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Rachel De Haan

Northwestern College - Orange City, rachel.dehaan@nwcsiowa.edu

Kallie Bakker

Northwestern College - Orange City, kallie.bakker@nwcsiowa.edu

Brittney Sween

Northwestern College - Orange City, brittney.sween@nwcsiowa.edu

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Domestic Violence and Sex Trafficking Among Adult and Minor Females

Rachel De Haan, Kallie Baker, Brittney Tucker

Social Work Department, Northwestern College

SWK: Community Systems

Professor Valerie Stokes

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Abstract

The organizers of this event recognized a need within their community to begin to understand that domestic violence and human trafficking are present and that they can do something to help. They began by gathering current information about what these two phenomena are, how they can be prevented, and how we can help when they return to society. The organizers then got to work by partnering with agencies in the community that specialize in working with individuals impacted by human trafficking and domestic violence and from there, prepared a community event.

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Introduction

Domestic violence and sex trafficking are prevalent across the United States, even amongst small, Christian communities. In order to keep the people, we know and love safe within our communities, we need to better educate ourselves. This literature review and event will bring the awareness and knowledge that is needed to start protecting the people we live with as well as giving them the courage that they need to begin taking manageable steps to help. Along with this, people receive the knowledge that they need to keep themselves safe against both domestic violence and sex trafficking. This all begins with awareness of both domestic violence, sex trafficking, and knowing how to empower other individuals.

Literature Review

Domestic Violence

According to the Iowa Coalition Against Domestic Violence (ICADV), “domestic violence is a pattern of coercive, abusive, and threatening behaviors aimed at gaining power and control over an intimate partner” (Intimate Partner, n.d.). These abusive behaviors can range from isolating one's partner from their support system, using children against the partner, manipulating, sexual assault, etc. In Iowa, roughly 35.3% of women and 29.3% of men “experience intimate partner physical violence, intimate partner sexual violence, and/or intimate partner stalking in their lifetimes” (Domestic Violence, 2020). This is a large number of people in Iowa alone who are experiencing the negative impacts of domestic violence.

Domestic violence has no limits based on race, lifestyles, religious lines, etc. However, while domestic violence impacts both heterosexual and homosexual couples, within opposite sex couples 95% of the victims impacted by domestic violence are women (Intimate Partner, n.d.). However, while more women are impacted by domestic violence, it is not solely a ‘women’s problem.’ For the sake of this literature review, we will be focusing more on the impact on women.

There are many ways in which individuals abuse their intimate partners. This is commonly described best by what has been named the Power and Control Wheel. This graphic identifies the different areas within which partners can be abused. These different ways include using coercion & threats, intimidation, emotional abuse, isolation, minimizing and denying, children, male privilege, and economic abuse (Havard & Lefevre, 2020, p. 233; Domestic Violence, 2020). Havard & Lefevre believed that “the Power and Control Wheel’s existing categories did not sufficiently account for...’technology-facilitated domestic violence’” (2020, p. 233).

In fact, these researchers found the use of technology in domestic violence so prominent that they adjusted the DDAIP Power and Control wheel, adding a circle around the outside to symbolize the surveillance aspect, as depicted in figure 1. Technology, particularly cell phones, have allowed for perpetrators to track their victims through GPS and therefore forcing more control on who the individual interacts with as well as the places that they are ‘allowed’ to go. Another form of abuse that happens is perpetrators manipulate their partners in

order to go through their phone and have complete access to it. This further limits the victim's rights and resources (Harvard & Lefevre, 2020, p. 233).

Furthermore, domestic violence leaves a deep mark on a person. In one study, it was found that women who survived domestic violence often experienced mental illness associated with interpersonal violence. According to Johnson and his partner, sixty-three percent of survivors experienced PTSD, as detected by the Posttraumatic Diagnostic Scale. Of the same participants, eighty-two percent displayed mild depression while twenty-six percent were presenting with more severe depression. Along with this, women in this study who had survived domestic violence also reported about four life-time traumas (Johnson et. al, 2003). Within all this data, it is obvious to observe that women who experience interpersonal violence with a significant other or spouse experience several harmful impacts on themselves.

This then begs the question of: why do battered women stay in their abusive relationships? To this question, there are a great deal of barriers that prevent women from leaving. One of the reasons that women stay in these relationships is embedded in the nature of the abuse cycle. Survivors often believe that their relationship can be saved and that their partner will change. Another percentage of women return to their abuser because of feelings of loneliness and loss that occurs during the separation (Follingstad et al., 2001). Another reason that individuals stay in abusive relationships is due to economic hardship. Many women know what a challenge it can be for single moms to be on their own, especially if their abuser has not allowed them to work outside the home. Another factor that prevents leaving is children.

Many times, when children are involved the decision to leave gets harder due to a variety of reasons. Lastly, many women experience a lack of support from their families, friends, and police or judicial systems. All these factors combined makes it infinitely harder for women to make the decision to leave (McDonough, 2010).

Figure 1



What is Sex Trafficking?

Sex Trafficking is an enormous violation of basic human rights. It is a public health problem as well as a social service issue and is considered a crime. Human trafficking is a complex global phenomenon that effects about 4.8 million individuals worldwide. (Haney et al, 2020). Sex Trafficking is defined as “a commercial sex act that is induced by force, fraud or coercion (Haney et al, 2020). According to the National Human Trafficking Hotline, they received approximately 11,500 reports as of 2019 in the US (Caralin & Fallik, 2021). Sex Trafficking can affect anyone regardless of their gender, socioeconomic status, race, nationality, sex, and immigration status. However, it disproportionately affects women and young girls.

It is important to note several other terms when describing this population. DMST which is domestic minor sex trafficking and commercial sexual exploitation of children or CSEC and CSE commercial sexual exploitation (Browne et al., 2021), (Lavoie et al., 2019). DMST refers to U.S citizens or minors. Even if fraud, coercion, or force was not used it is considered DMST and CSEC for any person under the age of 18 (Browne et al., 2021). Approximately, 100,000 DMST juveniles are victimized each year with the average age being 12-14 years old (Browne et al., 2021)

What are the Risk Factors for Women and Children Being Trafficked?

