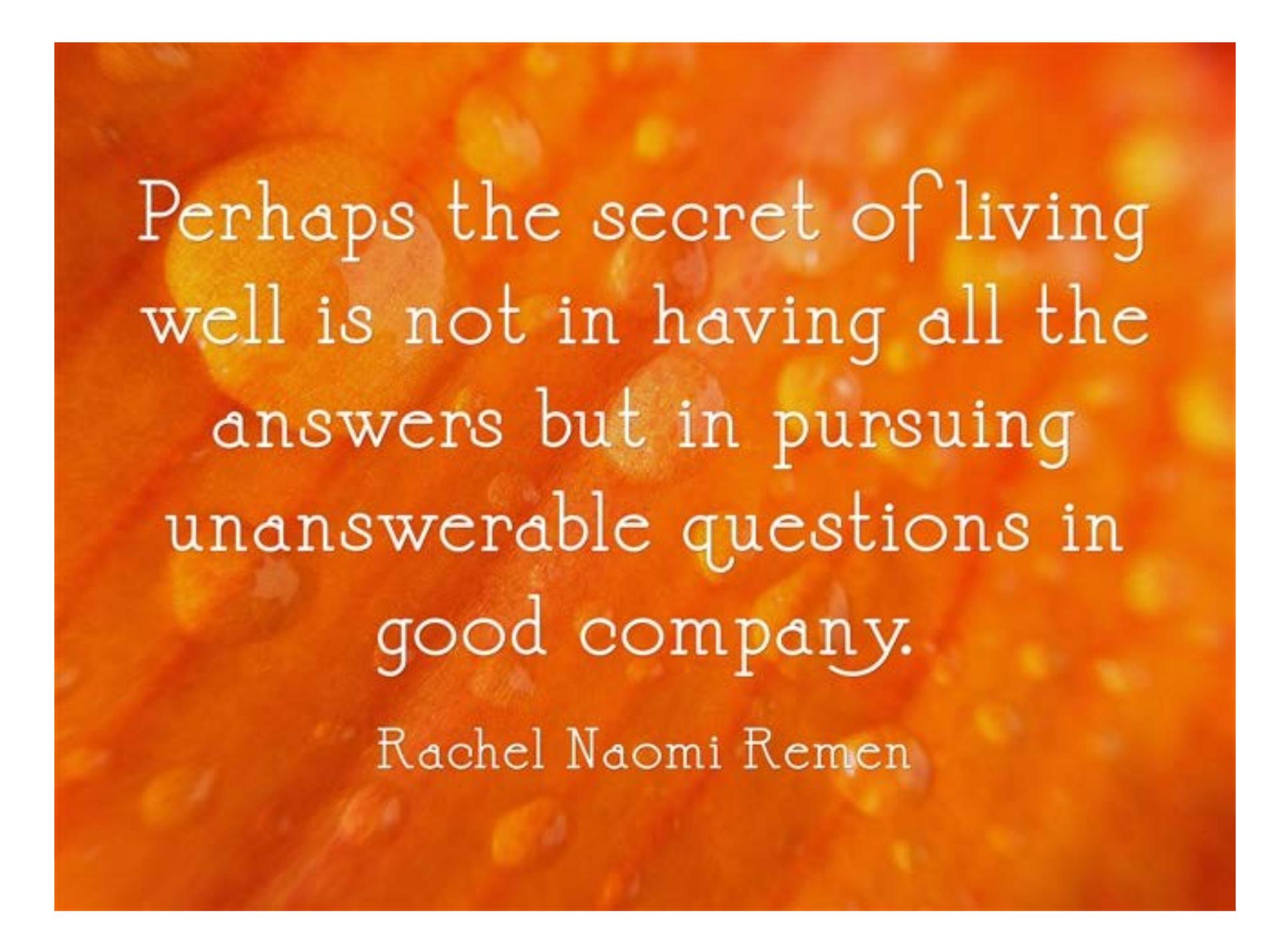


CHILD SEXUAL ABUSE: A RISK FACTOR FOR SEX TRAFFICKING AND JUSTICE SYSTEM INVOLVEMENT

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Perhaps the secret of living
well is not in having all the
answers but in pursuing
unanswerable questions in
good company.

Rachel Naomi Remen

OBJECTIVES FOR TODAY

- Develop an understanding of the characteristics, risk factors, and data for sexual assault and criminal justice involvement.
- Discuss and explore the ways childhood sexual abuse leads to self-blame and maladaptive coping strategies.
- Discuss and demonstrate about the importance of creating trauma-informed practices that reduce harm and improve outcomes



CHARACTERISTICS, RISK FACTORS, AND DATA

UNDERSTANDING THE FACTS

- **1 in 4** American girls will experience some form of sexual violence by the age of 18.
- **15%** of sexual assault and rape victims are under the age of 12;
- **Nearly 50%** of all female rape survivors were victimized before the age of 18.

Report: The Sexual Abuse to Prison Pipeline: The Girls' Story

By Human Rights Project or Girls, Georgetown Law Center on Poverty and Inequality, and Ms. Foundation for Women

http://rights4girls.org/wp-content/uploads/r4g/2015/02/2015_COP_sexual-abuse_layout_web-1.pdf

1. David Finkelhor, Gerald Hotelling, I.A. Lewis & Christine Smith, *Sexual Abuse in a National Survey of Adult Men and Women: Prevalence, Characteristics, and Risk Factors*, 14 *Child Abuse & Neglect* 1, 19-28 (1990) US Dep't of Justice, Bureau of Justice Statistics, *Sex Offenses and Offenders* (Jan. 1997).

