CONNECTION DAY
Awareness to Action

Thank you for joining us today!

What to expect today?

- To be stirred, moved. Not to traumatize.
- A basic understanding of sexual exploitation in Kitsap County
- Current and relevant information about the population we serve
- Some of the causes of sexual exploitation in our culture
- Where/how you might enjoy serving on our team
- Our volunteer application process

Defining Exploitation and Human Trafficking

Sex Trafficking: 18 U.S.C. § 1591 makes it illegal to recruit, entice, obtain, provide, *solicit, patronize*, move or harbor a person or to benefit from such activities knowing that the person will be caused to engage in commercial sex acts **where the person is under 18 or where force, fraud or coercion exists**. This statute does not require that either the defendant or the victim actually travel.

Commercial sex act: any sex act on account of which *anything of value* is given to or received by any person.

This includes:

- Prostitution
- Exotic dancing/stripping
- Sex tourism
- Any transactional sex with a minor
- Pornography/ webcam
- Erotic/nude massage
- Gang based prostitution

Sexual Exploitation: Sexual exploitation means taking advantage of a person to make a personal gain or profit. It is the abuse of a position of vulnerability and differential power positions that coerce someone for sexual purposes.

Reframing our Perspectives

Every person in the world is affected by **UNCONSCIOUS BIASES**
This means we all have **ATTITUDES** and **STEREOTYPES** that we align with that affect our understanding, actions and decisions in an unconscious manner. This is totally ok.
Sometimes, as we are learning new information, our **UNCONSCIOUS BIASES** may arise and we might notice some tension within if what we are learning doesn't align with the things we previously believed. **UNCONSCIOUS BIASES** are able to shift and change, they are not stuck with us forever.

Prostitution vs sex trafficking

Prostituted youth/children vs Underage/teen prostitution

Sex work vs sexual servitude/slavery

The life, working, dating, making money

Entry

The Life

https://thelifestory.org/entry-into-the-life

Vulnerabilities and Risk Factors

Individual

- History of abuse or neglect
- Mental health issues
- Family dysfunction
- Homelessness
- Immigrant
- People of color
- Youth
- Girls/women
- LGBTQI
- Low IQ or developmental assets

Environmental

- Adult sex industry
- Transient male populations
- Substance abuse
- Poverty
- Violence
- Use of women's bodies in media/advertising
- Glorification of "Pimp and Ho" subculture
- Proximity to borders/ports

Social

- Sexism and Misogyny
- Privilege
- Racism
- Homophobia
- Transphobia
- Classism
- Acceptance of violence towards women and minority groups
- Inaccessibility of legal economies
- Materialism/consumers

How Does Trafficking Happen?

Targeting
Building a connection in person, online or through mutual friends.



Isolation
Isolating an individual from supportive communities in their lives.

Grooming
Fulfilling the need: vulnerabilities dictate what needs an individual may have – This is the start of exploitation.

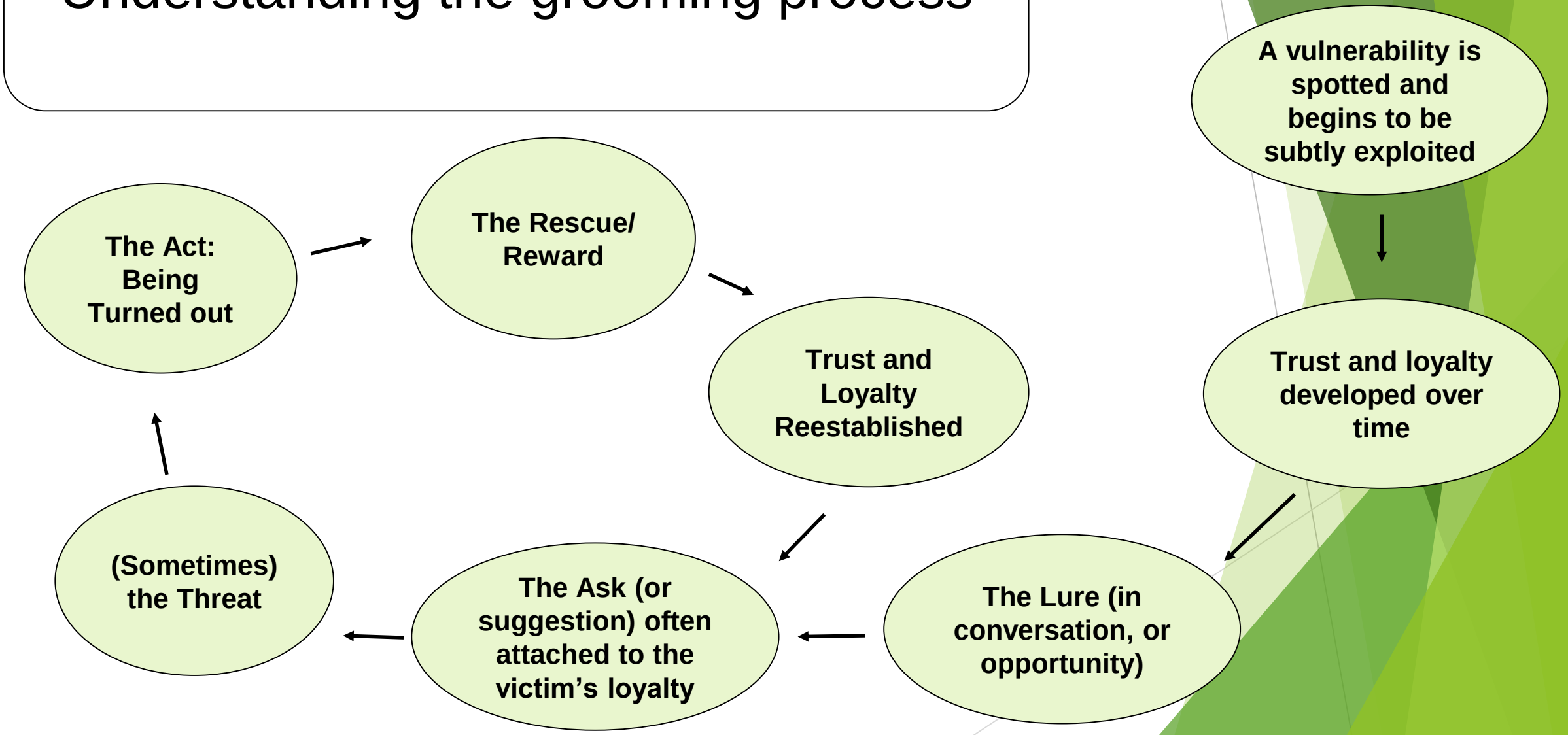


Coercion
Manipulating and sending conflicting messages of debt or threat. Communicating to the individual that selling their body is the only option.



Exploitation
The ongoing manipulation and sale of a person for sexual acts or content while controlling their resources.

Understanding the grooming process



Red Flags

Chronically truant/runaway/homeless/gang-involved youth
Excess amount of cash
Hotel room keys
Multiple cell phones
Having expensive goods or services that they cannot pay for
Signs of branding (tattoos, jewelry)
Lying about age/false identification; inconsistencies
Dramatic personality changes, evasive behavior especially around a new boy/girlfriend, partner or new group of friends
Sneaking or hiding phone - using apps to hide conversations
Lack of knowledge of a given community or whereabouts
Provocative clothing, sex toys, multiple condoms, lube, wet wipes

The Climate of Exploitation in Kitsap

- People of ALL genders (girls, boys, transgender, gender variant from birth to elderly)
- People of all sexual orientations
- Any economic class
- Any race
- Any education level

However, sexual exploitation **disproportionately** affects young people experiencing poverty, homelessness and discrimination, particularly youth of color, LGBTQ2I youth, youth in foster care. Systemic brokenness also attributes risk to populations vulnerable to sexual exploitation.

