

DEMAND CHANGE

**10 ACTIONS X 10 ISSUES =
100 STEPS TOWARDS ENDING
SEXUAL EXPLOITATION**

INTRODUCTION

When we think about sexual exploitation, we often envision prostitution and sex trafficking. But sexual exploitation occurs every time an act of sexual harm is perpetrated by one individual against another.

This toolkit holistically addresses the issue of sexual exploitation by providing tangible actions that can end 10 different forms of sexual harm. We hope this toolkit will help individuals feel empowered to take action and improve the world for all of us. We know that not everyone has time to do all 100 actions. Therefore, to help facilitate the use of this kit, each of the ten issues are divided into the following five types of activism: *Everyday Actions; Raise Awareness; Volunteer; Advocate for Change; and Keep Learning.*

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COMMERCIAL SEXUAL EXPLOITATION IN CHICAGO

THE ISSUE:

On any given day, 16,000–24,000 women and girls are involved in the sex trade industry in Chicago. Research has found that approximately 90% of these individuals are physically and sexually abused at the hands of traffickers and customers. A great many of these women have experienced homelessness, are survivors of domestic violence and sexual assault, and experience untreated mental health and substance abuse issues.¹

No one deserves to be harmed. This is especially true for vulnerable women and children who are often recruited and maintained in the sex trade through coercion, physical and sexual violence, and/or economic exploitation.

DEMAND CHANGE

Everyday Actions

1. Stop using words that normalize aspects of the sex trade and hide the harm such as “pimp”, “ho” and “whore” and challenge your friends when they use similar language.
2. Work to alleviate the stigma surrounding individuals in the sex trade by challenging stereotypes of people in prostitution and helping others understand the broader context of the sex trade industry.

Raise Awareness

3. Host book clubs, film screenings and art projects to raise awareness about the incidence and impact of the issue. Find recommendations at www.caase.org and at www.beyondmedia.org.

Volunteer

4. Volunteer at organizations working to help at-risk women gain supportive housing and jobs that pay a living wage. Examples include Women Employed (www.womenemployed.org), Inspiration Corporation (www.inspirationcorporation.org), and Deborah’s Place (www.deborahsplace.org).

Advocate for Change

5. Advocate for shelters and clinics to be equipped and staffed to offer medical and psychological treatment for women who have been in the sex trade industry. If you volunteer with a local shelter or clinic, inquire as to whether they provide these specialized services and if not, encourage for them to do so.
6. Work with religious groups to speak out against the issue. Have a “safe person” in your religious community who serves as a resource to victims of sexual exploitation. Talk to the religious leader at your place of worship about how to make this happen (download CAASE’s “Communities of Faith Toolkit” for resources and recommendations).
7. Support legislation aimed at ending sexual exploitation and expanding options for prostituted individuals. Join the listserve of the Chicago Alliance Against Sexual Exploitation at www.caase.org to stay informed.
8. Make sure the needs of sexually exploited individuals are being addressed in the domestic violence community, the sexual assault community, among homeless rights advocates, and among individuals working in the field of substance addiction. If you hold any type of leadership role within one of these organizations, share your support for creating inclusive services that address the needs of prostituted individuals.
9. Urge your local police department to implement mechanisms that keep prostituted women and girls safe from their pimps and provide them with alternatives to arrest, detention, and incarceration.

Keep Learning

10. Keep learning about the issue and about ways to get involved:

- Chicago Coalition for the Homeless Prostitution Alternatives Round Table: www.chicagohomeless.org
- Prostitution Research and Education: www.prostitutionresearch.com
- Polaris Project: www.polarisproject.org
- Rescue and Restore: <http://www.dhs.state.il.us>
- Women of Power: www.womenofpoweraa.org

1. Raphael, J. & Shapiro, D. (2002). Sisters Speak Out: The Lives and Needs of Prostituted Women in Chicago. Center for Impact Research.

