

## **SEXTRADE101**

### **Understanding the Psychological and Sociological Impact of the Sex Trade**

#### **Program Outline for Group Process** **Support & Exit Strategy**

*40 Hours*

##### ***Work Shop 1***

#### **Introduction & Group Agreements**

Group members are introduced. Hand-outs with all relevant program information, useful resources, and copies of group agreements and program outline are provided and discussed.

##### ***Work Shop 2***

#### **Gender Defined Roles/Sex Role Stereo Types**

Explore gender stereotypes in order to increase personal awareness of our attitudes and incorporate group feedback into self evaluation. This workshop may lead to the manifestation of a wide variety of beliefs, and the discussion should be carried out as the root to the outcome.

##### ***Workshop 3***

#### **Messages from Childhood**

Create a list of all the positive and negative messages received while growing up... Ask questions such as “Which messages have been personally incorporated as personal beliefs?” If you were a child again, what messages would you need to help you grow strong, healthy and confident?” Participants create a poster collage using magazine pictures etc of these messages.

##### ***Workshop 4***

#### **Sex and Money**

The social conditioning is that sex is dirty, yet we must be sexy and enchanting. This workshop is designed to unfold the many mixed messages we receive about sex and money, and explore conditioned beliefs inherited by society by taking a deeper look at our own relationship with money and our body.

##### ***Workshop 5***

#### **Intimate Violence**

Discuss domestic violence in its many forms. Define the cycle of violence and equate it to the abuse experienced and/or witnessed by those involved in the sex trade; peers, family members, friends etc. Encourage members to give examples of abuse and share their personal experiences by disclosing at their comfort level.

Various Mental Health issues are also discussed, i.e. Depression, Battered Women Syndrome PTSD, Stockholm syndrome, Captivity, and Self Harming. Work booklets are provided, along with hand-outs for support resources.

*Workshop 6*  
**Support System**

Members are encouraged to access a wide variety of supports and to evaluate the need for a strong support system. It's important they know they are not alone and that there are options for help. Questions asked: What is the importance of having good supports? What/who are your supports? Give members the task of researching three organizations that offer support, and contact and mission information, and share them with the group. Using their research, create a list of resources available.

*Workshop 7*  
**Costs & Benefits**

Group members share their positive and negative experiences while working in the sex trade by creating a cost and benefits list and generating a group discussion. Be sure to identify the all the risks. The underlying message should be... "Are these costs worth these benefits?" "Are these risks worth these costs?" "Are you able to obtain any of these benefits while working in main stream society?"

*Workshop 8*  
**Closing Group**

Celebrate the completion of the program with snacks and a small reward, i.e. certification of achievement. Provide a group exercise and an opportunity for group feedback and program evaluation.

*(1-day workshop)*  
**Speakers Seminar**

1. Peer
2. Former "User" (John, Pimp, Dealer)
3. Police Officer
4. Rape Crisis Activist (or SA Nurse)
5. Life Skills/Motivational Coach

*(2-Day Workshop)*  
**Life Skills Training/Resume Creation**

Group participants draw on their "transferable skills", volunteer experience, and workshops, training, and/or education they've accomplished. Interview techniques and proper etiquette are discussed, and a resume is created. Furthering education is most encouraged.

## **Outreach/Volunteer Opportunities**

Participants are encouraged to stay engaged with their community by offering volunteer services. This may include public speaking, street tours, outreach, and workshop and event preparation

## **Suggested Movies**

### **Dangerous Beauty**

A woman scornful of the limitations placed on women of her era. The sex trade is the only profession that allows for her to pursue learning, acquire possessions, and a forbidden relationship. Veronica is a courtesan to the very rich and powerful.

### **What's love got to go with it?**

The true story of Tina Turner, uncovers the secrets behind her singing career and her struggle with intimate abuse, addiction, and the healing process.

### **Monster**

A woman who prostituted at truck stops; traumatized by years of abuse and violence, snapped after being severely sexually assaulted and killed her johns. Based on a true story, she was the world's first female serial killer of her kind.

This program was developed by Natasha Falle, Founder of SexTrade101. These workshops have been implemented in a wide variety of settings across Canada, for nearly a decade. For use of this program, training and/or group facilitation, please contact [Natasha@sextrade101.com](mailto:Natasha@sextrade101.com), for permission.