

Commercially Sexually Exploited Youth:

The Importance of Awareness, Identification and Treatment Across a Continuum of Care to Meet the Needs of These Vulnerable Youth.



Learning Objectives

Learning objectives:

- Participants will acquire an understanding of the scope of the problem of commercial sexual exploitation and the related importance of awareness of CSEC.
- Participants will be able to identify risk factors associated with CSEC and recruitment and grooming techniques used by traffickers.
- Participants will gain an understanding of the impact of CSEC on youth's physical, social, and emotional development.
- Participants will gain an understanding of the need for a trauma informed delivery of services across the continuum of care for these youth.



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Scope of the Problem

The International Labor Organization estimates that there are 20.9 million victims of human trafficking globally.

- 68% of them are trapped in forced labor.
- 26% of them are children.
- 55% are women and girls.

The International Labor Organization estimates that forced labor and human trafficking is a \$150 billion industry worldwide.

There is no official rate of the total number of human trafficking victims in the U.S. Polaris estimates that the total number of victims nationally reaches into the hundreds of thousands when estimates of both adults and minors and sex trafficking and labor trafficking are aggregated.

<http://www.humanrightsfirst.org/resource/human-trafficking-numbers>



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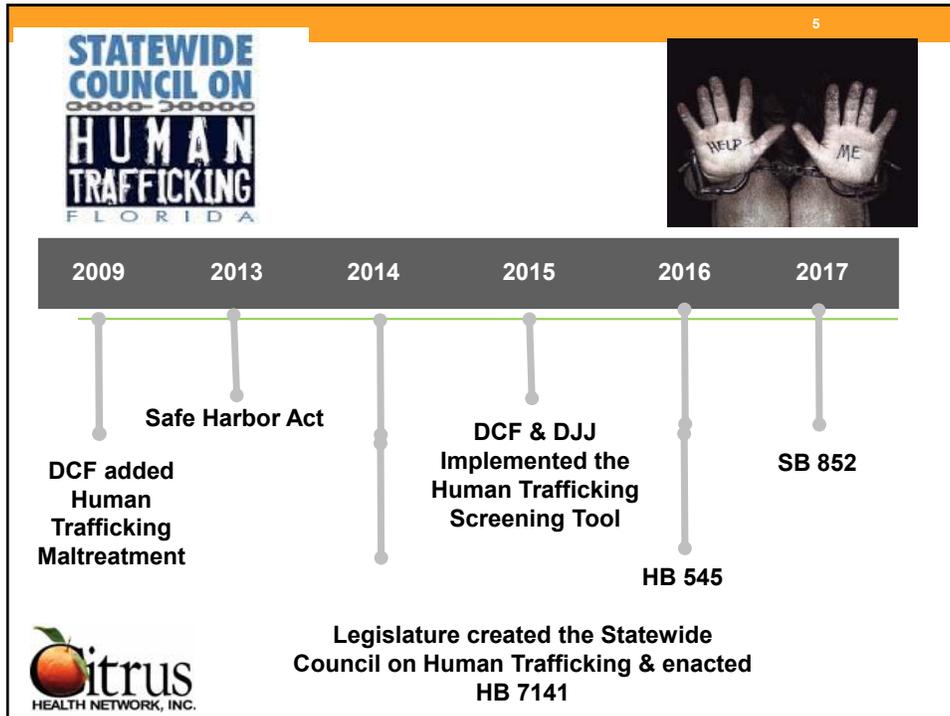
Scope of the Problem

In 2015, an estimated 1 out of 5 endangered runaways reported to the National Center for Missing and Exploited Children were likely child sex trafficking victims. Of those, 74% were in the care of social services or foster care when they ran.

One in three teens will be recruited by a pimp within 48 hours of leaving home and becoming homeless.

The average age of entry into the commercial sex industry in the U.S. is 12-14 years old. (US Department of Justice, Child Exploitation and Obscenity Section)





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Florida's Response Impact of HB 99-Safe Harbor Act

- Implementation was effective January 1, 2013
- The legislative intent of this bill is that children who have been sexually exploited should be treated as victims.
- This bill allows the Department of Children and Families and its community partners to use facilities designated as safe houses to provide services to this population

Citrus
HEALTH NETWORK, INC.

Impact of HB 99-Safe Harbor Act Continued

- Amends the definition of child who is found to be dependent to include a child who has been sexually exploited and has no parent/relative to provide supervision and care
- Amends definition of sexual abuse of a child to include participation in sex trafficking
- Allowed law enforcement discretion to deliver children identified as sexually exploited to the Department rather than arresting them; the Department or its agent can then place the child into an appropriate short-term safe house, if one is available



HB 545 2016

Full decriminalization of "child prostitution"

- No child can consent to sexual abuse
- In 2014, a legislation was passed stating that youth could not consent to prostitution. HB 545 was ensuring all legislation regarding CSEC victims was congruent.



HB 7141 – Human Trafficking (“HT”)

Amends F.S. 409.1678, to require the Department to:

- Define and identify "safe house" and "safe foster home";
- To create a certification process that goes hand-in-hand with the existing licensing process in order to self identify as a "safe house" or "safe foster home";
- To inspect "safe houses" and "safe foster homes" prior to certification and annually thereafter; and to
- Specify the contents of training for foster parents seeking the "safe foster home" designation; the lead agency will ensure the foster parent has completed the appropriate training.



HB 7141 – Human Trafficking (“HT”)

Develop a **Statewide Council on Human Trafficking** to include the Department.

Goals: Are to develop recommendations for comprehensive programs and services for victims of HT—including recommendations for certification criteria for “safe houses” and “safe foster homes”—and work with the Department to create and maintain an inventory of HT programs and services in each county.