ADDRESSING THE DEMAND

THE ISSUE

The sex trade would not exist without demand. This demand is predominantly from men who buy sex, thereby funding the trafficking and sexual exploitation of women and girls. Generating billions of dollars every year, the sex trade continues to expand at an alarming rate. It is impossible to create real change unless we address the root cause of the issue—detering the demand for sexually exploited individuals. As stated by a man who purchases sex in Chicago:

“If there were no customers, there would be no prostitution.”²

DEMAND CHANGE

Everyday Actions

1. Understand the role that the demand for commercial sex plays in prostitution. Be vigilant about refocusing conversations about prostitution away from blaming the woman to holding the people purchasing sex accountable for their actions. Challenge people in your friendship circle to stop patronizing sex trade venues. Highlight how practices that have become socially acceptable, such as hiring women to strip at bachelor parties or going to strip clubs, can be harmful and serve to normalize the exploitive aspects of the sex trade.

2. Write “Letters to the Editor” and “Op-Eds” to newspapers that participate in victim blaming and hold them accountable for how they cover the issue. Encourage them to highlight the role that demand plays in the harms experienced by individuals in the sex trade.

Raise Awareness

3. Work with a local graphic design program at a university or college to create posters aimed at deterring individuals from purchasing sex. Help raise funds to print and exhibit the posters in your neighborhood. Or download poster designs at www.caase.org.

4. Host a screening of Shared Hope International’s Film Demand (visit www.sharedhopeinternational.org for more information). Other films you can screen include: Hip Hop: Beyond Beats and Rhymes by Byron Hurt, Tough Guise by Jackson Katz, and Real Talk: Engaging Young Men As Allies To End Violence Against Women by Beyondmedia and the Young Women’s Action Team.

Volunteer

5. Encourage all boys and men you know to respect women and girls and treat them with dignity. Participate in programs such as Mentors in Violence Prevention, which mentors young men and educates them to be part of the solution in regards to sexual harassment and abuse of girls and women. (www.jacksonkatz.com/mvp).

Advocate for Change

6. Encourage schools to provide a curriculum that helps young men understand the messages they receive about masculinity from mainstream culture. Connect these messages to the normalization of gender-based violence. For recommendations of available curriculums, visit the CAASE website.

7. Identify establishments that may be profiting from sexual exploitation. Learn about local ordinances to assess if the establishments are in violation of existing laws. Let law enforcement know if you think there are massage parlors, drug houses, other businesses and/or brothels that are prostituting trafficked women and girls.

8. Use the Community Response Toolkit created by the Chicago Alliance Against Sexual Exploitation to help your community take tangible actions to address the demand for the sex trade in their neighborhood (visit www.caase.org for more information).

9. Put pressure on law enforcement to arrest men who are purchasing sex in your neighborhood.

Keep Learning

10. Learn more about the issue:

Read:

- The Macho Paradox: Why Some Men Hurt Women and How All Men Can Help by Jackson Katz
- Pornography and International Sex Trafficking: Driving the Demand in International Sex Trafficking by Captive Daughters Media
- The Johns: Sex for Sale and the Men Who Buy It by Victor Malarek

Visit:

- The Chicago Alliance Against Sexual Exploitation: www.caase.org
- Men Can Stop Rape: www.mencanstoprape.org,
- A Call To Men: www.acalltomen.org

2. Durchslag, R. & Goswami, S. (2007) Deconstructing the Demand for Prostitution: Preliminary Insights From Interview With Chicago Men Who Purchase Sex. The Chicago Alliance Against Sexual Exploitation.

INTERNATIONAL SEX TRAFFICKING

THE ISSUE

Each year, there are approximately 600,000 to 800,000 victims trafficked across international borders throughout the world. The U.S. government estimates that between 14,500 and 17,500 of those victims are trafficked into the United States.³ Millions more are subject to American inter-state trafficking. Traffickers are often violent individuals who use force, fraud or coercion to enslave their victims. The grooming process for victims often includes rape, physical abuse, starvation, confinement, beatings, forced drug use, and threats to both the victim and the victim's family. Sex trafficking is a form of slavery.

DEMAND CHANGE

Everyday Actions

1. Stay updated on international sex trafficking in the news by reading traditional media sources, such as newspapers, as well as accessing new mediums such as blogs and listserves (for example "Call and Response" and "Not For Sale" (www.callandresponse.com, www.notforsalecampaign.org))
2. Lawyers can make a big difference in advocating for legal investigation and prosecuting perpetrators. Encourage your lawyer friends to contact the National Immigrant Justice Center (www.immigrantjustice.org) for training and Pro Bono opportunities. They can also download the training manual on civil litigation and trafficking from the American Bar Association website (www.abanet.org/domviol/tip).