Traffickers use many methods or a combination of methods to exploit their victims' using threats, fraud, abuse, debt bondage withholding documentation or substance dependency

(Caralin & Fallik, 2021). Female youth, women, and children are among the most at risk for sex trafficking. It is essential to note that Children, adolescents, and young adults' experiences in sex trafficking can vary tremendously. It disproportionately effects women and children because they tend to be associated with lower socioeconomic status, lower educational opportunities as well as a history of past sexual abuse (Caralin & Fallik, 2021). Children are susceptible to trafficking because of their limited financial stability, emotional and physical risk-taking behaviors. Children who have a history of maltreatment, substance abuse, or involvement with child protective services (CPS) are also more at risk because they have been exposed to foster homes, or group homes, for years (Moore et. al., 2020), (Lavoie et al., 2019)

Children can be recruited, forced, or manipulated by intimate partners, family members, friends, and other third-party participants such as pimp-controlled prostitution. (Fedina et al., 2019). Youth are vulnerable because of their limited life experience, their developmental capacity to think critically, lack of awareness of coping mechanisms as well as smaller support networks (Moore et. al., 2020). Most victims are adolescents because this is a time in their lives where they are more likely to take risks, such as experimenting with drugs, engaging in sexual activities, and being influenced by negative peers, along with a tendency to not tell adults in their life. Developmentally they are seeking interests, exploring their identity, and expanding their autonomy (Lavoie et al., 2019).

The following is a list significant risk factors for individual to be more likely to be sex trafficked or signs of being trafficked. If the individual has a substance abuse, mental health

issues or concerns especially from a younger age if they are currently engaged in commercial sex work, have a negative self-image, have had ten or more sexual partners, and have an intellectual disability, sell drugs, or have had multiple arrests. Other individual risk factors and signs include LGBTQ youth, homeless and runaway youth, having STI's or HIV, early sexual activity, if they have been in the child welfare system, foster system, group home, have experienced adverse childhood experiences (ACEs), have had multiple emergency medical visits. They may be showing signs if they have difficulty in school and impairment with school activities, have experienced intimate partner violence, have engaged in survival sex, gotten multiple school suspensions, show a lack of sexual discomfort, aggression, or have made suicide attempts, (Haney et al, 2020). Victims may also be at risk if at least one of their family members or caregivers have a history of sex work, substance abuse, been arrested multiple times, or have friends who purchase sex.

LGBTQ children are more at risk to be trafficked than heterosexual youth because they experience higher rates of physical and sexual, and substance abuse, homelessness, and mental health issues (Browne et al., 2021) Traffickers prey on these children because they can offer them basic needs. Youth who have a history of being involved in child protective services, have run away, or been homeless are also at greater risk because they are more likely to be in places where there is limited parental supervision which can expose them to abuse and poverty (Moore et. al., 2020). Children are also likely to engage in what is known as “survival sex.” Survival sex is essentially when an individual engages in sex acts such as pimp-based street prostitution,

stripping, and other sexual acts to meet needs such as for money, food, shelter, drugs, or gain other valued items. (Browne et al., 2021)

What are the Implications of Sex Trafficking On women and Children?

Sex trafficking victims and pimp controlled, or street prostitution of women and youth can experience a variety of health and emotional issues. They are at risk for being exposed to STI's, HIV, hepatitis and other infections, harassment, sexual violence from buyers and trafficker, having multiple pregnancies and being beaten for become pregnant which can lead to miscarriages as well as forced abortions which can cause further gynecological issues and reproductive damage such as infertility. They are often subjected to long term consistent physical abuse and force. This can include things like broken bones, physical head trauma, and burns as well as restricted movement in their environment so their traffickers can assert control over them with this form of mental and physical abuse. (Haney et al, 2020), (Fedina et al., 2019).

Many survivors develop chronic disease, violence, and substance abuse disorders. For those who have experienced childhood trauma can also cause long term mortality as well as morbidity (Haney et al, 2020). Many victims may become comorbid with diagnosis of anxiety, depression, and PTSD. They might have their teeth extracted, chronic back pain, high blood pressure, blood clots, and fibromyalgia among other health complications (Kometiani & Farmer, 2020). Because survivors experience complex repeated trauma it can lead them to have issues with identity. They also tend to develop issues with trust and safety which can lead to

feelings of being out of control, can damage their self-worth and change their worldviews. They can also have a sense of disconnect with other people (Kometiani & Farmer, 2020).

Systemic Barriers for Victims and Survivors Receiving Assistance

Even when they have left a trafficking situation, survivors still face familiar, legal, economic, physical, and mental issues. Survivors of sex trafficking find that they face long term consequences even after they have been rescued. They often struggle to find long term economic stability, independence, educational and employment opportunities. This can occur because they lack legal residency, job training and education. Individuals might not have had an opportunity to develop a prior legal employment history. Over half of survivors have been wrongfully identified as criminals and find themselves in the criminal justice system or have had a history of being in the system for other reasons they struggle to find stable housing. So, many survivors depend on the government welfare systems to meet their basic needs. (Caralin & Fallik, 2021).

Unfortunately, there are a lot of myths around sex trafficking and its individuals due to how the media portrays them. This leads to false information being spread and portrayals of victims that are inaccurate. The media often displays victims of trafficking as innocent, young, vulnerable children that show visible signs of physical abuse or confinement. The media also depicts sex trafficking as something that happens internationally, that the victims are dirty as well as immoral, and that it is always violent. We know that this is not always true as victims come from all backgrounds. It is well known that it is a multidimensional problem that is influenced by a combination of many interpersonal and systemic factors (Browne et al., 2021).

The media would say that arresting traffickers and rescuing survivors is enough to solve the issue. However due to its complexity, hearing multiple survivors' voices is more powerful than a filmmaker's perspective regarding addressing the bigger systemic issues as well as bringing awareness on how sex traffickers operate (Haney et al, 2020).

Traffickers get victims by enticing adults and children with an offer of large and fast amounts of money or gifts, feelings of empowerment, exciting lifestyles, and a sense of belonging, because traffickers are often already close with their victims (such as family, romantic partners etc.). Traffickers manipulate their victims by instilling a sense of loyalty and or fear by developing complex emotional and psychological relationships with their victims' known as 'grooming mechanisms'. Therefore, their victims may not self-identify as being trafficked or acknowledge their involvement (Moore et al., 2020). Victims are also prone to create trauma bonds with their traffickers and assume that their traffickers love and care for them. Victims can also develop Stockholm syndrome with their traffickers. Stockholm syndrome is when they develop positive attachment and feelings to their abusers (Mehlman-Orozco, 2020) Additionally, a lack of resources and support for victims' recovery can lead them to return to their trafficker as a matter of survival (Caralin & Fallik, 2021). Objective evidence like pictures or videos is rare unless in the case of pornography so legal interventions are in the hands of victims. Victims are reluctant to disclose their circumstances for several reasons as noted above. This makes it extremely difficult to prosecute traffickers (Lavoie et al., 2019).

