

Demand Change

100

10 actions x 10 issues =

steps toward

ENDING

sexual exploitation



CHICAGO  
ALLIANCE  
AGAINST  
SEXUAL  
EXPLOITATION

**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 from the Chicago Alliance Against Sexual Exploitation holistically addresses these issues by providing tangible actions that can end 10 different forms of sexual exploitation. 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 take 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.**

# 01 Commercial Sexual Exploitation in Chicago

## The Issue

On any given day in Chicagoland, it's estimated that 16,000–24,000 women and girls are involved in the commercial sex trade, which includes sex trafficking, prostitution and other businesses that profit from the sale of sex. Research has found that approximately 90% of prostituted people are physically and sexually abused at the hands of traffickers and customers. Many of these women have experienced homelessness, domestic violence, sexual assault, and untreated mental health and substance abuse issues.<sup>1</sup>

No one deserves to be harmed. Sex trafficking isn't just something that happens overseas. Traffickers in the United States target vulnerable women and children using coercion, physical and sexual violence, and economic exploitation.

If you believe you are a victim of human trafficking or may have information about a potential trafficking situation, please contact the National Human Trafficking Resource Center (NHTRC): 1-888-3737-888

## Demand Change

### Everyday Actions

1. Stop using words that normalize aspects of the sex trade and hide its 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 about prostitution and helping others understand the broader context of the sex trade. For myths and facts about prostitution, visit [www.caase.org/fact-sheets](http://www.caase.org/fact-sheets).

### Raise Awareness

3. Host book clubs, film screenings and art projects to raise awareness. Find recommendations at [www.caase.org/other-resources](http://www.caase.org/other-resources).

### 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](http://www.womenemployed.org); Inspiration Corporation, [www.inspirationcorp.org](http://www.inspirationcorp.org); and Deborah's Place, [www.deborahsplace.org](http://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 them to do so.
6. Work with religious groups to speak out against commercial sexual exploitation. 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 toolkits for more resources and recommendations).
7. Support legislation aimed at ending sexual exploitation and expanding options for prostituted individuals. Join the End Demand Illinois campaign, led by CAASE, to stay informed about initiatives in Illinois and beyond: [www.enddemandillinois.org](http://www.enddemandillinois.org).
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. Encourage law enforcement to provide prostituted people with alternatives to arrest, detention, and incarceration.

### Keep Learning

10. Find more resources and connect with organizations listed in the Commercial Sexual Exploitation in Chicago section in the index.

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

## The Issue

Demand drives the sex trade. People who buy sex, most often men referred to as “johns,” create the demand for exploited women and girls. Pimps, johns, and traffickers are benefiting from the sexual exploitation of others. It is impossible to create real change unless we address the root cause of the issue—deterring 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.”<sup>2</sup>**

## 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 and toward 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 and submit opinion pieces 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. Visit [www.caase.org/toolkits](http://www.caase.org/toolkits) for the Responding to the Media toolkit.

## 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/toolkits](http://www.caase.org/toolkits).
4. Host a screening of Shared Hope International’s film *Demand* (visit <http://www.sharedhope.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 ending sexual harassment and abuse of girls and women; learn more at [www.jacksonkatz.com/mvp](http://www.jacksonkatz.com/mvp).

## Advocate for Change

6. Empower young men to take action by bringing CAASE’s curriculum to a local high school. The curriculum helps students learn to be critical of media messages about “what it

means to be a man” and to examine glamorized portrayals of pimps and men who buy sex. To learn more contact [info@caase.org](mailto:info@caase.org).

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, businesses, or brothels that are prostituting trafficked women and girls.
8. Use CAASE’s Communities Engaged in Ending Sexual Exploitation Toolkit to help your community take tangible actions to address the demand for the sex trade in their neighborhood (visit [www.caase.org/toolkits](http://www.caase.org/toolkits) 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 by viewing the resources under the Addressing the Demand section in the index.

<sup>2</sup>Durchslag, R. & Goswami, S. (2007) *Deconstructing the Demand for Prostitution: Preliminary Insights From Interviews with Chicago Men Who Purchase Sex*. The Chicago Alliance Against Sexual Exploitation.

