

SURVIVOR MENTORING



My Life My Choice directly serves victims of the commercial sexual exploitation of children (CSEC) and youth at disproportionate risk in Eastern Massachusetts. Additionally, we offer consultation to providers and programs interested in replicating our successful, field-tested model.

Since 2004, we have been pairing commercially sexually exploited adolescents or youth at disproportionate risk with an adult survivor of the commercial sex industry in our successful Survivor Mentoring Program.

This unique and specialized service model is designed to provide intensive, consistent, long-term support to youth who have experienced exploitation. Survivor Mentors support youth in:

- Finding safety and stability
- Building critical life skills
- Connecting with additional supports
- Moving from victim to survivor to leader

The heartbeat of our work is carried out by our survivor-led experience and authenticity, and research tells us it works.

In Spring 2018, an evaluation of our Survivor Mentoring Program was completed with promising preliminary results. This National Institute of Justice-funded evaluation will elevate our model to Evidence-Informed. Early results show:

- Youth were three times less likely to report having been commercially sexually exploited in the past six months after having been involved with My Life My Choice for six months.
- Youth were five times less likely to report having been commercially sexually exploited in the past six months after being with My Life My Choice for one year.
- Coping skills increased from baseline to six months and at the one year mark.
- Social support increased at six months and at the one year mark.
- Self-reported drug use decreased from baseline to six months, and at the one year mark.

"MY LIFE MY CHOICE IS THE GOLD STANDARD IN MENTORING PROGRAMS FOR SEXUALLY EXPLOITED AND TRAFFICKED GIRLS"

-RACHEL LLOYD, FOUNDER & PRESIDENT, GEMS, NEW YORK

SURVIVOR EMPOWERMENT MODEL



My Life My Choice is a pioneer in the fight to end the commercial sexual exploitation of children. Our model is unique in several ways.



SURVIVOR-LED

A Survivor Mentor is able to meaningfully connect with, and build trust with, a young victim much quicker than a non-survivor. They instill hope that only someone who has been exploited and survived can provide. This model is based on the social justice framework that those most affected by an injustice have the greatest knowledge to fix it.



COMMUNITY & BELONGING

The sense of isolation is a key challenge in connecting sexually exploited youth to victim service resources. Mentees become part of the My Life My Choice family and have access to a number of services and supports including:

- Leadership development programming
- Intensive case management
- Specialized clinical and substance abuse recovery support
- Community building and lifeskills development groupwork
- Paid internships and job skill development



INTENSIVE CONSISTENT SUPPORT

Centered on long-term, consistent service provision, ours is a model of "recovery" rather than "rescue." Survivor Mentors meet weekly with mentees for one to two hours and travel to see mentees wherever they are placed: in foster homes, hospitals, treatment facilities, and their communities. Mentees do not "age out" of our program and can access their mentor for as long as they choose.



MULTI-DISCIPLINARY TEAM

Survivor Mentors build bridges to, and work closely with, a variety of youth service providers and law enforcement to connect youth with multidisciplinary services and opportunities.



PREEMINATE SERVICE PROVIDERS

Survivor Mentors combine their authentic life experiences, knowledge of the research in the field, and practice wisdom based on sound clinical supervision to become successful, resilient leaders in the movement to end CSEC.

"IN THE DEEPEST DARKEST DAYS OF MY LIFE, I DID NOT BELIEVE IN MYSELF, BUT WITH THE HELP OF MY MENTOR AT MY LIFE MY CHOICE I GOT OUT OF MY OWN WAY AND NOW I AM A BRAND NEW PERSON."

-NINA, AGE 15, MY LIFE MY CHOICE MENTEE

PARTNER WITH US.

VISIT OUR WEBSITE AT MYLIFEMYCHOICE.ORG TO:

- Refer a minor in Eastern Massachusetts for our Survivor Mentoring Program
- Learn more about training and consultation on our survivor-led model