Police primarily focus on sex trafficking of minors because it is considered more serious, but their perceptions of what sex trafficking looks like does not support most case portrayals. Police are unclear about what constitutes sex trafficking (Haney et al, 2020) as it can be a gray area such with sex work and prostitution. One study showed that police arrested trafficked and non-trafficked women at about the same rate. This distinctly demonstrates that legal justice system falls short in identifying and recognizing commercial sex victims (Haney et al, 2020).

This causes problems because it prevents victims from being accurately identified and getting the help that they need which leaves victims marginalized. Misleading portrayals can affect helping professionals, such as social workers, health care workers, teachers, law enforcement and prosecutors can influence their knowledge and attitudes. Police often fail to make reports because of lack of evidence, knowledge, and lack of an ability to identify victims. (Browne et al., 2021), (Caralin & Fallik, 2021). Police might have a challenging time differentiating a minor as suspect as opposed to a victim because minors and victims in trafficking often have a criminal history such as delinquency, prostitution and other activities (Lavoie et al., 2019).

To make matters worse survivors who are immigrants are met with additional barriers because they are deterred from seeking help from the criminal justice system because of fear of being deported. Therefore, survivors cannot access the most common U.S state laws regarding human trafficking that provides services such as medical assistance, legal defense, restitution,

housing, and more. So, survivors are often left to deal with the mental, health and financial reinfarctions (Caralin & Fallik, 2021).

Despite an increase in research and altering policy there is still a limited understanding of state human trafficking statues (Caralin & Fallik, 2021). There is a gross underestimate of the prevalence of sex trafficking in the US (Lavoie et al., 2019). There is a need for more evidence-based practice and literature to better understand the public health, and social work implications and to gather a large scope systematic perspective of sex trafficking (Haney et al, 2020) in the U.S to better address way to help.

Empowerment Prevention

Are Policies Helping?

People are sometimes great at giving advice of what they think victims should do. Is that advice helpful? In theory advice can be helpful but it is not. The procedures that are in place now to help victims of trafficking vary in differences between adults and adolescents. Children and adolescent trafficked survivors should be afforded specialized services that help them regain control of their lives while offering their voices to help other survivors. The threat of revictimization is too severe. Specialists must not back away from the challenge of adolescent victims who need help the most. With this approach, adolescent victims have a chance to achieve rehabilitation and conquer threats of revictimization while playing a role in the process (Gouty, A. H 2015). In so many cases with children, especially in America, their voices are taken away due to following parents' best wishes. For adults that are seeking assistance from either sex

trafficking or domestic violence tend to lean towards a shelter or agency. In some cases, these agencies can do more harm than good. For example, if the organization's policies do not promote empowering practices, the advocate is not likely to respond to clients in this manner. It is also possible for DV crisis settings to have disempowering policies that contribute to staff using practices that inadvertently remove survivors' power (Nnawulezi, N., Sullivan, C. M., & HacsKaylo, M. 2019). Sometimes the policies in place need to be adjusted. In order to accomplish this, we need the voices of survivors and those who are still victims to help make a change.

Domestic Violence Prevention

Domestic Violence is something that we as humans do not want to hear about or that it happens, but it is all around us. Most times it is one of those events that you think will never happen to you and that it only happens to families on the news but more than likely it is your next-door neighbor. One way to help prevent this type of violence from happening is to provide education for those that have or could be affected. A research study was conducted on a safe dating program that was designed by former mothers of domestic violence. These mothers put together a program that consisted of six booklets for mothers and daughters. The overall goals of the MTSD (Moms and teens for safe dates) program are to motivate and facilitate mothers' engagement with their adolescents in carrying out the dating abuse prevention activities

described in the booklets in order to enhance protective factors and decrease risk factors for dating abuse and, ultimately decrease dating abuse perpetration and victimization (Foshee, V. A et al, 2015). The study demonstrated that in some cases it did decrease the risk of dating violence but there still needs to be more research conducted.

Another area that helps in empowering women who have experienced domestic violence is those in religious communities. These women have been taught from an incredibly early age to submit to their husbands and that if something happens, they must not be doing enough for their husbands. Religious leaders have also taught them that it is a sin to leave and or divorce their husband because they took an oath before God. This teaching is detrimental to women within the religious communities because it is teaching them that they do not matter and are only worthy if they have a husband, even if he is abusive. A program, that is dedicated to empowering women of faith who are survivors of domestic violence, wrote up a grant proposal to receive funds from The Office of Violence Against Women to educate women of religion on domestic abuse. The goal of this program is to provide a culturally relevant prevention curriculum. This program will focus on; encouraging women victims of domestic violence, reduce recurrence of victimization, inspire healthy relationships, and reduce biblical misinterpretation of her value and worth. Objective one of this empowerment program is to educate the participants on the cycle of violence (Cody, K. L. N. 2013). One of the best ways in which we can empower women is by giving them the education that they need to break the cycle

Sex Trafficking Prevention

Women are always told to be very vigilant when they are alone out in public. Why is this? Because women are stigmatized as being extremely vulnerable to being taken and put into sex trafficking. While research around victims of sex trafficking is growing, there are still very few studies that examine the sex industry from the perspective of the victim. Data that demonstrates the victims' experiences in the realm of sex trafficking are virtually absent from the literature. Very little is known about how individuals are recruited or coerced into sex trafficking; an area of concern recently raised. Much of the existing literature on trafficking gathers information from social service agencies and law enforcement. However, the data continues to ignore the most essential source, the voice of the victim (Hernandez, C. 2014).

Prevention with sex trafficking is not only about education but it needs the help of the government. Enough cases involve crossing not only state lines but also international lines. “Stopping human trafficking is a very big goal—and it’s one that the Department of Justice takes seriously. We plan to continue to do this work—to continue to find ways to be even more effective, efficient, and creative in building cases, convicting traffickers, and doing our part to help victims recover—until we have won the fight against this profoundly dehumanizing crime” (Williams, B. A. 2018).

Leaving sex trafficking is almost impossible. Most who are involved do not have the resources to get out and they are always in constant fear. The entire exit path is a process of empowering victims of sex trafficking. This process entails the rebuilding of one’s own self-

esteem, regaining trust in oneself and in others, as well as reclaiming control over one's life up to the point that one then desires to help those who are in their former condition (Ferrari, C. 2021).

Prevention for All

Providing proper services to those who are impacted can make a dramatic difference in their life. Of all the services that might be provided to victims of partner violence or sexual assault, safety planning might be most critical given that it can be a useful tool in helping victims manage their fear, anxiety, and potentially reduce their likelihood of revictimization (Logan, T. K 2018).

