

Ten Warning Signs That Your Employer Is Exploiting or Abusing You

1. If your employer is not paying you the minimum wage in your state;
2. If you work more than 40 hours a week and your employer is not paying you overtime;
3. If your employer does not allow breaks for meals or the bathroom during the workday;
4. If your employer does not allow you to take a day off when you are sick;
5. If your employer threatens that you will lose your job if you take a day off;
6. If your employer has your identity documents in their possession (such as your passport, work permit, and social security card) and does not allow you to access them;
7. If your employer is taking money from your salary to pay for rent or other costs, or to repay a debt;
8. If your employer is threatening to call the police or immigration on you for working without legal authorization;
9. If your employer is harming or threatening to harm you or your family if you don't work;
10. If you feel forced to work out of fear of what may happen if you don't work.



If you find yourself in a similar situation, you can call the following numbers for help and information about resources, your rights and benefits, and to access available services.

National Human Trafficking Hotline: 1-888-373-7888

Office of Refugee Resettlement (ORR) National Call Center: 1-800-203-7001 (for unaccompanied immigrant youth)

This handout is for informational purposes only and not intended to serve as legal advice.
If you are interested in more information, visit our Unaccompanied Children Resource Center: ucresourcecenter.org.