2. White House Council on Women & Girls, *Rape and Sexual Assault: A Renewed Call to Action* 1 (Jan. 2014), available at

https://www.whitehouse.gov/sites/default/files/docs/sexual_assault_report_1-21-14.pdf.

CDC NATIONAL INTIMATE PARTNER AND SEXUAL VIOLENCE SURVEY

- **1 in 71** men had been raped or suffered an attempt
- **1 in 21** men in a survey had been made to penetrate someone else, usually an intimate partner or acquaintance.
- Initiation of sexual behavior before age 15 emerged as a strong predictor of child maltreatment and sexual exploitation

CDC NATIONAL INTIMATE PARTNER AND SEXUAL VIOLENCE SURVEY

- **44%** of lesbians and **61%** of bisexual women experience rape, physical violence, or stalking by an intimate partner
- **26%** of gay men and **37%** of bisexual men experience rape, physical violence, or stalking by an intimate partner
- **40%** of gay men and **47%** of bisexual men have experienced sexual violence other than rape

CDC NATIONAL INTIMATE PARTNER AND SEXUAL VIOLENCE SURVEY

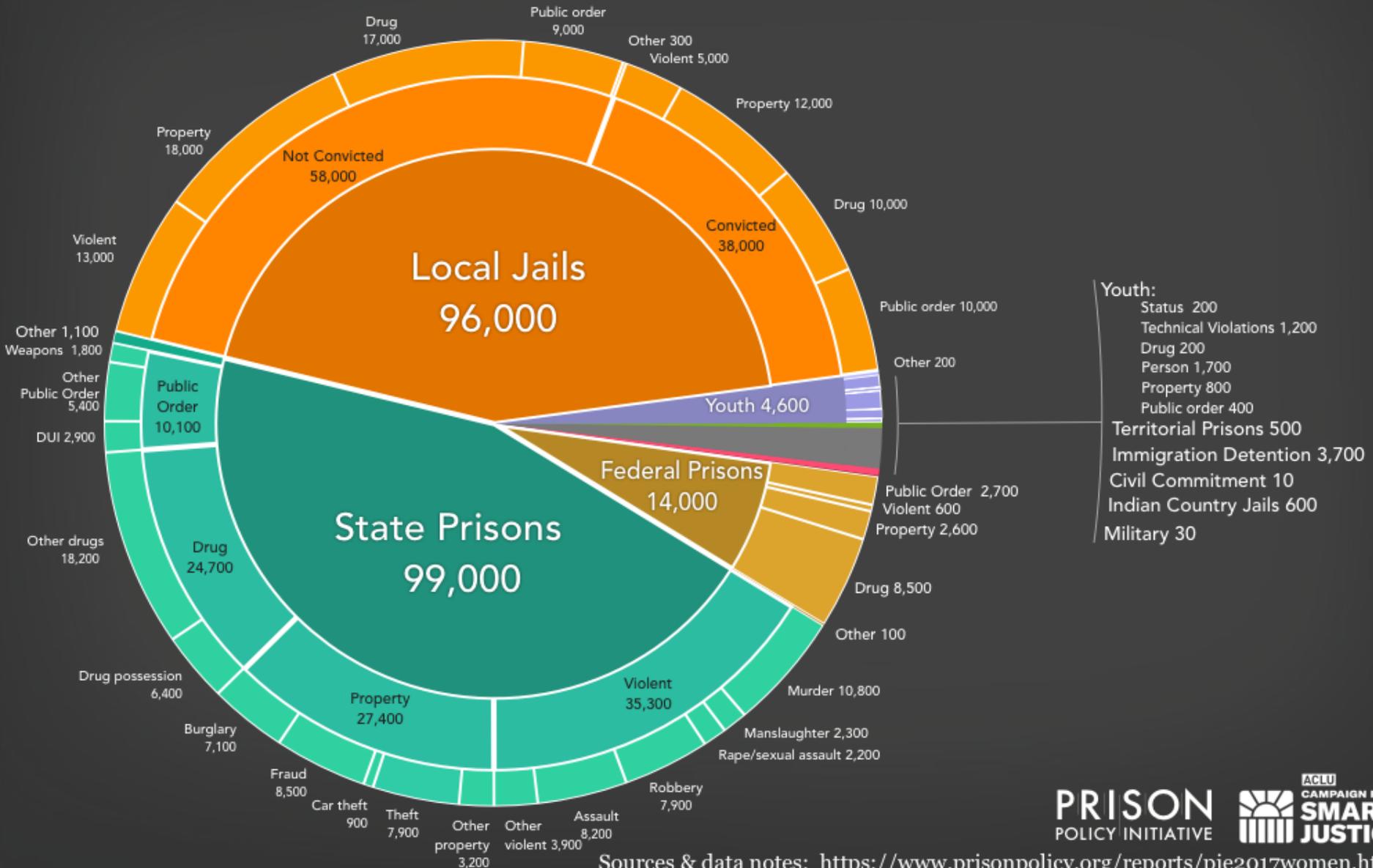
- **46%** of bisexual women have been raped, compared to 17% of heterosexual women and 13% of lesbians
- **22%** of bisexual women have been raped by an intimate partner
- **48%** of bisexual women who are rape survivors experienced their first rape between ages 11 and 17.

