



BEYOND AWARENESS: PRACTICAL APPLICATION OF THE My LIFE My CHOICE PREVENTION SOLUTION MODEL

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ABOUT MY LIFE MY CHOICE



AGENDA

1. Preventing the Commercial Sexual Exploitation of Children (CSEC)
2. The My Life My Choice Prevention Solution Model
 - Shifts in Behavior
 - Shifts in Policy
 - Sustained Program-Wide Change
3. Next Steps in Your Program and Community



PREVENTION VS. AWARENESS

PREVENTION OF CSEC

What does the research
say about CSEC and
prevention?

What does this mean?

WHO CAN WE REACH THROUGH PREVENTION?

PRIMARY:

Maria — never been exploited; not aware of anyone close to her that was exploited; interested in the group but doesn't think it applies to her.

SECONDARY:

Keisha — living in a group home; mother has been exploited through prostitution for years; Keisha has been approached by pimps; states that she has never “crossed the line.”

TERTIARY:

Brenda — sexually exploited online by a pimp for 3 months when she was missing from care at the age of 15; now 16 and has never talked about it with anyone.

WHERE CAN WE REACH THEM?

PRIMARY PREVENTION:

- Schools
- Community-based settings
- Faith-based settings



WHERE CAN WE REACH THEM?

SECONDARY & TERTIARY PREVENTION:

- Congregate care settings
- Juvenile Justice Facilities
- Schools

*“Foster care was **training ground** for being trafficked. She understood that she was attached to a check. And what she points out is that at least the pimp told her he loved her, and she never heard that in any of her foster care placements.”*

(Tell Me More; NPR 2013)



THE MY LIFE MY CHOICE PREVENTION SOLUTION MODEL

A BLUEPRINT FOR SERVICE PROVIDERS WORKING WITH
VULNERABLE AND EXPLOITED YOUTH IN CONGREGATE CARE

COMPONENTS OF THE MY LIFE MY CHOICE PREVENTION SOLUTION MODEL

- 1. SHIFTS IN BEHAVIOR: EMPOWERING YOUTH**
Prevention Education and Support
- 2. SHIFTS IN PRACTICE & POLICY: NEW TOOLS & SKILLS FOR SERVICE PROVIDERS**
Advanced Trainings and Policy Development
- 3. SUSTAINED PROGRAM-WIDE CHANGE: IMPLEMENTATION AND BEST PRACTICES**
Ongoing Support and Networking

SHIFTS IN BEHAVIOR: EMPOWERING YOUTH

IN-DEPTH SHIFT OF ATTITUDES, KNOWLEDGE & SKILLS

Best Practices:

1. Not a “one shot deal”
2. Includes adults who will be in it for the long haul
3. Isn’t a “scared straight” methodology
4. Builds relationships to build effectiveness
5. Grounded in reality and led by survivors (real life stories & information)
6. Doesn’t exaggerate
7. Gives opportunity for shared language and practice
8. Gender-specific and culturally-competent
9. Builds and/or shifts group & community norms
10. Explores vulnerability

SHIFTS IN BEHAVIOR: EMPOWERING YOUTH

PRIMARY PREVENTION

One Option:

***I Am
Little Red***

SHIFTS IN BEHAVIOR: EMPOWERING YOUTH

SECONDARY AND TERTIARY PREVENTION



PREVENTING SEXUAL EXPLOITATION AMONG
ADOLESCENT GIRLS:
THE MY LIFE MY CHOICE CURRICULUM

WRITTEN BY LISA GOLDBLATT GRACE, AUDREY MORRISSEY,
AMY CORBETT & DENISE WILLIAMS

THIRD EDITION
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One Option:
**The My Life My Choice
Prevention Curriculum**

CURRICULUM IN DEPTH

Context and content

Training

Data



PREVENTING SEXUAL EXPLOITATION AMONG
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THE ROLE OF SURVIVORS IN LEADING MY LIFE MY CHOICE PREVENTION GROUPS

- Connect through shared experiences: survivor story
- Break through glamorization
- Empower and support
- Create safe environment
- Bridge between youth and other providers
- Provide understanding and hope
- Speak from first-hand experience

WHAT GROUP PARTICIPANTS SAY ABOUT THE MY LIFE MY CHOICE PREVENTION CURRICULUM

“Speaking up today about my experiences on the run made me feel like I silently helped someone. I had the courage because I knew the both of you would help support me.”

“Talking about pimps made me think about the many things that could have happened to me... Talking to you made me more scared about going out there without somewhere to go and sleep.”

“I have a younger sister. I hope she is never exploited. So to prevent this, I will pass on this knowledge to her as she gets older.”

