Sexual Exploitation and Trafficking of Youth

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Goals for this training

- Develop a comprehensive understanding of the issue of commercial sexual exploitation (CSE)

- Understand and identify the impacts of CSE

- Gain skills and knowledge to identify and respond to CSE

- Consider personal beliefs and biases about people in the sex trades

MODULE 1:
Definitions, Language, Data and Framework

Federal Definition: Human Trafficking

- **Human Trafficking:** 18 U.S.C. § 1591 makes it illegal to recruit, entice, obtain, provide, move, harbor, solicit or patronize a person or to benefit from such activities knowing that the person will be caused to engage in commercial sex acts **where the person is under 18 or where force, fraud or coercion exists**. This statute does not require that either the defendant or the victim actually travel

- **Commercial sex act** means any sex act on account of which *anything of value* is given to or received by any person. This includes:

  Prostitution   Pornography/ web cam

  Exotic dancing/stripping   Erotic/nude massage

  Sex tourism   Gang based prostitution

  Any transactional sex with a minor

  - 2008 Trafficking Victims Protection Reauthorization Act (TVPRA)

WA State Definition: CSAM

Commercial Sexual Abuse of a Minor (CSAM)
RCW 9.68A.100: Commercial sexual abuse of a minor —
Consent of minor does not constitute defense.

(1)A person is guilty of commercial sexual abuse of a minor if:

   (a) He or she pays a fee to a minor or a third person as compensation for a minor having engaged in sexual conduct with him or her;

   (b) He or she pays or agrees to pay a fee to a minor or a third person pursuant to an understanding that in return therefore such minor will engage in sexual conduct with him or her; **or**

   (c) He or she solicits, offers, or requests to engage in sexual conduct with a minor in return for a fee

(1)Commercial sexual abuse of a minor is a class B felony punishable under chapter 9A.20 RCW.

Prevalence

- **100,000 to 293,000** children are sexually exploited each year; National Center for Missing and Exploited Children (NCMEC); 2003

- **326,000** "at-risk" for commercial sexual exploitation in the U.S. Estes & Weiner, 2001; University of Pennsylvania

- **300-500** youth are commercially sexually exploited each year in King County, WA. Boyer, 2007

- The National Center for Missing and Exploited Children (NCMEC) estimated that **one in six endangered runaways were likely sex trafficking victims** in 2014

Sexual Exploitation Affects...

- Youth of ALL genders (girls, boys, gender variant)
- Youth of all sexual orientations
- Any economic class
- Any race
- Any education level

However, sexual exploitation **disproportionately** affects young people experiencing poverty, homelessness and discrimination, particularly youth of color and LGBTQ2I youth

A number of studies have found that among homeless youth, there are comparable numbers of boys and girls who disclose sexual exploitation (ECPAT USA, 2013). See table: "*Prevalence Rates of Commercial Sexual Exploitation among Homeless and Runaway Youth by Gender*"

CSEC Breakdown by Gender

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Gender Breakdown Among Minors Reporting CSEC

Author	Date	Sample Size	Ages	Location	% Males	% Females	% Transgender
Curtis, et al.	2008	249 youth who self reported participating in CSEC markets	Under the age of 18	New York City	**45%** of the sample were male	**48%** of the sample were female	**8%** of the sample were transgender

Nationally Representative Literature Regarding the Commercial Sexual Exploitation of Children by Gender

Author	Date	Sample Size	Ages	Location	Overall Findings	Research Findings for Males	Research Findings for Females
Edwards, Iritani & Hallfors	2008	13,294 American Youth	7th through 12th grade	Nationally Representative	**3.5%** of all youth reported that they had exchanged sex for drugs or money.	**67.9%** of youth who reported they had exchanged sex were male.	**32.1%** of youth who reported they had exchanged sex were female.