Methods of Outreach

For our community project researchers implemented an awareness campaign that included an online portion. The awareness campaign was combined with a community organizational component. This project began because each organizer felt passionate about advocating for those who have experienced domestic violence and human trafficking. Organizers wanted to bring awareness to these issues that mostly affect women and discover ways to empower women.

Awareness campaigns have been implemented in previous literature. One study conducted in North Cyprus wanted to know how effective it was to include media in an awareness campaign for breast cancer care. The results of this study showed that including print media, social media, electronic media, along with an interpersonal approach was significant for raising awareness for breast cancer care. Research from this study suggested that health

management agencies should also include media in their awareness efforts (Onyenegecha et al., 2021).

Another study took on an analytical approach to designing an awareness approach to counter human trafficking. The study notes that awareness campaigns to combat trafficking is the most common method used. However, little literature has been conducted for the technical solutions related to the impact of assessment, analysis, and evaluating alternatives for implementing awareness campaigns. The study applied a resource allocation method to help determine how to allocate funds and increase awareness methods for at-risk populations in Nepal. The results showed that at the highest levels that 3,011 individuals became aware of human trafficking with the total budget of \$650,000 reaching people on mostly rural areas (Konrad, 2019).

One study took a critique to how awareness campaigns were conducted in response to trafficking in South-West Nigeria. The study was about Child Domestic work which is an issue related to human trafficking where parents and children are tricked into labor trafficking. The study states that the awareness campaign of this study misrepresented child domestic workers and their parents' attempts to address their children's issues that they faced. The results from the study showed that awareness creation as a response to trafficking is simply not enough on its own and that the focus should be on addressing the structural root cause of trafficking for migrants (Olayiwola, 2019).

Considering the previous literature (Konrad, 2019), (Olayiwola, 2019), (Onyenegecha et al., 2021), this community organization project is an awareness campaign. The purpose of our campaign is to bring awareness to community members as well as students on campus about the

prevalence, prevention and resources that can be utilized to prevent domestic violence and sex trafficking in the local area as well as globally. After reaching out to several community leaders, in areas of domestic violence and sex trafficking prevention research became aware of the resources and assumptions in the community. Researchers discovered that many people in the community had misconceptions of where and how human trafficking occurs. Many community's members believed that human trafficking and domestic violence was less likely to occur in their own backyards and more likely to occur in big cities. It is well known from the literature review that domestic violence and trafficking can occur anywhere and happen to anyone regardless of age, sex, race, and geographic location (Haney et al., 2020), (Caralin & Fallik 2021). Thus, researchers wanted to bring awareness that human trafficking and domestic violence does happen in small communities as well as globally and provide resources for survivors of such violence.

The organizers raised awareness by partnering with an organization called Free the Girls (<https://freethegirls.org/>). This organization delivers bras that have been donated and shipped to their locations. From there Free the Girls sends these bras to women all around the world to help empower them and free them from a life of sex trafficking. Women can then use these bras to have for themselves or sell them in order to start their own business. Women in countries like Mozambique and El Salvador are often treated with more respect and can earn power by having a clothing item that is often taken for granted in the Western world. The organizers were able to set up multiple bra donation boxes in public areas such as a church, buildings on college campus, and local coffee shops, among others.

At each drop box location, posters were placed near them that described Free the Girls global mission as well as the goals and organizational projects, respectively. The Posters included information on sex trafficking as well as on domestic violence. Organizers also connected with local thrift stores to collect any bras that had been donated to them. A brief written description of the organizational and awareness campaign was written up and sent to different churches so that it could be included in their weekly church bulletins. To bring awareness to more people the researchers also posted on social media about donating bras and where drop off boxes were located. Organizers gathered people to package the bras into boxes to be shipped off after the drop off period by talking to churches and local businesses where drop boxes were placed. The organizers also used social media to help market their event. Several members of the community came out to assist in packaging the bras that were donated.

Method of Engagement

One of the ways that the organizers engaged with the community was by speaking with several different agencies from the area who were experts in domestic violence as well as human trafficking including Family Crisis Center, SafePlace, and the Genesis House. Throughout these different meetings, the organizers were able to grasp different ways in which we could help. In one meeting, a local organization (Family Crisis Center) requested assistance with setting up a domestic violence awareness display in the mall. The goal of this display was to show how many individuals were killed by domestic violence from the mid-90's until this past year. Upon talking with Genesis House, the organizers decided the best method would be to complete something

that was time sensitive but also raised awareness within the community. This came about in the form of a bra drive, with several drop off locations and a packing party before sending them to the proper places.

Method of Strategy

After talking with the local agencies to get a better idea of what would best raise awareness in the community the organizers moved on to the next step, marketing. With this the organizers emailed local churches and thrift stores asking if they would be willing to have a collection of bras for our event. The organizers put informational fliers (Appendix A, pg. 29) around campus and posted them on social media. These fliers brought awareness to the cause and event. After the initial awareness is brought then the organizers hold the event. The bras were picked up from the drop off locations and taken to the RSC (Rowenhorst Student Center) where organizers hosted a packing party. At this party, the organizers provided snacks, further information about sex trafficking, and packaged the bras as a group. This packing party consisted of local volunteers and after the bras were packed, they were then shipped to the Free the Girls primary operating base.

Method of Organizing

The organizers wanted to bring awareness to domestic violence as well as sex trafficking. After talking with valued agencies in the community, the organizers partnered with FCC to assist with setting up their yearly domestic violence educational display. This display was set up at the local mall and displayed some of the stories of the individuals who have died at

the hands of abusers in Iowa from 1995 until the present day. The organizers set up chairs, each representing two individuals who had been murdered through domestic violence. This set up also included information about FCC and offered additional resources.

The organizers also wanted to include another way to get people involved while educating them about sex trafficking and how these horrific acts take place within our small communities. The organizers chose to partner with an organization by the name of Free the Girls which encouraged people to host bra drives in order to give them to survivors.

Organizers brainstormed various locations around town where people could drop off their bras. From this, organizers contacted local coffee shops and churches as well as Northwestern's student life office to see if they would be willing to provide a location for a bra drop off site. The organizers then posted awareness around town to encourage people to drop off their items. Organizers also requested blurbs to be made in church bulletins to help raise awareness of our event and ask for monetary donations for shipping.

Lastly, the organizers worked to plan a packing event. Through this packing event, organizers worked to encourage college students as well as community members to come and package up the donated bras to send them off to the Free the Girls organization. Students were enticed to participate by having snacks available and a come-and-go environment.

