My Life My Choice was founded in Massachusetts in 2001 after the death of a trafficked girl who was brutally murdered while living in Child Protective Services.

Since its beginning, My Life My Choice has been critical in providing assistance, training, and prevention efforts to trafficked victims or victims at risk of being trafficked. Services include survivor-led courses aimed to mentor young victims of commercial sexual exploitation and advocacy, as well as leadership development. My Life My Choice has become the national model for sex trafficking prevention.

The model for these courses include 5-12 participants, all females ranging from 12-18 years old. Two facilitators are in charge of leading the group and they meet once a week for 10 weeks.

Three pilot groups in Kentucky are Hope Hill Children’s Home in Mt. Sterling, Boys and Girls Haven in Louisville, and DCBS/CHFS in Shelbyville.

PROPOSED RESEARCH

• Upon entering the program, the girls will take a pre test where they will describe what a pimp looks like to them and other scenarios that question what human trafficking means to the girls.
• Through these studies, the girls have realized many situations that they have been in that are very similar to situations pimps use to kidnap their victims.
• By analyzing the data from the pre and post test, we can create an even better program to help educate and rehabilitate victims.
• Via focus groups with facilitators we can learn valuable lessons about feasibility of implementing this program.

Proposed Research

• Kentucky Rescue and Restore received grant money to implement My Life My Choice groups across the commonwealth. We will be conducting an evaluation on these groups to determine their efficacy. In addition, focus groups will be conducted with group facilitators to learn more about the effectiveness of this curriculum.
• By gathering information from these groups, we can form a better model to raise awareness about signs of trafficking in adolescent girls as well as provide groups to rehabilitate trafficked victims.