FY 2016 HUMAN TRAFFICKING REPORTS IN FLORIDA SAFE FAMILIES NETWORK

Region	Total	Verified					
			Unique IDs	CSEC	Labor	Human Trafficking	
Northeast	183	40	1487	1318	159	10	
Northwest	122	28					
			Unique IDs	Female	Male	Unknown	
Southern	188	36	1487	1237	237	13	
Southeast	256	75					
Suncoast	133	14					
			Unique IDs	Verified	Not Substantiated	No Indicators	Open
Central	565	147	1487	358 (24%)	345 (23%)	768 (52%)	16 Under Investigation
Total	1447	340					

Region Report Received by Victim ID. 2016 CY on Unique Id's = 1487 depending on how the data is pulled determines the total numbers. The above numbers are approximate numbers for the 2016 Calendar year.



Male Victims of CSEC

- While research is limited on male victims of CSEC, new studies suggest that the number of boys and girls involved in child sex trafficking is likely to be similar in numbers (Walker 2013; Greenbaum 2014).
- A study in New York City found that 40 percent of CSEC cases in the city involved male victims (Bryan 2014). The gender disparity in awareness and research could be due to the fact that boys are less likely to be identified as commercially sexually exploited or at risk for victimization (Walker 2013; Bryan 2014).



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Male Victims of CSEC

- Currently, very few organizations provide services for boys and young men who are victims of sexual exploitation. Consequently, few resources provide valuable information about exploitation of boys and young men.
- It is known that many CSE boys are homeless or runaways and are significantly less likely than girls to have a pimp or other adult exploiting them (Walker 2013).



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Sexual Abuse

Any sexual activity with a child where consent is not or cannot be given. The sexually abusive acts may include penetration, creation of pornographic images, sexual touching, or non-contact acts such as exposure or voyeurism. (Based on Berliner & Elliott, 2002)



Commercial Sexual Exploitation

The Trafficking Victims Protection Act (TVPA) of 2000 defines “sex trafficking” as the recruitment, harboring, transportation, provision, or obtaining of a person for a commercial sex act or in which the person induced to perform such as act is under 18 years of age. When a minor is trafficked for a commercial sex act, there is no need to prove force, fraud, or coercion.



Commercial Sexual Exploitation Defined

- Sexual activity involving a child in exchange for something of value, or promise thereof, to the child or another person or persons.
- The child is treated as a commercial and sexual object.
- CSEC is a form violence against children.



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Commercial Sexual Exploitation Defined

Sex trafficking occurs when a commercial sex act is induced by force, fraud or coercion if the victim is 18 years of age or older.

Any minor who performs a commercial sex act is federally defined as a victim of sex trafficking, regardless of the use of force, fraud or coercion.

The term “commercial sex act” is the giving or receiving of anything of value (money, drugs, shelter, food, clothes, etc.) to any person in exchange for a sex act.



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Commercial Sexual Exploitation Defined

Commercial sex acts may include prostitution, pornography and sexual performance.

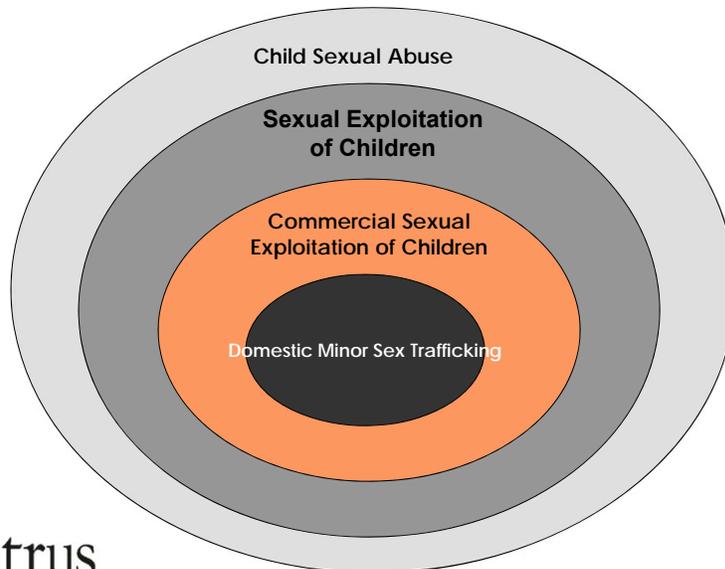
Some forms of sex trafficking include:

- **Pimp-controlled trafficking**
- **Gang-controlled trafficking**
- **Familial trafficking** (trafficked by the family, generally for basic needs or drugs)
- **“Survival sex”** (minor engaging in commercial sex acts without the control of a pimp in order to meet his/her basic needs such as food or shelter).



Domestic Minor Sex Trafficking (DMST)

Consists of all forms of CSEC involving a third party that profits from the sexual activity with a child originating from the country in which the activity occurs.



Commercial Sexual Exploitation of Children

CSE takes multiple forms – child prostitution, child pornography and child sexual tourism

- Children are often victims of more than one of these forms of exploitation
- There is a cyclical nature to this victimization and multiple returns to their exploiters is not uncommon before achieving independence
- The 'system' often treats these children as criminals rather than victims



CSEC as a Business

Human trafficking earns profits of roughly \$150 billion a year for traffickers, according to the International Labor Organization. The following is a breakdown of profits, by sector:

- \$99 billion from commercial sexual exploitation
- \$34 billion in construction, manufacturing, mining and utilities
- \$9 billion in agriculture, including forestry and fishing
- \$8 billion dollars is saved annually by private households that employ domestic workers under conditions of forced labor
- <http://www.humanrightsfirst.org/resource/human-trafficking-numbers>



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CSEC as a Business

While only 22% of victims are trafficked for sex, sexual exploitation earns 66% of the global profits of human trafficking.