## 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.<sup>3</sup> Many more are subjected to trafficking within the United States. Traffickers are often violent individuals who use force, fraud, or coercion to control 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<sup>4</sup>.

## 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 e-newsletters. For examples see Call and Response, [www.callandresponse.com](http://www.callandresponse.com); and Not For Sale, [www.notforsalecampaign.org](http://www.notforsalecampaign.org).
2. Lawyers can make a big difference in advocating for legal investigation and prosecuting perpetrators. Download the training manual on civil litigation and trafficking from the American Bar Association website: [www.abanet.org/domviol/tipRaiseAwareness](http://www.abanet.org/domviol/tipRaiseAwareness).
3. Join in local awareness-raising initiatives such as the "Rescue and Restore" campaign: [www.acf.hhs.gov/trafficking](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 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 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 Polaris Project for places to donate, [www.polarisproject.org](http://www.polarisproject.org).
8. Volunteer to help local organizations that address international trafficking as part of their missions, such as the STOP-IT Initiative through the Salvation Army, [www.sa-stopit.org](http://www.sa-stopit.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. A manual is available at [www.innocentsatrisk.org](http://www.innocentsatrisk.org).

### Keep Learning

10. Keep learning about the issue and ways to get involved by viewing the resources under the International Sex Trafficking section in the index.

<sup>3</sup>US Department of Health and Human Services

<sup>4</sup>National Immigrant Justice Center

# 04 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.<sup>5</sup> 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. Runaway youth will most likely be approached to sell sex within 48 hours of being on the street.<sup>6</sup> The majority of individuals in the sex trade were recruited as children, and the consequences to their lives are devastating.

## 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, seven days a week at [www.cybertipline.com](http://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.justice.gov/pse/](http://www.justice.gov/pse/).

### 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](http://www.thedreamcatcherfoundation.org).

4. Identify an organization working with prostituted youth and raise funds to help support their work. Additionally, 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 toward the ratification of the Convention of the Rights of the Child, including the optional *Protocol on the Sale of Children*. Download the advocacy kit at: <http://childrightscampaign.org/images/documents/Toolkit.pdf>.
6. Lobby to have law enforcement refocus activities on adult perpetrators of sex crimes against children: the pimps, traffickers, and offenders who buy sex. Learn more at [www.enddemandillinois.org](http://www.enddemandillinois.org).
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.<sup>7</sup>
8. Lobby for law enforcement and health care professionals to hold trainings on CSEC victim

recognition and the protocols for connecting them with legal, medical, and social services.

9. Ensure that schools have curricula that highlight the harms of CSEC, teach how to identify potential pimps and traffickers, and explain 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 of curricula are those provided by CAASE, [www.caase.org](http://www.caase.org); the Tell Your Friends curriculum provided by Fair Girls, [www.fairgirls.org](http://www.fairgirls.org); and My Life My Choice, [www.fightingexploitation.org](http://www.fightingexploitation.org).

### Keep Learning

10. Keep learning about the issue and about ways to get involved by viewing the resources under the Commercial Sexual Exploitation of Children (CSEC) section in the index.

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

<sup>6</sup>National Runaway Switchboard. [www.1800runaway.org](http://www.1800runaway.org)

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

## The Issue

Each year, thousands of individuals travel across international borders for sex tourism. This 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.<sup>8</sup> Sex tourists often travel to countries with weak internal economic structures that leave children and women extremely vulnerable to 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 lifelong 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](http://www.thecode.org). Companies in the United States include: Amazon Tours, Carlson Companies, and ElaBrasil.
2. Purchase a Tassa Tag (luggage tag) from [www.tassatag.org](http://www.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/j/tip/rls/tiprpt/index.htm>).

4. Before traveling, identify how to report an instance of sex tourism. Examples include when you see someone purchasing sex from a minor or see a tour company organizing sex tours. Find out more at: [www.unwto.org/protect\\_children/](http://www.unwto.org/protect_children/).