Raise Awareness

3. Join in local awareness-raising initiatives such as the "Rescue and Restore" campaign. (<http://www.acf.hhs.gov/trafficking>)
4. Use your skills to raise funds and awareness about international human trafficking. For example, host an art show, facilitate a benefit concert, or organize a 5K to engage community members.

Volunteer

5. Go on an international volunteer trip through an organization like "Not for Sale" or "Cross-Cultural Solutions" to learn more about the issue globally and to provide direct service to victims. Even when traveling for pleasure, try to connect with a local anti-trafficking organization to learn more about its important work.
6. Identify anti-trafficking organizations in different countries and donate money or supplies based on their needs.
7. Help collect and pack medical supplies and equipment to be sent to shelters for survivors. Contact the National Immigrant Justice Center for places to donate: www.immigrantjustice.org.
8. Volunteer to help local organizations that address international trafficking, such as the STOP-IT Initiative through the Salvation Army (stop-it@usc.salvationarmy.org).

Advocate for Change

9. Lobby for international airline carriers to provide training manuals to all their flight attendants on how to identify trafficking victims (manual at www.innocentsatrisk.org).

Keep Learning

10. Keep learning about the issue and ways to get involved:
 - Bilateral Safety Corridor Coalition: www.bsccoalition.org/
 - Call and Response: www.callandresponse.com
 - Coalition Against Trafficking in Women: www.catwinternational.org
 - Gabrielle Network: www.gabnet.org
 - I stop Traffic: www.istoptraffic.com/
 - Initiative Against Sexual Trafficking: www.iast.net
 - Not for Sale: www.notforsalecampaign.org
 - Soroptimist: www.soroptimist.org

3. US Department of Health and Human Services
4. National Immigrant Justice Center

COMMERCIAL SEXUAL EXPLOITATION OF CHILDREN (CSEC)

THE ISSUE

Each year between 100,000 and 300,000 children are at risk for commercial sexual exploitation in the United States.⁵ Life for these children is often filled with violence, sexual harm, and emotional trauma. Children who run away from home or are homeless are at increased risk. Further studies have found that a runaway youth will most likely be approached to sell sex within 48 hours of being on the street.⁶ The majority of individuals in the sex trade enter as children and the consequences of sex trade involvement at a young age can be devastating. With the average age of entry into prostitution becoming increasingly younger, it is imperative that we work to end this harm.

DEMAND CHANGE Everyday Actions

1. If you suspect someone is a victim of CSEC, contact the CyberTipline, which is a reporting mechanism for cases of child sexual exploitation including child pornography, online enticement of children for sex acts, molestation of children, sex tourism of children, child victims of prostitution, and unsolicited obscene material sent to a child. Reports may be made 24-hours-a-day, 7-days-a-week online at www.cybertipline.com or by calling 1-800-843-5678.

Raise Awareness

2. Educate yourself about the National Public Awareness Campaign, Project Safe Childhood, and partner with this campaign to educate your communities (www.projectsafechildhood.gov).

Volunteer

3. Host clothing and supply drives for victims of child sexual exploitation in your community through agencies that serve them, such as The Dreamcatcher Foundation (www.thedreamcatcherfoundation.org).

4. Raise funds to help open a shelter for CSEC victims. If funds to open a shelter are not available, advocate to have specialized, gender-appropriate programs to provide care, recovery and rehabilitation for CSEC victims added to existing programs for homeless youth in shelters.

Advocate for Change

5. Contact your legislator and urge her or him to work towards the ratification of the Convention of Rights of the Child, including the optional Protocol on the Sale of Children. Download the advocacy kit at: <http://childrightscampaign.org/documents/Toolkit.pdf>

6. Encourage states to change their criminal laws so that child victims of prostitution are not arrested and treated as criminals. Lobby to have law enforcement re-focus the bulk of its activities on adult perpetrators of sex crimes against children: the pimps, traffickers and offenders who buy sex—not the children themselves. Meet with the community liaison of your local police department to strategize on how to make this happen.

7. Create coalitions of local small businesses, Chambers of Commerce, Better Business Bureaus, and political leadership to work together to develop solutions to the problem of sexual exploitation of youth, such as creating training and job programs.⁷

8. Lobby law enforcement and health care professionals for training on CSEC victim recognition and the protocols for connecting them with legal, medical, and social services.