The average annual profits generated by each sexually exploited woman (\$100,000) is estimated to be six times more than the average profits generated by each trafficking victim worldwide (\$21,800), according to the Organization for Security and Co-operation in Europe (OSCE).

OSCE studies show that sexual exploitation can yield a return on investment ranging from 100% to 1,000%, while an enslaved laborer can produce more than 50% profit (e.g., agricultural labor in India).

•<http://www.humanrightsfirst.org/resource/human-trafficking-numbers>



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CSEC as a Business

In the Netherlands, investigators were able to calculate the profit generated by two sex traffickers from a number of victims. One trafficker earned \$18,148 per month from four victims (for a total of \$127,036) while the second trafficker earned \$295,786 in the 14 months that three women were sexually exploited according to the OSCE

•<http://www.humanrightsfirst.org/resource/human-trafficking-numbers>



Why is CSEC so Lucrative?

- Clientele – open to all customers.
- No overhead – location provided by consumer.
- Minimal advertising cost – word of mouth, online.
- Profit - Average of \$500-\$1,000 per day per child.



Factors Related to Vulnerability



(APA. Report of the Task Force on Trafficking of Women and Girls. 2014)

Societal Factors

- Why does media exist?
- How do the different forms of media affect your view about others?
- How do the different forms of media affect your view about yourself?



Example of an Advertisement Promoting Violence Towards Women



Music Industry promotes that same images and glamourizes the "Pimp Lifestyle"

Jay-Z
Big Pimpin 2000

It's the - big Southern rap impresario
Comin straight up out the black bar-rio
Makes a mill' up off a sorry hoe



FETTY WAP

A 50, 60 grand, prob' a hundred grams though
Man, I swear I love her how she work the damn pole
Hit the strip club, we be letting bands go
Everybody hating, we just call them fans though
In love with the money, I ain't ever letting go

And I get high with my baby
I just left the mall, I'm getting fly with my baby, yeah
And I can ride with my baby
I be in the kitchen cooking pies with my baby



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The Influence of Society on Self Esteem

Self-esteem refers to an individual's overall sense of self-worth, self-respect or personal value. Your sense of self worth affects how you view yourself. It also affects how you are viewed and treated by others. Low self-esteem can negatively affect virtually every facet of your life, including your relationships, your job and your health



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Like a Girl Video

<http://www.always.com/en-us/likeagirl.aspx>

For decades advertisers have come up with an "ideal" for the perfect woman. This woman represents what five percent of women look like, yet this body type represents 98% percent of the women seen in the media (Kilbourne).

In a survey of fourth graders 80% of them said they were on a diet (Kilbourne).



Who is at risk?

- Children who feel insecure about themselves
- Children who are vulnerable or looking for affection



Who is at Risk?

- Children with histories of trauma
- Children with a history of sexual abuse are at significant risk



Trauma

Individual TRAUMA results “from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual’s functioning and mental, physical, social, emotional, or spiritual well-being” (Substance Abuse and Mental Health Services Administration [SAMHSA], 2012, p. 7).

DSM-5 expands the definition of trauma to include vicarious exposure:

Exposure to actual or threatened death, serious injury, or sexual violence in one (or more) of the following ways: directly experiencing the traumatic event(s); witnessing, in person, the traumatic event(s) as it occurred to others; learning that the traumatic event(s) occurred to a close family member or close friend (in case of threatened death of a family member or friend, the event(s) must have been violent or accidental); or experiencing repeated or extreme exposure to aversive details of the traumatic event(s) (p. 271).



Polyvictimization

Polyvictimization, also known as complex trauma, describes the experience of multiple victimizations of different types, such as sexual abuse, physical abuse, bullying, exposure to family violence, and more.

Research shows that the impact of polyvictimization is much more powerful than even multiple events of a single type of trauma.

Finkelhor, D., Ormrod, R.K., Turner, H.A., and Hamby, S.L. (2005).



Impact of Trauma on Brain Development

Changes in the Physical Structure of the brain

Changes to the chemical composition of the brain

Heightened "Fight or Flight"

Body dysregulation –They over-respond or under-respond to sensory stimuli.

- Hypersensitive to sounds, smells, touch or light
- Unaware of pain, touch, or internal physical sensations.
- May injure themselves without feeling pain or may complain of chronic pain

*National Child Traumatic Stress Network



Impact of Trauma on Emotional Response

Difficulty identifying, expressing, and managing emotions.

May lack or have limited language for feeling states.

They often internalize and/or externalize stress reactions

- Depression
- Anger, low frustration tolerance and acting out behavior

Their emotional responses may be unpredictable or explosive.

May become easily overwhelmed and frustrated

May react to a reminder of a traumatic event with trembling, anger, sadness, or avoidance.



Impact of Trauma on Interpersonal Relationships

“Traumas are often of an interpersonal nature, even mildly stressful interactions with others may serve as trauma reminders and trigger intense emotional responses. Having learned that the world is a dangerous place where even loved ones can’t be trusted to protect you, children are often vigilant and guarded in their interactions with others and are more likely to perceive situations as stressful or dangerous. While this defensive posture is protective when an individual is under attack, it becomes problematic in situations that do not warrant such intense reactions”

- Alternately, many children also learn to “tune out” (emotional numbing) to threats in their environment, making them vulnerable to revictimization”

Cited: National Child Traumatic Stress Network

www.nctsn.org



Impact of Trauma on Behavior

- Intense Reactions
- Lack Impulse control
- May react defensively and aggressively in response to perceived blame
- or
- May at times be overcontrolled, and unusually compliant with adults
- Dissociation-may seem unfocused, detached, distant, or out of touch with reality.
- Without treatment-more likely to engage in high-risk behaviors



Thinking and Learning

- May have problems thinking clearly, reasoning, or problem solving.
- They may struggle with sustaining attention or curiosity or be distracted by reactions to trauma reminders.
- They may be unable to plan ahead, anticipate the future, and act accordingly.



