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- breaking into your social media accounts, and posting things using your identity; and
- telling you what to do and pressuring you to give up things that are important to you such as friendships and extracurricular activities at school.

Whether you want to stay together or are thinking about breaking up, there are options. Your abuser may act more abusive or angry when you try to break up, so make sure you have a [safety plan](#) before trying to end the relationship. You can go to [Family Court](#) to ask for an [order of protection](#) if you are (or have been) in an intimate relationship with an abuser. An intimate relationship is considered to include any dating relationship, even if it wasn't a sexual relationship. See "[The Police and Courts](#)" section of this booklet for more information on this and all legal options.

For help and to create your own safety plan, visit bit.ly/LoveIsRespectSafetyPlanning.

GANG MEMBER INVOLVEMENT

If your abusive partner is involved with a gang and you are afraid of what will happen if you call for help, a domestic violence program can offer confidential assistance and can help you explore options that won't put you or others at greater risk. Gangs often have a large network of members that could threaten you or anyone you know. It is critical, in order to plan for your safety, that you tell your domestic violence advocate that your partner is in a gang -- even if your partner has made you do things that are against the law and is now using that against you. If you have been tattooed by your partner, or another member of the gang, there may be a service available to remove the tattoo free of charge. Ask your domestic violence advocate or contact the New York State Office for the Prevention of Domestic Violence.

VICTIMS OF HUMAN TRAFFICKING

Human trafficking is a serious crime that is punishable by both New York State and federal law. Trafficking is the act of using human beings for some type of labor or commercial sex purpose. Victims are often promised jobs but instead are forced or pressured into prostitution or domestic, farm, factory, or other types of labor. Trafficking and domestic violence can occur at

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the same time. Similar to abusers, traffickers control victims by restricting their movements and manipulating them psychologically, including threatening to hurt family members or reporting them to law enforcement.

You may be a victim of trafficking if:

- you have been forced to perform sexual acts;
- you have been hurt or you or your family have been threatened with harm;
- food, water, sleep, medical care or other things you need are kept from you;
- you are not allowed to see your friends or family, or attend social events, including religious services;
- you were told you were being hired for one job and then forced to do another job. You are not allowed to quit and cannot escape;
- the trafficker is taking part of your salary;
- someone other than you controls your identification and travel documents; or
- the trafficker has forced you to lie to officials and threatened you with deportation or law enforcement action.

If you think you are a victim of *human trafficking*, call the [*National Human Trafficking Resource Center*](#) (NHTRC) at 1-888-3737-888 to get help or connect with a service provider in your area. The NHTRC is not a law enforcement or immigration authority or government agency. More resources are listed in the back of this booklet.

OLDER VICTIMS OF DOMESTIC VIOLENCE

Older people can be victims of different types of abuse, including domestic violence. Some people have been with the same abusive partner for many years. The abuse may have started while they were dating, first married, living together, or during pregnancy. Or, it may have started or gotten worse later in the relationship. Others are starting new relationships following a death or divorce and their new partner is abusive.

As with victims of domestic violence of all ages, separating from the abuser is not always the safest or best option. There are many factors to consider when deciding what to do. Older victims of domestic violence have these