Language Frames the Issue

- Prostitution
- Commercial Sexual Exploitation of Children (CSEC)
- Domestic Minor Sex Trafficking (DMST)
- Prostituted Youth/Children
- Underage/Teen Prostitution
- Sex Work
- Sex Servitude/Slavery
- Sexual Exploitation of Youth/Young Adults
- The life, working, dating, making money

Getting Started: 5 Lessons

1. Relationship IS the intervention
2. Address the subculture (prostitution, gangs, street life)
3. Re-frame the economic strategy
4. Develop partnerships and know your systems
5. This is the *long game*…

MODULE 2:
Methods and Types of Exploitation; Social and Cultural Context

Types of Exploitation

- Pimps/3rd party trafficker (can be any gender)
- Gang-based
- Family-based
- Survival Sex
- "Independent", "self managed"
- Peer to peer
- Exploitation through other forms of the sex trades (strip clubs, webcam, private parties)
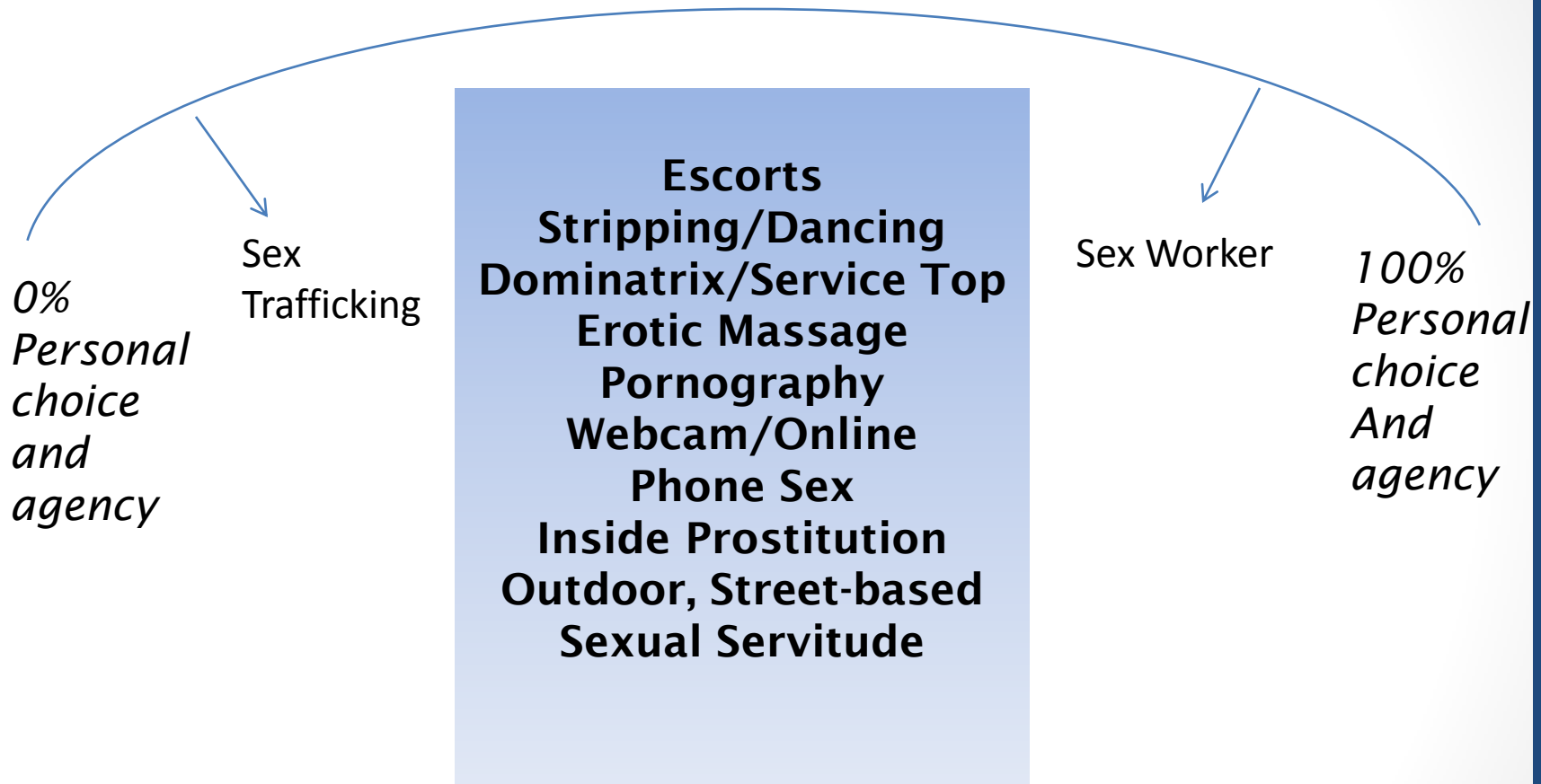
** In each of these types, much of the exploitation is facilitated through the internet using commercial sex websites (ex: Backpage.com) or dating websites. Some exploitation still occurs on street tracks, in businesses and/or through familial/social networks **

Big "C" Choice and little "c" choice

- Big "C" Choice: Systematic oppression and poverty create very restricted Choice, options and pathways for marginalized groups. People in prostitution often lack, or have restricted, Big "C" Choice.