9. Ensure that schools have curriculum that highlight the harms of CSEC, teach how to identify potential pimps and traffickers, and the role young men can play in ending sexual exploitation. Additionally, ensure teachers are trained on how to identify if a child might be a victim of commercial sexual exploitation. Examples are the “Tell Your Friends” curriculum provided by Fair Fund (www.fairfund.org) or “My Life My Choice” by Home for Little Wanderers (www.thehome.org).

Keep Learning

- 10.** Keep learning about the issue and about ways to get involved:
- Child Rights Campaign: www.childrightscampaign.org
 - Dreamcatcher Foundation: www.thedreamcatcherfoundation.org
 - End Child Prostitution, Child Pornography and Trafficking of Children for Sexual Purposes: www.ecpat.net
 - Girls Educational Mentoring Services: www.gems-girls.org
 - International organization for Adolescents: www.iofa.org
 - National Runaway Switchboard: www.1800runaway.org/
 - Project Safe Childhood: www.projectsafechildhood.gov
 - PROMISE: www.sapromise.org

5. Estes, R. & Weiner, N.A. (2001). The Commercial Sexual Exploitation of Children In The U.S., Canada and Mexico. University of Pennsylvania.

6. National Runaway Switchboard. www.1800runaway.org

7. Report of the Canada-United States Consultation In Preparation For World Congress III Against Sexual Exploitation of Children.

SEX TOURISM

THE ISSUE

Each year, thousands of individuals travel across international borders for sex tourism. Sex tourism is defined as: travel undertaken primarily or exclusively by men from developed countries, usually to developing countries, for the purpose of engaging in sexual activity, often of an extreme, forbidden, or illegal nature.⁸ Sex tourists often travel to countries with weak internal economic structures that leave children and women extremely vulnerable to the snare of sexual exploitation. Many of those being purchased for sex are victims of human trafficking or individuals with extremely limited life options. Sex tourists disproportionately target children and inflict life-long physical and emotional scars onto them.

DEMAND CHANGE

Everyday Actions

- 1.** Support tourism-related industries both in the United States and abroad that have signed the Code of Conduct for the Protection of Children in Travel and Tourism (www.thecode.org). Companies in the United States include: Amazon Tours, Carlson Companies, and ElaBrasil.
- 2.** Purchase a Tassa Tag (luggage tag) from tassatag.org. The funds from these tags train tourism industry employees how to take an active role against sex tourism and conduct community outreach about the problem.
- 3.** Read the Trafficking in Persons Report issued annually by the U.S. Department of State. Find out which countries are offenders and write a letter to their travel bureau and tell them you will not visit until they improve their efforts around human trafficking (<http://www.state.gov/g/tip/rls/tiprpt>).
- 4.** Before traveling, identify how to report an instance of sex tourism. Examples include when you see someone purchasing sex from a minor or a tour company organizing sex tours. Find out more at: http://www.unwto.org/protect_children/ or report at www.businesstravelers.org.

Raise Awareness

- 5.** Host a film screening of Bangkok Girl. It is accessible on YouTube or for purchase on Amazon.com.
- 6.** Raise awareness about the incidence and impact of sex tourism. Approximately 25% of sex tourists are from the United States. Change needs to begin at home.

Volunteer

- 7.** Homeless youth are one of the most vulnerable populations trafficked into the sex trade to meet the demand of sex tourism. Identify an organization working with this population to support with monetary funds or supplies.

Advocate for Change

- 8.** Ask travel agencies, hotels, and tour operators to sign the Code of Conduct for the Protection of Children in Travel and Tourism. Applaud and patronize those who have signed the code. (www.thecode.org)
- 9.** If you suspect a U.S. business is organizing sex tours, or someone you know is purchasing such a tour, report it to your local police department and/or attorney general's office.

Keep Learning

- 10.** The ECPAT (End Child Prostitution, Child Pornography, and Trafficking of Children for Sexual Purposes) Website lists great resources including training manuals, global monitoring reports, information booklets, and child-friendly publications. Educate yourself more about the issue and ways to take action and educate others (www.ecpat.net).