Self Concept and Future Goals

- Shame, guilt, low self-esteem, and a poor self-image are common
- Learn they cannot trust, the world is not safe, and that they are powerless
-
- They have trouble feeling hopeful
- In "survival mode," –Lives from moment-to-moment



Consequences for Physical Health

Traumatic experiences in childhood have been linked to increased medical conditions throughout the individuals' lives.

The Adverse Childhood Experiences (ACE) Study
Results demonstrated connection between childhood trauma exposure, high-risk behaviors & chronic illness such as heart disease and cancer, and early death



How Do We Know?

Exploiters are attracted to children in foster care because of their vulnerabilities

- Children who have been sexually abused have higher rates of arrests for prostitution (Sherman & Grace, 1995)
- Substance users, homeless and LGBTQ youth are thought to be at higher risk of CSE (IOM & NRC, 2013 & Child Welfare Council, 2014)

Child victims of CSE also tend to have histories of child protective investigation and foster care (Child Welfare Council, 2014)



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Background Adverse Childhood Experiences

- ACEs emerged from an effort of researchers to identify trauma experienced in childhood that correlated with health problems in adulthood (Felitti et al., 1998) 10-item scale: emotional abuse, physical abuse, sexual abuse, emotional neglect, physical neglect, family violence, parental substance use, parental mental illness, parental divorce/separation or abandonment, and parental incarceration
- ACEs are common
- High cumulative ACE scores (4+) → increased risk of suicide (Dube et al., 2001), increase risk of engaging in risky behaviors (Hills, Anda, Felitti & Marchbanks, 2001), depressive disorders (Kerker et al, 2015), alcoholism and drug use (Anda et al., 2002), physical health problems (Anda et al., 2008).



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Adverse Childhood Experience (ACE) Questionnaire Finding your ACE Score

- **While you were growing up, during your first 18 years of life:**
- Did a parent or other adult in the household **often** ...
Swear at you, insult you, put you down, or humiliate you? **or**
Act in a way that made you afraid that you might be physically hurt?
Yes No If yes enter 1 _____
- Did a parent or other adult in the household **often** ... Push, grab, slap, or throw something at you? **or**
Ever hit you so hard that you had marks or were injured?
Yes No If yes enter 1 _____
- Did an adult or person at least 5 years older than you **ever** ...
Touch or fondle you or have you touch their body in a sexual way? **or**
Try to or actually have oral, anal, or vaginal sex with you?
Yes No If yes enter 1 _____
- Did you **often** feel that ...
No one in your family loved you or thought you were important or special? **or**
Your family didn't look out for each other, feel close to each other, or support each other?
Yes No If yes enter 1 _____
- Did you **often** feel that ...
You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you? **or**
Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?
Yes No If yes enter 1 _____



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A Call to Connection: Making Childhood Trauma Personal Dr. Allison Jackson