- Little "c" choice: the frequent small and significant, everyday choices made by individuals. People in prostitution make choices every day

While we may not believe that involvement in trafficking and prostitution is a Choice made by youth, we must still believe in their inherent ability to make choices, especially the choice to seek support and do what they have to in order to survive

Spectrum of C/choice and Agency

0% Personal choice and agency

Sex Trafficking

**Escorts
Stripping/Dancing
Dominatrix/Service Top
Erotic Massage
Pornography
Webcam/Online
Phone Sex
Inside Prostitution
Outdoor, Street-based
Sexual Servitude**

Sex Worker

100% Personal choice And agency

The commercial sex trade is built on a foundation of Sexism, Racism, Homophobia, Transphobia, Poverty, Colonization and other forms of Systematic Discrimination. These are limiting factors for Big "C" Choice

Risk Factors

Individual	Environmental	Social
• History of abuse or neglect • Mental health issues • Family dysfunction • Homelessness • Immigrant • People of color • Youth • Girls/women • LGBTQI • Low IQ or developmental assets	• Adult sex industry • Transient male populations • Substance abuse • Poverty • Violence • Use of women's bodies in media/advertising • Glorification of "Pimp and Ho" subculture • Proximity to borders/ports	• Sexism and Misogyny • Privilege • Racism • Homophobia • Transphobia • Classism • Acceptance of violence towards women and minority groups • Inaccessibility of legal economies • Materialism/consumers

Busting the Big Myths

- "Prostitution is the oldest profession"
  - There were many "professions" that existed before prostitution including: farming, hunting, pottery, metallurgy and construction. This myth is not historically accurate. Instead it messages the harmful idea that prostitution is inevitable, it has always existed and always will.
- "Prostitution is between consenting adults"
  - Youth who are sexually exploited are not adults, nor can they consent to ANY sexual activity with an adult more than 5 years older than them
- "Victimless Crime"
  - The commercial sex trade can often be violent and harmful, especially for youth and people who already vulnerable or marginalized
- "Boys will be boys"
  - The belief that access to commercial sex is part of male entitlement

Busting the Boy Myths

- **Myth: Most CSE Boys identify as gay or bisexual.**

  - Compared to the U.S. population as a whole, disproportionately high numbers CSE boys identify as sexual minorities. In most studies however, *the majority* of CSE boys identified as heterosexual.

- **Myth: Boys identify themselves as hustlers, choose to engage in the sex trade and are not victimized in the same way that girls are.**

  - Researchers and service providers report that boys often experience an extreme sense of shame regarding their exploitation. It is widely speculated that this sense of shame leads boys to redefine themselves as "hustlers." A similar attitude can be seen with girls "in the life" who tout the money they make and the lavish lifestyle they lead while embracing terms like "ho" or "bottom bitch."

Content for this slide compiled by Norene Roberts, MSSW

Busting the Boy Myths (con't)

Myth: Boys do not come forward for CSEC services and/or are not identified as CSEC because there are very few CSE boys.

- In reality, boys don't come forward and will often deny CSE for a number of reasons:
  - Cultural context: women are victims, men are strong
  - Fear of being outed as gay or perceived as gay
  - May think service providers do not serve males even when they do
  - Not believed when they do come forward
  - Screening is often only routinely done with girls
  - CSEC street outreach teams often only frequent the female "track"

Content for this slide compiled by Norene Roberts, MSSW

Subculture

Definition:

A subculture is a group of people within a culture that differentiate themselves from the larger culture to which they belong.

People in subcultures attach to the rules, norms, language, clothing, decorations, practices, attitudes and beliefs reflected in the subculture.

