

# Prevention Education Report



**JUNE 2020**

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**Bakhita Empowerment Initiative  
Catholic Charities of Louisville**

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## About Catholic Charities of Louisville

Catholic Charities of Louisville was established in 1939, and it operates as a legal entity under the Archdiocese of Louisville. Catholic Charities of Louisville serves people in need, advocates for justice in social structures, and calls the entire church and others of goodwill to do the same. We welcome, strengthen, and empower families and individuals to change the world for good, one relationship at a time.



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# Introduction

Catholic Charities of Louisville is committed to combating and bringing awareness to human trafficking and is currently the OVC-funded comprehensive service provider for victims of human trafficking in Kentucky through the Bakhita Empowerment Initiative (BEI). BEI is primarily a direct service program for survivors of sex or labor trafficking, supporting more than 400 survivors of human trafficking since the program began in 2008. BEI has grown into a statewide direct services program that also provides training, technical assistance, awareness, outreach, resource development, and prevention education to targeted at-risk groups.

Catholic Charities and BEI understand that direct services, while vital for victims and survivors, will not ultimately address victimization reduction before it happens. Prevention education is vital. BEI has a prevention education component in addition to direct services work and is currently utilizing two curriculums to prevent the exploitation of children and youth. In 2015 BEI began pilot prevention education groups for female-identifying youth, which have since expanded and become a regular part of programming. In 2019, BEI began offering prevention education groups for male-identifying youth, which are now in the pilot phase; with the hope of making boys groups a part of regular programming through BEI, pending the pilot group outcomes and evaluation.

# Background

BEI receives referrals for direct services for child and youth victims of human trafficking from the National Human Trafficking Hotline, local and federal law enforcement, and child-serving professionals throughout Kentucky. Through OVC-funded programming between 2015-2019, BEI has provided case management services to 16 minors, of which 12 were female-identifying. These cases involved direct services such as legal advocacy, mental health services, education, immigration legal services, language access, survivor mentoring, and assistance with basic needs such as food and clothing.<sup>1</sup> BEI has provided substantial technical assistance with many more cases involving children and youth, assisting with screening, crisis response, emergency services, language access, and other support to child-serving professionals. BEI is the only comprehensive service provider in Kentucky offering specialized services for survivors of labor or sex trafficking, for all populations of survivors.

Table 1: OVC-Funded Trafficking Victims Served by CCL (1/1/15-12/31/16)

Trafficking Type	Foreign National						U.S. Citizen/LPR						Total
	Female		Male		Transgender		Female		Male		Transgender		
	Adult	Minor	Adult	Minor	Adult	Minor	Adult	Minor	Adult	Minor	Adult	Minor	
Labor	9	2	3	0	0	0	0	0	0	0	0	0	14
Sex	1	0	0	0	0	0	35	3	1	0	0	0	40
Sex and Labor	0	0	0	0	0	0	1	0	0	0	0	0	1
Unknown	0	0	0	0	0	0	0	0	0	0	0	0	0
<b>Total</b>	<b>10</b>	<b>2</b>	<b>3</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>36</b>	<b>3</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>55</b>

Table 2: OVC-Funded Trafficking Victims Served by CCL (1/1/17-12/31/19)

Trafficking Type	Foreign National						U.S. Citizen/LPR						Total
	Female		Male		Transgender		Female		Male		Transgender		
	Adult	Minor	Adult	Minor	Adult	Minor	Adult	Minor	Adult	Minor	Adult	Minor	
Labor	16	0	4	4	0	0	1	2	0	0	0	0	27
Sex	2	0	1	0	0	0	42	5	1	0	1	1	53
Sex and Labor	0	0	0	0	0	0	1	0	0	0	0	0	1
Unknown	0	0	0	0	0	0	0	0	0	0	0	0	0
<b>Total</b>	<b>18</b>	<b>0</b>	<b>5</b>	<b>4</b>	<b>0</b>	<b>0</b>	<b>44</b>	<b>7</b>	<b>1</b>	<b>0</b>	<b>1</b>	<b>1</b>	<b>81</b>

Following passage of additional KY state laws in 2013 meant primarily to protect child trafficking victims through “Safe Harbor” legislation, reports of trafficking and identification of child victims have been on the rise. In 2017, there were 217 reports of child trafficking to the Cabinet for Health and Family Services (CHFS). In 2018, there were 204 reports to CHFS. Most recently, in 2019 there were 215 reports to CHFS. The number of potential youth victims reported to the Cabinet in the last 7 years, since the passage of the HTVRA in 2013, is 957 total incidents.<sup>2</sup> Of the 171 cases most recently reported, the highest number of reports involved 11-17 year-olds, with 75% identified as female.

**Table 3: Child Trafficking Incidents Reported to KY Cabinet for Health & Family Services**

Region	YEAR							Totals
	2013	2014	2015 (10/1/2014- 9/30/2015)	2016 (10/1/2015- 9/30/2016)	2017 (10/1/2016- 9/30/2017)	2018 (10/1/2017- 9/30/2018)	2019 (10/1/2018- 9/30/2019)	
Jefferson	14	13	18	29	32	50	32	188
Salt River	12	3	11	19	31	30	31	137
Cumberland	0	15	15	27	33	21	12	123
Eastern Mountain	7	6	9	21	16	8	15	82
Northeastern	2	7	10	13	14	14	12	72
Southern Bluegrass	3	4	11	17	13	15	12	75
The Lakes	0	6	13	19	13	17	8	76
Two Rivers	1	2	5	7	19	25	30	89
Northern Bluegrass	1	1	7	17	46	24	19	115
<b>Statewide Total</b>	<b>40</b>	<b>57</b>	<b>99</b>	<b>169</b>	<b>217</b>	<b>204</b>	<b>171</b>	<b>957</b>

Source: 2019 CHFS Child Trafficking in Kentucky Report to the Legislature, November 2019

<sup>1</sup> Catholic Charities of Louisville, Bakhita Empowerment Initiative, OVC funded direct services, Trafficking Information Management System Reports.