TEDxRVA

<https://www.youtube.com/watch?v=-HG8H4n2j9I>

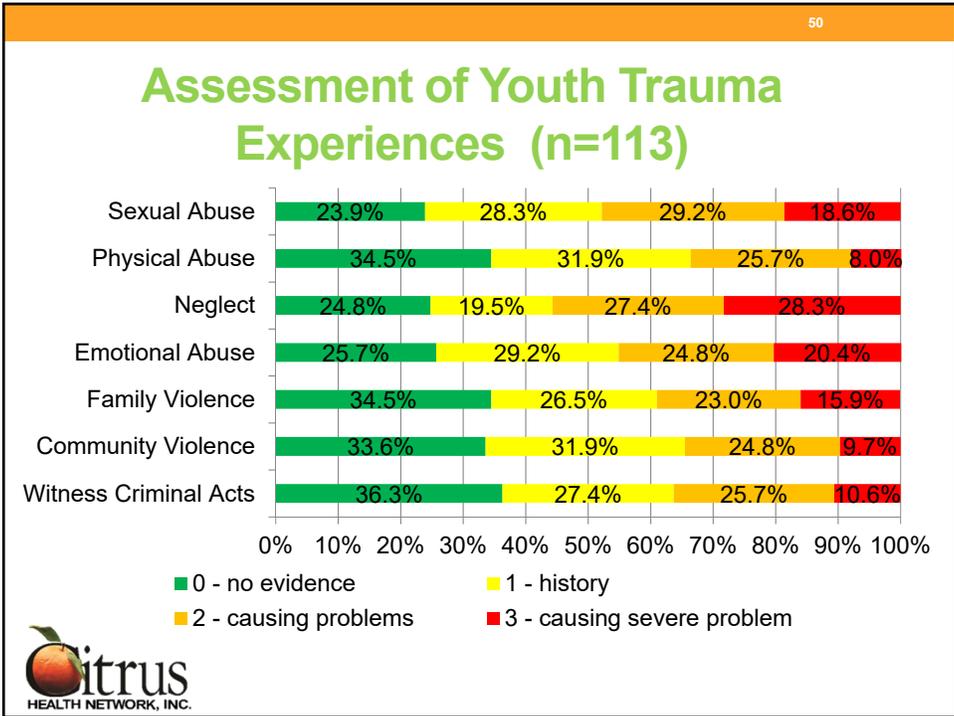


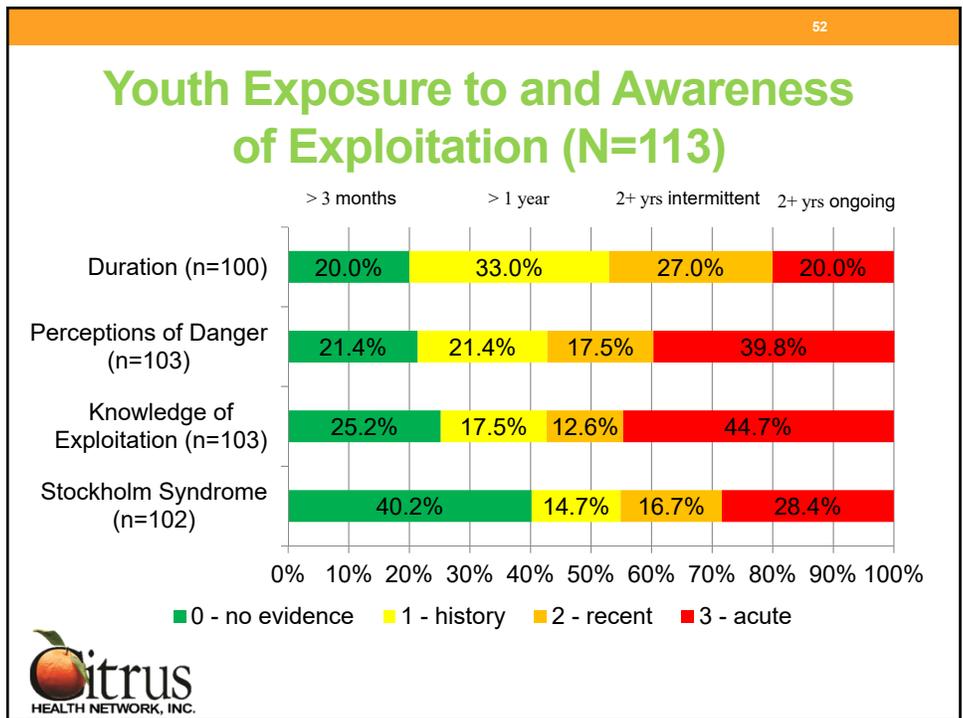
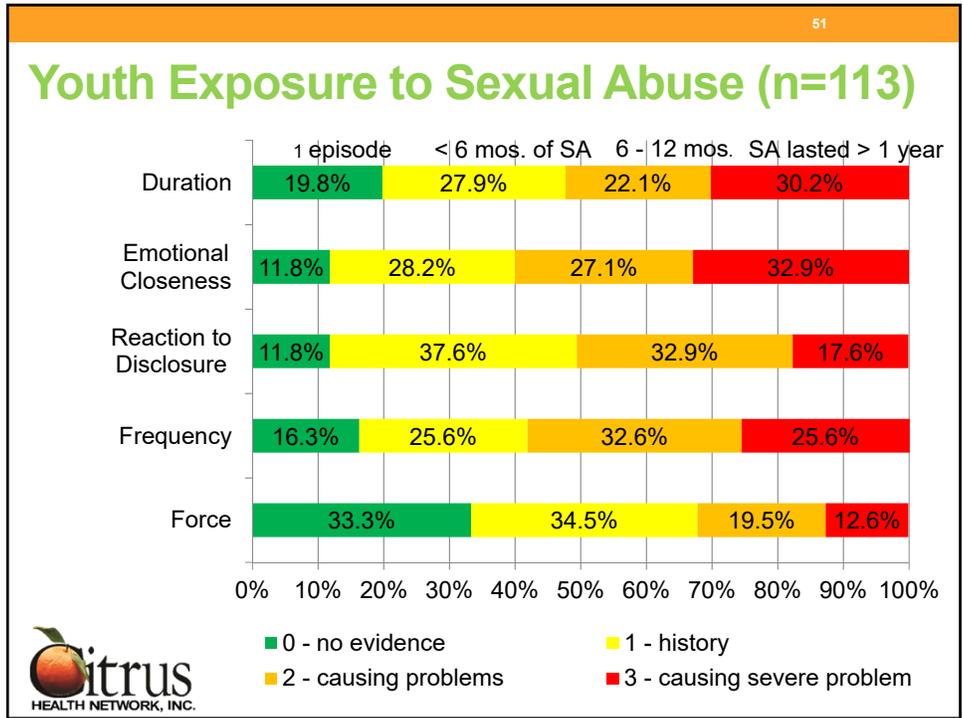
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Trauma and CSEC

Youth victims of trafficking violations have the **highest rates** of adverse childhood experiences (ACE) above the general population of youth and offending youth, making them **particularly vulnerable to re-victimization** throughout adulthood and in most need of psychosocial services.

Youth Arrested for Trading Sex Have the Highest Rates of Childhood Adversity: A Statewide Study of Juvenile Offenders: Sexual Abuse: A Journal of Research and Treatment 1-15, 2015
 Rachel Naramore, Melissa A. Bright, Nathan Epps, and Nancy S. Hardt



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Who is at Risk?

Children who are unsupervised or have unsupervised access to a computer



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Who is at Risk?