⁸. www.hometravelagency.com

INTERNET EXPLOITATION

THE ISSUE

The Internet has transformed the way perpetrators lure and recruit victims to sexually exploit throughout the world. With globalization quickly eroding traditional national and trade boundaries, the Internet has become a venue through which harmful exploitive practices have proliferated. We need to make the Internet safer for everyone.

DEMAND CHANGE

Everyday Actions

- 1.** Support work to help end sexual exploitation perpetrated through Craigslist. Write to the company expressing your concern about its lack of monitoring of the Adult Services section which recently replaced the Erotic Services section. If you come across an ad that looks like it is a minor who is being sexually exploited, contact the police. Join Love146's campaign to end exploitation through Craigslist by visiting its Web site: www.love146.org.
- 2.** Teach children to follow NetSmart rules (www.nchafc.org.uk) including not giving out their phone number, address, school name or picture on the Internet.
- 3.** Help teach youth to identify inappropriate internet interactions. Encourage open dialogue with children so they feel comfortable reporting any improper or uncomfortable online activity.
- 4.** If you notice exploitation of children online, call 1-800-843-5678 to report child pornography or visit www.missingkids.com to make a report.
- 5.** If you have children, consult Web sites such as ProtectKids.com and books such as "Kids Online: Protecting your Children in Cyberspace".
- 6.** Utilize WiredSafety.com, which is an online safety resource that has several resources devoted to addressing the various ways people are exploited on the Internet.

Raise Awareness

- 7.** Host a screening of the film: Traffic Control: The People's War on Internet Porn.

Advocate for Change

- 8.** Find out what your Internet service provider is doing about the issue of online exploitation, or petition them to do something about it.
- 9.** If your credit card company or internet provider is not part of the Financial Coalition Against Child Pornography, petition them to join or switch to a provider that is. The coalition of credit card issuers and Internet services companies seeks to eliminate commercial child pornography by taking action on the payment systems used to fund these illegal operations. Learn more at: www.missingkids.com

Keep Learning

- 10.** Learn more about the issue. Check out these Web sites for more information:
 - Illinois Attorney General- Safeguarding Children and Internet Safety: <http://www.ag.state.il.us/children/internet.html>
 - In Hope: www.inhope.org
 - Protect Kids: www.protectkids.com
 - Wired Safely: www.wiredsafely.org

1. Raphael, J. & Shapiro, D. (2002). Sisters Speak Out: The Lives and Needs of Prostituted Women in Chicago. Center for Impact Research.

PORNOGRAPHY

THE ISSUE

Although pornography enjoys first amendment protection, there is ample evidence that mainstream pornography can have harmful effects. Content-based analysis shows that standard pornography often depicts racist and intensely misogynistic imagery while at the same time eroticizing rape and other forms of violence against women. Interviews with men who consume pornography have additionally found that frequent usage of pornography negatively impacts intimate relationships, skews users' view of women, and makes men more tolerant of rape. When the pornography industry connects masturbation material with: eroticized racist portrayals, extreme acts of violence, verbal degradation, and the sexualization of children the results can be dangerous for women and children and the men consuming the hateful messages and imagery.

DEMAND CHANGE

Everyday Actions

- 1.** If you feel uncomfortable when someone jokes about pornography or their usage of pornographic material, call them out on it. Let them know it offends you and attempt to initiate a constructive dialogue about the issue.
- 2.** Join or create anti-pornography groups on the Internet or in the community. Sign anti-pornography petitions such as Stoppornculture.org or the Antipornactivist.com.
- 3.** Encourage strict enforcement of rules concerning access or use of pornography in your work environment. Look into ContentWatch.com.
- 4.** Support CP80.org, an effort to deal with pornography on the Internet by making it only available on certain "channels" so that people who want it would have to choose to access it. This would prevent pornographic spam from being distributed and would make it more difficult for children to access pornographic material.
- 5.** As many young men and women will invariably view pornography, encourage open dialog and for them to critically dissect what they are watching and experiencing.

Raise Awareness

- 6.** Purchase the PowerPoint slide show that highlights the harms of pornography entitled "Who Wants To Be A Porn Star?" with a written script from Stop Porn Culture: www.stoppornculture.org. Present it at interested community groups and forums.