A number of studies have found that among homeless youth, there are comparable numbers of boys and girls who disclose sexual exploitation (ECPAT USA, 2013). See table: "*Prevalence Rates of Commercial Sexual Exploitation among Homeless and Runaway Youth by Gender*"

The Climate of Exploitation in Kitsap

What do we see in Kitsap County?

Prostitution
Pornography
Brothels
Bikini Baristas
Trafficking
Familial Trafficking
Gang Trafficking
Escorting
Renegading
Sextortion

The average age of “entry” into prostitution in Kitsap is 12-14 years old

Scarlet Road worked with 203 exploited individuals in 2025 from all over the county

Myths About Boys in the Life

Myth: Most CSE Boys identify as gay or bisexual.
In most studies however, *the majority* of CSE boys identified as heterosexual.

Myth: Boys identify themselves as hustlers, choose to engage in the sex trade and are not victimized in the same way that girls are.
Researchers and service providers report that boys often experience an extreme sense of shame regarding their exploitation. It is widely speculated that this sense of shame leads boys to redefine themselves as "hustlers."
A similar attitude can be seen with girls "in the life" who tout the money they make and the lavish lifestyle they lead while embracing terms like "ho" or "bottom bitch."

Myth: Boys do not come forward for CSEC services and/or are not identified as CSEC because there are very few CSE boys.
In reality, boys don't come forward and will often deny CSE for a number of reasons:

- Cultural context: women are victims, men are strong
- Fear of being outed as gay or perceived as gay
- May think service providers do not serve males even when they do
- Not believed when they do come forward
- Screening is often only routinely done with girls
- CSEC street outreach teams often only frequent the female "track"

Lack of Support

https://thelifestory.org/medical-emergency

The Impact of Exploitation

Pimps control their victims with **physical, emotional and psychological abuse**, similar to domestic violence.

Victims of exploitation experience **extreme levels of trauma** and often feel trapped even if their abusers aren't physically restraining them.

An average trafficker can make $632,000 with a stable of 4 victims, which equates to 5-6 acts a day, 7 days a week, 365 days a year, a minimum of 2000 sex acts a year. - Chuck Paul LLC

The brutality of that on a body results in health problems, disease, exhaustion, malnutrition, depression, and complex PTSD and many more physical and mental disruptions.

In the US, child pornography alone is a $3 billion industry.

Exit and Support

https://thelifestory.org/the-long-exit

Scarlet Road: What We Believe

Paving the way from sexual exploitation to wholeness.

Mission:

Through holistic care Scarlet Road offers the hope of freedom to those who have been sexually exploited.

Scarlet Road is dedicated to relational investment in each individual we serve. We strongly believe in the ability and strength of each survivor as well as the power of community surrounding them. We believe that sexual exploitation affects the mind, body and soul, and therefore requires a holistic support structure and we partner with key community service providers in our approach.

Our Values

We value the voice and wisdom of every survivor.

We value the process of restoration.

We value the community's role in collaborating together.

Our Vision

A vibrant life of freedom for every person.

Our Beliefs

As a Christ-centered organization, we are ultimately shaped by the heart of Jesus to offer healing to the brokenhearted and to proclaim freedom for the captives (Luke 4:16-21). We seek to follow his command to love God and all people as we advocate for the oppressed.

We affirm the Apostles Creed which is held to by Christians around the world and throughout history.

"I believe in God, the Father almighty, creator of heaven and earth. I believe in Jesus Christ, his only Son our Lord. He was conceived of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead. I believe in the Holy Spirit, the holy catholic (or universal) Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting."

Scarlet Road Approach

PREVENT

- In classroom school curriculum for middle school and high school
- Comprehensive service provider training for victim identification and support
- Community based awareness

Scarlet Road Approach

REACH

- Crisis intervention referral support
- Outreach support to local hotspots
- Safe exit solutions
- Operate the only drop-in center and support hotline for survivors in our community

Scarlet Road Approach

RESTORE

- Long term intensive case management
- Mentoring
- Skill building
- Client established goals
- Mental health support
- Long term holistic support system

Scarlet Road: Restored

Scarlet Road Client Video

https://scarletroad.org/molliesjourney/

Volunteering and Your Role

How Can You Be Involved?

Fundraising and Administrative

- Low Commitment Level
- Assist with annual fundraising events
- Organize your own fundraiser
  - ► Hope House Party
- One time or ongoing admin support
- Data entry
- Volunteer Lead Fundraisers

Program Support

- Mentoring
- Drop in
- Mentor events
- Class facilitation
- Let's talk about what your strengths are!

* Scarlet Road asks that all volunteers work in harmony with Scarlet Road's mission, core values and statement of faith and reflect these values in their volunteering roles.

Impact Through Your Daily Life

What Can YOU Do?

- Further educate
- Support us financially or In Kind
  - Anyone can give
  - The Bridge Community
- If you think someone is being exploited call for help
  - Police, Scarlet Road, other involved.
- Host a fundraiser for us!
- Not embracing labels
- See something, say something! Simply Report App
- Become a Business Freedom Partner

Visit our website for more resources
www.scarletroad.org

Application Process

- Fill Out Application
  - Drivers License
  - Proof of Insurance
  - Consent for Background Check
- Interview
- Additional Trainings Depending on Role

LUNCH BREAK

201 Awareness to Action

Part II: Action

What to Expect

Intention:

- To bring a clearer understanding of the experiences, challenges and healing journey of the survivor
- To be released into the next step toward service at Scarlet Road

This afternoon will contain stories and reference to situations that may be emotionally challenging for some…
and **THAT IS OKAY.**

These stories reflect common experiences of survivors, but are not a direct retelling.

You have permission to take care of yourself throughout this training process.
If you need to get up to stretch, use the bathroom, step outside, please do so.
If you want to talk after our training one-on-one, we welcome it.

Reframing

What is consent?

- Consent is like Tea (Video)

Big Myths

- “Prostitution is the oldest profession”
- “Consenting adults”
- “Victimless Crime”
- “Boys will be boys”
- Prostitution reduces harm of “good women”
- The Happy Hooker/ Pretty Woman myths

Language Matters

- “Child Prostitute” - Commercial Sexual Exploitation of Children **(CSEC)**
- “Under aged child” - They’re a child. Period.
- Prostitute - “She’s a prostitute” vs. “She’s is being trafficked” or “experiencing prostitution”
- John - Buyer, Perpetrator, or Real Name
- Child Nudes - Child Sexual Abuse Material **(CSAM)**
- Choke - Strangulation

Is Prostitution a Choice?

What are our options?

- Coffee, tea, sewage?
- Sewage or vomit?

What influences our decisions?

- Upbringing and environmental norms
- Patterns of behavior
- When choice isn’t safe
- Tools in our toolbox
- Internal and external worldview

Difference Between Porn and Prostitution

Porn and Prostitution—What's the difference?

Why is one more culturally accepted than the other?

How are these experiences comparable?

How do these connect?

- Porn and sex trafficking
- Porn and violence against women/children

Toxic Gender Based Mindsets

Male Gender Roles

Refers to the stereotypically masculine gender roles that impose suppression of allowed emotion for men and boys while also impressing a number of social expectations that must be met in order to arrive to the acceptable level of “manhood”.

“The Man box”

What characteristics do we think of when we hear a guy telling his friend to “BE A MAN!?”

What if you aren’t acting, “like a man”?

Welcome to Stereotype Land!

No one likes it here.

Disclaimer: This activity will require you to participate by saying the first thing that comes to your mind. These are likely things that you do not believe, but they reflect the mindsets imposed on us in our culture. Please freely participate knowing that we are all adults and recognize that we are all here to learn and seek to help others.

Understanding Trauma

Trauma

A deeply distressing experiences, or series of experiences, often resulting in the inability to cope with what was seen or experienced.

Often the experiences will “shock” the neurological system designed to keep you safe.

