

MECP

Missing and Exploited Children's Program



Sexual Exploitation and Trafficking of Youth

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MECP supports state and local law enforcement officers, child protection personnel, prosecutors, medical providers, child advocacy center professionals, and other criminal justice practitioners in developing and strengthening their responses to child victimization.

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1-888-347-5610

The mission of the AMBER Alert Training and Technical Assistance Program is to safely recover missing, endangered, or abducted children through the coordinated efforts of law enforcement, media, transportation, and other partners by using training and technology to enhance response capacities and capabilities and increase public participation.

askamber@fvtc.edu
www.amber-net.org
www.ncjtc.org/AmberAlert
1-877-71-AMBER

Goals for this training

- Identify the stages of change among victims who have been sexually exploited
- Identify tools and techniques to improve rapport with victims and properly intervene
- Learn how to discuss safety and incorporate safety planning with victims

Federal Definition: Human Trafficking

Human Trafficking: 18 U.S.C. § 1591 makes it illegal to recruit, entice, obtain, provide, move or harbor 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/Escorting

Pornography

Exotic dancing/stripping

Sex tourism

Erotic/nude massage

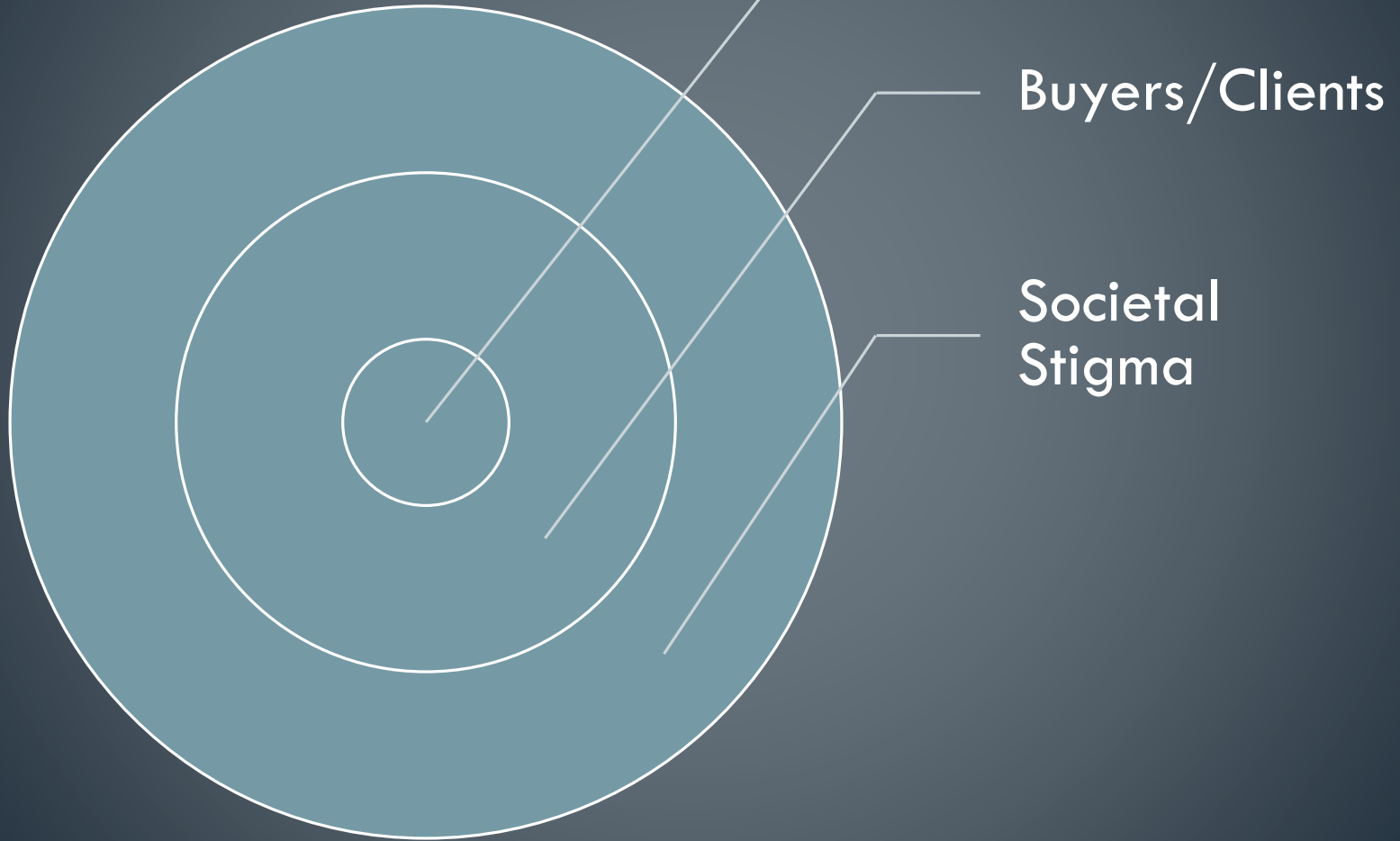
Gang based prostitution

- 2008 Trafficking Victims Protection Reauthorization Act (TVPRA)

Landscape of Exploitation

- Pimps/3rd party trafficker (can be any gender)
- Gang-based
- Family-based
- Survival Sex
- Exploitation of boys, transgender, gender variant youth
- Independent, “renegading”
- Peer to peer
- Exploitation through other forms of the sex trades

Layers of Impact



Stages of Change, Prochaska & DiClemente



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 them 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

Why DO They Run/Relapse?

- Impulsivity as a result of trauma or cognitive/developmental issues
- Fear they “can’t make it”; fear of success or attainment
- Shame; belief that they “aren’t worth it”
- Fear that perpetrator will “find” or “punish” them for leaving; follow through on threats
- Drug/alcohol/nicotine withdrawal/cravings
- “Missing the Drama”/”Bored”
- The life “makes sense to them”; they know the rules and what is expected of them on the streets/in the life
- Idealizing the past, “it wasn’t really *that* bad”

“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

Tips for Stabilizing

- Movement/exercise- releases “happy” endorphins, increases self-esteem and grounds the body
- Create a daily schedule and stick to it
- Keep them busy, keep them motivated
- Creativity
- Breathing
- “Quiet time”- mindfulness, meditation, prayer or just sitting
- Affect regulation and coping skills building
- Progressive muscle relaxation
- Critical thinking and awareness

Tips for Engagement

- Be real, be authentic, be mindful of your privilege(s)
- Be impeccable with your words; avoid sarcasm or put downs of **anyone**
- Go slow; respect the process of building relationships and be consistent
- Expect testing, it's part of the process
- Celebrate the small successes, **all** of them
- Accept that you don't have the "whole story", ever
- Avoid the rescue mentality
- Youth are the experts in their own experience

Harm Reduction

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

Examples:

- The Bad Date list
- 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

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

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
- 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 places
- Identify safe(r) strategies for youth who are still “working” (always 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 Conversation

- 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?”*

Building Safety Into Conversation

- 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)

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