Children who are exposed to drugs or alcohol

- Traffickers use drugs as a way of controlling youth. Children who use and misuse substances can be easily coerced, manipulated and controlled.
- Youth describe needing substance to numb themselves to deal with the things that are happening to them.
- Consequences of substance use can be physical, emotional, social and occupational



Substance Use and Sexual Exploitation

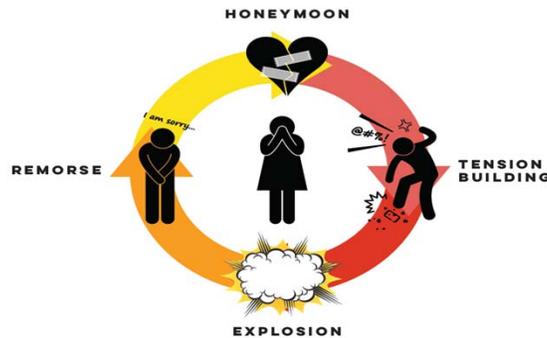
In a study (Inciardi, Surratt, Kurtz, 2006) conducted by researchers in 2006, 500 women were interviewed that were involved in commercial sexual activity in Miami. All 500 had an extensive history of substance abuse

- 39% used crack cocaine daily
- 12% used heroin daily



Who is at Risk? Children exposed to violence

CYCLE OF DOMESTIC VIOLENCE



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Impact of Domestic Violence on Children

Lisa Floyd

Lisa Floyd "said she called the police hundreds of times when she was a young girl, and Child Protective Service (CPS) workers came out to her house at least twenty-three times. She and her siblings were never taken away. When she was younger, she didn't want to be taken away from her mother and was glad CPS never took her away, but, now that she can look back, she wishes they had".

The San Francisco Globe Thursday, September 21, 2017

Lisa was in an abusive relationship but when she got pregnant with her second child something in her just snapped, and she knew she had to get out because she did not want to end up like her mother.

Lisa is now a domestic violence advocate fighting to help others.

<https://www.youtube.com/watch?v=qFNSyjen5lo>



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Who is at Risk?

- Children with a history of trauma
- Children who feel insecure about themselves
- Children who are unsupervised or have unsupervised access to a computer
- Children who run away from home or are homeless
- Children who are in a relationship with a much older boyfriend
- Children raised in homes with no boundaries
- Children who are vulnerable or looking for affection
- Children who test boundaries and take risk
- Children who are using or abusing substances
- LGBT youth



Pathways of Entry

- Children are recruited by seduction or coercion. Often begins On-Line!
- Romeo entry-recruited by “boyfriend or significant other”
- Children are encouraged by peers to join



Pathways of Entry

- False advertising for modeling, acting, or dancing

Hi Ladies,

We are an amateur company looking for sexy girls between the ages of 18- 30. We are so much fun to work with. There is no actual sexual intercourse in our videos. You would be modeling lingerie, yoga pants, skirts, bikinis and thongs/panties with partial nudity. Entire total shooting time is usually no more then 1 hour . We need attractive, SEXY, fun and in shape girl who are open minded. If you think you have what it takes, send us a message for more details. Pay will range from \$300 for the rehearsal and \$500 - 1000 for the film.

*****WE NEED SHAPELY SEXY MODELS, PLEASE SEND PICTURES THAT SHOWS OF YOUR BEAUTY AND BODY IN FIRST EMAIL WITH ANY QUESTIONS***** ALL EMAILS SENT WITHOUT PICTURES IN FIRST EMAIL ARE DELETED AND NOT RESPONDED TO*****



Pathways of Entry

- Blackmailing with photos or sexting

<http://www.missingkids.com/Sextortion>



Grooming

- Grooming is a gradual process by which a perpetrator prepares or trains someone for a particular purpose or activity.
- Perpetrators often offer drugs, gifts and affection in order to create a false relationship with the children.
- The grooming process may be unique in its development, but typically involves several stages.

Initial Contact

- Initial contact between the perpetrator and the youth may be direct or through the youth's peers, friends, siblings or neighbors.
- Typically it's someone who is considered a safe and trusted individual, who is the youth's equal.



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Befriending Stage

After initial contact, the perpetrator befriends the youth.

Typically this phase involves the perpetrator using coercive and non-coercive techniques

- Buying gifts
- Making promises
- Excessive attention
- Reporting luxurious and exciting lifestyle
- Attributing guilt and starting to damaging the child's self

Typically the perpetrator introduces the youth to older men, who are described as relatives. (Brothers, cousins, etc.)

The youth typically is made to feel as if the perpetrator "loves" them. They are viewed as a "boyfriend."



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Exchange of Favors

Exchange of favors typically follows the befriending stage.

- The "relationship" between the youth and "boyfriend" is strengthened. This relationship weakens the youth's ability to see through and resist the coercion and deception.
- At this point the "boyfriend" will typically seek sexual favors for himself.
- The "boyfriend" may also request that the youth perform sexual favors for his friends or relatives as proof of the child's love for her "boyfriend" or as a way to pay back for the kindness shown during the befriending stage.
- The "boyfriend" may use shame or guilt for the sexual acts performed as a way of making it more difficult for the youth to seek help.



Coercion and Control

Coercion and Control is used when the youth is hesitant or unwilling to return sexual favors.

- Coercion is defined as threats of serious harm or physical restraint against any person; any scheme, plan or pattern intended to cause a person to believe that failure to perform an act would result in serious harm to or physical restraint against any person; or threatened abuse of legal process.
- The trafficker may gain control over the youth by isolating them from their support system.
- Instilling fear by showing the youth a weapon, or telling them that they are constantly being watched.
- Encouraging the addiction to alcohol and drugs to increase dependence.
- Supplying pornographic pictures in order to desensitize the youth to sexual behavior
- Involving the youth in criminal activities and then threatening police action.



Exploitation

Exploitation typically occurs in the final stage.

- The sexual exploitation process includes the youth earning money in order to support the youth's "needs" as well as those of the trafficker.
- The trafficker fosters alienation and continues to encourage the youth to conceal behaviors.
- Trafficker may encourage the youth to become pregnant
- Youth is increasingly exposed to a life of violence, substance use and abuse, exploitation and crime.



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GEMS the Making of a Girl

Founder and President



In 1998, at just 23 years old, Rachel Lloyd founded Girls Educational Mentoring Services (GEMS) at her kitchen table with \$30 and a borrowed computer. She was driven by the lack of services for commercially sexually exploited and domestically trafficked girls and young women and the incredible stigma and punishment they faced from service providers, law enforcement, the courts, their families and society.

