



MY LIFE MY CHOICE

EVALUATION STUDY
REPORT



EVIDENCE OF EFFECTIVENESS

In 2018, a three-year, longitudinal, multi-site evaluation of My Life My Choice concluded with positive results. Funded by a grant from the National Institute of Justice, the study was conducted by the Boston University School of Public Health and the Northeastern School of Criminology and Criminal Justice. The purpose of the study was to assess the My Life My Choice secondary (Exploitation Prevention Curriculum) and tertiary (Survivor Mentor Model) prevention programs.

Our approach, grounded in survivor experiences, serves as a model for communities across the country. Our aim is to change not only lives, but the structural inequities that give rise to trafficking and commercial sexual exploitation of children (CSEC). Therefore, it is critical to ensure our programs' efficacy through high quality, third party research. As the first and only study of its kind, we are pleased to report the evaluation's top line findings.

METHODOLOGY

EXPLOITATION PREVENTION CURRICULUM EVALUATION

- 354 youth from MA, FL, CT & NJ
- Youth surveyed at start of group, at the end of the group, and at six months post group

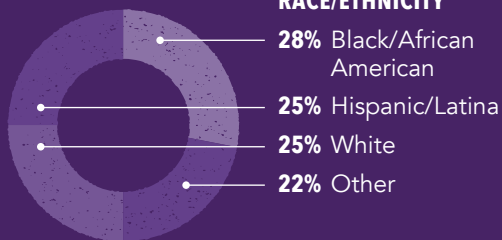
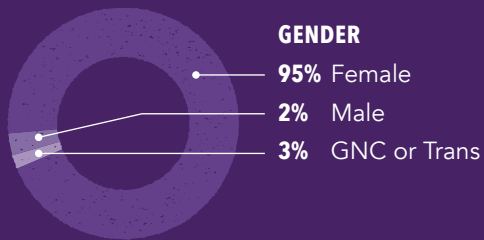
SURVIVOR MENTOR MODEL EVALUATION

- 41 youth from MA
- Youth surveyed prior to starting services, at six months, and again at one year

Demographics

AVERAGE AGE

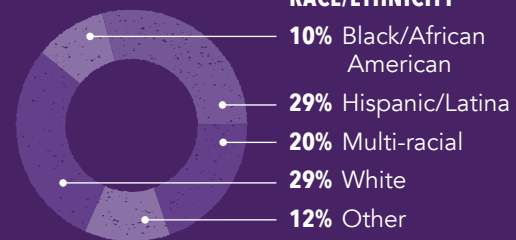
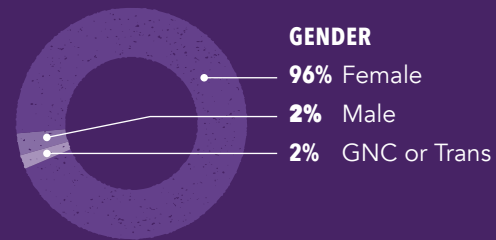
15.6 Range 11-20 years



Demographics

AVERAGE AGE

15.6 Range 13-18 years



KEY OUTCOMES:

EXPLOITATION PREVENTION CURRICULUM

A 10-session curriculum designed for youth at disproportionate risk of commercial sexual exploitation of children (CSEC) and aims to shift their knowledge, attitudes and behavior to reduce the risk of exploitation or to prevent re-victimization.

The first comprehensive exploitation prevention curriculum rigorously evaluated with evidence of decreased risk of CSEC.

Rothman, E.F., Farrell, A., Paruk, J., Bright, K.T., Bair-Merritt, M., Preis, S.R. (2019). Evaluation of a Multi-Session Group Designed to Prevent Commercial Sexual Exploitation of Minors: The "My Life My Choice" Curriculum. Journal of Interpersonal Violence

KNOWLEDGE ABOUT CSEC AND RISKS FOR EXPLOITATION IMPROVED FOR

100%
OF PARTICIPANTS

EXPERIENCES OF CSEC DECREASED

50%

PARTICIPANTS WERE

2X
LESS LIKELY

TO REPORT DATING ABUSE VICTIMIZATION

PARTICIPANTS' TRUST IN POLICE INCREASED

100%

OF YOUTH REPORTED TALKING TO A FRIEND ABOUT CSEC

REPORTS OF SEXUALLY EXPLICIT BEHAVIORS REDUCED BY

50%

KEY OUTCOMES:

SURVIVOR MENTOR MODEL

A specialized service model pairing commercially sexually exploited youth with a trained adult survivor of the commercial sex industry and designed to provide intensive, consistent, long-term support.

This is the first study to evaluate the efficacy of a survivor mentor program for CSEC using data directly collected from youth over a longitudinal period.

Rothman, E.F., Preis, S.R., Bright, K.T., Paruk, J., Bair-Merritt, M., Farrell, A. (2019). A Longitudinal Evaluation of a Survivor-Mentor Program for Child Survivors of Sex Trafficking in the United States. Child Abuse and Neglect.

ILLICIT DRUG USE
DECREASED BY



20%

INCREASE IN YOUTH'S
ABILITY TO UTILIZE
COPING SKILLS



YOUTH WERE
TO REPORT PARTICIPATING
IN SEXUALLY EXPLICIT BEHAVIOR



YOUTH ARRESTED OR
DETAINED BY THE
POLICE DECREASED

54%

CRIME PERPETRATION
DECREASED BY



YOUTH WERE



LESS LIKELY

TO REPORT
HAVING BEEN
COMMERCIALY
SEXUALLY
EXPLOITED

YOUTH WERE

1.4X

MORE LIKELY
TO HAVE ADEQUATE
SOCIAL SUPPORT



OUR FERVENT CONVICTION IS THAT NO CHILD SHOULD BE BOUGHT OR SOLD.

At My Life My Choice, it is our daily fight. Our holistic, battle-tested approach is grounded in survivor experiences of those who have lived the ugly realities of exploitation and come back fierce, wise, and strong. We understand that violence to one girl is a threat to us all. Her story is our story; her strength, her resolve, and ultimately her resilience fuels a better future for us all.

Since 2002, My Life My Choice has successfully trained over 18,000 service providers in Massachusetts and nationally. We ran prevention groups for more than 2,400 youth, mentored more than 700 girls in Greater Boston, and trained facilitators on our Prevention Curriculum in 33 states and Canada.