<sup>2</sup> 2019 CHFS Child Trafficking in Kentucky Report to the Legislature, November 2019

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There are 53 residential private childcare facilities in Kentucky, including independent living programs. Level 4 and 5 facilities serve the most high-risk youth, for whom finding an appropriate placement is often the most difficult. To date, MLMC groups have been held at 5 residential facilities, all of which serve Level 4 and 5 youth, however there are 14 more residential facilities with the highest-level kids in their care, where MLMC groups have not yet been available. Groups need to expand to include these other high-level facilities.

Minor victims of trafficking in Kentucky are primarily served by the Department of Community-Based Services (DCBS), the division within CHFS providing child welfare services. When additional support specific to human trafficking cases is needed, DCBS staff may reach out to CCL and refer the minor for additional case management services. Referrals from DCBS are most common when the minor is older and may soon age out of care, if the minor is foreign-born, or if the law enforcement agency recommends CCL as an additional service support.

Trafficking of children and youth is happening in Kentucky communities, urban and rural, in all 120 Kentucky counties. Reports of suspected trafficking continue to increase. Children and youth are being removed from their homes and placed in foster care or residential facilities because of being commercially sexually exploited by their parent or caretaker. Some exploited youth end up in detention facilities, due to their trauma history, lack of other resources, and the lingering effects of abuse and trauma. Many other youths who are being exploited by “non-caretakers” may fall between the cracks in systems that were primarily built to respond to caretaker abuse and neglect. Law enforcement is charging more cases with trafficking offenses, and prosecutors are bringing cases through state and federal criminal courts in Kentucky. DCBS is working on developing standardized screening across their systems beginning with the

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Trafficking Victim Identification Tool (TVIT), while the Department of Juvenile Justice and the Administrative Office of the Courts have trafficking screening questions they currently utilized. Efforts are being made to provide specialized services to trafficked youth, in a trauma-responsive way. These efforts among child-serving systems throughout Kentucky have improved the identification and response to child trafficking statewide.

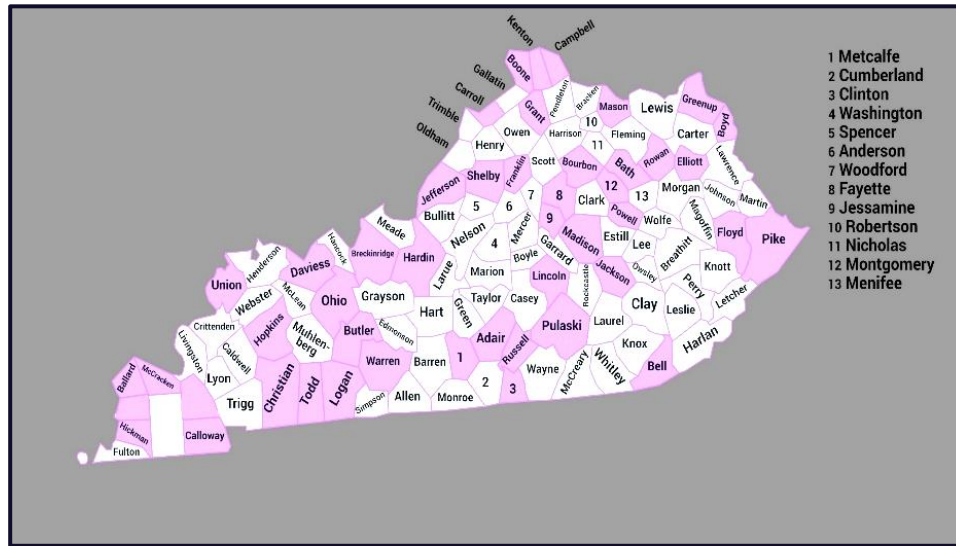
## Prevention Education in Kentucky

Prevention education programming in Kentucky, specific to human trafficking, is limited. And yet there are many children and youth at risk of commercial sexual exploitation, sex trafficking, or labor trafficking in Kentucky communities every day. Current prevention education resources are limited in a variety of ways: most are only provided in some public schools, education efforts often include one presentation with little engagement, educational information is for very general populations of youth, classes are limited to certain geographic areas of the state, prevention education efforts may not provide opportunities for disclosure or referrals for services, and most programs are not evidence-based or evidence informed so we don't know if they result in positive outcomes in youth.

CCL has been providing prevention education groups for female-identifying youth for 5 years utilizing the MLMC curriculum, reaching 863 at-risk youth in 22 facilities throughout Kentucky. While prevention education groups have been offered in several geographic regions of the state, and in a variety of facilities, the majority of groups have been in Louisville, Frankfort, and Northern KY which are all urban areas, and group participants have been from less than half of all Kentucky counties (50 of 120). Most groups have been held in private childcare facilities and public schools.