Advocate for Change

- 7.** Suggest to your local police department that they start keeping statistics of how often pornography is implicated in local crimes or found at crime scenes. This data can help demonstrate or prove the connection of pornography to sex crimes.
- 8.** Encourage elected officials to enforce the Military Honor and Decency Act. This act prohibits the sale or rental of sexually explicit material on military installations.

Keep Learning

- 9.** Educate yourself about the potential harms of the pornography industry, particularly with mainstream, heterosexual pornography. Watch documentaries such as *The Truth About Sex* and *The Price of Pleasure*. Read books about the issue including: *Pornified: How Pornography is Damaging Our Families, Lives and Relationships* by Pamela Paul, *Female Chauvinist Pigs: Women and the Rise of Raunch Culture* by Ariel Levy and *Getting Off: Pornography & the End of Masculinity* by Robert Jensen.
- 10.** Learn more about the issue. Visit these Web sites for more information and ways to get involved:
 - Anti-Porn Activist: www.antipornactivist.com
 - Captive Daughters: www.CaptiveDaughters.org
 - Charlieerrl: www.charlieerrl.wordpress.com
 - Diana Russell's Web site: www.dianarussell.com
 - No Porn Pledge: nopornpledge.com
 - Object: www.object.org/uk
 - One Angry Girl: www.oneangrygirl.net
 - Stop Porn Culture: www.stoppornculture.com
 - XXX Church: www.xxxChurch.com

1. Raphael, J. & Shapiro, D. (2002). *Sisters Speak Out: The Lives and Needs of Prostituted Women in Chicago*. Center for Impact Research.

RAPE CULTURE

THE ISSUE

“Rape culture” means a culture where sexual assault is not only prominent and common, but also tacitly sanctioned through widely promoted attitudes about gender, sexuality, and violence. Rape culture is perpetuated by: misogynistic advertising; entertainment and other forms of media that sexualize violence; victim-blaming reporting of sexual assault; and the propagation of sexual assault myths.

“The transformation of a rape culture demands a revolution of values.”
–Transforming a Rape Culture⁹

DEMAND CHANGE

Everyday Actions

1. Interrupt jokes of a sexist, misogynistic, heterosexist, racist, and/or homophobic nature. If you laugh or say nothing when someone tells one of these jokes, you normalize intolerance and hate against marginalized groups.
2. Write a Letter-to-the-Editor if media coverage of sexual assault is disrespectful, objectifying, or victim-blaming.
3. E-mail complaints and concerns to advertising agencies, magazines, broadcasting companies, newspapers, etc. who participate in the production of images that degrade minorities or that glorify violence.
4. E-mail compliments to artists and public personalities who publicly take a stance against rape.
5. Refuse to buy products whose advertisements promote the notion that women should or do get sexual pleasure from being dominated or aggressed against.
6. Help dispel some commonly held rape myths: <http://www.d.umn.edu/cla/faculty/jhamlin/3925/myths.html>
7. Teach children to be respectful of one another, and celebrate perceived differences. Model for them that everyone has different skills and abilities that are based on their various backgrounds.
8. Engage male allies. Explain that rape is not simply a women’s issue, and that men play a key role in stopping rape.

Keep Learning

9. Continue to educate yourself about rape culture by reading books, such as *Transforming a Rape Culture* by Emilie Buchwald, Pamela Fletcher, and Martha Roth or by watching documentaries such as *Rape Culture* (www.cambridgedocumentaryfilms.org).
10. Learn more about the issue. Check out these Web sites for more information:
 - Feministing: www.feministing.com
 - Genderberg.com: www.genderberg.com
 - The Voices and Faces Project: www.voicesandfaces.org
 - Counterquo: www.counterquo.org
 - The Anti-Violence Resource Guide: www.feminist.com

9. Buchwald, E., Fletcher, P. & Roth, M. (eds 2005). *Transforming A Rape Culture*. Milkweed Editions.

CHILD SEXUAL ABUSE

THE ISSUE

The sexual abuse of children is rampant in the United States. Studies estimate that 25% of girls and 10% of boys experience some type of sexual harm during childhood.¹⁰ Such abuse is usually committed by someone the victim knows and trusts. The emotional and physical consequences of this abuse can last a lifetime, and survivors of childhood sexual abuse experience high rates of mental health and social functioning problems, and suffer extreme powerlessness, guilt, shame, stigmatization and low self-esteem.