The researchers engaged community members and the Northwestern campus by placing drop off locations throughout the community. While doing this informational posters were placed with the boxes and on social media platforms. The number of bras received along

with monetary donations is how the group will be able to assess the impact that has been made on the community. The researchers will also be able to assess and intervene while having the packing event. Questions can be answered, resources will be given, and community togetherness will be promoted. Humans are naturally creatures of habit which means they like to stay in their own environment that does not normally change. By placing small things throughout their environment to bring awareness can cause them to be more observant and purposeful in prevention.

Wrapping Up

Reflection

The major results of our community event were to increase awareness of domestic violence and human trafficking to students on campus as well as community members. The organizers organized a bra drive to donate to Free the Girls, an organization that empowers women around the world who have experienced domestic violence and trafficking. Organizers also raised money donations to help with the shipping and packaging costs to send it to the organization that will then distribute them to women in places who can benefit from them. Along with the bra drive we hosted a packaging party, where volunteers in the community and on campus could come and help us sort and package the bras. The results were successful for the quantity of bra donations that we received. The organizers had a handful of people who volunteered and attended the packing party, but the majority were college students.

The organizers also helped a local agency to set up a domestic violence display at a local mall to raise awareness for domestic violence. The display included setting up about 179 chairs. On each chair we taped two pieces of papers, each paper represented a woman, man, child, infant or unborn child that was killed in a domestic violence murder since January 1, 1995, in Iowa. There was a total of 358 individuals who were represented in the display. This display was powerful to the organizers in terms of their own personal awareness and empathy for the survivors of domestic violence. Putting the display together, and painstakingly taping each paper was very eye opening because each piece of paper included the month, day, and year the individual was killed as well as how old they were when they died. This showed that there is no age limit to domestic violence as it can quickly become dangerous for both adults and children alike. Along the chairs were several large posters each describing an individual who had passed due to an incident with domestic violence that was written to them by a family member. These posters also included the date and age of the individual when they passed away.

The display also included life size silhouette cut out of the people who were also murdered. The entire display was heartbreaking and eye opening. You could not help but not be saddened. The intent of the display was to allow people to walk up and down the aisle of the chairs to see the pieces of papers and pictures to raise awareness and facilitate compassion as well as empathy. The display helped you to put yourself in the shoes of the individuals that were impacted and the family members that were affected by the preventable death of their loved

ones. Setting this display up was helpful for how the organizers could approach our event (See pictures A and B).

The organizers were able to make several observations that reflect human behavior and the social environment as well as other theoretical frameworks that impacted the evaluation and outcome of the community event. To begin, the organizers first considered the role that human behavior plays in how people interact with one another and their community. The organizers recognized that people have good intentions and are usually willing to help. However, most people were more willing to drop off donations rather than donate their time to volunteer. People's willingness and desire to donate most likely comes from the natural human desire to want to be accepted, fit in, as well as be a part of something bigger than oneself. This might include a desire to assist those that are oppressed, such as our target population. People want to help because it feels good to contribute and it makes them feel good about themselves and that they have been productive.

When we examine the social environment and person in their environment, we must consider that the event took place in a small town, in a rural area of the Midwest. The community is one that is quick to respond when there is a need that needs to be met, such as when a local agency, church or organization is requesting donations. Therefore, we had a lot of donations. Drop off boxes filled up quickly because people were more inclined to help when the method of assisting was quick and effective when compared to helping in a way that required a lot of time. People want to feel good about themselves and donating was a way that people could help a

population in need without investing a lot of time but still could know that they have contributed in some way. People also have a natural tendency to want to belong or be a part of a community. Since this was a community event, volunteering or donating either bras, money, or their time satisfied their desire to be in and part of a community.

People live and interact within multiple systems this is illustrated by an ecomap. An ecomap can show family, community, friends, school, sports teams, church groups and other systems that a person may be involved with, and some of these overlap with one another. According to simplypsychology.org Bronfenbrenner's bioecological model is based on the idea that the relationships we have with our primary caregivers are impacted by our systems such as our community, school, and work. We do not live independently in our environment, but our society often pushes us to live individualistic lives. Many of the volunteers were either students, family, or friends of ours. They came because of their relationship to task group members.

One method of evaluating the outcome of our community project was that the organizers asked their family and friends that attended the event for their feedback and opinions about how the event went. Some volunteers stated that they found the quiz portion that was given to them at the beginning of the event was helpful and that it had encouraged them to think about the effects of trafficking. Some individuals stated that the quiz was impactful for them because it tested how much they knew about human trafficking. The questions helped them to determine their knowledge and addressed common myths and misconceptions around the issue of trafficking. The volunteers that were asked about it said that they learned more from the

quiz portion because we also provide answers and responses to the myths which helped them learn more about human trafficking.

The organizers determined the success of our marketing strategies by the total number of bras and money that was donated. The estimated number of bras that were donated was about 200 bras. Organizers focused a lot on marketing and posting on social media so that contributed to part of our success in terms of the large amount of donations that were received. They also assessed people's awareness and understanding of human trafficking before informational documentaries were played as well as extra materials available that gave further facts about human trafficking. Based on the volunteers' answers to the true and false quiz questions the organizers could determine how many people believed the myths were true. All questions on the quiz were false, our volunteers' responses gave them an opportunity to inform and educate the volunteers of the realities of trafficking.

Critically Analyze

The organizer's goals were to raise awareness of sex trafficking and domestic violence for people in the local community as well as on campus. They wanted to collect bra donations from the community in order to donate them to the Free the Girls organization in order to assist survivors of human trafficking and domestic violence. Lastly, the organizers wanted to motivate students and community members to help us package the bra donations that were collected. Taking the volunteers feedback of the event into account we did enlighten individuals

on campus about human trafficking as well as domestic violence through the event and marketing.

Some locations were more successful in terms of how many bras were brought to that location. The drop box at Townsquare, a local coffee shop, was overflowing with bra donations. While locations such as the one in Raemaker student building on campus had little donations that were dropped off there. The drop box locations that were placed in multiple women's residence halls were semi successful in terms of donations.

As mentioned previously, the organizers had a lot of donations (see picture B) and not as many volunteers. Although they were successful when it came to social media posts and marketing they were not as successful when it came to personally recruiting people to come to our event. When we broke down the volunteers that came to help package the bras, we had a significantly greater amount of college students compared to community members (see picture D).

Some of the advertising and marketing techniques were successful. These techniques exposed people to the details of our even such as where the drop box locations were as well as the date and time of the packing event. The poster that was used in social media posts was simple, colorful, and straight to the point. This helped spread the knowledge about the event in a quick and effective manner. The organizers displayed the poster at events where large numbers of students were gathered such as chapel and through emails. Organizers also used Trinity, a local church, to help expose individuals to this event by putting a small blurb in the weekly

bulletin. Donation locations were placed in high trafficked areas with a mix of both community and compass locations.