**Table 4: Locations of MLMC Prevention Education Groups by County (2015-2020)**



\*counties shaded purple indicate groups have been provided to girls from those counties  
Source: Catholic Charities of Louisville

Of the 22 facilities where MLMC groups have been held, only two have been at Dept. of Juvenile Justice (DJJ) facilities, one in Jefferson County and one in Rowan County. Girls in detention facilities are some of the most at-risk for commercial sexual exploitation, many having experienced years of abuse and neglect. In a 2015 study that involved interviews with 40 girls in Kentucky detention facilities, 17% of girls disclosed a history of sex trafficking, 31% disclosed having traded sex acts due to being threatened or coerced, and 34% disclosed having engaged in survival sex.<sup>3</sup> Prevention education groups need to be more available to girls in detention facilities. Girls in detention are some of the most at-risk, many with prior histories of commercial sexual exploitation or trafficking, without specialized resource options while in detention. Prevention education groups would provide these girls opportunities for engagement, support, information, guidance, and access to resources that would help them

<sup>3</sup> Perkins, E., & Ruiz, C. Lost Girls: An Exploratory Study of Risk Factors Associated with Domestic Minor Sex Trafficking, 2015

manage their trauma, engage in healthy relationships, and be less at-risk for re-victimization.

**Table 5: MLMC Group Facility Types (2015-2020)**

Types of Facilities	# Different Facilities	Total # of Groups
PUBLIC MIDDLE AND HIGH SCHOOLS	4	19
REGIONAL JUVENILE DETENTION CENTERS	2	6
COMMUNITY-BASED GROUPS	6	7
DOMESTIC VIOLENCE CENTERS	2	3
DCBS RESIDENTIAL FACILITIES	8	23
TOTALS	22	58

Source: Catholic Charities of Louisville

There are even fewer prevention education resources for male-identifying youth in Kentucky, specific to human trafficking. Most prevention education for males focuses on gang involvement and bullying. Males are often overlooked in prevention efforts focused on preventing victimization and discussing issues related to consent. There are few prevention education curriculum options for males, including options that are evidence-based. Catholic Charities began offering prevention education classes for male-identifying youth in January 2020, beginning with 3 pilot groups. The first 2 groups are being held at a Jefferson County residential private childcare facility. The third pilot group is anticipated to be held at a Department of Juvenile Justice Facility. These 3 pilot groups will be evaluated to determine how prevention education efforts with male-identifying youth will be facilitated moving forward.

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# My Life My Choice

## CURRICULUM FOR FEMALE-IDENTIFYING YOUTH

BEI has been utilizing the My Life My Choice Exploitation Prevention Curriculum since the program began prevention education efforts in 2015, providing classes to approximately 863 female-identifying youth (to date) through 58 prevention education groups held at 22 different organizations throughout Kentucky, including detention centers, community centers, residential facilities, and public middle and high schools. Groups are co-led by two facilitators, currently including at least one BEI staff member. Each group has 10 sessions in which the group facilitators meet with the girls and go through the curriculum content for that day. Groups are interactive, providing opportunities for the girls to share their thoughts, do group work together, work individually on activities, and ask questions of the facilitators. Group members write in journals each week, provided by BEI, and the staff respond to each individual journal entry. This allows for individual engagement with each youth and provides opportunities for the girls to disclose trafficking experiences privately, ask additional questions, or share their thoughts about class content or personal experiences in their lives. Each group member is gifted a copy of the Survivors Guide to Leaving, a journal-style book written by survivors of domestic minor sex trafficking which offers advice and resources to girls who have experienced commercial sexual exploitation or sex trafficking.<sup>4</sup> Girls complete a pre-test at the beginning of each group and self-report demographic information and prior victimizations. They also answer some general questions about commercial sexual exploitation, which they again answer at the end of the group in a post-test. Pre and post-test data are utilized to evaluate the

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impact of group information in changing the thoughts and behaviors of group members.

My Life My Choice (MLMC) is a nationally recognized exploitation prevention curriculum created by Lisa Goldblatt Grace, Audrey Morrissey, Amy Corbett, and Denise Williams in 2003, through the Justice Resource Institute of Boston (JRI).<sup>5</sup> The curriculum was designed to help change girls' perception of the commercial sex industry, build self-esteem, and increase personal empowerment utilizing a psycho-educational model with a relational focus. MLMC groups may only be facilitated by professionals trained by JRI staff, and the curriculum was created specifically for female-identifying youth ages 12-18 who are considered high-risk for commercial sexual exploitation due to histories of abuse, neglect, violence, or substance use. MLMC went through a 3-year evaluation which found that the curriculum "demonstrated positive changes in knowledge, attitudes and behavior from the start of the program to its end. Results show [MLMC] is effective at reducing the risk of commercial sexual exploitation and improving other adverse conditions for high risk youth".<sup>6</sup> While the evaluation highlights several key outcomes, perhaps most notably, 100% of youth in the study shared MLMC information with a peer after completing their group and experiences of commercial sexual exploitation decreased by 55% immediately after the group.<sup>7</sup>

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<sup>4</sup> Girls Education and Mentoring Services, Survivor's Guide to Leaving, available online at: <https://www.gems-girls.org/shop>

<sup>5</sup> My Life My Choice Program, available online at: <https://www.mylifemychoice.org/prevention>

<sup>6</sup> Rothman, E.F., Farrell, A., Paruk, J., Bright, K.T., Bair-Merritt, M., Preis, S.R. (in press). Evaluation of a Multi-Session Group Designed to Prevent Commercial Sexual Exploitation of Minors: The My Life My Choice Curriculum. *Journal of Interpersonal Violence*

<sup>7</sup> Rothman, E.F., Farrell, A., Paruk, J., Bright, K.T., Bair-Merritt, M., Preis, S.R. (in press). Evaluation of a Multi-Session Group Designed to Prevent Commercial Sexual Exploitation of Minors: The My Life My Choice Curriculum. *Journal of Interpersonal Violence*

