

STAGE OF CHANGE:

I. PRE-CONTEMPLATION

1. Denies being sexually exploited
2. Discloses involvement in “the life, but does not present it as a problem
3. Is defensive
4. Does not want your help, wants you to “stay out of my business”

WHAT THIS LOOKS LIKE WITH CSEC VICTIMS

1. Not ready to talk about their abuse
 2. Will defend or protect their abuser/trafficker
 3. Does not want help or intervention
- “I love my ‘daddy.’ He takes care of me.”
 - “I’m happy making money.”
 - “I’m good with the way things are.”
 - “I make money doing what other people give away for free.”

CAREGIVER’S GOALS

1. Build rapport
 2. Validate experience/lack of readiness
 3. Encourage re-evaluation of current behavior
 4. Encourage self-exploration, not action
 5. Explain and personalize the risk of “the life”
 6. Get legal identification documents such as birth certificate, California ID, social security card
 7. Set up appointments for healthcare and mental health with professionals who have been CSEC trained
- “I can understand why you feel that way.”
 - “Is there anything about your relationship with him/her that you don’t like?”
 - “How do you feel when...?”
 - “I’m proud of you. You’re taking big steps right now. Be proud of yourself!”

STAGE OF CHANGE:

II. CONTEMPLATION

1. Acknowledges that being in “the life” is painful and probably not what they want for themselves
2. Not yet ready to leave but processing the abuse and the effects of the abuse
3. Ambivalent about actually leaving
4. Open to self-reflection, weighing consequences, and talking about feelings

WHAT THIS LOOKS LIKE WITH CSEC VICTIMS

1. Often an external event or “reality” has confronted the pre-contemplative youth.
 2. Incidents can include: violence, rape, assault, getting pregnant, diagnosis with a STD, new girls in the placement, getting arrested, and not getting bailed out.
 3. Fears the consequences of leaving such as: violence, retribution, threats to self and family, being homeless, and having no money
 4. Thinking of leaving but feels isolated from the “square” world
- “I didn’t think it was going to turn out this way.”
 - “I feel like I don’t deserve this.”
 - “I don’t want this for my daughter.”
 - “I’m afraid that if I try to leave he’ll just track me down and find me. There’s no point.”
 - “This is what I’m good at. I’m not good at anything else.”

CAREGIVER’S GOALS

1. Listen!!!!
 2. Encourage them to list out the pros and cons
 3. Reflect change talk
 4. Affirm processing of problems
 5. Validate their ability to make changes
 6. Assist them in problem-solving obstacles
 7. Help them identify sources of support
- “When are the times you feel really good? When are the times you feel really bad?” (make lists)
 - “What do you feel is holding you back the most?”
 - “I think you should be proud of yourself for...”
 - “I’m proud of you. You’re taking big steps right now. Be proud of yourself!”

Stages of Change (continued)

STAGE OF CHANGE:

III. PREPARATION

1. Has made a commitment to leave
2. Has thought a lot about leaving, and now begins to “test the waters”
3. Exhibits signs of independence by taking small steps to be able to leave
4. Researches and is open to resources

WHAT THIS LOOKS LIKE WITH CSEC VICTIMS

1. Regularly attends events/groups/counseling at the agency
 2. Stashes money
 3. Brings clothes or belongings to the agency
 4. Doesn't answer cell phone every time exploiter calls
 5. Starts GED classes
 6. Thinking about a part-time job
 7. Exploring housing/shelter options
- *“I would really like to finish school.”*
 - *“I still love home and want to be with him, just not with all the other stuff.”*
 - *“I want to leave, I just want to save some money first.”*

CAREGIVER'S GOALS

1. Create a safety plan
 2. Case management: find housing, education, employment, and regular therapy
 3. Encourage small initial steps
 4. Validate fear of change
 5. Introduce youth to new experiences where he/she can gain new skills and increase self-esteem
 6. Affirm underlying skills for independence
- *“You should be really proud of yourself for doing ... You are doing something healthy for yourself.”*
 - *“It's normal to be nervous about the changes you're making.”*
 - *“What kinds of things are you interested in? What are your dreams for the future?”*
 - *“I'm proud of you. You're taking big steps right now. Be proud of yourself!”*

STAGE OF CHANGE:

IV. ACTION

1. Leaving “the life”

WHAT THIS LOOKS LIKE WITH CSEC VICTIMS

1. There are often stages of exiting (may feel the need to rely on a few regular “johns” until financial situation is stable)
 2. Goes through intake at a youth shelter
 3. Placement at a residential treatment center
 4. Staying with relatives
 5. Starts part-time job
 6. Cuts off contact with pimps/johns
 7. Moves from area of exploitation
- *“It's so hard and it's taking so long to get everything together.”*
 - *“I'm so glad I left. I hate him...but I miss him.”*
 - *“I can see myself going to college and getting a good job.”*
 - *“It's so weird being in the ‘square’ world. I feel different from everyone else.”*

CAREGIVER'S GOALS

1. Support and validate the effort it takes to leave
 2. Address safety concerns
 3. Focus on restructuring environment and social support
 4. Discuss self-care
 5. Create system with youth for short-term rewards he/she can give to him/herself
 6. Process feelings of anxiety and loss
 7. Reiterate long-term benefits of change
- *“It's going to take a while to get things in your life in order. Try to be patient and not do everything at once.”*
 - *“It's completely normal to love and hate your ex at the same time. Let's talk about your feelings before you act on them.”*
 - *“I'm proud of you. You're taking big steps right now. Be proud of yourself!”*

Stages of Change (continued)

STAGE OF CHANGE:

V. MAINTENANCE

1. Remains out of CSEC
2. Develops new skills for a new life
3. Avoids temptations and responding to triggers

WHAT THIS LOOKS LIKE WITH CSEC VICTIMS

1. May maintain job/school
 2. Living in a stable environment
 3. Develops new relationships (intimate and social), often struggles with this
 4. Develops network of support
 5. Begins to address trauma of experiences
- *“I can’t believe I wasted so many years. It’s like I never had a childhood.”*
 - *“I could never go back to the ‘track’/club.”*
 - *“I feel bad for other girls/boys who are still in it.”*
 - *“Sometimes I’m bored and kinda miss the drama.”*
 - *“It’s hard starting relationships because they only want one thing.”*

CAREGIVER’S GOALS

1. Plan for follow-up support
 2. Reinforce internal rewards and self-care
 3. Discuss coping with relapse
 4. Discuss triggers and temptations, creating coping strategies
 5. Continue to help look for opportunities to develop new skills and invest in supportive communities
 6. Recognize progress and validate strengths
 7. Be patient and realistic
- *“Can you tell me the times you most feel like going back? What do you miss the most?”*
 - *“How can you find ‘excitement’ and ‘attention’ in other ways?”*
 - *“What kinds of people are you attracted to? Why do you think that is?”*
 - *“I’m proud of you. You’re taking big steps right now. Be proud of yourself!”*

STAGE OF CHANGE:

VI. RELAPSE

1. When talking about relapse, it is important to note that under the **Trafficking Victims Protection Act**, anyone under the age of 18 is being revictimitized when they engage in CSEC-related activities
2. Returns to “the life”

WHAT THIS LOOKS LIKE WITH CSEC VICTIMS

1. Runs away from placement
 2. Re-establishes contact with exploiter (exploiter gets out of jail, runs into exploiter or someone from “the life” on the street, seeks exploiter out to reconnect)
 3. Returns to strip club or escort agency
 4. Begins to see “johns” regularly
- *“He really loves me.”*
 - *“I’m always going to be like this. This is who I am.”*
 - *“I’m so ashamed. I don’t want to come back.”*
 - *“You don’t understand. I missed him and besides, it’s different now.”*
 - *“It was too hard. I just couldn’t do it.”*

CAREGIVER’S GOALS

1. Address feelings of failure
 2. Reassure that most people experience relapse
 3. Revisit subsequent stages of change (hopefully preparation or action, but sometimes contemplation)
 4. Evaluate the triggers that resulted in relapse
 5. Reassess motivation to leave again and barriers to leaving
 6. Plan stronger coping strategies and make modifications to the safety plan
- *“It’s ok. It’s normal to struggle with making really big changes. You’re still welcome here.”*
 - *“What did you feel like you needed that you weren’t getting?”*
 - *“Perhaps we can talk about why it was so hard.”*
 - *“Are things better this time? Why do you think that? What changed?”*
 - *“I still support you and believe in you.”*