Nineteen years later, her indelible impact on the issue of commercial sexual exploitation and domestic trafficking has helped shift the perception of trafficked girls from criminals to victims and now to survivors and leaders. GEMS is now the largest service provider of its kind in the nation providing intensive services and support to over 450 girls and young women, preventive outreach and education to 1,500 youth, and training over 1,300 professionals each year.

www.gems-girls.org

<https://www.youtube.com/watch?v=ZvnRYte3PAk>



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Pathways of Entry

- Children are recruited by seduction or coercion. Often begins On-Line!
- Romeo entry-recruited by “boyfriend or significant other”
- Peer pressure
- Gang initiation
- False advertising for modeling, acting, or dancing
- Blackmailing with photos or sexting
- Internet enticement through chat rooms
- Parents sell children
- Kidnapping



Trauma Bonding

Bonding with the trafficker/ "boyfriend"

A bonding is a strong emotional attachment between two individuals. A normal occurrence between people in an interpersonal relationship that grows over time.

Traumatic bonding is the result of an ongoing cycle of abuse in which there are rewards and punishment which creates powerful emotional bonds that are difficult to break.

The traumatic bond is strengthened by conflicting feelings:

- love and hate
- protection and exploitation
- guilt and innocence

NOTE: The longer the relationship continues, the more difficult it is to break the traumatic bond!



Indicators of Trauma Bonding

- Shows ongoing symptoms of trauma or PTSD
- Intensely grateful for small kindness
- Denies violence when violence and threats of violence are actually occurring
- Denies anger at exploiter to others and to self
- Believe they have some control over abuse
- Believe if they control situation it lessens pimps/customers/traffickers control and abuse
- Self-blame for situation and abuse



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Indicators of Trauma Bonding

- Seeks to keep exploiter happy to decrease violence
- Tries to get inside pimps/traffickers/ customers heads
- Sees world from exploiter's perspective
- Experiences sense of self through pimps/traffickers/customers eyes
- Sees outside authorities/people trying to win release (escape) as bad guys
- Sees pimp as good guy, protector
- Sees exploiter as victim
- Is thankful and grateful pimp/trafficker/customer have not killed them



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Physical Consequences of Commercial Sexual Exploitation

- Continuous physical abuse
- STDs & STIs
- Pregnancies
- Sterility
- Substance abuse and addiction
- Self injurious behaviors
- Tattoos & Brandings



Emotional Consequences

Disruption of healthy psychological development:

- Self Concept.
- Intimacy
- Beliefs and goals
- Personality development
- Ability to form healthy relationships vs. traumatic bonds



Mental Health Issues

Development of Mood Disorder

- Often includes feelings of sadness, hopelessness, poor self esteem, self injurious behaviors and thoughts of suicidality.
- Stress disorders including Post Traumatic Stress Disorder or Acute Stress Disorder.
- Often includes reliving the traumatic event, flashbacks, hyper arousal, nightmares and panic symptoms.
- Anxiety Disorder
- Fear of losing control, palpitations, accelerated heart rate.



Mental Health Issues

- Paranoid
- Feeling as if someone is following you, difficulty with sense of reality.
- Dissociation
- A feeling of being detached from your own mental process or your body, as if in a dream.
- Feelings of anger and rage.
- Feelings of humiliation, shame and self blame.



Social Consequences

- Isolation from family support.
- Isolation from friends and peers.
- Difficulty formulating healthy relationships.



Occupational Consequences

Occupational Consequences:

- Educational deprivation
- Obstacles in obtaining employment
- Lack of vocational skills
- Lack of career oriented work experience
- Criminal Record
- Lack of living skills
- Homelessness



Spiritual Consequences

- Lack of belief in humanity.
- Overwhelming sense of distrust, and difficulty seeing the good in others.
- Lack of belief in spirituality.



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Core Competencies for Serving Commercially Sexually Exploited Children

Developed by the Child Welfare Council CSEC Action Team

- i. **Rapport-building:** focus on establishing a foundation of trust
- ii. **Immediate engagement:** commit to engaging the child early and often after he or she has been identified as a victim of commercial sexual exploitation or at-risk of becoming victimized
- iii. **Trauma-awareness:** employ a trauma-informed approach to avoid retraumatizing the child
- iv. **Child-focused:** engage the child in developing his or her individualized safety and case plans so he or she feels empowered throughout the process
- v. **Strengths-based:** build on the youth's strengths while also addressing the youth's needs



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Core Competencies for Serving Commercially Sexually Exploited Children

Developed by the Child Welfare Council CSEC Action Team

- vi. **Clear communication about healthy relationships and sexuality:** discuss healthy relationships and sexuality openly with youth, acknowledging and affirming each child
- vii. **Flexibility/adaptability:** be flexible when developing an individualized approach as a child goes through the Stages of Change at his or her own pace
- viii. **Cultural humility:** exhibit openness and emphasize an understanding of the child from within his or her own worldview as informed by his or her personal identities/experiences with culture, race, ethnicity, class, gender



Core Competencies for Serving Commercially Sexually Exploited Children

Developed by the Child Welfare Council CSEC Action Team

ix. **Recognition of implicit bias:** identify and act against implicit biases; avoid drawing conclusions or defining case planning based on stereotypes of a child's culture, race, ethnicity, class, gender

x. **Commitment to self-care:** seek counseling support to prevent or overcome fatigue/secondary trauma



Common elements between child sexual abuse & commercial sexual exploitation

- Relational trauma
- Developmental trauma
- Unequal power dynamics of perpetrator & victim
- Coercive elements (love, compliments, money, gifts)
- Secrecy



Factors Unique to CSEC

Interpersonal Factors:

- Witness violence and /coerce others
- Sense of alienation from mainstream society
- Rejection by society (friends, family, peers)
- Normalization of “The Life”

Societal Factors:

- Pop culture influence (glorification)
- Media influence (devaluation)
- Poverty (survival sex)

Intrapersonal Factors:

- Issues of race, gender, sexual preference, gender identity
- Substance use/abuse



Working with CSEC Youth

- Sexually exploited youth may distrust the interviewer.
- Often have a desire to protect the perpetrator, and may fear retribution from their exploiter.
- Often these youth do not realize that they are being exploited.
- Sexually exploited youth are hesitant or unable to describe their traumatic experiences.