Another strategy that was used to recruit people was the incentive of food and candy. We offered each volunteer that came to our event freshly popped popcorn in a movie theater popcorn machine as well as candy. Food and candy alone were not good enough motivators to some volunteers. Other methods that did not work was the location of our event. Our event was located on a basketball four court area that is positioned behind a fitness center. So, people had to walk through a building as well as the gym area in order to get to the event. This provided a noisy and unfocused atmosphere as well as being out of the way for many individuals.

This event may have been more successful if the organizers had more time to plan and recruit people. The benefit of having more time would provide a greater opportunity to do more, such as having an interactive simulation and a speaker share their experience. The true and false quiz worked to raise awareness as well as to educate. However, the videos that played appeared to be less effective, according to participant feedback. These videos could have been more effective if they were more applicable and geared towards the area that the event was held in. Another factor that could have helped would be more electronic awareness about the event itself.

Regardless, the organizers were still able to gather a large amount of donations and did have individuals to package them. The volunteers who did attend the event displayed positive

feedback regarding the true and false quiz that was given. This means that the volunteers in attendance did encounter new knowledge about human trafficking and did increase their awareness.

The organizers measured success by the amount of people that attended the event as well as the number of donations received. After the event, the organizers asked the volunteers for some feedback which revealed that they had increased their awareness to human trafficking through the informational videos shown, as depicted in photo C, as well as the quiz that was used.