2015 US TRANSGENDER SURVEY

- **47%** of transgender people are sexually assaulted at some point in their lifetime
- **20%** respondents who were incarcerated in jail, prison, or juvenile detention in the past year were sexually assaulted by facility staff during that time.
- **17%** of respondents who stayed at one or more homeless shelters in the past year were sexually assaulted at the shelter because they were transgender

How many women are locked up in the United States?

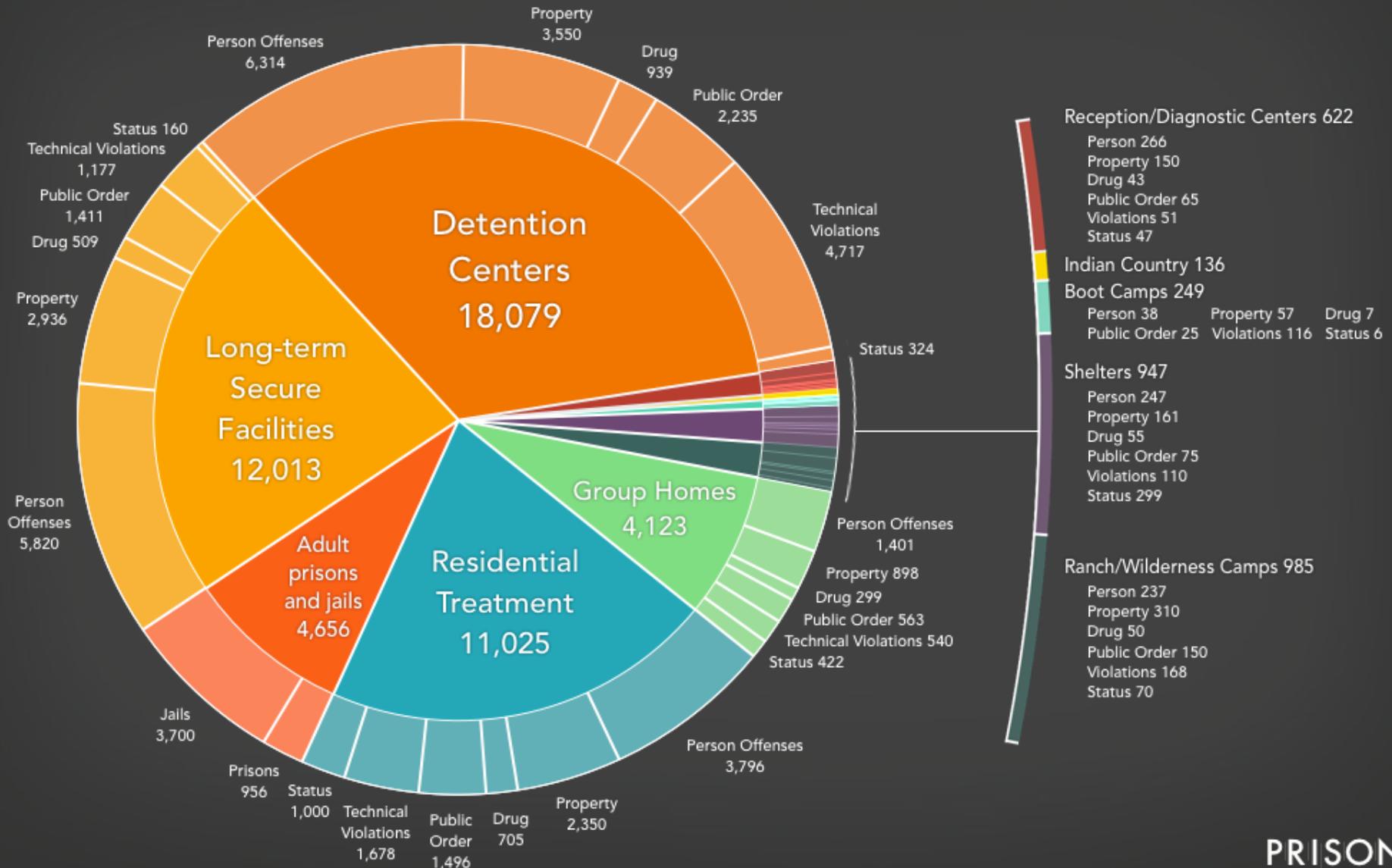
The United States is one of the top incarcerators of women in the world. Changing that will require knowing where 219,000 incarcerated women fall within our decentralized and overlapping systems of mass incarceration.



Sources & data notes: <https://www.prisonpolicy.org/reports/pie2017women.html>

How many youths are locked up in the United States?

Every day, nearly 53,000 youths are held in facilities away from home as a result of juvenile or criminal justice involvement.



UNDERSTANDING THE FACTS

Women in prison are **3X** more likely to have a history of abuse than men in prison

Although the precise findings of rates of sexual abuse vary, all studies find higher rates of victimization for girls than boys

As cited in report: Kerig, *supra* note 4, at 134 (citing Abram 2002; Belknap and Holsinger 2006; Dembo 1998; Ford 2008; Johansson and Kempf-Leonard 2009; Kerig 2009, 2010; Lawyer 2006; McCabe 2002; Taylor 2008; Wood 2002; Yoshinaga 2004).