Recruitment

- Youth are recruited through lures of love, affection, money, safety, protection and family
- Buyers and 3rd party exploiters have a sense for youth who are vulnerable and targets for exploitation

Grooming

- Seasoning happens through sexual abuse/assault, watching pornography, sex with multiple people
- "Partying", getting hair and nails done, new clothes, street name, made to feel special
- Break down and rebuild identity; street names

"Turning Out"

- This is the point at which a youth "turns their first trick"
- This moment is critical and most youth remember how/when they were "turned out"

MODULE 3:
Red Flags, Identification and Reporting

Red Flags!

- **Chronically truant/runaway/homeless/gang-involved youth**
- **Multiple cell phones**
- **Having expensive goods or services that they cannot pay for**
- Excess amount of cash
- Hotel room keys
- Signs of branding (tattoos, jewelry)
- Lying about age/false identification; inconsistencies
- Dramatic personality changes, evasive behavior especially around a new partner or new group of friends
- Lack of knowledge of a given community or whereabouts
- Provocative clothing, sex toys, multiple condoms, lube or other sexual devices

Recruiting Behaviors

- Talking in ways that sound like "selling the dream":
  - talking about money,
  - partying,
  - getting hair and nails done, shopping
  - getting "taken care of"
- Gang involvement or connection to people in gangs
- Older or more mature youth befriend younger or impressionable youth
- Dominant personalities
- Excessive loyalty or devotion
- Flashing money or status symbols
- Attempting to isolate vulnerable youth, secretive

Identification

- Ask specific questions during intake to screen for risk factors or involvement.

- Increase attempts to track youth that are chronically running away and/or truant.

- Consider significant behavior change especially if youth becomes secretive or has new "older" friends or a new partner.

- Ask about STI's, pregnancy, unexplained injuries.

- Hyper-sexualized behavior, offering sex acts.

- Observe communication patterns in school, clinics, milieus, drop-in or street outreach settings; who talks to who, who doesn't?

Asking the Question

- ***Sometimes people trade sex for money or because they have to survive, has that happened to you? (Or, is that going on in your life?)*** (In person interviewing)

- Have you ever traded sex for money or things you need to survive? (Intake form)

- I'm wondering if you are in the life? I will not judge you or anything you tell me. I'm here to listen if you ever want to talk or want support.

WA State: Mandatory Reporting

The Washington State Legislature's definition of child abuse and neglect includes domestic minor sex trafficking (DMST) victims. "Sexual exploitation," is defined in RCW 26.44.020 as:

(a) allowing, permitting, compelling, encouraging, aiding, or otherwise causing a child to engage in prostitution by any person.

As a result of the inclusion of sexual exploitation, which covers prostitution, pornography, and sexual performances, victims are considered abused or neglected for the purposes of Washington law and can receive a child protective response and CPS may intervene in the life of any child, under the age of 18 who is being sexually exploited **by any adult— familial or non-familial.**