These can be real, or perceived threats, or perceived threats based on real past experiences.

Side Notes:

-Trauma is not defined by others, but by YOUR nervous system.

-Gets lived out, over and over again, in relationships.

-No one escapes trauma, we all have it. Often the most traumatic moments are when something awful has happened and we have not received adequate care to heal.

Discussion: What forms a person? How does a person become?

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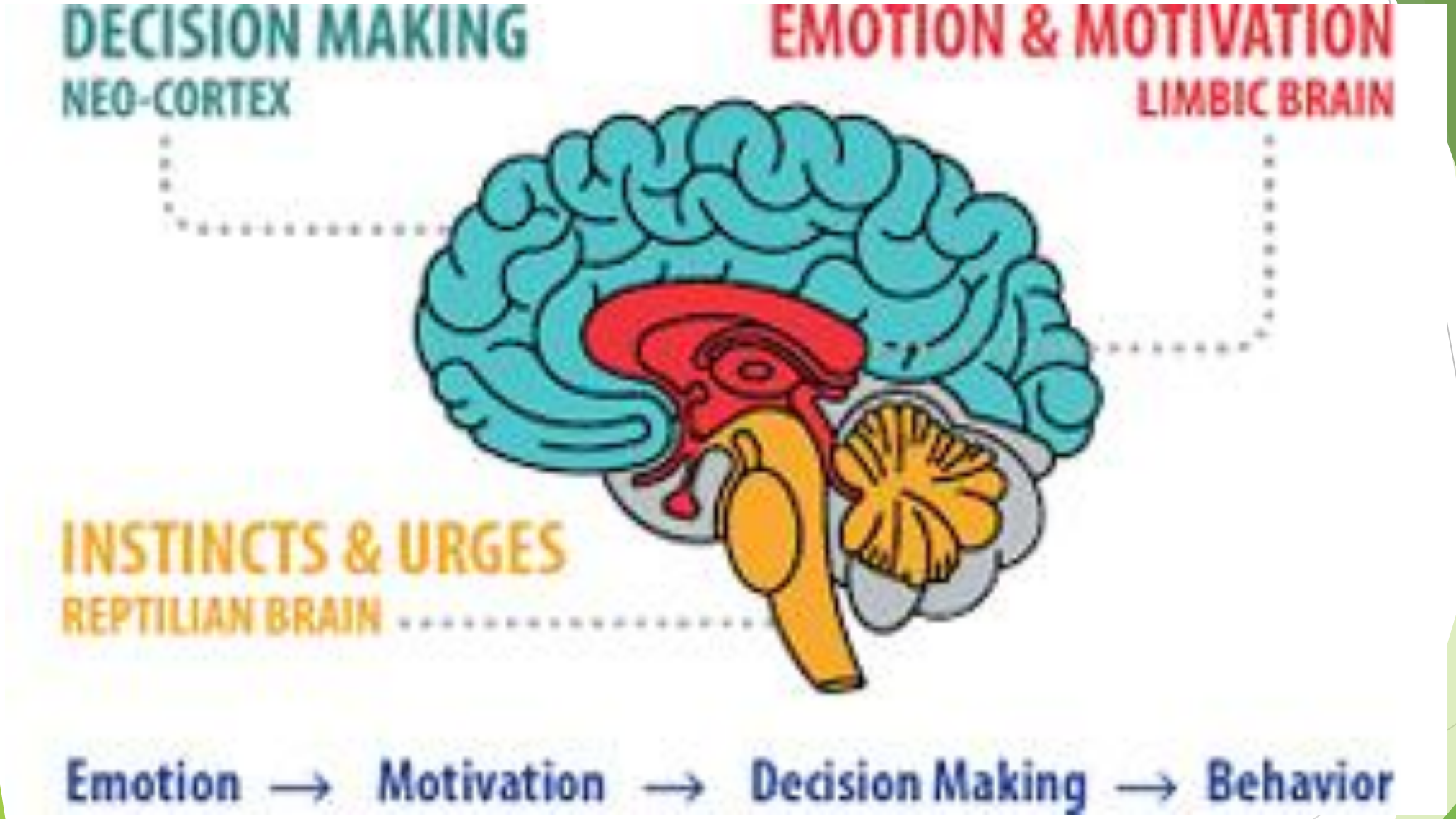
Nature vs Nurture

Discussion- What forms a person?

Nature vs Nurture

Epigenetics- (dis)stress changes hows genes are expressed.


DECISION MAKING
NEO-CORTEX
EMOTION & MOTIVATION
LIMBIC BRAIN
INSTINCTS & URGES
REPTILIAN BRAIN
Emotion → Motivation → Decision Making → Behavior

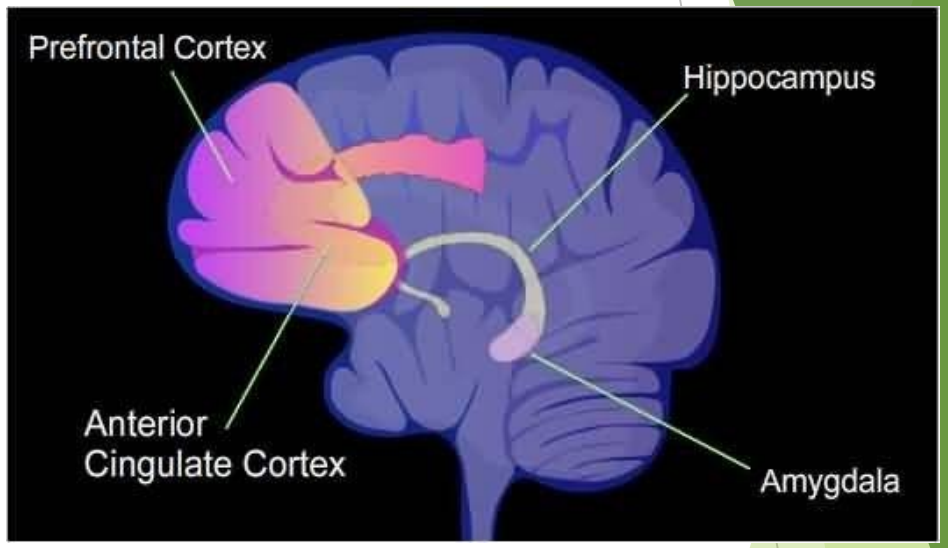
Understanding the Brain

Thalamus:
Receives information then translates it

Prefrontal cortex: Thinking brain
Impulse control, self regulation, planning, reasoning, judgment, social skills.