**Table 6: MLMC 3-Year Evaluation Key Outcomes**

KEY OUTCOMES
<ul style="list-style-type: none"><li>• Knowledge about CSEC and risks for exploitation improved for all participants, particularly for those who were 11-15 years old and those in a residential facility.</li><li>• Experiences of commercial sexual exploitation <b>decreased by 55%</b> immediately after group, and by <b>40% at the six-month follow-up</b>.</li><li>• Participants were <b>2 times less likely to report dating abuse</b> victimization in the past three months at the six-month follow-up.</li><li>• <b>100% of youth</b> provided CSEC-related help to a friend or other people in the past three months after participating in the prevention group.</li><li>• Self-reported sexually explicit behaviors were <b>reduced by half</b> over time.</li><li>• Participant reports of feeling in control over most things in their lives <b>increased by 44%</b> immediately after group, and by <b>35% at the six-month follow-up</b>.</li><li>• Participants' trust in police <b>increased by 19%</b> over time.</li><li>• Youth perceived their facilitators as flexible, honest, respectful, warm, and trustworthy.</li></ul>

Source: My Life My Choice

CCL has now been facilitating MLMC groups with female-identifying youth in Kentucky for 5 years. During that time, groups have been held at a variety of organizations, but the majority of groups have been at DCBS residential (private childcare) facilities (23) and in public middle and high schools (19). Groups have also been held at domestic violence centers, juvenile detention facilities, and various community-based settings such as community centers, churches, and drop-in centers for youth. A total of 58 groups have been facilitated through CCL with group participants from 49 of Kentucky's 120 counties.<sup>8</sup>

<sup>8</sup> Catholic Charities of Louisville, Bakhita Empowerment Initiative, MLMC Group Participation Data 2015-2020

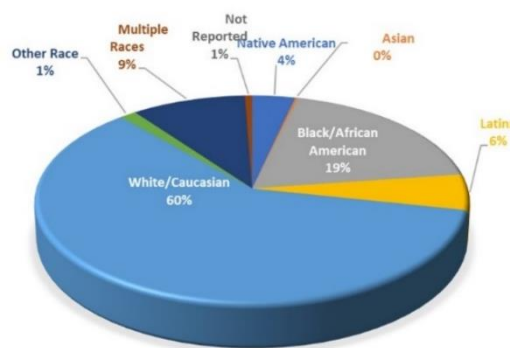
**Table 7: Targeted Private Childcare Facilities in Kentucky**

All God's Children	Nicholasville, KY	
Appalachian Children's Home TFC	Barbourville, KY	X
Boys' & Girls' Haven - Boys	Louisville, KY	X
Brighton Center Homeward Bound	Covington, KY	
Brighton Center Scattered Site ILP	Covington, KY	
Buckhorn Children's Center	Buckhorn, Ky	
Combs Residential Services	Nancy, KY	
Comprehend Group Home & CSU	Maysville, KY	
DCCH Center for Children and Families	Fort Mitchell, KY	
Foothills Academy	Albany, KY	
Gateway Children's Services	Mt. Sterling, KY	
Home of the Innocents	Louisville, KY	X
Hope Hill Children's Home	Hope, KY	
Kinder Haven	Glasgow, KY	
KUMH Mary Kendall Residential Treatment Program	Owensboro, KY	X
Maryhurst Residential Program	Louisville, KY	X
Otter Creek Academy	Monticello, KY	
Ramey Estep Home	Rush, KY	
St. Joseph Children Home	Louisville, KY	
Uspiritus Brooklawn	Louisville, KY	X
Gateway Children's Services		

\*An "X" indicates the facility has held MLMC groups there previously  
 Source: New Vista, Children's Review Programs and Catholic Charities of Louisville

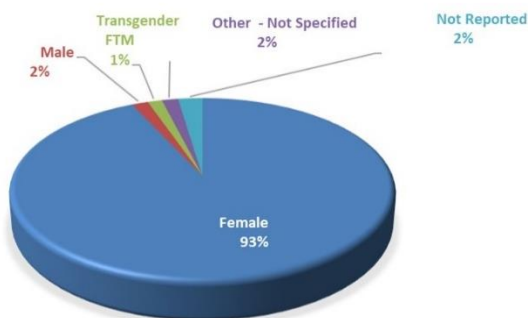
**Chart 1: MLMC Group Participants- Race/Ethnicity**

MLMC groups run through CCL have included diverse populations of youth with varying victimization histories. Most of the youth who have participated in CCL MLMC groups have been white/Caucasian (60%), followed by Black/African American (19%).



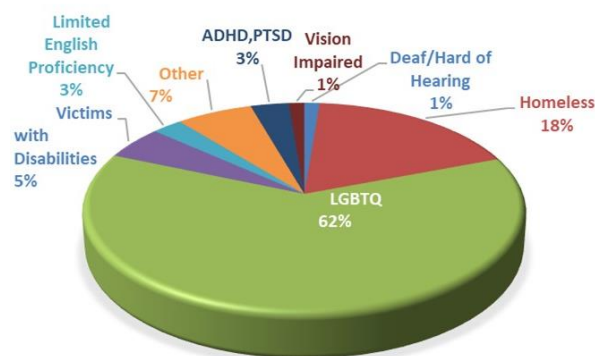
**Chart 2: MLMC Group Participants- Gender Identity**

Many youths also identified as multiple races (9%). Most group participants identified as female (90%), 4% chose not to identify a gender, 2% male, and 1% transgender (FTM). A total of 62% of group participants identified as LGBTQ, while 18% identified as experiencing homelessness.