### Raise Awareness

5. Host a film screening of *Bangkok Girl*. It is accessible on YouTube or for purchase on [Amazon.com](http://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 among the most vulnerable populations who are trafficked 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](http://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 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; learn more at [www.ecpat.net](http://www.ecpat.net).

## The Issue

The Internet has transformed the way perpetrators lure and recruit victims. Globalization has eroded national and trade boundaries, and the Internet provides a free, easy venue for pimps, johns, and sex traffickers. Raising awareness about making the Internet safe is an important priority.

## Demand Change

### Everyday Actions

1. Pimps and traffickers use online advertising to sell women and children. Support work to help end sexual exploitation perpetrated through sites like [www.backpage.com](http://www.backpage.com). Write to the company expressing your concern about its lack of monitoring of its adult services ads.
2. Teach children to follow NetSmart rules, [www.netsmartz.org/Parents](http://www.netsmartz.org/Parents), 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](http://www.missingkids.com) to make a report.
5. If you have children, consult websites such as [www.ProtectKids.com](http://www.ProtectKids.com) and

books such as “Kids Online: Protecting your Children in Cyberspace”.

6. Utilize [www.WiredSafety.org](http://www.WiredSafety.org), an online safety resource that addresses 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 a member. The coalition of credit card issuers and Internet service 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](http://www.missingkids.com).

### Keep Learning

10. Find more information by viewing the resources under the Internet Exploitation section in the index.



## 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 to 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 mentions 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 your community. Sign anti-pornography petitions such as: [www.stoppornculture.org](http://www.stoppornculture.org) or the [www.antipornactivist.com](http://www.antipornactivist.com).
3. Encourage strict enforcement of rules concerning access or use of pornography in your work environment. Look into [www.ContentWatch.com](http://www.ContentWatch.com).
4. Support [www.CP80.org](http://www.CP80.org), an effort to restrict pornography on the Internet by making it only available on certain "channels." This would prevent pornographic spam from being distributed and would make it more difficult for children to access pornographic material.

5. Many young men and women will invariably view pornography, but you can encourage open dialogue and create safe spaces where they can critically dissect what they are watching and experiencing.

### Raise Awareness

6. Download a slide show that highlights the harms of pornography: "Who Wants To Be A Porn Star?" from Stop Porn Culture: [www.stoppornculture.org](http://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 the connection between pornography and 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 property.

### 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; *Pornland* by Gail Dines; *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. Find more information and ways to get involved by viewing the resources under the Pornography section in the index.

## The Issue

We live in a rape culture, which means 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 and entertainment, as well as all media that sexualize violence, blame victims, and propagate myths about sexual assault.

**“The transformation of a rape culture demands a revolution of values.”<sup>9</sup>**

## Demand Change

### Everyday Actions

1. Interrupt jokes that are sexist, misogynistic, heterosexist, racist, or homophobic. Laughing or saying nothing when someone tells one of these jokes normalizes 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 media like advertising agencies, magazines, broadcasting companies, and newspapers who participate in the production of images that degrade minorities or 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: [www.rapevictimadvocates.org](http://www.rapevictimadvocates.org).
7. Teach children to be respectful of one another and to celebrate perceived differences. Model for them that everyone has different skills and abilities.
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](http://www.cambridgedocumentaryfilms.org).
10. Find more information by viewing the resources under the Rape Culture section in the index.

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

## 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.<sup>10</sup> 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. They often 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 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 ignoring 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 (1-800-252-2873.)

## 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 ways to incorporate the information into existing classes. If no student groups are interested in working on this issue, start your own. Learn more about CAASE's college chapters at [www.caase.org/community-engagement](http://www.caase.org/community-engagement).
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](http://www.chicagocac.org); or Prevent Child Abuse Illinois, [www.preventchildabuseillinois.org](http://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.

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](http://www.sane-sart.com).