Bloom, B., Owen, B., & Covington, S. (2003). *Gender responsive strategies: Research, practice and guiding principles for women offenders*. Washington: NIC.

GIRLS IN JUVENILE JUSTICE



BOYS IN JUVENILE JUSTICE



Girls' rate of sexual abuse is 4 times higher than boys' in juvenile justice, and girls' rate of complex trauma (five or more ACEs) is nearly twice as high.

From
Rights4girls.org
Sexual Abuse to
Prison Pipeline

CALIFORNIA

81%
OF GIRLS

SEXUALLY OR PHYSICALLY
ABUSED

In the California study,
of the girls who had
been sexually abused,
the abuse was severe
and often occurred
multiple times.

56%
OF GIRLS

SEXUALLY ABUSED

40%
OF GIRLS

RAPED/SODOMIZED
AT LEAST ONCE

45%
OF GIRLS

BEATEN OR BURNED AT LEAST
ONCE

17%
OF GIRLS

MULTIPLE OCCURRENCES

MULTI-STATE STUDY

32%
OF GIRLS

SEXUALLY MALTREATED

39%
OF GIRLS

SEXUALLY ASSAULTED/RAPED

40%
OF GIRLS

PHYSICALLY ABUSED

56%
OF GIRLS

DOMESTICALLY ABUSED

WHAT DO YOU SEE?



Hidden
in plain
sight.



CHILDHOOD SA'S IMPACT ON SELF-BLAME AND MALADAPTIVE COPING STRATEGIES

THE IMPACT OF SILENCE

- “As metaphors for privilege and oppression, to speak and be heard is to have power over one’s life. To be silenced is to have that power denied.”
- **25%-75%** of those that disclose sexual abuse will experience negative social reactions from their family

THE IMPACT OF SILENCE

4 general types of negative reactions

- (1) being blamed
- (2) receiving incentive reactions- no sympathy, no consideration of needs
- (3) experience ineffective disclosures – where no action was taken or not believed
- (4) receiving inappropriate support- being told not to say anything, treated like they couldn't make decisions, or having to comfort the person they disclosed to

THE IMPACT OF SILENCE

5 common reasons someone does not disclose

- (1) lack of options
- (2) fear of negative reactions/consequences
- (3) ineffectiveness of support
- (4) self-blame or embarrassment
- (5) didn't qualify for support (not qualified as sexual abuse and/or rape)

THE **VIRGINAL** WOMAN

- Many cultures place value on a women's virginity.
- Examples include
 - Abstinence only sexual education
 - Pledges of virginity
 - Negative stereotype and shaming
 - Religious implications
 - Family dishonor and disownment

LETS TALK ABOUT SEX

THE IMPACT OF SHAME

- “The focus is not on the harm done to others, but on the defect in myself. Shame involves feelings of exposure and an impulse to hide...”

-Holzman

THE IMPACT OF SHAME

- “shamed people feel unworthy inside, but they also feel they lack worth in the eyes of others.”
- People surrounding survivors often don't place the blame where it belongs on those that choose to harm → Which contributes to shame

THE **IMPACT** OF ABUSE

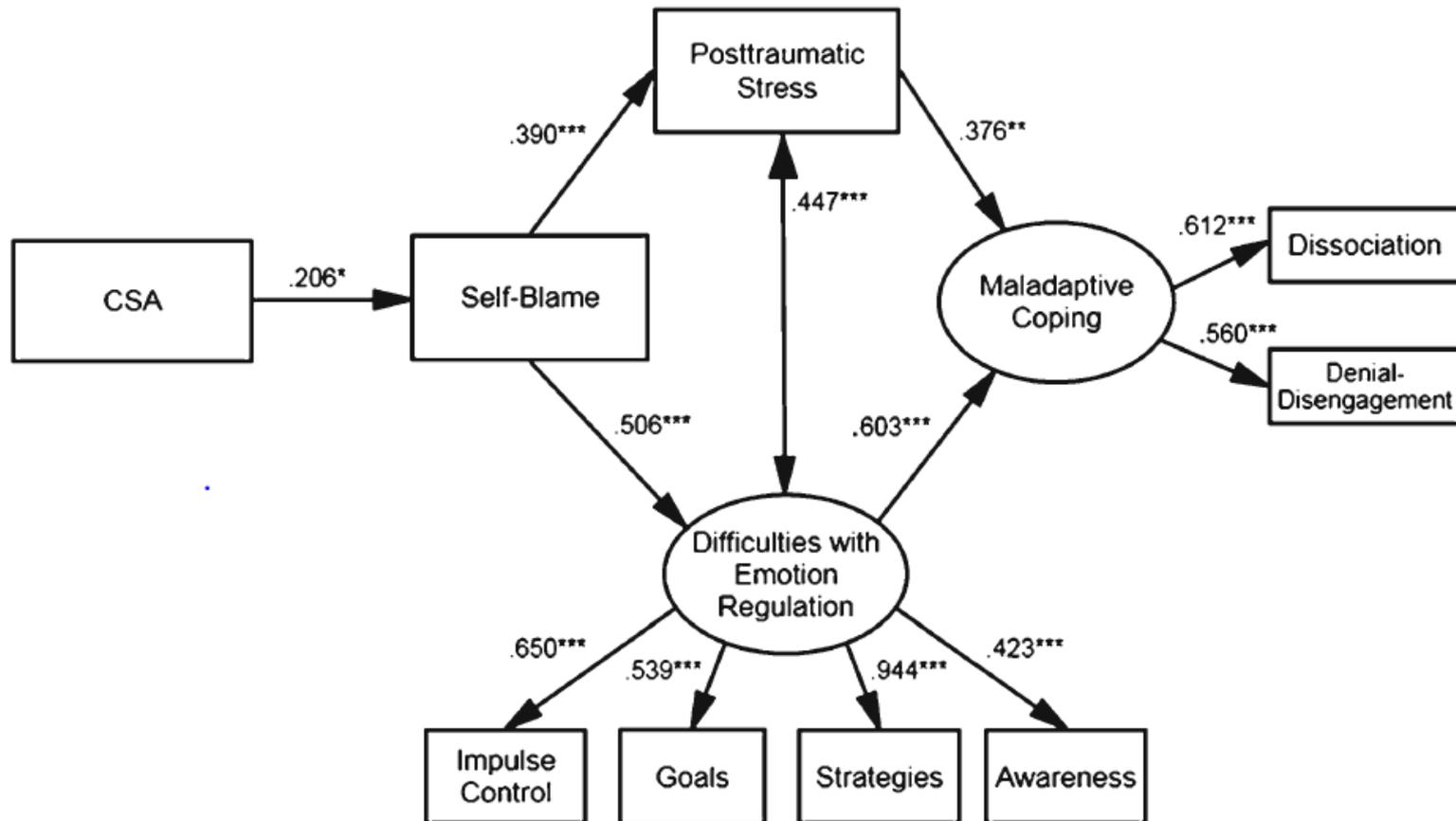
After childhood trauma and childhood sexual abuse:

- Too much emotion
- Perceiving emotions as dangerous and unpredictable
- Lack of ability to control emotion

COPING STRATEGIES

- Crisis coping strategies
 - **Problem focused:** Address the stress, define it, create a plan of action and take next steps
 - **Emotion Focused:** manages emotional distress by venting emotions or process emotions
 - **Approach focused:** seek out information about what is causing it and seeks support
 - **Avoidance:** avoiding, denying, disassociation

IMPACT OF SELF BLAME ON RELATIONSHIPS



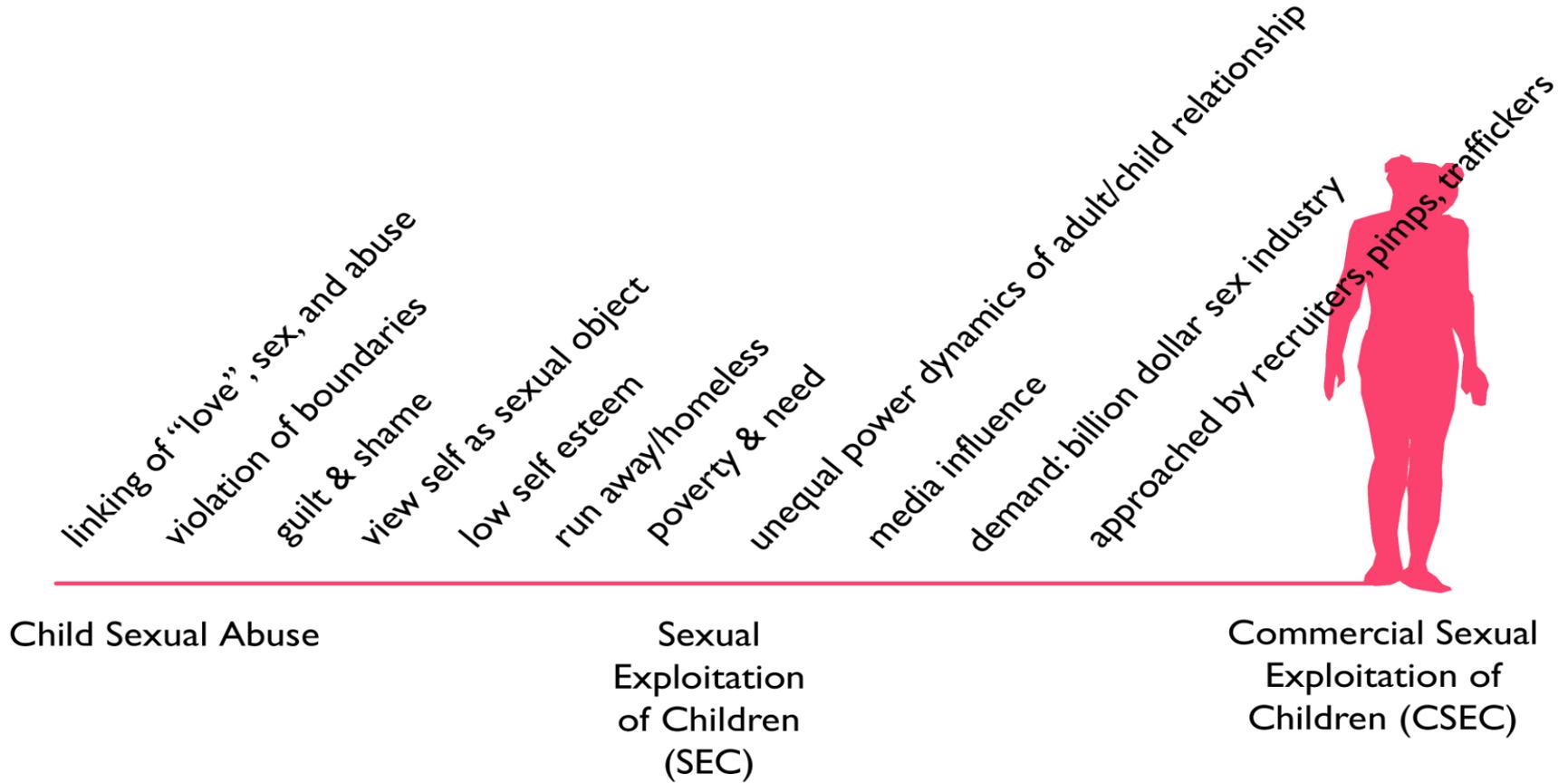
THE **IMPACT** OF ABUSE

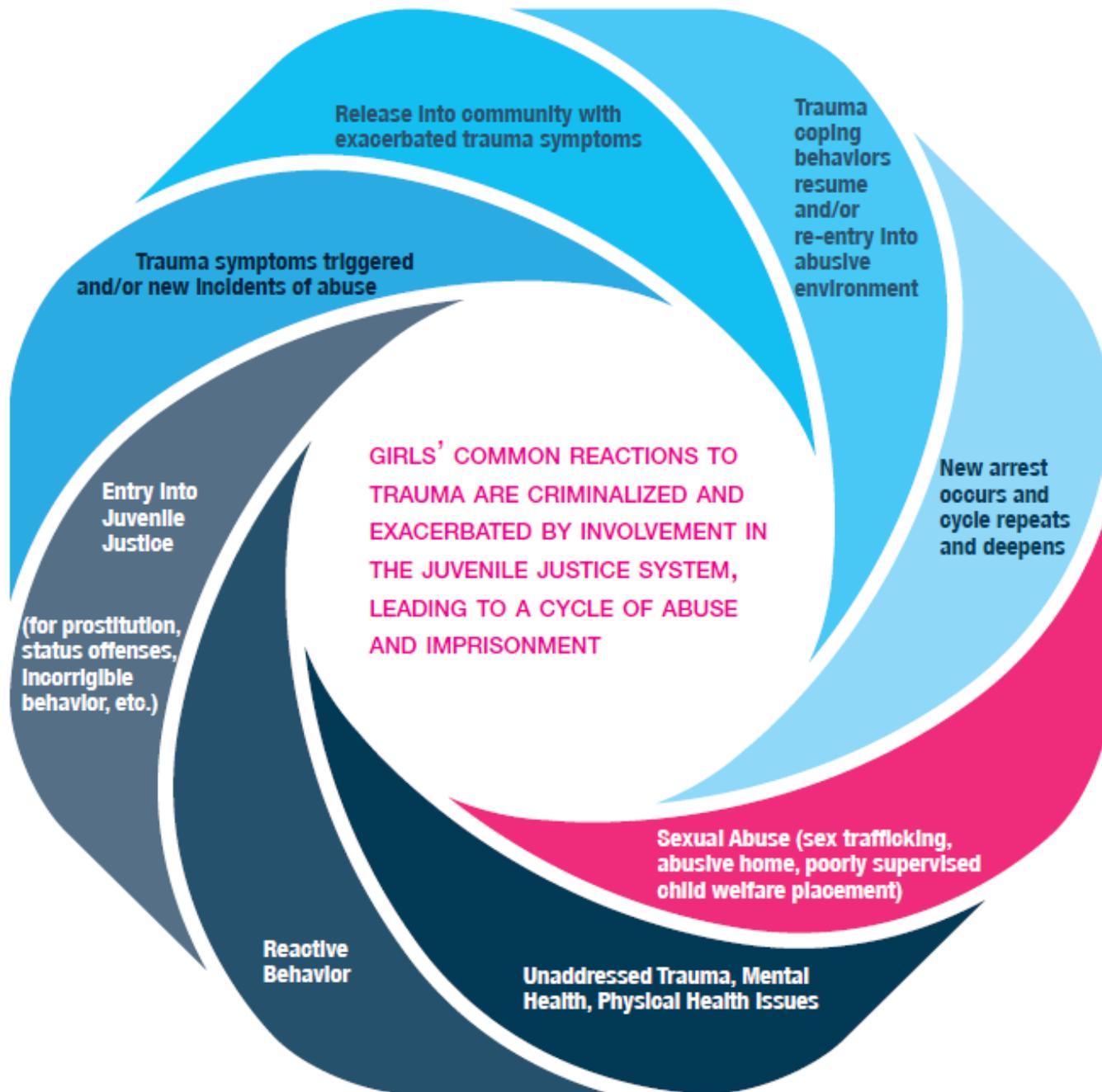
- To really address the maladaptive coping behaviors amongst childhood sexual abuse survivors the interventions should be focused on:
- Interventions focused on reducing self-blame
- Emotional regulations strategies

THE **IMPACT** OF ABUSE

- According to Kelly and colleagues (1997) adolescents with a history of child maltreatment were at least 25 % most likely to experience problems with:
 - Juvenile delinquency
 - Teen pregnancy
 - Low academic achievement
 - Drug use
 - Symptoms of poor mental health

Continuum of Sexual Abuse, SEC, & CSEC





"All healing is essentially
a release from fear."