DEMAND CHANGE

Everyday Actions

1. In order to intervene early in abuse, parents should educate their children about appropriate sexual behavior and what constitutes unwanted or uncomfortable physical contact. Parents should create a safety plan for their children if they do experience harm and ensure that lines of communication about these issues remain open. For a recommendation, visit: <http://www.familyctr.org/SA/SafetyPlan.pdf>.
2. Challenge media that sexualize children. Write to magazines and companies that use sexualized images of children to sell their products and boycott them until they change their advertising practices.
3. Child sexual abuse does not go away by avoiding it. It needs to be reported to your local child protection agency. Call the hotline if you suspect a child is being abused or have questions about reporting abuse. National Child Abuse Hotline: 1-800-25-ABUSE.

Raise Awareness

4. One of the reasons child sexual abuse continues to be a significant issue is because it remains hidden. Help raise awareness by setting up a movie screening with your friends or choosing a book about the issue for your book club. Both the book and film versions of *Bastard Out of Carolina* by Dorothy Allison are a good place to start.

Volunteer

5. If you are a college student, make sure that this issue is addressed on your campus by student groups and within your classes. If the issue is not being addressed, meet with teachers and groups to strategize on ways to incorporate the information into curriculum and existing classes. If no student groups are interested in working on this issue, start your own.

6. Donate your time or financial resources to an agency involved with ending child sexual abuse such as Chicago Children's Advocacy Center (www.chicagocac.org) or Prevent Child Abuse Illinois (www.preventchildabuseillinois.org).

7. Become a mentor to a child who has been sexually abused. Contact a local mentoring agency or organization in your area.

Advocate for Change

8. Make sure your child's school has a protocol for reporting sexual abuse. Ensure that teachers have proper training available to them to identify and deal with sexual abuse in children. Make sure that safety plans are in place in case a child is at risk or has experienced abuse.

9. Lobby your local hospitals and health clinics to train nurses and physicians to treat child victims of sexual abuse. Learn more about the Sexual Assault Nurse Examiner (SANE) trainings available to medical personnel and work to ensure that at least one SANE trained individual is on staff at medical facilities in your communities.

www.sane-sart.com

Keep Learning

10. Learn more about the issue. Check out these Web sites for more information:
 - American Academy of Child and Adolescent Psychiatry: http://www.aacap.org/cs/root/facts_for_families/child_sexual_abuse
 - American Psychological Association: <http://www.apa.org/releases/sexabuse/>
 - Child Abuse Prevention Network: www.child-abuse.com
 - Chicago Children's Advocacy Center: www.chicagocac.org
 - Child Help: www.childhelp.org
 - Child Welfare League Of America: www.cwla.org
 - The Health Care Notification Network: <http://www.medem.com/medlib/article/ZZZ1LW3YA7C>
 - Prevent Child Abuse America: www.preventchildabuse.org
 - Prevent Child Abuse Illinois: www.preventchildabuseillinois.org
 - Stop It Now: www.stopitnow.org
 - U.S. Department of Health and Human Services – Administration of Children and Families: <http://www.acf.hhs.gov/>

10. http://www.aacap.org/cs/root/facts_for_families/child_sexual_abuse

SEXUAL HARM AND RAPE

THE ISSUE

Although sexual harm and rape have reached epidemic proportions, our response to these crimes remains dismal. Every 2 minutes, someone in the United States is sexually assaulted.¹¹ Approximately 17.7 million women and 2.78 million men in the United States have been victims of attempted or completed rape.¹² But sexual assault is consistently underreported, because survivors fear—with good reason—that they will be ostracized, blamed, and not believed. Research demonstrates that the overwhelming majority of rapes are never reported (some estimate that only 5% of sexual assault survivors report the crime to the police) and perpetrators are rarely apprehended, let alone prosecuted.¹³ Health consequences of sexual harm include physical injury, sexually transmitted diseases, and unwanted pregnancy. Long-term consequences of sexual harm include post-traumatic stress disorder (PTSD), anxiety and panic attacks, depression, social phobia, substance abuse, obesity, eating disorders, self-harm, and suicide.