BUILDING AN EVIDENCE BASE

**THREE YEAR NIJ-FUNDED EVALUATION
CONDUCTED BY RESEARCHERS AT BOSTON
UNIVERSITY AND NORTHEASTERN UNIVERSITY**

- Knowledge about CSEC increased
- CSEC decreased
- Dating abuse decreased
- Peer education increased



SHIFTS IN PRACTICE & POLICY: NEW TOOLS AND SKILLS FOR SERVICE PROVIDERS

ADVANCED TRAININGS

- *Understanding and Responding to Victims of Commercial Sexual Exploitation*
- *Advanced Clinical Training: Developing Skills and Strategies to Provide Effective Clinical Services to Sexually Exploited Youth*
- *Online Residential Leadership Institute: Advanced Training for Leaders on Creating a Safe, Effective and Supportive Environment for Sexually Exploited Girls*
- *Engaging Commercially Sexually Exploited Youth in Conversations about Sexual Health*

SHIFTS IN PRACTICE & POLICY: NEW TOOLS AND SKILLS FOR SERVICE PROVIDERS **DEVELOPING A CSEC POLICY**

What is a CSEC Policy?

Why is it important?

COMPREHENSIVE CSEC POLICY

KEY CONSIDERATIONS

- Training/Staff Knowledge Requirements
- Handling Disclosures
- Mandated Reporting
- Safety Planning/Supports for Youth
- Interfacing with Law Enforcement
- Missing Youth Response

SUSTAINED PROGRAM-WIDE CHANGE: IMPLEMENTATION AND BEST PRACTICES



- Data is paramount
- Ongoing connection and support is key

EXAMPLE OF DATA ANALYSIS



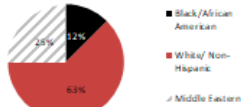
MY LIFE MY CHOICE EXPLOITATION PREVENTION GROUP REPORT

Group #: 005 Location: Cohasset Academy
 Facilitators: Sharon Teed-Medeiros City and State: Taunton, MA
 Kaitlyn Sharrow Group Start Date: Sept 2017
 Sessions per cycle: 10

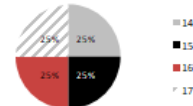
of participants who began the group: 7
 % of participants who attended >75% of sessions: 86%
 % of participants who completed both pre and post-questionnaire: 57%

Demographics

Participants by Race



Participants by Age



NEW DISCLOSURES MADE DURING GROUP

Personal history of CSEC: 2
 History of running: 2
 Past history of abuse: 4

PRIOR KNOWN HISTORY

Sexual abuse:	1	Emotional abuse:	5
Sexual assault:	3	Running:	2
Physical abuse:	4	Neglect:	2
Suicidal ideation:	6	Substance abuse:	2

PARTICIPANT RESPONSES – PRE AND POST COMPARED

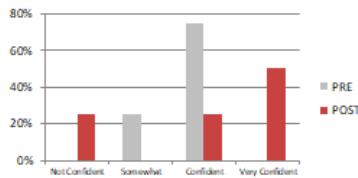
The reports shown below are representative only of participants who completed both the pre- and post-questionnaire (n = 4).

Section Two: Future Beliefs

How confident do you feel that you can do the following in the future?

Possible responses: Not Confident at all, Somewhat Confident, Confident, Very Confident

2.1 Complete my education



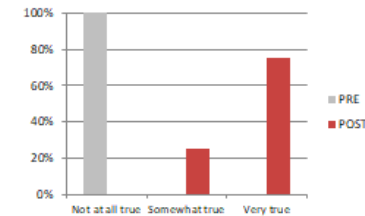
2.2 Be healthy



Attitudes and Knowledge, continued

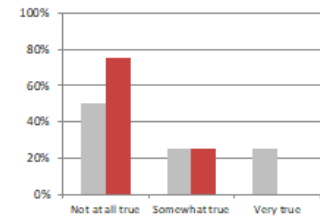
3.5 Pimps are good at picking out girls who feel lonely.

Best answer: Very true



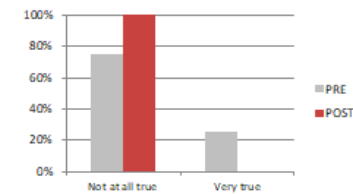
3.6 If a girl gets fooled by a pimp it's her own fault.

Best answer: Not at all true



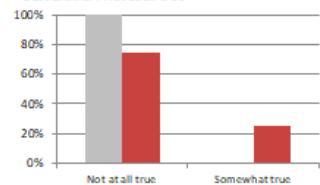
3.7 Pimps only hurt girls who've done something wrong.

Best answer: Not at all true



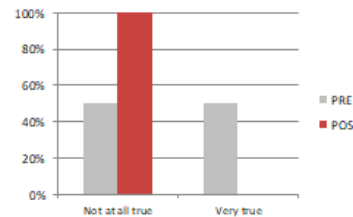
3.8 If someone spends a lot of money on you, it is rude to say no to sex.

Best answer: Not at all true



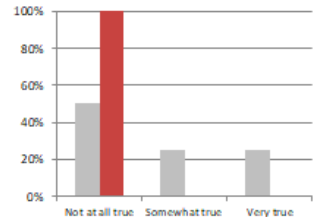
3.9 When you love someone, you should do anything for them, even if they ask you to have sex with someone else for money.