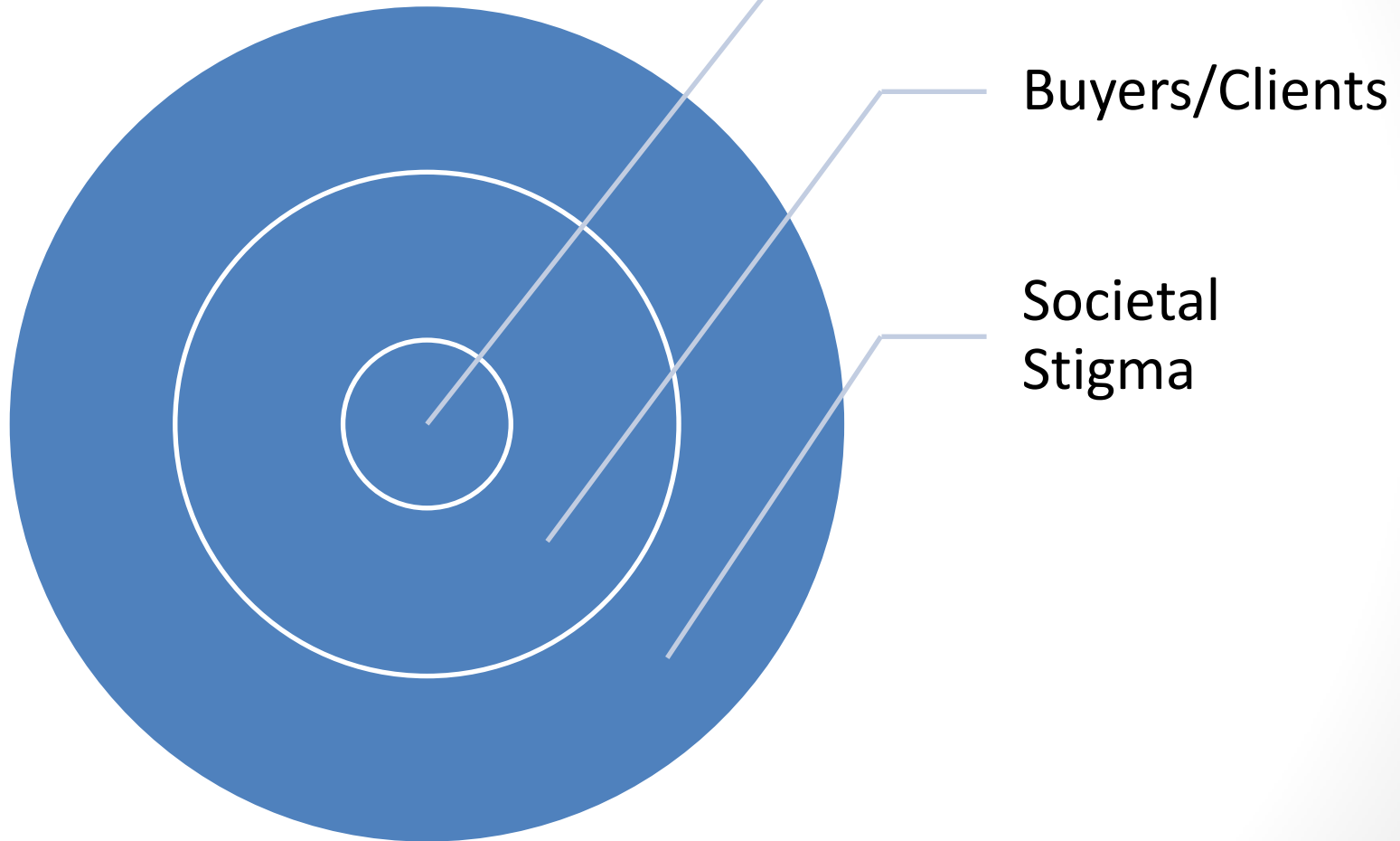# Mandatory Reporting Considerations

- Mandatory reporting processes may vary depending on the staff's position or role within their agency.

- Each organization/agency should develop clear guidelines and expectations regarding reporting of trafficking or CSAM cases.

- When making a report individuals minimally need:
  - Name and Date of Birth
  - Circumstances of suspected trafficking

Small Group Discussion

- What are your concerns, questions, and/or fears about asking questions and/or initiating conversations about sexual exploitation?

- Share an experience of successful engagement while having a difficult conversation with a young person.

MODULE 4:
Impacts of Sexual Exploitation and Trafficking

Layers of Impact

Personal Relationships

Buyers/Clients

Societal Stigma

Physical Health Impacts

- Lack of care to vision, dental, physical and mental health
- Educational losses
- Loss in "wages"; belief that "the life" is the only job for which they are qualified
- Cognitive issues from trauma, drug use or injury
- Pregnancy, STI's, chronic gynecological health issues
- Somatic issues (numbing, desensitization)
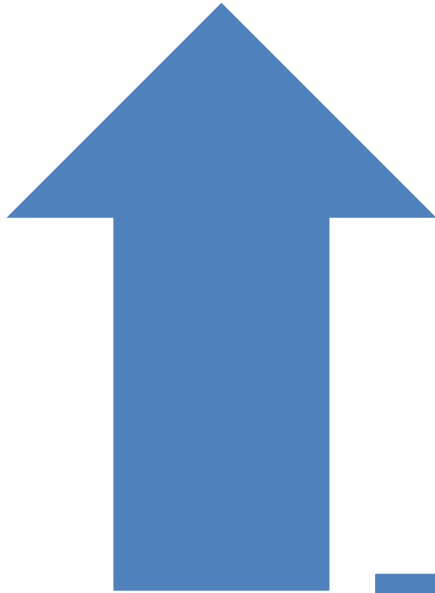- Malnutrition
- Physical injuries, often left untreated