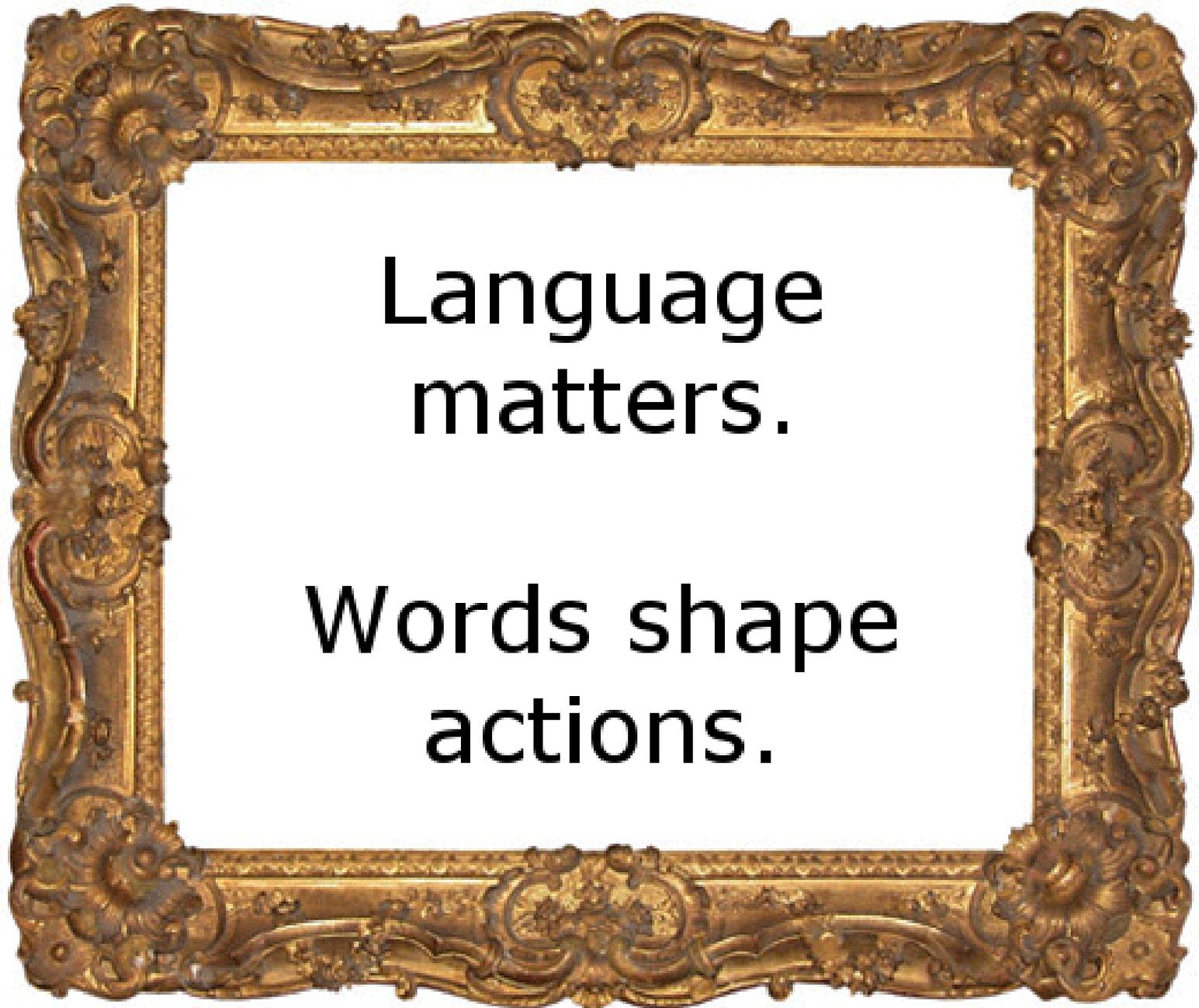
POLICIES AND PRACTICES THAT REDUCE HARM AND BETTER OUTCOMES

TAKE CARE HOW YOU

**SPEAK TO
YOURSELF**

--- BECAUSE ---

you are listening



Language
matters.

Words shape
actions.

COORDINATED RESPONSE

We don't heal in
isolation, but in
community.

S. Kelley Harrell

TRAUMA-INFORMED APPROACH

Trauma-informed care as 'a strengths-based framework that is grounded in an understanding of and responsiveness to the impact of trauma, that emphasizes physical, psychological, and emotional safety for both providers and survivors, and that creates opportunities for survivors to rebuild a sense of control and empowerment

TIC CORE PRINCIPLES

- Empowerment
- Safety
- Trustworthiness
- Choice
- Collaboration



HARM REDUCTION

**What is
harm
reduction?**

Refers to an approach designed to reduce the harmful consequences associated with high risk activities.