Amygdala: ACTION!
Fight, Flight, Freeze/Disassociate, Appease

Hippocampus: Memory, learning and spatial/time navigation





Understanding the Brain

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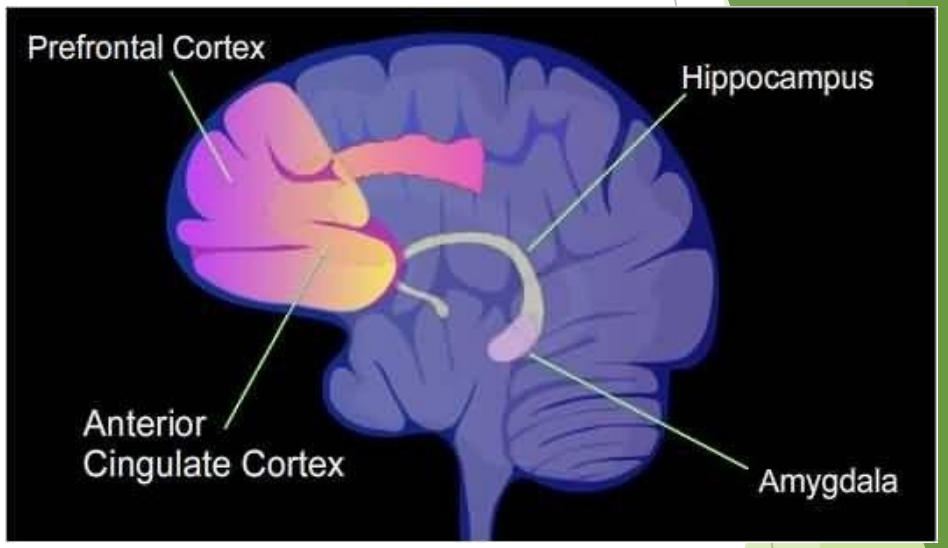
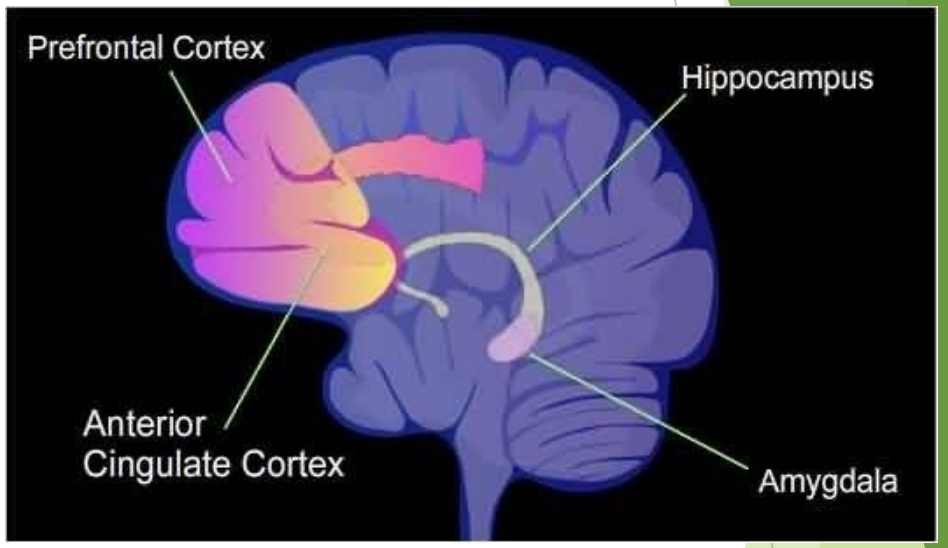


Hippocampus: Memory, learning and spatial/time navigation

Impact of trauma on the brain

Stress Chemicals

Cortisol: The primary stress hormone, it releases stored glucose (blood sugar) to give your body quick energy and temporarily suppresses non-essential functions like digestion and the immune system.



Adrenaline/Epinephrine: Speeds up heart rate, raises blood pressure, and opens up airways for maximum oxygen.

Dopamine: pleasure, movement, cognition and focus, energy and wakefulness

Serotonin: mood, sleep, digestion, blood flow

GABA: brain's "brake pedal" to calm racing thoughts

Under Prolonged Distress

Cortisol: If too much for too long will impact digestion or ability to

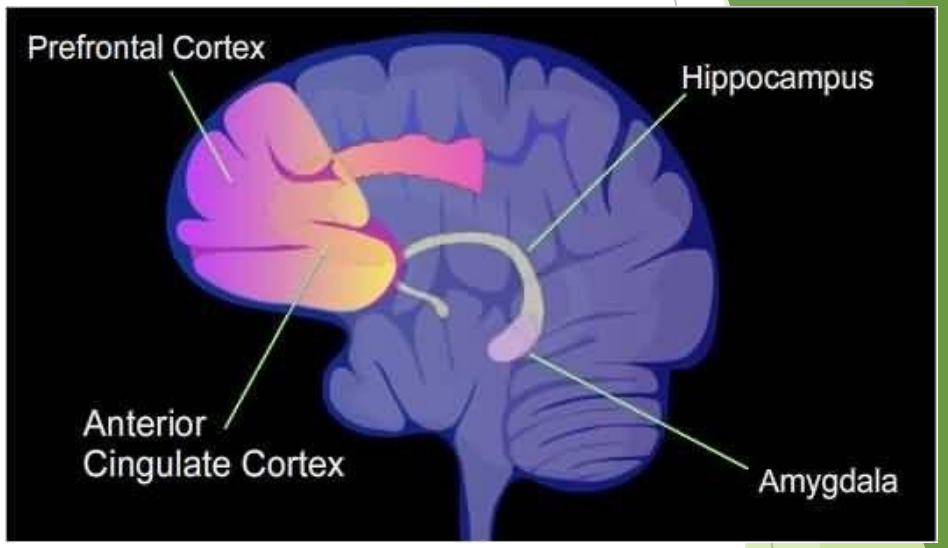
Adrenaline/Epinephrine: Cannot sustain open airflow will eventually crash

Dopamine: heightened awareness, difficult sleeping, addiction

Serotonin: erratic behavior, issues sleeping, difficulties with diet, etc.

GABA: Racing thoughts, unable to settle or regulate, potential paranoid

YIKES!

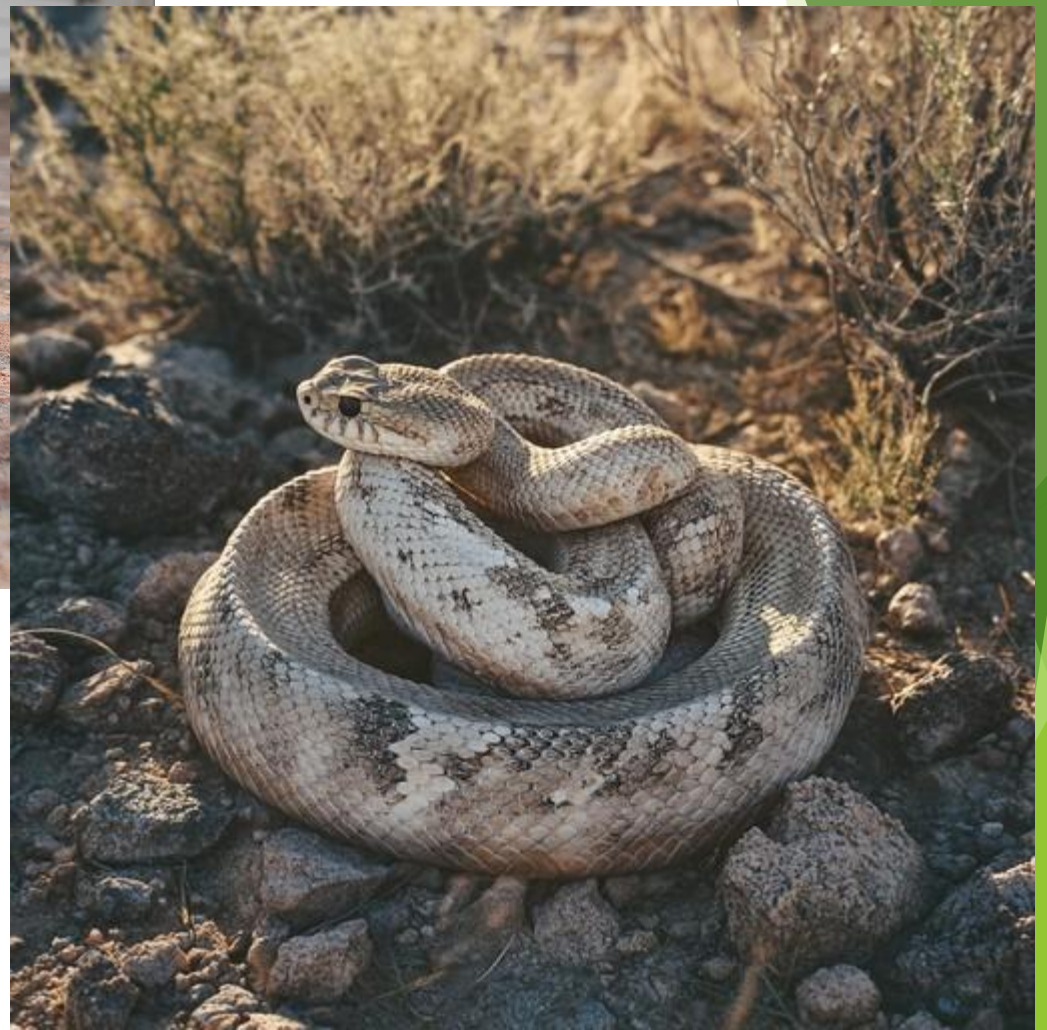


Trauma, Memory and Time

- Our brain is designed to protect us in all situations and circumstances. Our limbic brain does not determine if something is an real or false threat. But it does understand safety!
- Activation of all our senses
- Perceiving threats everywhere, creates hypervigilance. No rest, can turn into disordered ways of being.
- PTSD: What happened then feels like it is happening today.