## Keep Learning

10. Find more information by viewing the resources under the Child Sexual Abuse section in the index.

<sup>10</sup>[http://www.aacap.org/cs/root/facts\\_for\\_families/child\\_sexual\\_abuse](http://www.aacap.org/cs/root/facts_for_families/child_sexual_abuse)

## The Issue

Although sexual harm and rape have reached epidemic proportions, our response to these crimes remains dismal. Every two minutes, someone in the United States is sexually assaulted.<sup>11</sup> Approximately 17.7 million women and 2.78 million men in the United States have been victims of attempted or completed rape.<sup>12</sup> 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. 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, start by believing. Tell your friend he or she is 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. The Chicago rape crisis hotline is 1-888-293-2080, and the national RAINN hotline is 1-800-656-HOPE (1-800-656-4673).
2. If you hear someone blaming a victim or repeating the myth that girls and women frequently lie about being raped, correct them. Explain that rape is mostly not reported, rather than lied about. No one deserves to be raped, and 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.<sup>13</sup> 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 Post-Traumatic Stress Disorder (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. Learn more at [www.rapevictimagocates.org/trauma.asp](http://www.rapevictimagocates.org/trauma.asp).

## Volunteer

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

## Advocate for Change

8. Bring about change in your community by helping people learn how to respond to sexual assault. Use the *Start by Believing* public awareness campaign, which includes presentations, posters and more: [www.startbybelieving.org](http://www.startbybelieving.org). This is a campaign of End Violence Against Women International (EVAWI).
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. Consider starting a CAASE college chapter: [www.caase.org/community-engagement](http://www.caase.org/community-engagement).

## Keep Learning

10. Find more information and ways to get involved by viewing the resources under the Sexual Assault and Abuse section in the index.

<sup>11</sup>[www.victimservicesnetwork.org](http://www.victimservicesnetwork.org)

<sup>12</sup>[www.rainn.org](http://www.rainn.org)

<sup>13</sup>[www.pcar.org](http://www.pcar.org)

## Commercial Sexual Exploitation in Chicago

Chicago Coalition for the Homeless Prostitution Alternatives Round Table (PART):  
[www.chicagohomeless.org](http://www.chicagohomeless.org)

Prostitution Research and Education:  
[www.prostitutionresearch.com](http://www.prostitutionresearch.com)

Polaris Project:  
[www.polarisproject.org](http://www.polarisproject.org)

Traffick Free:  
[www.traffickfree.org](http://www.traffickfree.org)

## Addressing the Demand

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 Jobs: Sex for Sale and the Men Who Buy It*  
by Victor Malarek

Visit:

A Call To Men:  
[www.acalltomen.org](http://www.acalltomen.org)

Demand Abolition:  
[www.demandabolition.org](http://www.demandabolition.org)

Men Can Stop Rape:  
[www.mencanstoprape.org](http://www.mencanstoprape.org)

## International Sex Trafficking

Call and Response:  
[www.callandresponse.com](http://www.callandresponse.com)

Coalition Against Trafficking in Women:  
[www.catwinternational.org](http://www.catwinternational.org)

I Stop Traffic:  
[www.istoptraffic.com/](http://www.istoptraffic.com/)

Initiative Against Sexual Trafficking:  
[www.iast.net](http://www.iast.net)

Love 146:  
[www.love146.org](http://www.love146.org)

Not for Sale:  
[www.notforsalecampaign.org](http://www.notforsalecampaign.org)

Salvation Army STOP-IT:  
[www.sa-stopit.org](http://www.sa-stopit.org)

Shared Hope International:  
[www.sharedhope.org](http://www.sharedhope.org)

Soroptimist:  
[www.soroptimist.org](http://www.soroptimist.org)

## Commercial Sexual Exploitation of Children (CSEC)

Center for the Human Rights of Children:  
[www.luc.edu/chrc](http://www.luc.edu/chrc)

Child Rights Campaign:  
[www.childrightscampaign.org](http://www.childrightscampaign.org)

Dreamcatcher Foundation:  
[www.thedreamcatcherfoundation.org](http://www.thedreamcatcherfoundation.org)

End Child Prostitution, Child Pornography and Trafficking of Children for Sexual Purposes:  
[www.ecpat.net](http://www.ecpat.net)

Fair Girls:  
[www.fairgirls.org](http://www.fairgirls.org)