Mental Health Impacts

- Post Traumatic Stress Disorder (PTSD)/Complex PTSD
- Disturbances of self or identity
- Decreased self esteem/self efficacy
- Guilt and Shame
- Substance Abuse
- Aggression and Anti-social Behaviors
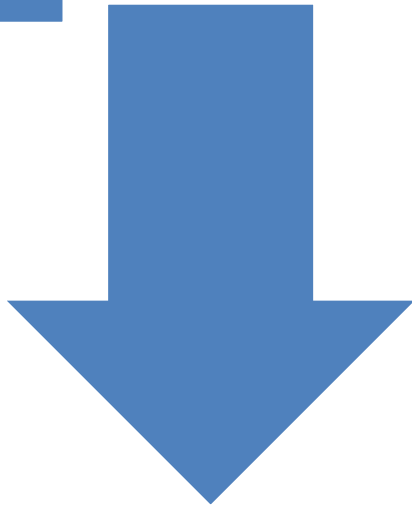- High-risk Sexual Behavior

Drug and Alcohol Use

- Drug and alcohol use is common part of the subculture however, the drugs often come after the exploitation begins

- Drug and alcohol use are part of numbing/dissociation

- In situations where there is 3rd party control drugs are often given in limited amount to increase control

- Visible signs of drug abuse will reduce "street value"

- Experiences in the sex trade without using drugs or alcohol is difficult for many youth; they may need to work towards quitting both simultaneously

"Missing the drama"

Hyper arousal: Anger, panic, nightmares, tantrums, phobias, paranoia, increased heart rate, adrenaline

Dissociation: Flat affect, dissociation, "numbing out" inattention, forgetfulness, pale skin, low heart rate

Guilt, Shame, and Stigma

Guilt- Belief that our *actions* are harmful, dangerous or unacceptable; "I *did something* bad"

Shame- Belief that one is not worthy of love or care; "I *am* bad, I *am* worthless"

Stigma- Being discredited by a social group for deviating from accepted norms

Shame is compounded by stigma and feeds the belief of "I am not worthy of love or belonging"

MODULE 5:
Interventions and the Exit Process

Service Overview

- Advocacy and Wrap-around/comprehensive Case Management
- Housing (emergency shelter, transitional and independent living)
- Employment and vocational training
- Education
- Medical care
- Mental health/trauma counseling/psychiatric
- Support with vital documents
- Drop-in/street-based services
- Language/translation services (as needed)
- Transportation
- Peer and social support (example: support groups)

Guiding Principles of Engagement

- Maintain a **Compassionate** and **Non-judgmental** attitude at all times.

- **Be Consistent**; follow through on everything and do not make promises that cannot be kept.

- **Build Trust then Relationship**; this is a very slow process and relationship testing is expected.

- **Cultural Competency**; be sensitive to the unique cultural needs and experiences of each person.   Personnel need to be aware of their own biases and cultural worldviews.

- **Self-determination and Empowerment**; youth should have information relevant to their situation and be encouraged to make informed decisions whenever possible. Respond to youth as **Survivors.**

Tips for Engagement

- Be Real
- Be impeccable with your words; avoid sarcasm or put downs of **anyone**
- Go slow; respect the process of building relationships
- Expect testing
- Celebrate the small success, **all** of them
- Accept that you don't have the "whole story", ever, work with the information you do have

Tips for Stabilization

- Movement/exercise- releases "happy" endorphins, increases self-esteem and grounds the body
- "Quiet time"- mindfulness, meditation, or just sitting quietly taking deep breaths
- Breathing
- Progressive muscle relaxation
- Critical thinking
- Art, dance, music, creativity
- Run scale
- Medication (properly diagnosed, prescribed and administered)