Complexity of Sexual Trauma

-Interpersonal, premeditated/intentional, repetitive
-Rarely about sex, rather power, domination and control

Impacts of Complex Trauma

- Mental/Spiritual Effects
- Physical Effects- Autoimmune issues
- Sexual Health
- Cognitive Delays
- Addiction
- Distorted Identity

Survival Skills Associated with Complex Trauma

- Self Protection
- Distrust of People/Systems
- Paranoia
- Relationally Needy
- Toxic Coping Strategies
- Anger
- Sadness

ACEs/Trauma

Adverse Childhood Experiences (ACEs)

Stressful or traumatic events experienced within childhood specified under a grouping of specific trauma events

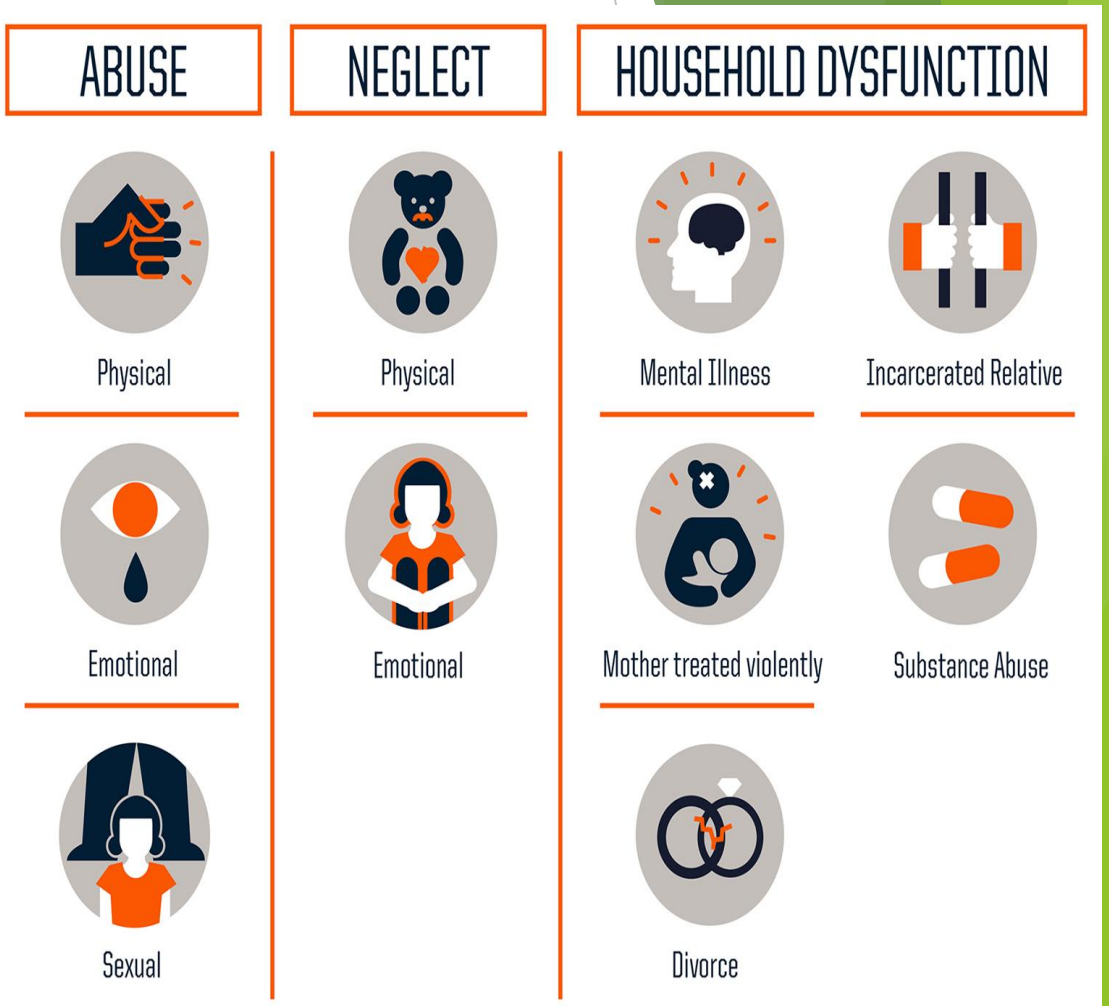
The higher # of ACES = the higher risk to long term health outcomes

Additionally consider: racism, community/police violence, bullying

Resilience:

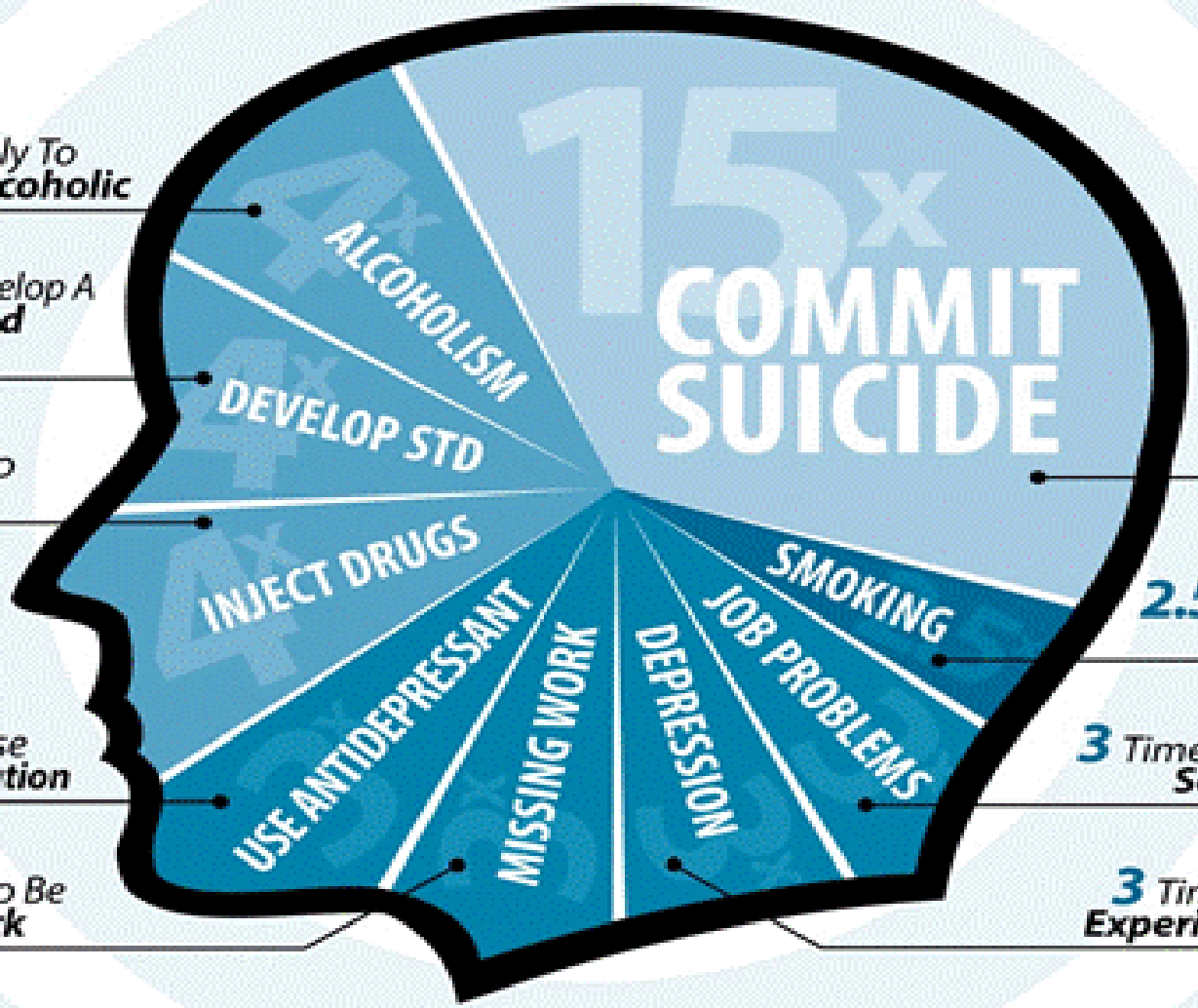
The ability of a person to overcome traumatic experiences or recover quickly from difficulties

