. And there are many people you can turn to in Sweden who want to help you!

- 1. Social services.** When you contact social services, you can apply for sheltered housing, social support and financial support. Social services are responsible for all children who are in Sweden. Contact social services in the municipality where you are located for information about the support they provide.
- 2. The Swedish Police.** The mission of the Swedish Police is to investigate and prevent crimes. If you are a victim of a crime, you have the right to report it to the police – you can report a crime that occurred in Sweden or in another country. Talk to the police if you are afraid because someone is threatening you. In certain cases, the police can provide special protection and support.
- 3. Hospitals and health clinics.** If you need access to health care, you should go to a health care centre or emergency department. If you have been subjected to abuse, assault or suffered injuries at work, you may need a medical examination.
- 4. Sweden's National Women's Helpline.** Here, you can get support by phone in a number of different languages around the clock. Your call is anonymous. The National Women's Helpline can also provide contact details for your local social services, social emergency services or women's shelter.
- 5. The Swedish Migration Agency.** Contact the Swedish Migration Agency if you have any questions about asylum, residence permits, visas or work permits.

Your rights

All Swedish authorities have an obligation to provide you with information about your rights. These rights may include access to:

1. Sheltered housing
2. Health care
3. Employment: education and work
4. Childcare: preschool and compulsory school
5. Contact with the police
6. Financial support
7. Phone support and social support
8. Right to an interpreter

Do you have children? Your children also have the right to support and protection!



Assisted return and reintegration

If you are in Sweden and have been subjected to prostitution or human trafficking, you can get help to safely return to your home country through the International Organization for Migration (IOM). Both children and adults can get help to return home and receive support in the home country. The support they provide is adapted to your needs. For example, the organization can help with accommodation, health care and finances for a period of time.

Application to and participation in the assisted return and reintegration programme is fully voluntary. Contact a regional coordinator for more information.

**Read more
about regional
coordinators on
page 8**

Important telephone numbers

Authorities that can offer help

The Swedish Police

If you are in immediate danger: **112** / www.polisen.se

If you would like to report a crime or provide a tip-off: **114 14**

If you are abroad: **+46 77 114 14 00**

Access to care

Emergency medical care: **112**

Health care: **11 77** / www.1177.se

The Swedish Migration Agency

0771 235 235 / www.migrationsverket.se

Sweden's National Women's Helpline

020 50 50 50 / www.kvinnofridslinjen.se

If you are in
immediate danger
or witness a crime
in progress,
call 112

Other actors who can offer help

Support for victims of trafficking in human beings

National support programme:

070 760 57 92 / www.manniskohandel.se

Safe Havens **073 920 68 17** / www.fralsningsarmen.se/safe-havens

Support for girls and women who have been subjected to violence

ROKS: **08 442 99 30** / www.roks.se

Unizon: **08 642 64 01** / www.unizonjourer.se

Support for children

Bris, Children's rights in society: **116 111** / www.bris.se

Ditt Ecpat – support and information for children under 18:

020 112 100 / www.dittecpat.se

Help is available! ●

Are you being exploited through prostitution or human trafficking? Or are you at risk of being exploited? This brochure is for you. This information has been produced by regional coordinators against prostitution and human trafficking in Sweden.

Regional coordinators work all over Sweden. We offer information about your rights and the support you are entitled to receive. If you need help applying for protection, finding housing, financial assistance, health care or other help, we can point you in the right direction. We are employed by social services in the municipality and seeking our assistance is completely voluntary. We have an obligation to maintain confidentiality and we will use an interpreter during your calls with us if you need one.

Some municipalities also have special organisations who offer support for individuals subjected to prostitution or human trafficking for sexual purposes. They are called Mikamottagningen and Evonhuset.

Please contact us, we are here to help!



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