Relationship Building

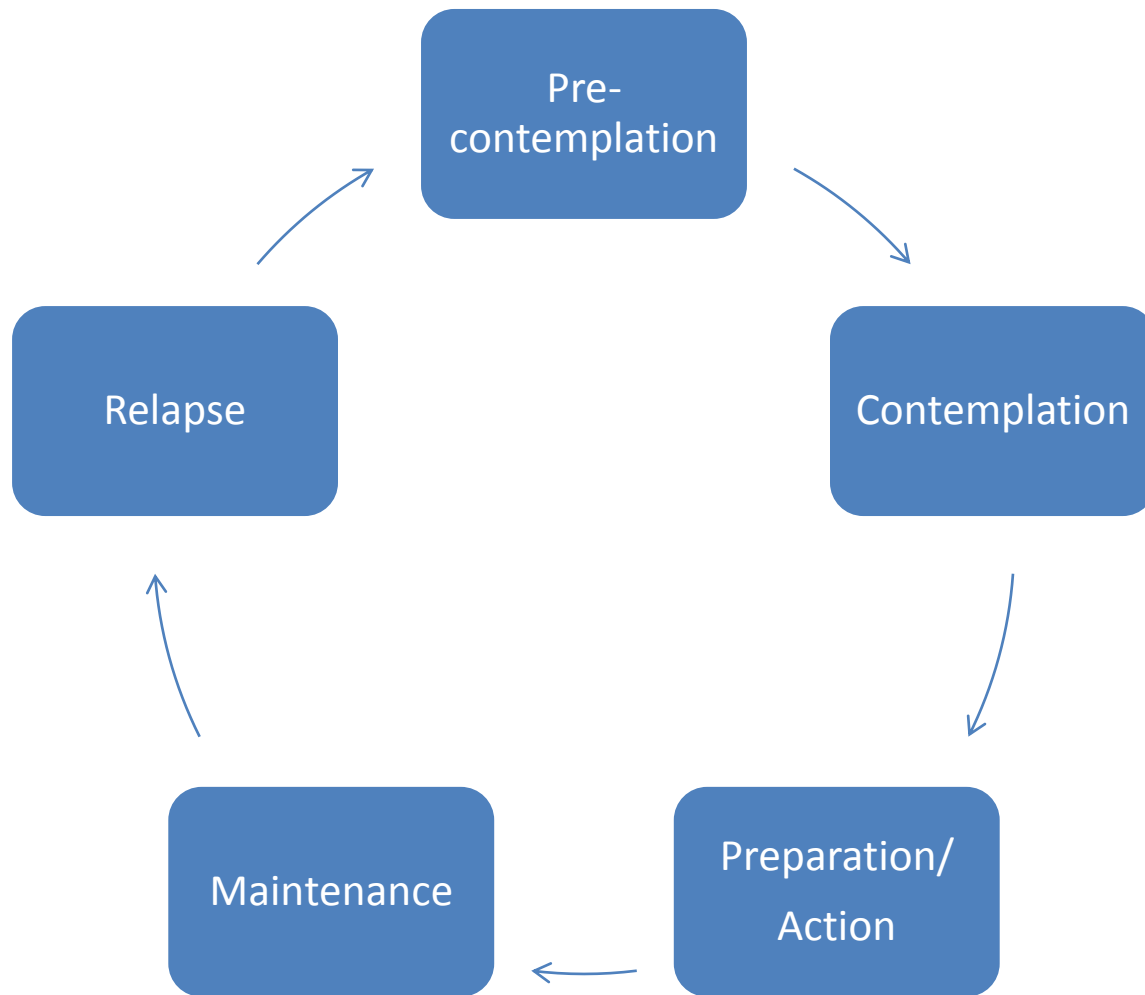| Rapport Building	Trust Building	Relationship Building	Support System Building
• Identification • "getting to know you" level information • May need to show up multiple times before engagement occurs	• Be CONSISTENT • Show up and be present • Expect testing • Offer choices • Trust is built over time with small interactions	• Pro-active communication from youth • Youth-led • Consistency • Advocate for the youth	• Leverage your relationship to increase youth support system • You should not be the "only" supportive relationship youth has

Stages of Change

(Prochaska, adapted by GEMS)

Pre-contemplation	• *"I love my boyfriend/partner; I love being in the life"* • **Goal**: 'Planting seeds', don't push or try to convince them that their partner/friends are bad, talk about the future
Contemplation	• *"I love my boyfriend/partner/friends but there are some parts I don't like; things I wish I didn't have to do"* • **Goal**: get them connected to an advocate or mentor
Preparation/ Action	• *"I want out; I don't want to die doing this"* • **Goal**: move quickly; wrap every service available; keep the youth informed and let her make decisions if possible
Maintenance	• *"I'm working on my goals and staying out of trouble"* • **Goal**: lots of positive support and reinforcement, planning for future, relapse prevention
Relapse	• *" I miss the drama; I can't make it in the square world"* • **Goal:** support the youth to re-engage in services; let them know you're not disappointed and still supportive