**Chart 3: MLMC Group Participants- Special Classifications<sup>9</sup>**

CCL staff work closely with staff and volunteers at partner agencies to ensure each youth is supported and engaged as a group participant. Youth self-disclosures of additional classifications such as identifying as LGBTQ, having limited English proficiency, experiencing



<sup>9</sup> Catholic Charities of Louisville, Pie charts of MLMC Participant Information Data, 2015-2020)

homelessness, or having a disability assist program staff in being able to ensure groups are inclusive and actively engage all youth. In addition to demographic information, youth self-disclose prior victimizations (de-identified), highlighting histories of abuse and neglect which indicates how high-risk they may be for commercial sexual exploitation or sex trafficking. More than 200 group participants reported a history of child physical abuse, child sexual abuse or sexual assault, or teen dating victimization. The most reported type of victimization is bullying, reported by 375 youth, including verbal, cyber or physical bullying.

**Table 8: Prior Victimization Reported by MLMC Group Participants**

<u>VICTIMIZATION TYPE</u>	<u>TOTAL REPORTED</u>
Bullying (verbal, Cyber, or Physical)	375
Child Physical Abuse or Neglect	267
Child Pornography	91
Child Sexual Abuse/Assault	239
Domestic and/or Family Violence	297
Hate Crime (Racial/Religious/Gender/Sexual Orientation/Other)	39
Human Trafficking: Sex	93
Identity Theft/Fraud/Financial Crime	3
Teen Dating Victimization	226

Source: Catholic Charities of Louisville

These youth are at incredibly high risk of being victimized, or re-victimized, in commercial sex or sex trafficking, unless there is an intervention that makes a difference. They



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risk getting stuck in a cycle of violence that may continue into adulthood, and perhaps even generationally. What BEI staff have seen in facilitating MLMC groups is that the information content of the curriculum, engagement with the youth, journaling, and increased access to resources positively impact these youth in a way that teaches them to prioritize their personal safety and make informed choices that lower their risk for victimization.

What is one thing you learned from the MLMC prevention education classes?

*“That you can’t always tell who people are just by looks”*

*“Pimps come in all shapes and sizes and once that one time happens, it’s so easy to get into the life”*

*“I learned that I am a leader and that people look up to me”*

*“I learned how to say no to a pimp”*

Source: Catholic Charities of Louisville, Quotes from MLMC Group Participants at Dept. of Juvenile Justice Facilities

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# I AM Building a Healthy Identity

## CURRICULUM FOR MALE-IDENTIFYING YOUTH

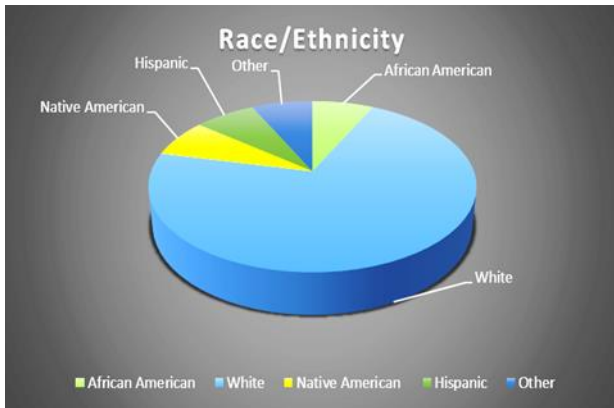
The I AM Building A Healthy Identity Group Prevention Curriculum for Young Men and Boys was implemented by BEI beginning in January 2020 with the start of two (out of three) pilot groups.

The purpose of the I AM curriculum is to bring awareness and educate male-identifying youth about commercial sexual exploitation and building healthy male identities. The I AM curriculum is a 10-week prevention education program that was created by Stefania Agliano and Bryan Hall in 2017. BEI has a license with I AM to provide groups for male-identifying youth in Kentucky, with a goal of facilitating three pilot groups initially and evaluating the outcomes of the pilots to determine best next steps in expanding prevention education for male-identifying youth.

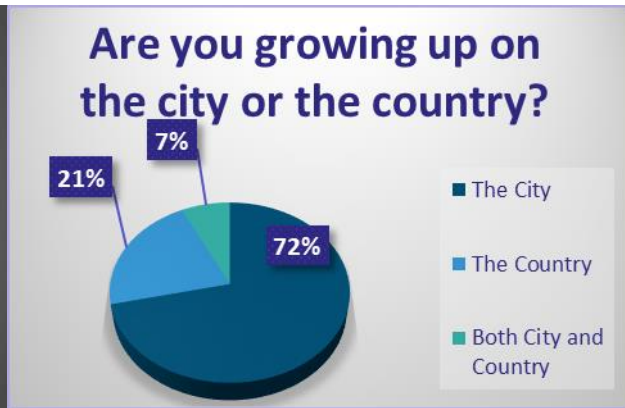
BEI is currently in the early phases of two of the three pilot I AM groups. The first two pilot groups are being held at Boys Haven Group Home, in Louisville, Kentucky. Boys Haven is a short-term therapeutic residential facility serving male-identifying youth ages 11-18. Each pilot group consisted of two facilitators, one male and one female. The groups at Boys Haven have been co-facilitated by a male volunteer with Boys Haven and a female staff member with BEI. The first two pilots were divided by age, with Group 1 being mostly younger youth ages 13-15 and Group 2 primarily being older youth ages 16-17. Both groups began with 7 members, and met for 6 of the 10 class sessions. Due to the COVID-19 health crisis, the completion of both pilot groups has been postponed until circumstances permit once again meeting together for classes. Both pilot groups are expected to resume and complete the last 4 sessions, although the time lapse may necessitate a change in the membership of each group. The third pilot

group is anticipated to be held at Frankfort Group Home, which is a Department of Juvenile Justice facility. The expected start date for this group is mid-summer 2020.