Working with CSEC Youth

- Providers must interview the youth alone-may be accompanied by an exploiter.
- Safety and trust is the priority!
- Developing a therapeutic alliance with this population may take time and repeated visits.
- Using an empathic, partnered, nonjudgmental approach as well as avoiding the use of medical or legal jargon is also helpful when providing services for these youth.



Do's When Assisting CSEC Youth

- Be patient and consistent
- Give them credit
- Utilize open-ended questions
- Celebrate even the smallest of successes
- Be yourself
- Maintain appropriate boundaries



Evidence-Based Treatments

Although there are not specific evidence-based treatments for youth who have been commercially sexually exploited, mental health treatment of these youth should focus on treating the mental health symptoms with current evidence-based modalities.



6 Principles of Trauma Informed Approach

- Safety
- Trustworthiness and Transparency
- Peer Support
- Collaboration and Mutuality
- Empowerment, Voice and Choice
- Cultural, Historical, and Gender Issues



THE THREE “E’S” OF TRAUMA

- Events
- Experience
- Effects



Stages of Change Model

Pre-contemplation

- Not yet acknowledging that there is a problem behavior that needs to be changed

Contemplation

- Acknowledging a problem but not yet ready or sure of wanting to make a change

Preparation

- Getting ready to change

Action.

- Changing behavior

Maintenance

- Maintaining the behavior change

Relapse

- Returning to old behaviors and abandoning the new changes



Motivational Interviewing (MI)

MI is a directive, client-centered counseling style for eliciting behavior change by helping clients to explore and resolve ambivalence. The examination and resolution of ambivalence is its central purpose, and the counselor is intentionally directive in pursuing this goal.



Motivational Interviewing

The Fundamentals of Motivational Interviewing

1. Motivation to change is elicited from the client, and not imposed from without.
2. It is the client's task, not the counselor's, to articulate and resolve his or her ambivalence.
3. Direct persuasion is not an effective method for resolving ambivalence.
4. The counseling style is generally a quiet and eliciting one.
5. The counselor is directive in helping the client to examine and resolve ambivalence.
6. Readiness to change is not a client trait, but a fluctuating product of interpersonal interaction.
7. The therapeutic relationship is more like a partnership or companionship than expert/recipient roles.

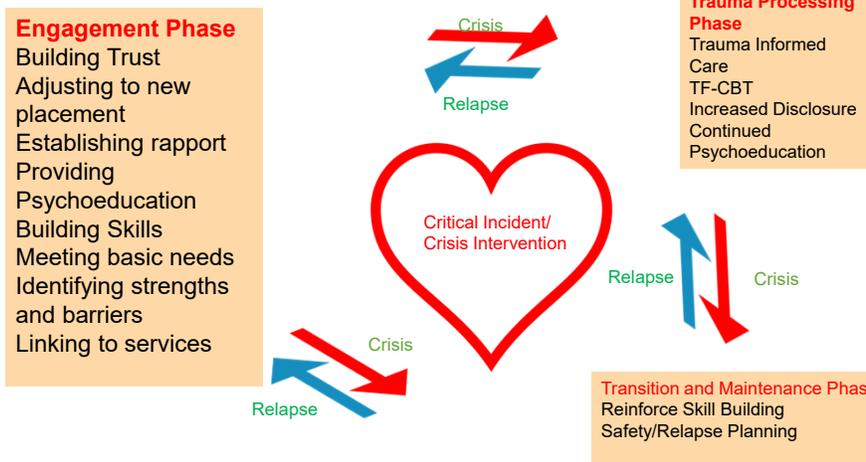


Trauma Focused Cognitive Behavioral Therapy Key components: PRACTICE

- **Psycho-education** about childhood trauma and PTSD
- **Parenting component** including parent management skills
- **Relaxation skills** individualized to the child and parent
- **Affective modulation:** skills adapted to the child, family and culture
- **Cognitive coping:** connecting thoughts, feelings, and behaviors related to the trauma
- **Trauma narrative:** assisting the child in sharing a verbal, written, or artistic narrative about the trauma(s)
- **In vivo mastery** of trauma reminders.
- **Conjoint parent-child sessions** to practice skills and enhance trauma-related discussions
- **Enhancing future personal safety** and enhancing optimal developmental trajectory through providing safety and social skills training as needed



Treatment Process



Training for Clinicians

- Core Competencies for Serving Commercially Sexually Exploited Children (CSEC)
- The impact of complex trauma on development
- The principles and tenets of a trauma informed approach
- How commercial sexual exploitation affects a youth's physical, emotional and social well being
- The unique factors related to the trauma of commercial sexual exploitation.
- Trauma Bonding and Stockholm Syndrome



Training for Clinicians

- The impact of co-occurring disorders on the treatment process
- Identification and assessment of commercially sexually exploited youth
- Factors to consider when working with sexually exploited males and LGBT youth
- Treatment implications for youth involved in gang trafficking
- Secondary trauma and the importance of self-care to prevent burn-out
- Teaching and fostering healthy relationships
- Helping with career building and teaching independent living skills



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