Safety Planning is:

a set of techniques to increase safety by creating strategies to reduce or avoid harm including stress and triggers:

- Identifying sources of support; safe family, friends or other safe places
- Identifying, developing and practicing coping strategies
- Create detailed plans to respond to or plan for dangerous situations such as changes in an abusive relationship, family Instability or leaving the life (squaring up)
- Identify safe family, friends and other safe Identify safe(r) strategies for youth who are still "working" (having and using condoms, screening buyers, working in familiar places, working in pairs, checking in)
- "Mini-plans": short, frequent and as specific as possible

Building Safety into Conversations

- Specificity is helpful but you don't NEED it to make a good safety plan. *"I respect your privacy, we can talk about some strategies without going into details, does that sound ok?"*

- Find opportunities to offer choices (even small ones). *"We have a few things to do today, what would you like to do first?"*

- Follow up! Follow up! Follow up! After making a plan with you always check back during you next conversation, *"How did things go? Did you use any of the strategies/ideas you came up with/we talked about?"*

- Practice refusal skills. Do mini role plays with youth to practice saying "no", declining drugs/alcohol, leaving safe housing, *"So, next time you run into that person what will you say if they ask you to party with them?"*

- Support youth to identify and resolve ambivalence. Avoid giving advice and instead, use open-ended questions to encourage youth to explore their ideas and come up with their own strategies and solutions (Motivational Interviewing)

Safety Planning Scenario

The youth you are working with is having trouble attending school. When you ask about this she tells you that people are "messing with her" on the transit routes that she has to use to attend a school mandated by her probation officer.

She further tells you that she is nervous about seeing her mother this weekend. Mom has a substance abuse issues and would frequently use with her daughter when she still lived with mom. There is a documented history of abuse from mom's boyfriends.

How would you proceed with safety planning?

Harm Reduction

Harm Reduction is built on the premise of reducing harmful behaviors incrementally instead of immediate abstinence

Examples:

- Moving from outdoor prostitution to indoor or stripping
- Not using certain drugs while "working"
- Having a safety plan; scanning for threats
- Negotiating out of high risk sexual activities
- Working in pairs
- Referencing the "bad date list"

Motivational Interviewing

Motivational Interviewing is a directive, client-centered counseling style for eliciting behavior change by helping clients explore and resolve ambivalence

In this intervention technique, the therapeutic relationship is more like a partnership than expert/client roles, and the counselor's role is to assist the youth in articulating and resolving her/his ambivalence regarding behavior change. (Miller & Rollnick, 1991).

Motivational Interviewing

The OARS approach:

Open-ended Questions

Affirmations

Reflective Listening

Summarizing

MI Practice

Client: You are involved in the life, in detention and have been arrested for the 5th time. You are talking with your case manager about what you want for your future. You really love your boyfriend but your PO says that if you are arrested again you will go to Echo Glen for 9 months.

Counselor: You have worked on and off with this youth for 6 months. You are concerned about your client's safety, health and future. There are program options available but the youth has not been interested in the past.

Service Responses in Seattle/King County

Community Advocates (Auburn Youth Resources, Friends of Youth, & YouthCare)

- **24 hour hotline: 1-855-400-CSEC**
- Housing and case management for youth and young adults 12-24
- www.youthcare.org/bridge-continuum

OPS (Organization for Prostitution Survivors)

- Survivor-led support groups, arts workshop, drop-in
- Work with youth and young adults of all ages
- http://seattleops.org/

REST (Real Escape from the Sex Trade)

- **24 hour hotline: 206.451.REST**
- Housing for survivors 18-24 years old
- Case management for all ages
- http://iwantrest.com/

YouthCare's Bridge Continuum of Care

Identification and Engagement	Community Advocates	Emergency shelter	Long-term Housing
- Address safety -Basic needs -Street Outreach -National Safe Place - Determine legal circumstances -Determine housing needs *Rapport building*	- 24/7 Advocates - Case management - Increase safety - Harm Reduction - Crisis management -Referrals to services *Trust building*	- 24/7 Shelter - Establish safety - Assessment - Entry to Recovery Program - Respite -Re-entry *Relationship Building*	-Pro-social Environment - Education - Employment skills - Life skills - Subculture integration -Clinical services *Support system Building*