



# THE THREE A'S

to identify if your loved one may be getting manipulated, exploited, or lured into sex trafficking or an abusive relationship



COUNTER TRAFFICKING  
COURSE



**ALL THINGS POSSIBLE.**

# LOOK FOR CHANGE IN...

- 1 **ATTITUDE**
- 2 **ACTIVITY**
- 3 **APPEARANCE**

Manipulation and exploitation can be hidden and disguised, but will expose itself as it affects its victims.

## **ATTITUDE**

**Due to the abuse, victims often change their ATTITUDE:**

- Optimism turns to fatalism.
- Smiles become less frequent.
- Openness in relationships become moodier and more secretive.
- Outbursts of anger and irrational fear become more prevalent.

## **ACTIVITY**

**Due to their sense of isolation, victims often change their ACTIVITY:**

- Replace family and social groups with those permitted by their abuser, if any.
- A double life emerges.
- Drugs and alcohol creep in.
- Cutting and other punishing behaviors are observed.

## **APPEARANCE**

**Due to the pain, victims often change their APPEARANCE:**

- Tattoos are gang or sex-related, brands that match their “friends.”
- Piercings and tattoos are self-destructive, not celebratory.
- They travel with changes of clothing that can act as a cover-up or are overtly sexual. Their dress is sexier than normal.
- Drastic hairstyles, like shaving their heads, can show the pain they feel inside.
- New expensive braids, nails and other gifts can't be explained.

There is no comprehensive checklist to identify if your loved one is in trouble, but keeping an eye out for **THE THREE A'S** is a good place to start.

If you see any of these indicators, please talk with your loved one.