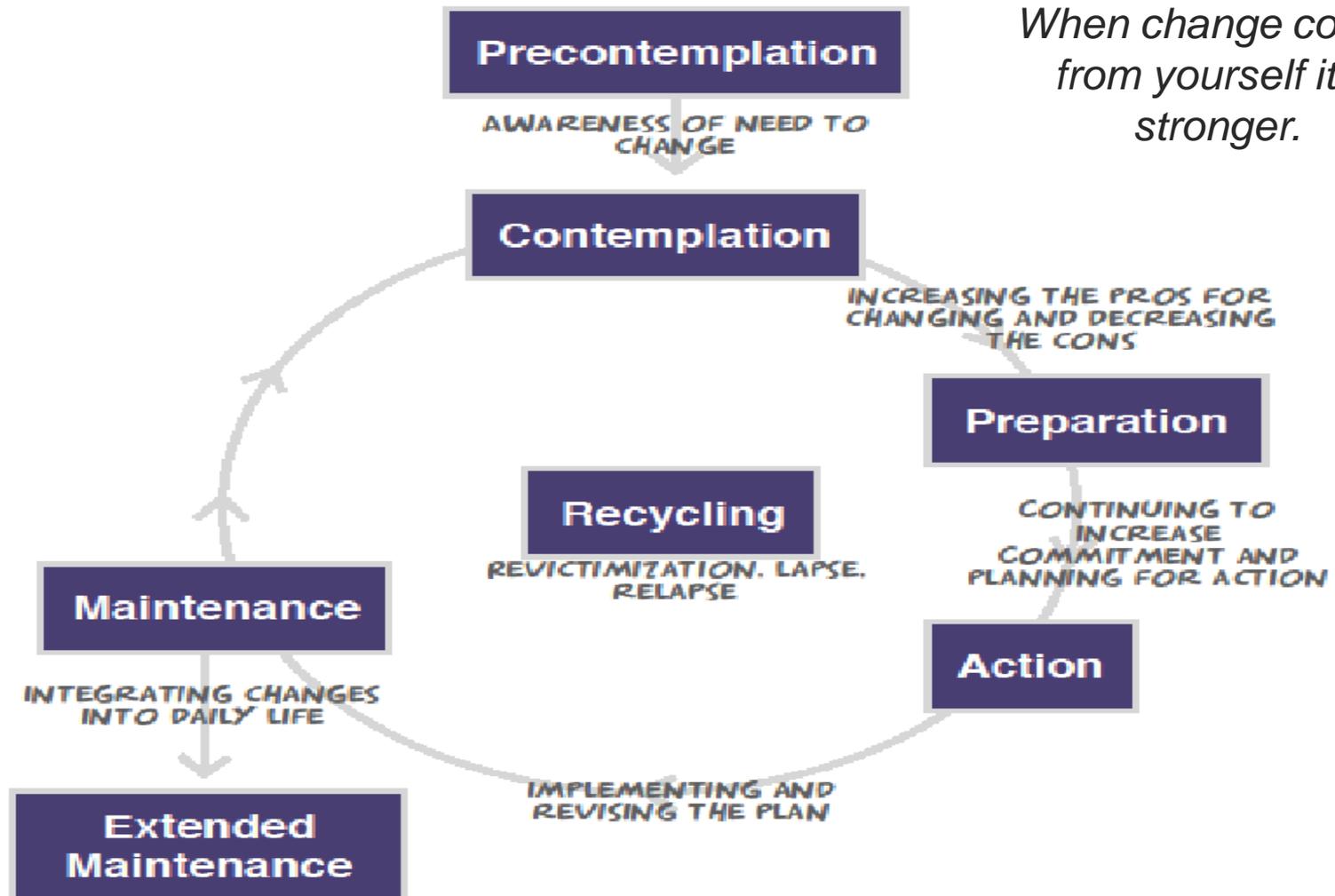
We do not try to 'save' or 'rescue' anyone, we support them wherever they are without judgement or assumption

SUBSTANCE ABUSE

“biology of trauma... suggests that childhood sexual abuse creates a cascade of neurological events that effect brain development and emotional behavior and produce a risk factor for the development of substance abuse. One key finding is that substance abusing women are vulnerable targets for violence against women.”

Bloom, B., Owen, B., & Covington, S. (2003). *Gender responsive strategies: Research, practice and guiding principles for women offenders*. Washington: NIC.

The Stages of Change Model applied to Commercial Sexual Exploitation



GENDERED APPROACHES

- Studies have shown the institution staff have a harder time working with women because they are defined as “more demanding, more complaining, and more likely to refuse orders”
- Working with men stigmatizes around talking about sexual abuse within the male population

BEST PRACTICES

- Case management approach that addresses women's multiple treatment needs, in a comprehensive gender responsive way is the most effective form of case managements:
 - Child care
 - Transportation
 - Safety from abusive partners
 - Access to staff outside of business hours
 - Case managers with knowledge and experience working with survivors of domestic violence and sexual assault

Bloom, B., Owen, B., & Covington, S. (2003). *Gender responsive strategies: Research, practice and guiding principles for women offenders*. Washington: NIC.

CULTIVATING RELATIONSHIPS

- Cultivating relationships- healing comes through the power of relationships.
- Discussing the lifetime impact of sexual assault --- the journey of healing
- Disclosures may lead to more disclosures
- Their story!
- Most important words

“It’s not your fault!”

Don't try to understand
everything, because sometimes
it is not meant to be
understood, but to be
accepted.