**Chart 4: I AM Group Participants- Race/ Ethnicity**



**Chart 5: I AM Group Participants-Location**



Source: Catholic Charities of Louisville

**Pre-Group Survey Information from Pilot Groups 1 and 2**

I AM group participants self-disclosed observing prior violence in their community (86%). 7% identified as not witnessing violence in their community. 7% chose not to identify or document they were unsure. Youth had the opportunity to reflect on their experiences in their neighborhoods during a group session. Group participants self-disclosed various opinions about whether sex trafficking is an important issue to discuss. Group



members expressed mostly not knowing someone who is a pimp, and almost half know someone who has been prostituted.



Source: Catholic Charities of Louisville

## Expanding Prevention Education:

BEI is committed to expanding prevention education utilizing the My Life My Choice and I AM prevention education curricula and will continue to build partnerships with youth-serving organizations in Kentucky. Community partners are vital for hosting groups and providing staff as trained group facilitators. BEI anticipates offering local training to become a certified MLMC facilitator in 2021, increasing the number of certified facilitators in Kentucky.

BEI and the I AM founders plan to train more male staff members on the I AM curriculum in Department of Juvenile Justice and Department for Community Based Services residential facilities. BEI will complete the 3 I AM pilot groups, evaluate the outcomes, and determine how to best continue prevention education efforts with male-identifying youth.

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# Appendix A:

## My Life My Choice Exploitation Prevention Curriculum

Written by Lisa Goldblatt Grace, Audrey Morrissey, Amy Corbett & Denise Williams

### **Curriculum Overview:**

*“The My Life, My Choice Program, was founded in 2002 by the Justice Resource Institute in Boston, MA. My Life My Choice is a ten-session curriculum developed for any girls between the ages of 12- 18. Participants are girls who are at high risk of being exploited or who are victims of exploitation. The My Life My Choice curriculum works to provide adolescent girls with the knowledge and skills necessary to make informed choices and avoid being sexually exploited. The Curriculum includes several interactive activities, discussions, journaling, and stories directly from survivors.”<sup>10</sup>*

### **Session Topics:**

#### Session 1: Introduction and Welcome

Introduces participants to the structure of the groups and participants set their own ground rules for group sessions, which will provide additional structure to the sessions. Participants complete pre-tests and demographic forms and discuss myths and facts about commercial sexual exploitation.

#### Session 2: Game Recognize Game: Understanding Predators and Recruitment

Increases participants’ awareness of the presence of pimps in their communities and online and how pimps try to recruit girls. Girls learn to identify the signs of a predator and become familiar with the realities of what commercial sexual exploitation is like in reality. Activity called “Anatomy of a Pimp” provides opportunities to debunk myths about pimps.

#### Session 3: Can You Handle the Truth?: Figuring Out Who You Can Trust

Increases participants’ understanding of healthy versus exploitive relationships. Discussion of indicators to let participants know when someone might not be trustworthy. Activity called The “Continuum of Exploitation” provides participants the opportunity to mark where they think their relationships fall on the continuum from healthy to unhealthy/exploitive.

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<sup>10</sup> Goldblatt Grace, Lisa, et al., My Life My Choice Exploitation Prevention Curriculum, 2003.

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#### Session 4: Do You Really Want to Hurt Me?: Reducing Your Risk of Exploitation

Increases knowledge about risks associated with being “in the life”, the fact that buyers provide the demand for commercial sexual exploitation, and explores ways the girls can advocate for themselves to reduce their own risk. Dear John Activity lets participants write a “Dear John” letter, responding to the question: “If you had an opportunity to talk with a “John” (buyer) who was standing in front of you, what would you say?”

#### Session 5: Making the Link: Substance Abuse and Exploitation

Participants learn about difference illicit substances and engage in a group activity that discusses the impact of using different substances, the links between substance misuse and commercial sexual exploitation, and addressing their own substance misuse.

#### Session 6: I Come First: Developing Self- Esteem

Increase understanding of messages about identify that we all receive from media and other sources around us, debunking falst ideas of who we are, and connecting these external messages to personal identity and sense of self esteem. Collage Activity provides participants the opportunity to create their own vision board of who they are and what they are like as individuals (past, present, future), cut from images and works in magazines, or drawn with markers.

#### Session 7: Sexual Health: My Body My Choice

Discussion of the connection between commercial sexual exploitation, sexual health, and risk. Participants are able to think through and discuss their own personal values specific to sexual health and well-being. Activity “Who is at Risk” provides opportunity for girls to connect negative health outcomes with sexual health and commercial sexual exploitation.

#### Session 8: Making it Real: Stories from “the Life”

A survivor of commercial sexual exploitation either speaks at this session or a video such as “Very Young Girls” is viewed by the girls, offering insight into the specifics of how someone may be commercially sexually exploited, the impact of that experience, and strategies to exit exploitative experiences. Participants are able to ask questions to a survivor speaker and gain additional insight about their experiences and personal insight.

#### Session 9: I’m Not Alone: Finding Help and Finding Safety

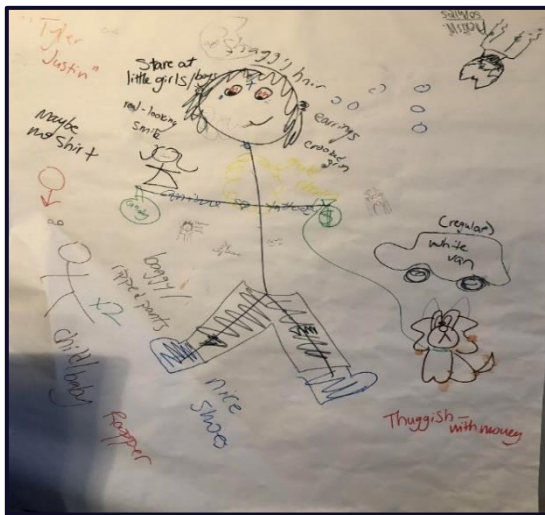
Participants are encouraged to identify a trustworthy adult in their life, and are provided resources to support them moving forward, including information on how to exit an exploitative situation.