Recovery and healing directly connected to having at least one healthy relationship or support person



https://vimeo.com/139998006

PEOPLE WHO HAVE EXPERIENCED TRAUMA ARE:



4 *Times More Likely To* ***Become An Alcoholic***

4 *Times More Likely To Develop A* ***Sexually Transmitted Disease***

4 *Times More Likely To* ***Inject Drugs***

3 *Times More Likely To Use* ***Antidepressant Medication***

3 *Times More Likely To Be* ***Absent From Work***

15 *Times More Likely To* ***Commit Suicide***

2.5 *Times More Likely To* ***Smoke Tobacco***

3 *Times More Likely To Have* ***Serious Job Problems***

3 *Times More Likely To* ***Experience Depression***

According to the National Institute of Health, survivors of sexual exploitation and violence experience significantly higher rates of suicidal ideation and behavior compared to the general population. Data indicates that these survivors are approximately **10 to 13 times more likely** to die by suicide.

Key Statistics on Suicide Risk

- **Suicide Attempts**:
  - **General Sexual Violence**: Approximately **13% to 20%** of SA survivors attempt suicide.
  - **Sex Trafficking**: A "staggering" **41%** of trafficking survivors have attempted suicide.
  - **Trafficked Minors**: Roughly **55%** of trafficked youth have attempted suicide.
- **Suicidal Ideation (Thoughts)**:
  - Between **33% and 43%** of sexual assault survivors report contemplating suicide.
  - For youth in the sex trafficking system, this rate rises to **68%**.
- **Comparative Risk**: Survivors of sexual violence are **10 times more likely** to attempt suicide than those who have not experienced such trauma

So why don’t they just leave?

Discussion

Trauma Bonding

- Shame! I am the worst for “letting” my exploitation happen
- Failure to self-identify as a victim (Lack of education on consent, healthy relationships)
- Intense gratefulness and denial of the extent of violence and harm
- Hypervigilance and alignment
- Perception of those trying to assist in leaving “the life” as enemies
- Extreme difficulty leaving one's offender/pimp

Transference and Countertransference

Transference: When a person redirects onto you feelings, expectations, or desires from a previous relationship either positive or negative.

- This is often not a conscious process, but can be helpful if made conscious.
- This is not about you, but still affects you.

For example, someone had a kind, warm and hospitable grandfather, and now feels kind and tender toward me, or someone had an verbally abusive coach that you remind them of and makes the assumption you will be just as abusive.

Countertransference: The emotional reaction you feel to a person's feelings of you.

Why does this matter?

5 min break

Stretch your legs

Get some fresh air

Grab more food and drinks!

Laws and Policies

TVPA/WA State

Trafficking Victims Protection Act 2000

- TIP Report
- 2010 addition of US

WA State

- In 2003, Washington was the first state to pass a law criminalizing human trafficking which was the most stringent law in the country. Under the law, it became a serious felony to recruit, harbor, transport or obtain any person for labor or services using force, fraud or coercion.

Legislation/Policy

- **Section 230, The Communications and Decency Act from 1996:** Made it so that no internet website or company can be penalized for content that a user posts.
- **The Stop Advertising Victims of Exploitation Act (SAVE) of 2014** prohibits knowingly benefiting financially from, receiving anything of value from, or distributing advertising that offers a commercial sex act in a manner that violates federal criminal code, prohibitions against sex trafficking of children or of any person by force, fraud, or coercion.
- **Stop Enabling Sex Traffickers Act (SESTA)/Fight Online Sex Trafficking Act (FOSTA)**
  - Passed in 2018 an exception to Section 230 to allow victims of sex trafficking to sue websites that enabled their abuse.
  - Allows the government to prosecute websites which knowingly help or promote sex trafficking, and also allow users to sue those websites.
- The **TAKE IT DOWN Act** was signed into law in 2025, criminalizing image-based sexual abuse and requiring tech companies to take it down within 48 hours of receiving a report from a survivor.

https://polarisproject.org/sites/default/files/2015%20Safe%20Harbor%20Issue%20Brief.pdf
H.R.1865 - Allow States and Victims to Fight Online Sex Trafficking Act of 2017

Crimes Against Children

A small glimpse into our current climate

Link to THORN Study

Our kids are SO IMPORTANT and also, intentionally targeted!

- THORN Released a study in 2025 that 1 in 3 boys are targeted online, due to protections for girls increasing.
- 58% of minors report have experienced sexual or other uncomfortable experiences online.
- 764 Groups – created by minors to target and blackmail minors.

Crimes Against Children (Law)

Child pornography/Child Sexual Assault Material (CSAM)

- Knowingly in possession of images depicting sexually explicit conduct involving a minor
- Simply viewing these images or a recipient of these images

Communication with a minor for immoral purposes

- Illegal for anyone to communicate with a minor in a sexually explicit way
- Full or partial nude images or illustrations
- Describing sex acts with another person, object or animal
- Includes all communication types
- Applies to all ages

Equality Model

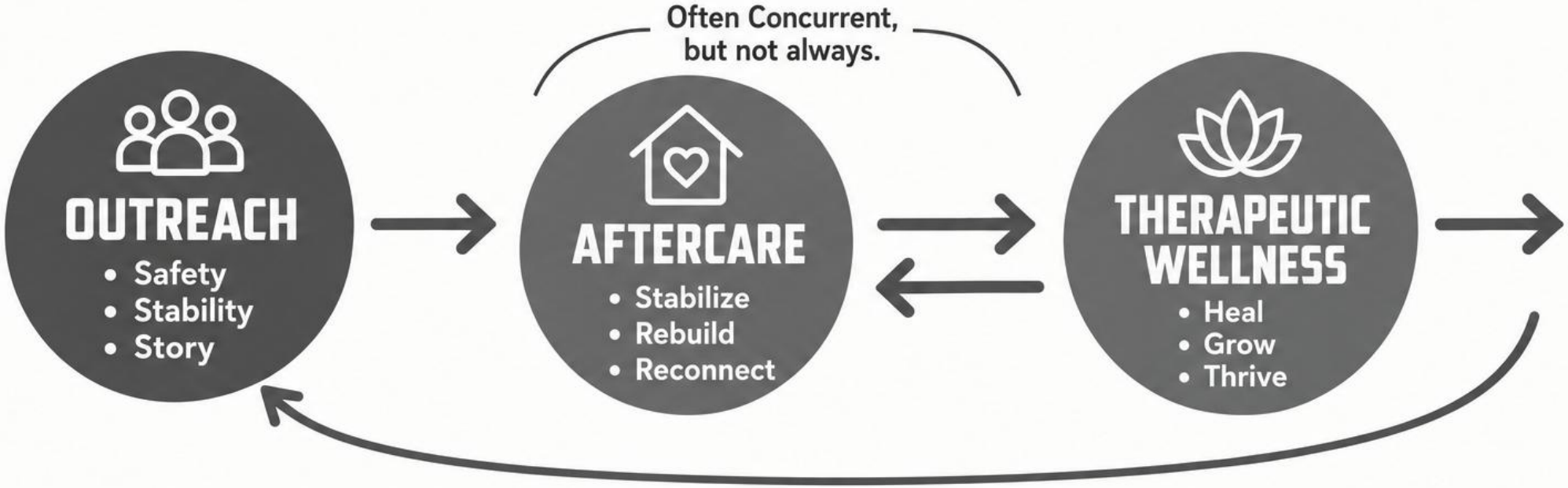
A.K.A. Survivor Model, the Nordic Model, the Swedish Model, and the End Demand Model