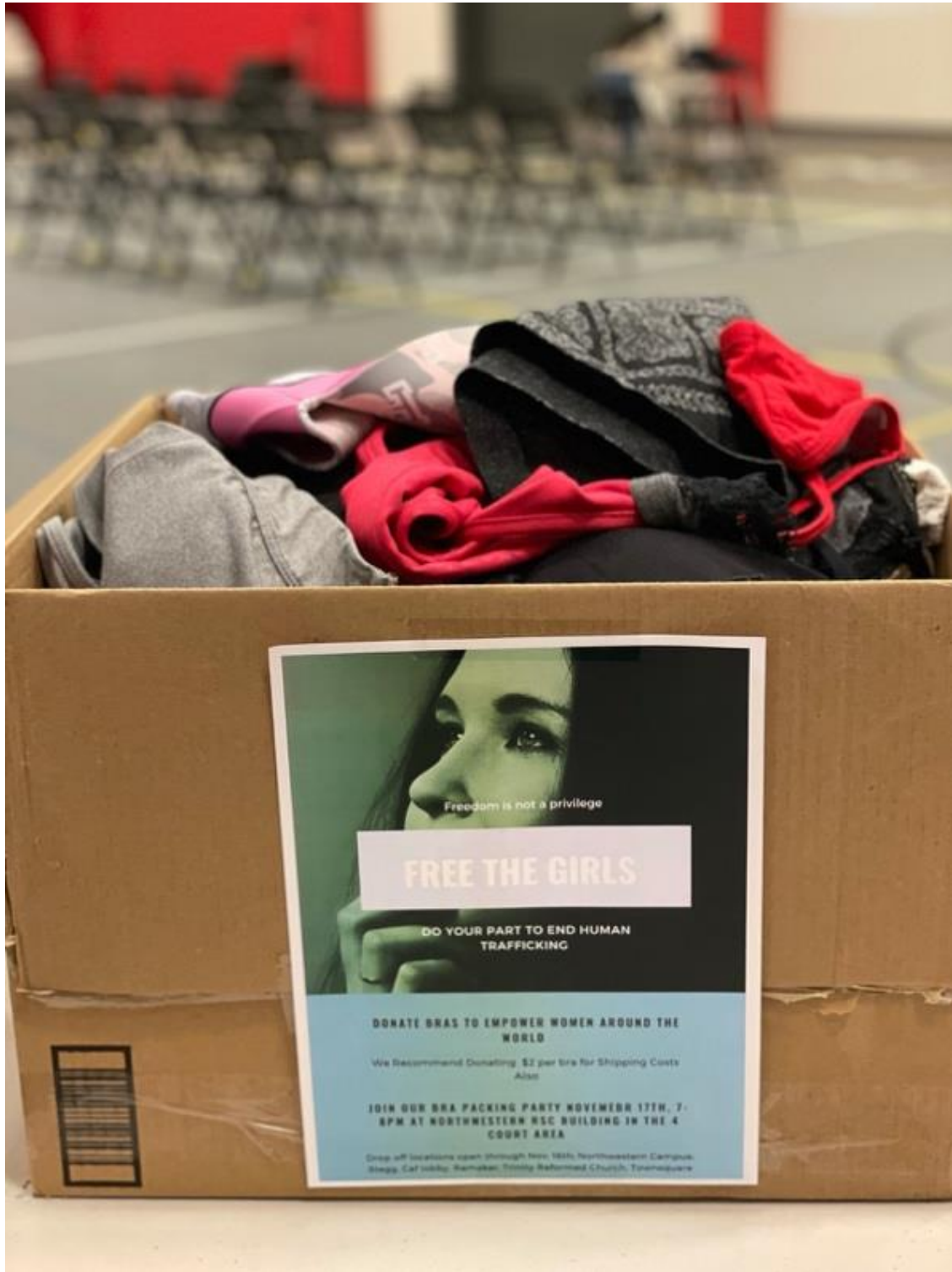
Picture A



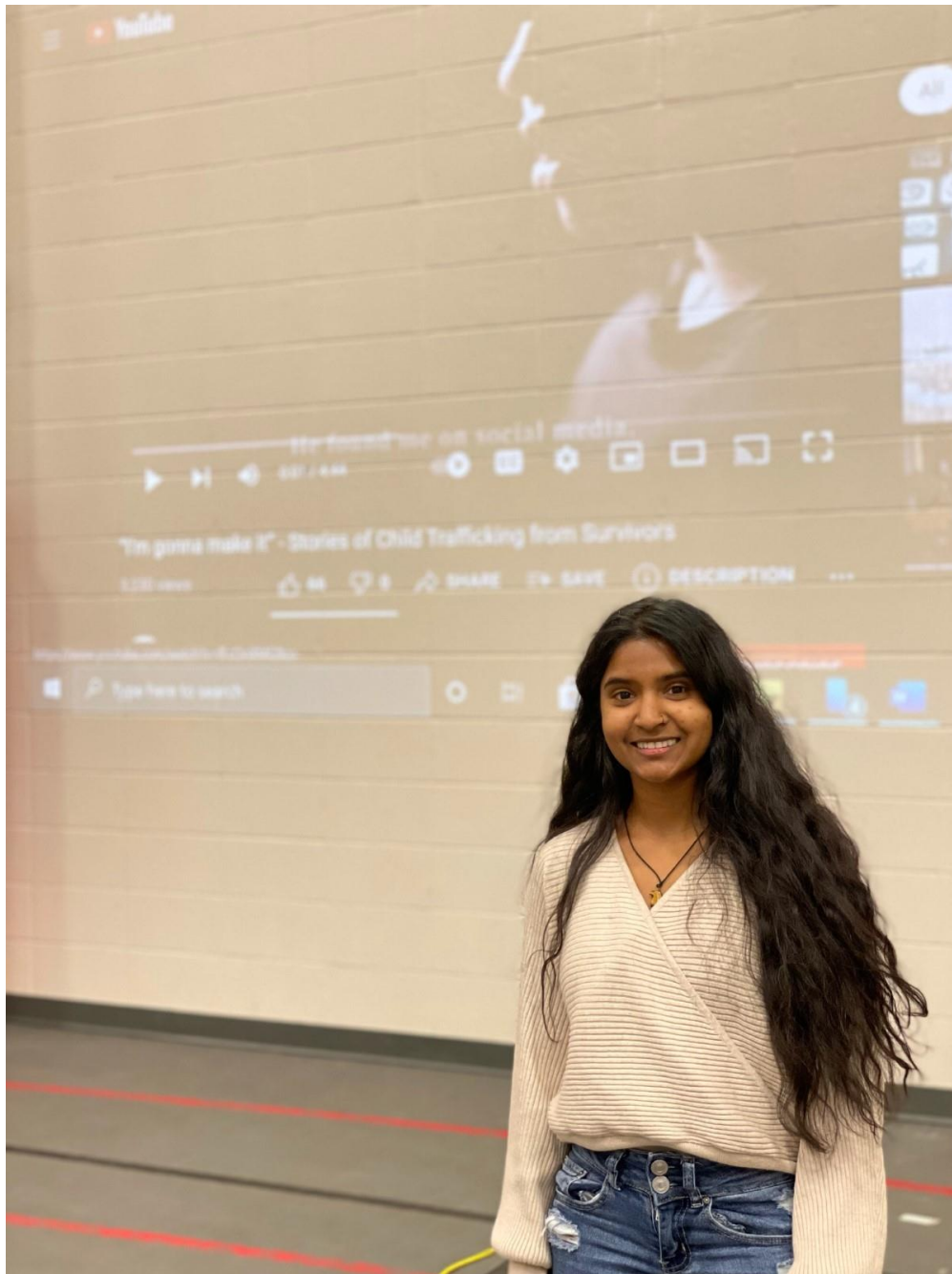
Picture B



Picture C



Picture D



Picture E



Moving Forward

Awareness is something that was identified as a need in the community. Encouraging communities to increase their awareness of human trafficking as well as domestic violence is vital. Many individuals believe that these things do not happen within their communities, specifically within rural communities. After the event, the organizers still recognize the most key factor needed surrounding these issues is awareness. When people are aware of the issues it brings an end to the stigma and the power to make positive changes as well as increasing prevention strategies.

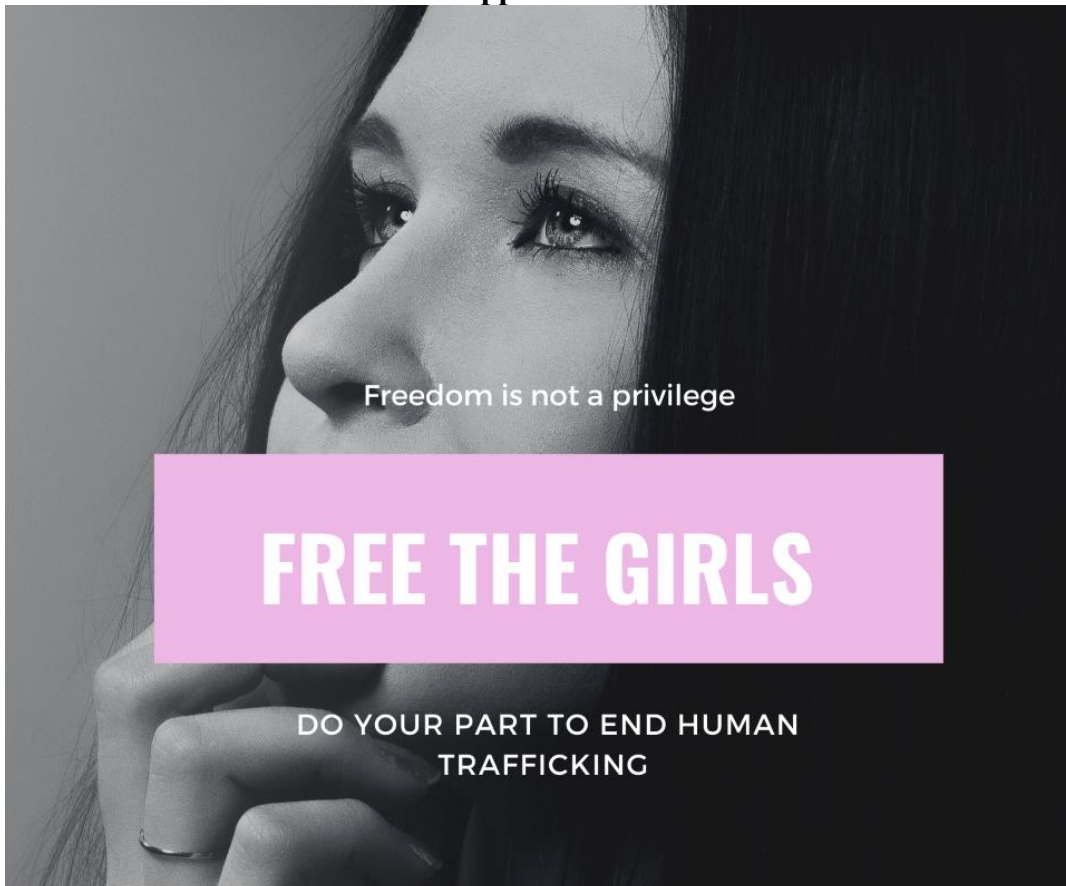
One way in which increased awareness could be done within this community is by going into schools and educating the next generation on healthy as well as safe relationships. Another method would allow survivors to have a voice and give them an opportunity to share their stories which would also move individuals out of apathy. Some ways that we could

encourage survivors to have a voice is by taking away stigma round the issues of domestic violence and sex trafficking. Eliminating stigma can happen when survivors have a space where they feel safe, supported, and comfortable to be able to speak out. In small towns it is no secret that personal information can easily be spread about people and therefore creates a negative environment where survivors might not feel comfortable sharing their stories. This negative environment perpetuates a cycle that creates more stigma. The more stigma there is around an issue, the less likely someone is going to be willing to talk about their experiences and stories.