**Session 10: Celebration and Farewell**

The last session recaps some of the information learned in the previous sessions, and focuses on celebrating the fact that each girl completed the class. Certificates of completion are presented.

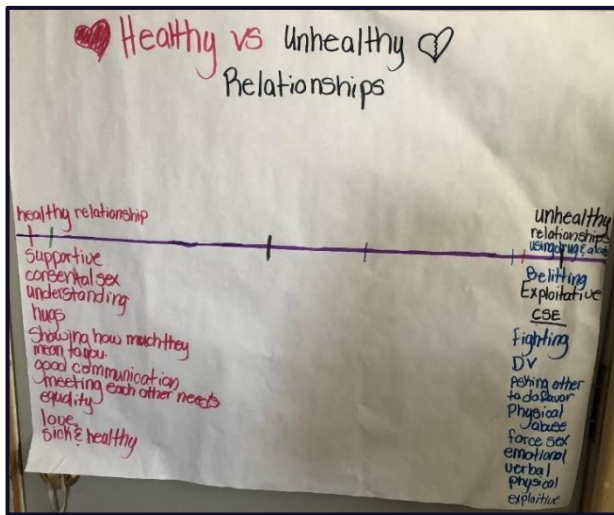
**Activity Examples:**

“Anatomy of a Pimp”



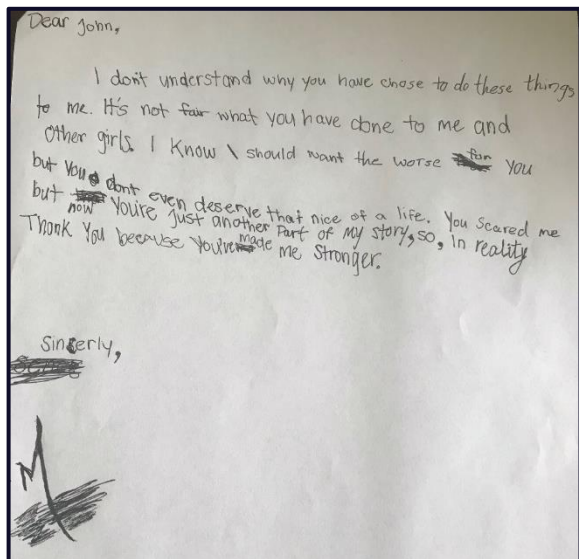
Source: Catholic Charities of Louisville

“Continuum of Exploitation”



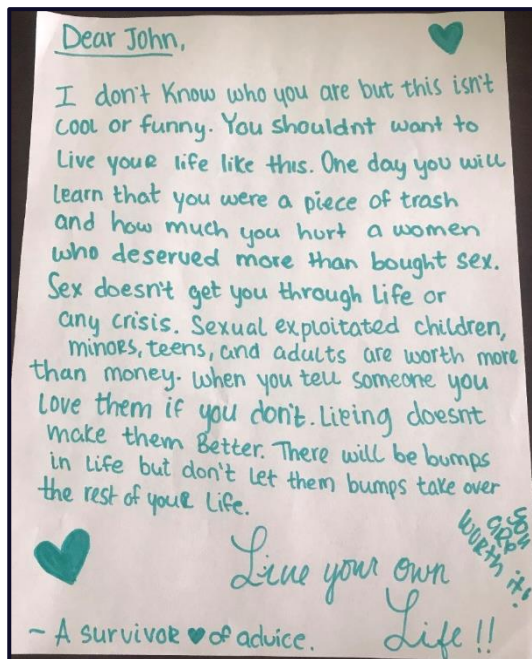
Source: Catholic Charities of Louisville

“Dear John” Letter #1



Source: Catholic Charities of Louisville

“Dear John” Letter #2



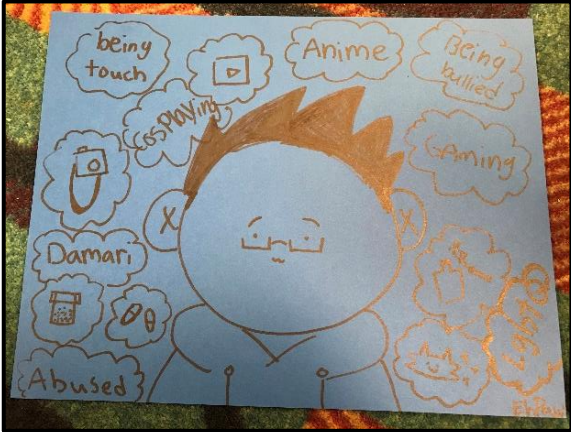
Source: Catholic Charities of Louisville

Vision Board Activity: Collage #1



Source: Catholic Charities of Louisville

Vision Board Activity: Collage #2



Source: Catholic Charities of Louisville



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# Appendix B:

## I AM Building A Healthy Identity Group Prevention Curriculum for Young Men and Boys Written by Stefania Agliano and Bryan Hall

### **Curriculum Overview:**

*“The I AM Building a Health Identity 1:1 Group Prevention Curriculum infuses relevant life experiences to connect with intended participants and is designed to create an environment where young men and boys can safely explore topics, including but not limited to, peer group inclusion, violence masculinity, gang involvement, media influence, action impact, bullying, sexual assault and understanding consent, as well as sexual exploitation and trafficking. This curriculum provides a framework for engaging young men and boys while promoting insight into the struggle many youth endure which places them at a greater risk for becoming involved in the criminal justice system and/or perpetrate violence against others.”<sup>11</sup>*

### **Session Topics:**

#### Session One: I AM PART OF A BROTHERHOOD

This session explores the concept of a brotherhood. Participants will define in their own words, what a brotherhood means to them and develop ground rules for moving forward. In this session, participants are asked to identify what attributes they believe they should possess that define them as a man.

