

THE MY LIFE MY CHOICE PREVENTION SOLUTION MODEL

A blueprint for service providers working with vulnerable and exploited youth to prevent commercial sexual exploitation and re-victimization.

Since 2002, My Life My Choice has been offering ground-breaking programs and trainings. In that time, we have amassed extensive experience and knowledge and pioneered best practices for prevention.



AWARENESS IS NOT ENOUGH.

Effective prevention encompasses changes in attitudes, knowledge, and skills. To accomplish this, we've identified three key strategies:



SHIFTS IN BEHAVIOR

Empowering youth through prevention education

Our survivor-led and research-based Exploitation Prevention Curriculum is proven effective in reducing the risk of commercial sexual exploitation.



SHIFTS IN PRACTICE & POLICY

Building your organization's capacity for impact through advanced trainings and policy development

Our survivor-led, expert training team provides the skills, tools, and pathways to shift policies and practice to decrease risk of exploitation and make you most effective in your prevention efforts.



SUSTAINED SYSTEM-WIDE CHANGE

Becoming a My Life My Choice partner and tapping into the power of the My Life My Choice community

Our seasoned team provides partners with continued support and consultation.

"ALL CHILDREN WALKING THROUGH OUR PROGRAM DOORS ARE AT RISK OF EXPLOITATION, WHETHER THEY HAVE HISTORIES OR NOT. TO BE A PROGRAM THAT PROVIDES EDUCATION, RESOURCES, AND HONESTY WITHIN THE MY LIFE MY CHOICE PREVENTION MODEL, IT CREATES A SAFE SPACE FOR ALL OF OUR KIDS TO EXPLORE THEIR VULNERABILITIES, BUT MORE IMPORTANTLY HARNESS THEIR STRENGTHS IN FINDING THEIR VOICE AND CHOICE ALONG THE RECOVERY JOURNEY."

KRISTEN CORKUM, ASSISTANT CLINICAL DIRECTOR,
COHANNET ACADEMY



SHIFTING THE WAY VULNERABLE YOUTH ARE SERVED

SHIFTS IN BEHAVIOR

Empowering youth – the My Life My Choice Curriculum

A National Institute of Justice-funded three-year evaluation of the My Life My Choice Exploitation Prevention Curriculum found the following:

- Knowledge about CSEC and risks for exploitation improved for all participants, particularly for those who were 11-15 years old and those in a residential facility.
- Experiences of commercial sexual exploitation decreased by 50% immediately after group.
- Participants were 2 times less likely to report dating abuse victimization in the past three months at the six-month follow-up.
- 100% of youth provided CSEC-related help to a friend or other people in the past three months after participating in the prevention group.
- Self-reported sexually explicit behaviors were reduced by half over time.

SHIFTS IN PRACTICE & POLICY

Advanced trainings and policy development

Our prevention training menu includes:

- *The Commercial Sexual Exploitation of Children: Understanding and Responding to Victims*
- *Becoming a Certified Facilitator of the My Life My Choice Exploitation Prevention Curriculum*
- *Advanced Residential Leadership Institute*
- *My Life My Choice Advanced Clinical Training*

SUSTAINED SYSTEM-WIDE CHANGE

Implementation and best practices

We offer ongoing consultation around survivor leadership, policy implementation, and sustainability including:

- Program development
- Customized reporting on outcomes aligned with national evaluation
- Ongoing support and networking with other prevention providers through our online community

PARTNER WITH US

Become part of a community committed to preventing the commercial sexual exploitation of children. We offer a menu of Prevention Solutions tailored for partners serving youth at risk of commercial sexual exploitation.

CONTACT US

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