Best answer: Not at all true




3.10 If my good friend asked, I would help them find girls to sell for sex.




Best answer: Not at all true




EXAMPLE OF BUILDING COMMUNITY






EMPOWERING YOUTH. ENDING EXPLOITATION.


[+ Create](#)     Lauren Otterman

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EXPLOITATION PREVENTION ONLINE COMMUNITY
Building a network of facilitators and tapping into the power of the My Life My Choice community

[Start new topic](#)

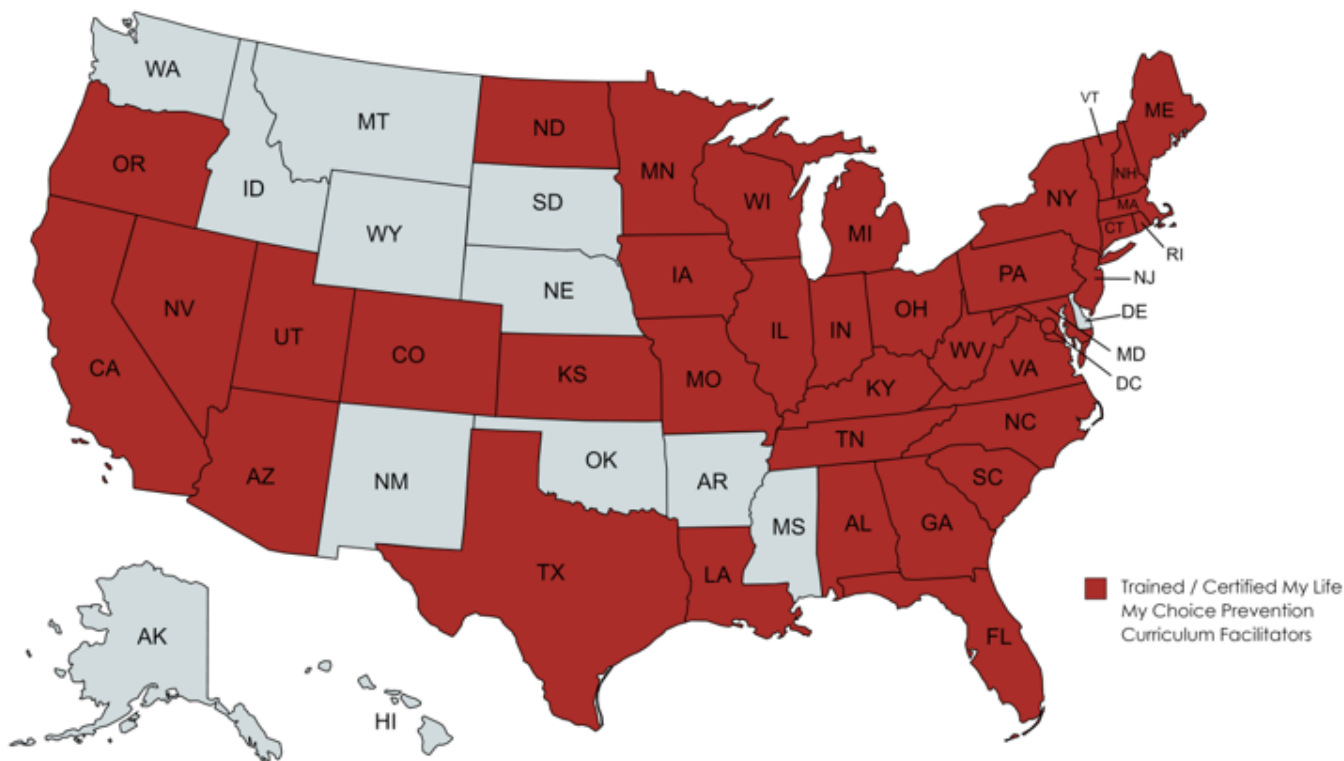
Manage your Group Data Collection

1. [Request a group ID](#) - email acorbett@jri.org to get an ID to use for each new group you facilitate
2. [Download group data collection forms](#) - always download the latest set before you start to track
3. After the group, submit your data by scanning all data forms and email to mimcprevention@jri.org
4. [View your group summary data](#) - visit here about a week after you have uploaded your data to see a summary of the impact of your group (you'll also get a notification when it's ready)
5. [FAQs](#) on how the process works

LATEST POSTS

 **Preparing Staff**
By Amy Corbett · Posted June 28

WHAT'S HAPPENING IN YOUR COMMUNITY?



Created with mapchart.net



**THE MY LIFE MY CHOICE
ADVANCED RESIDENTIAL INSTITUTE
ON SERVING
TRAFFICKED AND HIGH-RISK ADOLESCENT GIRLS:
A SIX WEEK ONLINE COURSE**

NEXT STEPS IN YOUR PROGRAM: DISCUSSION





CONTACTS

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