

SURVIVOR MENTORING

My Life My Choice serves young victims of commercial sexual exploitation as well as youth at disproportionate risk in Eastern Massachusetts. We offer consultation and training to providers and programs interested in replicating our successful, research-based model.

Our nationally recognized, holistic approach pairs commercially sexually exploited youth with a trained adult survivor of the commercial sex industry. This unique and specialized service model is designed to provide intensive, consistent, long-term support to young victims of exploitation. Survivor Mentors support youth in:

- Finding safety and stability
- Building critical life skills
- Connecting with additional supports
- Moving from victim to survivor to leader



RESULTS-DRIVEN. BATTLE-TESTED.

The heartbeat of our work is carried out by our survivor-led experience and authenticity, and research tells us it works.

In Spring 2018, a National Institute of Justice-funded evaluation of our Survivor Mentoring Program was completed with rigorous evidence of effectiveness. The first study of this kind in our field, results show:

- ➔ Youth were 3 times less likely to report having been commercially sexually exploited in the past six months after having been involved with My Life My Choice mentoring for six months.
- ➔ After six months with My Life My Choice, illicit drug use decreased by 30%.
- ➔ After six months with My Life My Choice, youth were 4 times less likely to report participating in sexually explicit behavior.
- ➔ After one year with My Life My Choice, youth were 1.4 times more likely to have adequate social support.
- ➔ There was a 20% increase in the youth's ability to utilize positive coping skills after being with My Life My Choice.

"MY LIFE MY CHOICE IS THE GOLD STANDARD IN MENTORING PROGRAMS FOR COMMERCIAL SEXUALLY EXPLOITED AND TRAFFICKED GIRLS."

RACHEL LLOYD, FOUNDER & PRESIDENT, GEMS, NEW YORK, NY

"MY MENTOR TAUGHT ME WHAT HOPE WAS. SHE TAUGHT ME HOW TO TRUST. SHE INSPIRED ME TO WANT TO BE THE BEST PERSON I CAN BE, AND I AM DOING WELL TODAY. I WANT TO LIVE TODAY, AND I WOULDN'T HAVE DONE THAT WITHOUT HER."

EVE, AGE 15, MY LIFE MY CHOICE MENTEE



SURVIVOR EMPOWERMENT MODEL

My Life My Choice is a pioneer in the fight to end the commercial sexual exploitation of children. Our model is unique in several ways.



SURVIVOR-LED

A Survivor Mentor is able to meaningfully connect with, and build trust with, a young victim much quicker than a non-survivor. She instills hope that only someone who has been exploited and survived can provide. This model is based on the social justice framework that those most affected by an injustice have the greatest knowledge to fix it.



COMMUNITY & BELONGING

The sense of isolation is a key challenge in connecting sexually exploited youth to victim service resources. Mentees become part of the My Life My Choice family and have access to a number of services and supports including:

- Leadership development programming
- Intensive case management
- Specialized clinical and substance abuse recovery support
- Community building and life skills development groupwork
- Paid internships and job skill development



INTENSIVE, CONSISTENT SUPPORT

Centered on long-term, consistent service provision, ours is a model of "recovery" rather than "rescue." Survivor Mentors meet weekly with mentees for one to two hours and travel to see mentees wherever they are placed: in foster homes, hospitals, treatment facilities, and their communities. Mentees do not "age out" of our program and can stay involved with My Life My Choice for as long as they choose.



MULTIDISCIPLINARY TEAM

Survivor Mentors build bridges to, and work closely with, a variety of youth service providers and law enforcement to ensure wraparound services for mentees.

PREEMINENT SERVICE PROVIDERS

Survivor Mentors combine their authentic life experiences, knowledge of the research in the field, and practice wisdom based on sound clinical supervision to become successful, resilient leaders in the movement to end exploitation.

PARTNER WITH US

Go to mylifemychoice.org to:

- Refer a minor in Eastern Massachusetts for our Survivor Mentoring Program
- Learn more about training and consultation on our survivor-led model