Since creating the drop boxes was a success then the next step would be to create a more permanent structure that can maintain a consistent stream of donations, rather than just a one-time thing. Another option would be to experiment with the locations of those drop boxes to see if other areas are more likely to be seen by people.

Intervention strategies that could be used in order to take the next step within this issue is to motivate more community members. Raising awareness through education within the community is a step that can be taken to begin to change the mindset of the community. One way to do this is to go into schools to instruct kids about healthy relationships and human trafficking which could create a ripple effect to parents. Another practical way to raise awareness in the community is by placing flyers around in waiting rooms that identify warning signs and numbers to call if you or someone you know is in danger. Providing things such as hotline numbers and resources is an effortless way community members can contribute; anyone can make a phone call, and this could potentially save someone's life.

Appendix A



Freedom is not a privilege

FREE THE GIRLS

DO YOUR PART TO END HUMAN
TRAFFICKING

DONATE BRAS TO EMPOWER WOMEN AROUND THE WORLD

We Recommend Donating \$2 per bra for Shipping Costs
Also

JOIN OUR BRA PACKING PARTY NOVEMBER 17TH, 7- 8PM AT NORTHWESTERN RSC BUILDING IN THE 4 COURT AREA

Drop off locations open through Nov. 16th; Northwestern Campus;
Stegg, Caf lobby, Ramaker, Trinity Reformed Church, Townsquare

Appendix B

How Much Do You Know About Human Trafficking?

Questions are from <https://polarisproject.org/myths-facts-and-statistics/>

To each question answer true or false

1. Human trafficking is always or usually a violent crime.
2. All human trafficking involves sex.
3. Traffickers target victims they don't know.
4. Only undocumented foreign nationals get trafficked in the United States.
5. Only women and girls can be victims and survivors of sex trafficking.
6. Human trafficking only happens in illegal or underground industries.
7. Human trafficking involves moving, traveling, or transporting a person across state or national borders.
8. If the trafficked person consented to be in their initial situation, then it cannot be human trafficking or against their will because they "knew better."
9. People being trafficked are physically unable to leave their situations/locked in/held against their will.
10. Labor trafficking is only or primarily a problem in developing countries.
11. All commercial sex is human trafficking.
12. People in active trafficking situations always want help getting out.

Answers

Questions and answers from <https://polarisproject.org/myths-facts-and-statistics/>

All these questions are myths

1. **Human trafficking is always or usually a violent crime.**

Reality: The most pervasive myth about human trafficking is that it often involves kidnapping or physically forcing someone into a situation. In reality, most traffickers use psychological means such as, tricking, defrauding, manipulating or threatening victims into providing commercial sex or exploitative labor.

2. All human trafficking involves sex.

Reality: Human trafficking is the use of force, fraud or coercion to get another person to provide labor or commercial sex. Worldwide, experts believe there are more situations of labor trafficking than of sex trafficking, but there is much wider awareness of sex trafficking in the U.S. than of labor trafficking.

3. Traffickers target victims they don't know.

Reality: Many survivors have been trafficked by romantic partners, including spouses, and by family members, including parents.

4. Only undocumented foreign nationals get trafficked in the United States.

Reality: Polaris has worked on thousands of cases of trafficking involving foreign national survivors who are legally living and/or working in the United States. These include survivors of both sex and labor trafficking.

5. Only women and girls can be victims and survivors of sex trafficking.

Reality: Men and boys are also victimized by sex traffickers. LGBTQ boys and young men are seen as particularly vulnerable to trafficking.

6. Human trafficking only happens in illegal or underground industries.

Reality: Human trafficking cases have been reported and prosecuted in industries including restaurants, cleaning services, construction, factories and more.

7. Human trafficking involves moving, traveling, or transporting a person across state or national borders.

Reality: Human trafficking is often confused with human smuggling, which involves illegal border crossings. In fact, the crime of human trafficking does not require any movement whatsoever. Survivors can be recruited and trafficked in their own hometowns, even their own homes.

8. If the trafficked person consented to be in their initial situation, then it cannot be human trafficking or against their will because they "knew better."

Reality: Initial consent to commercial sex or a labor setting prior to acts of force, fraud, or coercion (or if the victim is a minor in a sex trafficking situation) is not relevant to the crime, nor is payment.

9. People being trafficked are physically unable to leave their situations/locked in/held against their will.

Reality: That is sometimes the case. More often, however, people in trafficking situations stay for reasons that are more complicated. Some lack the basic necessities to physically get out – such as transportation or a safe place to live. Some are afraid for their safety. Some have been so effectively manipulated that they do not identify at that point as being under the control of another person.

10. Labor trafficking is only or primarily a problem in developing countries.

Reality: Labor trafficking occurs in the United States and in other developed countries but is reported at lower rates than sex trafficking.

11. All commercial sex is human trafficking.

Reality: All commercial sex involving a minor is legally considered human trafficking. Commercial sex involving an adult is human trafficking if the person providing commercial sex is doing so against his or her will as a result of force, fraud or coercion.

12. People in active trafficking situations always want help getting out.

Reality: Every trafficking situation is unique and self-identification as a trafficking victim or survivor happens along a continuum. Fear, isolation, guilt, shame, misplaced loyalty, and expert manipulation are among the many factors that may keep a person from seeking help or identifying as a victim even if they are, in fact, being actively trafficked.

Resources and Crisis lines

NATIONAL HUMAN TRAFFICKING HOTLINE: Call to report suspicious activity or concerns. The national hotline will in-turn inform the Iowa DPS Office to Combat Human Trafficking.

Contact Information:

Helpline: (888)373-7888 or text “HELP” to BeFree (233733)

Email: help@humantraffickinghotline.org

Website: www.humantraffickinghotline.org

STATEWIDE IOWA CRISIS LINE: Trafficking victims and survivors are assisted 24/7.

Contact Information:

Helpline: (800)770-1650 or text “iowahelp” to 20121

Website: www.survivorshelpline.org

DEPARTMENT OF HUMAN SERVICES CHILD ABUSE HOTLINE: For reports of suspected child sex trafficking.

Contact Information:

Helpline: (800)362-2178

For additional human trafficking resources in Iowa go to <https://iowanaht.org/resources/>

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