DEMAND CHANGE

Everyday Actions

1. If a friend discloses an assault to you, believe them, tell them they are not to blame, and work with them to identify options. Help your friend contact your local rape crisis hotline to hear more about access to medical, legal, and counseling services.
2. If you hear someone repeating the myth that girls and women lie about being raped, or blaming victims, say that no one deserves to have sex forced on them. Explain that rape is mostly not reported, rather than lied about, and remind them that every person is capable of not engaging in rape. The only person to blame is the perpetrator.
3. Donate sweatpants and sweatshirts to local rape crisis counseling services. Because many survivors leave their clothes with police for evidence in the emergency room, centers have these available for survivors to wear home.

Raise Awareness

4. Be vocal about the realities of rape. Many people believe that it is a rare occurrence, but 1 in 3 women and 1 in 6 men will be sexually harmed before the age of 18.¹⁴ Raise awareness among your friends, family, and colleagues.

5. Consider hosting an event during Sexual Assault Awareness Month (April) to provide a forum for people to share their knowledge about the incidence and impact of sexual violence.
6. Educate yourself and others about Rape Trauma Syndrome, a form of PTSD. Not only could this information be useful when talking to someone who has experienced sexual violence, but it also helps dispel myths about the link between “false reporting” and some survivors’ difficulty in remembering the exact details or chronology of their assault.

Volunteer

7. Most rape crisis hotlines and centers are dependent on a staff of volunteers who provide 24-hour, 365-day/year coverage. Consider volunteering your time to support their mission and work.

Advocate for Change

8. Thousands of rape kits sit shelved and backlogged for months before the state police crime lab tests them. Without physical evidence that corroborates a victim’s story, it is difficult to convict rapists. Often, rape kits are not processed until after the statute of limitations for the offense has expired. Meanwhile, rapists remain free and in some cases they attack again. Put pressure on your State’s Attorney and local government officials to make the processing of rape kits a high priority. Lobby your legislator to increase funding for the immediate processing of the kits.
9. If you are a student, ensure that your college has comprehensive resources for sexual assault survivors, including counseling and advocacy services. Make sure that the sexual assault policies meet the needs of students on your campus and are easy to navigate.

Keep Learning

10. Learn more about the issue. Visit these Web sites for more information and ways to get involved:

- Illinois Coalition Against Sexual Assault: www.icasa.org
- Project Respect: www.yesmeansyes.com
- Promoting Awareness, Victim Empowerment: www.pavingtheway.net
- Rape, Abuse and Incest National Network: www.rainn.org
- Rape Victim Advocates: www.rapevictimadvocates.org
- Sexual Assault Training and Investigations: hwww.mysati.com/
- Speaking Out About Rape: www.soar99.org
- USDOJ Office on Violence Against Women: www.ovv.usdoj.gov
- Victims Rights Law Center: www.victimrights.org

11. www.victimservicesnetwork.org

12. www.rainn.org

13. <http://kiosk.ucsb.edu/CampusSafety/RapeAndSexualAssault.aspx>

14. www.pcar.org

THE CHICAGO ALLIANCE AGAINST SEXUAL EXPLOITATION (CAASE):

CAASE believes in stopping sexual exploitation by directly addressing the culture, institutions, and individuals that perpetrate, profit from, or tacitly support sexually exploitive acts against people. To accomplish our mission, CAASE: seeks legal repercussions on behalf of survivors against perpetrators of sexual harm; advocates for policies and legislation that hold sexual exploiters accountable; creates and implements prevention initiatives including providing safe spaces for survivors to give testimony about their experiences; and develops resources that empower individuals and communities to stand with victims of sexual harm and take actions against sexual exploiters.

For additional information:

<http://www.caase.org>

THE JUSTICE PROJECT AGAINST SEXUAL HARM (JUSTICE PASH):

Justice PASH is CAASE's law project which provides low or no cost legal services to sexual assault survivors, including survivors of prostitution. Depending on the needs and goals of the clients, Justice PASH lawyers engage in civil litigation against perpetrators and facilitators of sexual harm, and advocate for appropriate and effective criminal prosecution of rapists and pimps. The project also advocates for public policies that increase the efficacy of criminal and civil laws against sexual violence and exploitation.

SOROPTIMIST INTERNATIONAL OF CHICAGO:

Soroptimist is an international volunteer organization for business and professional women who work to improve the lives of women and girls in local communities and throughout the world.

For additional information:

<http://www.soroptimist.org/>