- Originated in Sweden in ‘99 and expanded into 7 other countries & the state of Maine
- Victim centered: Arrests perpetrator’s, protects those being trafficked
- Provides specialized support services for survivors
- Evidence based
- Movement of trafficking to outlying countries

Engagement and Support

CONTINUUM OF CARE FOR SURVIVORS

SUPPORT, HEALING, AND EMPOWERMENT — AT EVERY STEP, AND IN EVERY DIRECTION.



OUTREACH

The first step in the journey. We meet survivors where they are, provide immediate support, create safety, and help them explore their options.

AFTERCARE

Provides intensive case management by offering resources, goal setting, education, and community.

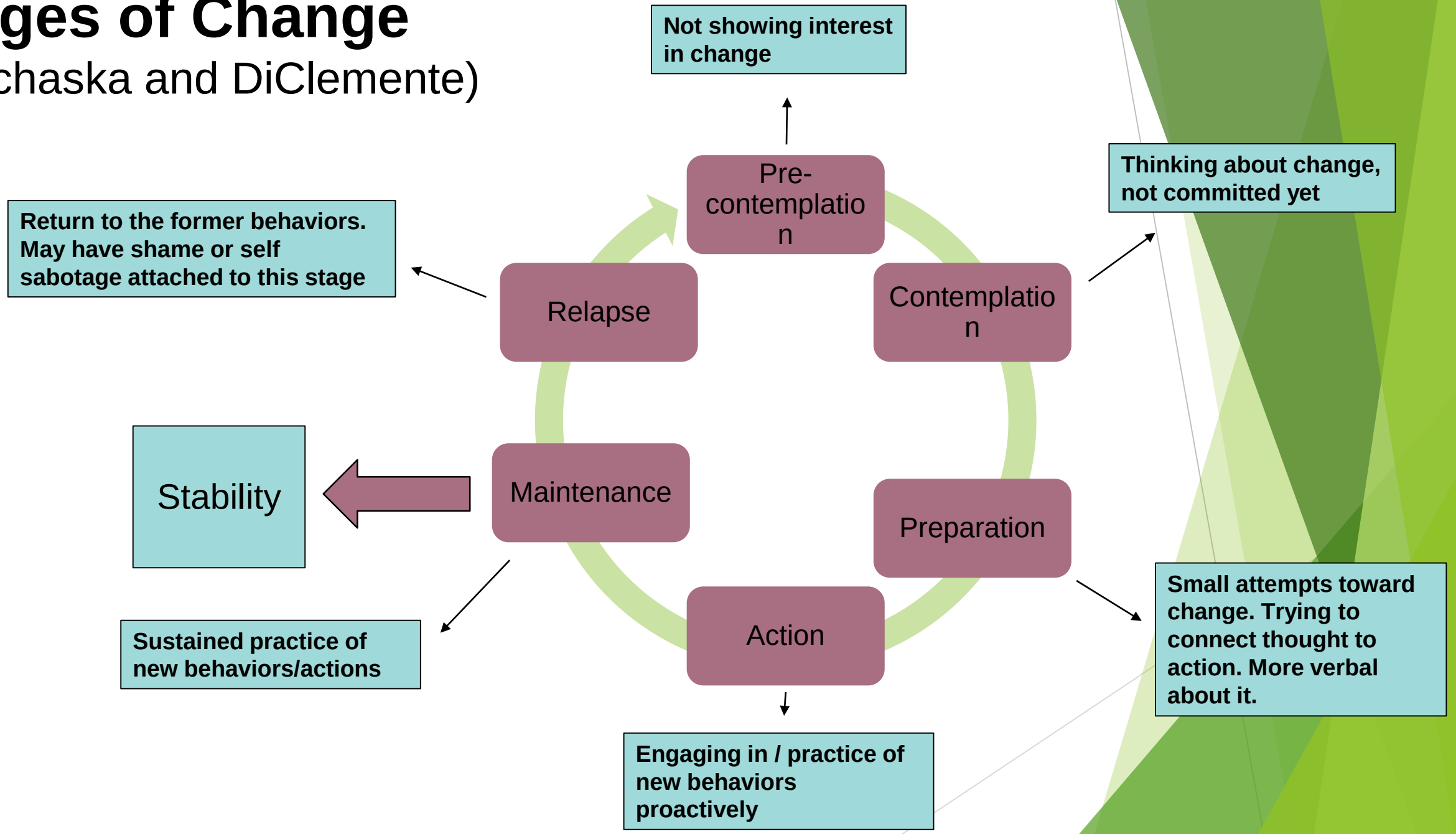
THERAPEUTIC WELLNESS

Offers focused healing through evidence-based therapeutic care, including individual sessions, group therapy, and other wellness practices.

Hope!:
Our Brains are resilient

neuroplasticity

Stages of Change
(Prochaska and DiClemente)



Roles: The Balance

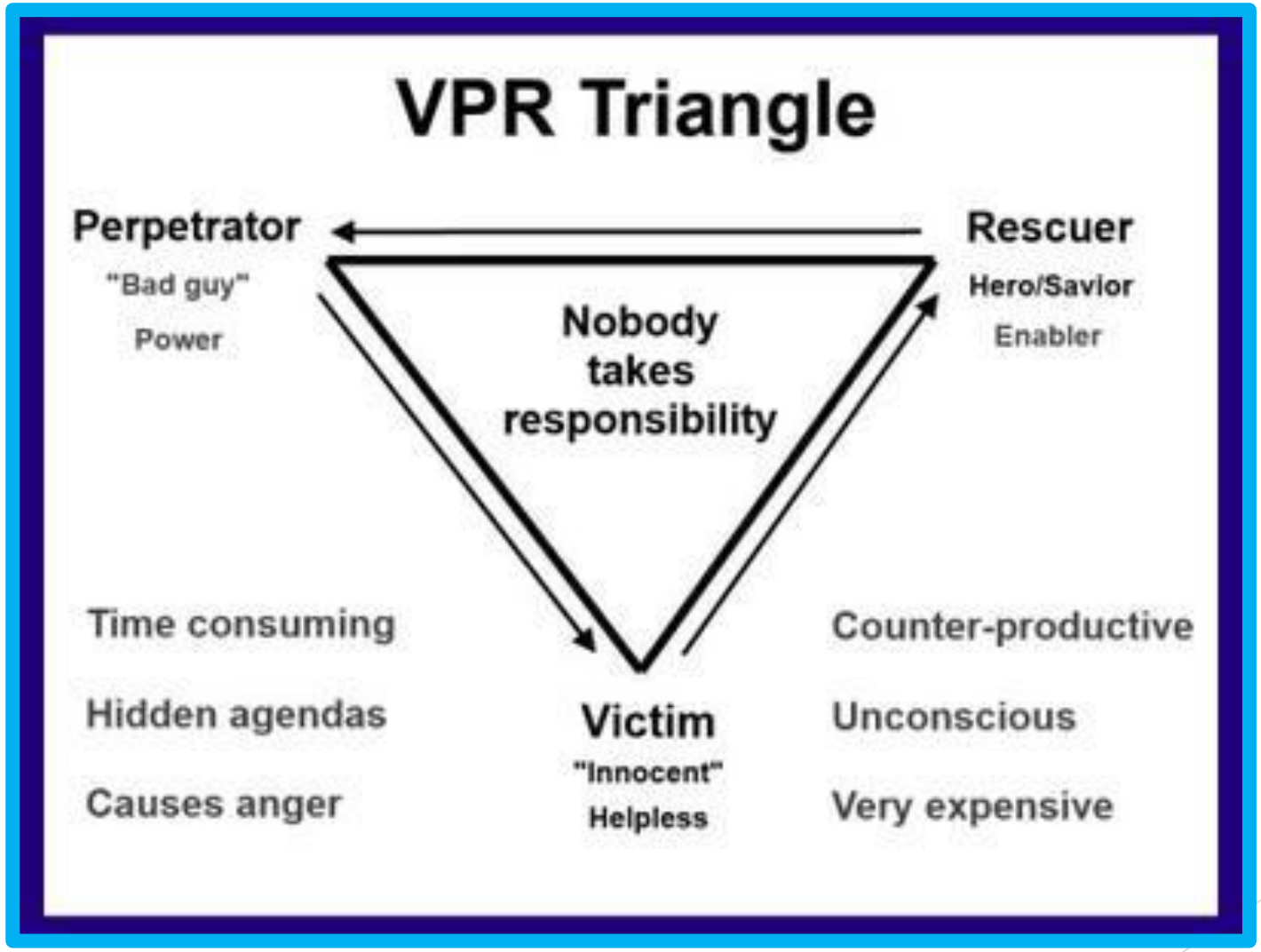
What does it look like to be a friend?