#### Session Two: I AM MORE THAN A STATISTIC

This session explores violence perpetrated in our society by men with an emphasis on violence against women and young girls in the United States. Participants will begin to understand the rape culture that exists in our country and be challenged to question what has become the norm.

#### Session Three: I AM MORE THAN ALL I SEE AND HEAR

Session three challenges participants to examine the messages to young men through social media and the internet, inclusive of pornography, as well as its damaging impact to how young men interact with the world around them and issues related to sexual exploitation, community violence, and limiting social roles.

#### Session Four: I AM MORE THAN THE PIMP YOU WANT ME TO BE

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<sup>11</sup> I AM Training and Consultation LLC, I AM Curriculum Building a Healthy Identify Group Prevention for Young Men and Boys, 2020.

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This session is a continuance of session three; examining popular music and culture with a main emphasis on the dominant music genre; Hip Hop. Participants will be asked to discuss what messages they are given about who they should be as young men, how women should be treated, and the dangers associated with the glorification of the PIMP culture.

#### Session Five: I AM LOOKING BENEATH THE SURFACE

This session challenges participants to critically examine their perceptions of how and why women engage in sexual relationships and the influence that a person's past trauma may have on their decision making, as well as their own. Participants will explore how the relationships in their home life and childhood have shaped how they gave and received love.

#### Session Six: I AM BEYOND THE BLOCK

Session six ask participants to explore the community they are form, what they learned and what they see around them. In session, participants will consider what limitation they may face due to the circumstance and conditions in which they are living. Discussion on disproportionality and disparate treatment in several systems impacting youth of color, the impact of poverty and the effects of exposed to trauma will be discussed to help youth begin to see a bigger picture and life "beyond the block".

#### Session Seven: I AM IN THE MOMENT AND READY TO WIN

Session seven will use the scope of athletic competition to teach core life values to participate who through the subliminal conditioning previously discussed, might otherwise, subscribe to societal messages that facilitate the development of damaging behaviors. In this session, participants will review and discuss critical moments of various sporting events and relate the decision-making process to real life choices that significantly impact the direction they are headed, how they treat others, and how they impact their world and the world of others.

#### Session Eight: I AM IN CONTROL OF THE ROAD I TRAVEL

In this session, youth will visualize their life journey and try to take control of their path. Discussions will allow exploration of their perception on the roads opened to them based on race, socio-economic status and hyper-masculine ideologies.

#### Session Nine: I AM THE RULE NOT EXCEPTION

In session nine, participants are asked to continue to explore the personal journey they are on and challenged to recognized they are greater than the world around them. Participant will be asked to examine the qualities and characteristics they possess that add to the love and life of others, that set them above the limited expectations others and society has had of them, and to articulate the ways they can take their lives to place where they can live to their fullest potential.

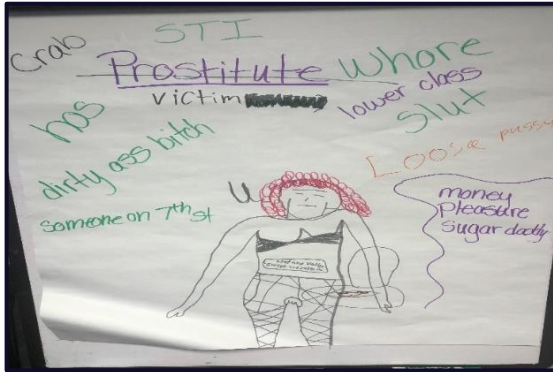
#### Session Ten: I AM AMAZING

This session should be a celebration, a time to make amends and time to reflect on the changes

in perceptions that have been made<sup>12</sup>.

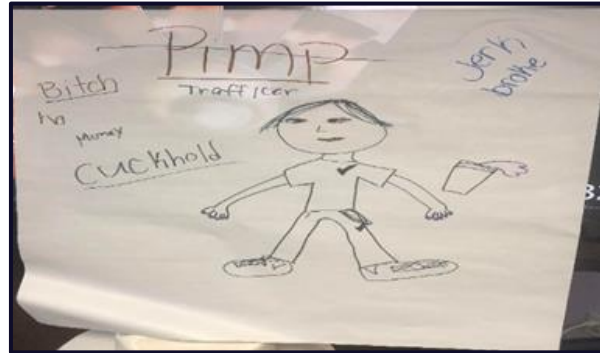
**Activity Examples:**

“What is a prostitute?”



Source: Catholic Charities of Louisville

“What is a Pimp?”



Source: Catholic Charities of Louisville

**“Respect Her”**

Question: How does your mom know you respect her?

I give her hugs and listen to her and that is how I show her respect.

Question: Why does she deserve your respect?

Because she has always been there for me.

Source: Catholic Charities of Louisville

<sup>12</sup> I AM Training and Consultation LLC, I AM Curriculum Building a Healthy Identify Group Prevention for Young Men and Boys, 2020.