- Sharing personal info
- Hanging out
- Talk/Text/Social media
- Emotional support
- Vulnerability
- Shared interests
- Long term/Forever

What does it look like to be an advocate?

- Friendly but not friends
- Works within allotted hours
- Talks/Connects with added safety
- Reframing to see celebrations/Strengths
- Empowering not saving
- Long term with goal to help build friendship opportunities not connected to SR

Empowering vs. Rescuing



Re-traumatizing

How do we have grace when we inadvertently hurt?

Both the criminal justice and victim services systems can inadvertently re-traumatize. Key triggers to re-traumatization include:

- Feeling a lack of control
- Experiencing unexpected change
- Feeling threatened or attacked
- Feeling vulnerable or frightened
- Feeling shame
- Jumping through hoops

Guiding Principles for Engagement
How do we love well?

- Maintain confidentiality
- Understand reporting protocols
- Cultural humility
- Non-judgmental approach
- Be respectful/offer choice
- Active listening- atune to what they are saying beyond the words
- Be consistent
- Be real and impeccable with our words
- Go slow; respect the process of building, healing takes time.
- Don’t leave when pushed/expect testing
- Celebrate the small successes/encourage
- Accept that we don’t have the “whole story”
- Live our faith & values

Trauma-Informed Care (TIC)

Trauma-informed care is an approach to engaging people with histories of trauma that recognizes the presence of trauma symptoms and acknowledges the role that trauma has played in their lives.
From the National Center for Trauma-Informed Care

Applying Trauma Informed Care (WCSAP)

- A respectful, collaborative approach is more effective than a traditional provider-client relationship
- Remember that the survivor is the expert on her or his own life and feelings
- Do not expect instant trust, but do everything in your power to be trustworthy
- Normalize and validate feelings that come from the trauma experience
- Realize that behaviors that may seem difficult or obstructive have probably served the survivor well in the past. It is hard to give up a behavior that you believe has kept you safe
- Maintaining appropriate boundaries is always important, but even more so with survivors, as it contributes to a sense of safety

Checklist for a Trauma-Informed Approach to Interactions With Survivors of Human Trafficking

1. If the individual appears shut down this may be a sign that the person is overwhelmed

1. Clear communication and verifying what is being communicated

1. Be aware that changes in memory do not necessarily indicate falsehood or storytelling, but may be indicative of a trauma response

1. Try to hold interviews or other key conversations at a time when the survivor feels most stable and safe

1. Help break down tasks concretely; assume that even small tasks may feel overwhelming

6. Be aware of the often confusing nature of the individual's relationships with the perpetrators; be conscious of not making assumptions

6. Don't take strong reactions personally; be very aware of managing your own emotional responses

6. Provide opportunities for control and empowerment whenever possible. Be aware of the importance of physical as well as emotional supports.

Systems without TIC

- “Control and Contain”; misuse or overuse of power such as punishment, power struggling, security, etc.
- Have higher rates of staff turnover and low morale: lack cohesion and strong collaborative bonds.
- Disempower and devalue.
- Label and pathologize.
- Focus negative behaviors and what’s “wrong” with them.

Asking the hard questions…

Working with survivors often brings up uncomfortable topics and requires hard questions.

Example: You are mentoring a youth client who does not have a job and his mom (single parent) is struggling to make ends meet. He tells you that he just got a brand new PS5.

What questions come to your mind and what would prevent you from asking them?

TIP: A Statement vs. a Question

Safety Standards and Protocols

In order to keep clients, volunteers and staff safe, there are general safety standards that we adhere to:

- Consider the space and people in it
- Be able to de-escalate and avoid disturbance
- Maintain confidentiality and privacy of the person you are working with by not connecting them to SR
- All client information, from any part of our programs have the right to privacy without initial verbal or written request.

Taking Care of You- Vicarious Trauma

Taking Care of You

Understanding your experience and reactions daily, weekly, monthly and know your avenues of support.

Maintaining Boundaries:

“Compassionate people ask for what they need. They say no when they need to, and when they say yes, they mean it. They're compassionate because their boundaries keep them out of resentment.”
— Brené Brown, Rising Strong

How do you know when you are getting close to burn out?

- Tired
- Unable to disconnect service from real life
- Acting out of guilt or obligation/resentful
    - Why am I doing this?

Preventing Burnout

Consider:

- What are we modeling to those we serve?
- How can we get creative in the ways we care for ourselves?
- “Me time” is okay
- How can this become a way of being vs. an activity?
- “What are my non-negotiable boundaries

Volunteer Job Descriptions

Mentoring

- Walking alongside survivors on their healing journey
- 2 year commitment, once per week connection
- Modeling healthy life/coping skills/recreation/interpersonal relationships
- Mentor events and help with rides on occasion

Drop in Center

- Creating a welcoming, safe space for people to “be”
- Learning/teaching opportunities

Internships

- Therapeutic Intern/Extern
- Admin Intern
- MSW Intern

Training Expectations

Complete the following trainings within one year, at your own cost

- ✓ Mandated Reporter Video
- ✓ ACEs/NEAR Sciences
- ✓ CPR/First Aid
- ✓ Mental Health First Aid
- ✓ Domestic Violence

Processing Time and Next Steps

Things to Consider About Your Volunteer Preference

- Time commitment/availability
- Personal/relational boundaries
- Who would you thrive/clash with?
- How do you handle/manage stress?
- What are your strengths and passions in serving?

The Journey

The journey out of exploitation for those that we serve is exciting, strenuous, and painful with challenges and celebrations around every corner.

- What gets YOU excited about this invitation into their healing journey?
- What are you most excited to bring to add strength and support to those in their healing process?

Thank you for Joining Us Today!
Our staff will be here if you have any additional questions.

Thank you for your time, your talents and your desire to help pave the way from sexual exploitation to wholeness for those seeking support locally!

YOUR connection and gifts offered to those that we serve impact and transform lives!

We couldn’t do this work without **YOU**!