Girls Educational Mentoring Services:  
[www.gems-girls.org](http://www.gems-girls.org)

International Organization for Adolescents:  
[www.iofa.org](http://www.iofa.org)

My Life My Choice:  
[www.fightingexploitation.org](http://www.fightingexploitation.org)

National Runaway Switchboard:  
[www.1800runaway.org/](http://www.1800runaway.org/)

Project Safe Childhood:  
<http://www.justice.gov/psc/>

Salvation Army PROMISE:  
[www.sapromise.org](http://www.sapromise.org)

## Internet Exploitation

Illinois Attorney General-Safeguarding Children and Internet Safety:  
[www.ag.state.il.us/children/internet.html](http://www.ag.state.il.us/children/internet.html)

In Hope:  
[www.inhope.org](http://www.inhope.org)

National Center for Missing and Exploited Children:  
[www.missingkids.com](http://www.missingkids.com)

Protect Kids:  
[www.protectkids.com](http://www.protectkids.com)

Wired Safety:  
[www.wiredsafety.org/](http://www.wiredsafety.org/)

## Pornography

Anti-Porn Activist:  
[www.antipornactivist.com](http://www.antipornactivist.com)

Captive Daughters:  
[www.CaptiveDaughters.org](http://www.CaptiveDaughters.org)

Diana Russell's Website:  
[www.dianarussell.com](http://www.dianarussell.com)

No Porn Pledge:  
[www.nopornpledge.com](http://www.nopornpledge.com)

One Angry Girl:  
[www.oneangrygirl.net](http://www.oneangrygirl.net)

Stop Porn Culture:  
[www.stoppornculture.com](http://www.stoppornculture.com)

## Rape Culture

The Anti-Violence Resource Guide:  
[www.feminist.com/violence/](http://www.feminist.com/violence/)

Counterquo:  
[www.counterquo.org](http://www.counterquo.org)

Feministing:  
[www.feministing.com](http://www.feministing.com)

Genderberg.com:  
[www.genderberg.com](http://www.genderberg.com)

The Voices and Faces Project:  
[www.voicesandfaces.org](http://www.voicesandfaces.org)

## Child Sex Abuse

American Academy of Child and Adolescent Psychiatry:  
<http://www.aacap.org/cs/ChildAbuse.ResourceCenter>

American Psychological Association:  
[www.apa.org/index.aspx](http://www.apa.org/index.aspx)

Child Abuse Prevention Network:  
[www.child-abuse.com](http://www.child-abuse.com)

Chicago Children's Advocacy Center:  
[www.chicagocac.org](http://www.chicagocac.org)

Child Help:  
[www.childhelp.org](http://www.childhelp.org)

Child Welfare League of America:  
[www.cwla.org](http://www.cwla.org)

The Health Care Notification Network:  
[www.aafp.org/online/en/home/membership/resources/hcnn.html](http://www.aafp.org/online/en/home/membership/resources/hcnn.html)

Prevent Child Abuse America:  
[www.preventchildabuse.org](http://www.preventchildabuse.org)

Prevent Child Abuse Illinois:  
[www.preventchildabuseillinois.org](http://www.preventchildabuseillinois.org)

## Sexual Assault and Abuse

End Violence Against Women International:  
[www.evawintl.org](http://www.evawintl.org)

Counter Quo:  
[www.counterquo.org](http://www.counterquo.org)

Illinois Coalition Against Sexual Assault:  
[www.icasa.org](http://www.icasa.org)

Project Respect:  
[www.yesmeansyes.com](http://www.yesmeansyes.com)

Rape, Abuse and Incest National Network:  
[www.rainn.org](http://www.rainn.org)

Rape Victim Advocates:  
[www.rapevictimadvocates.org](http://www.rapevictimadvocates.org)

Sexual Assault Training and Investigations:  
[www.mysati.com](http://www.mysati.com)

Speaking Out About Rape:  
[www.soar99.org](http://www.soar99.org)

Start by Believing Campaign:  
[www.startbybelieving.org/](http://www.startbybelieving.org/)

USDOJ Office on Violence Against Women:  
[www.ovw.usdoj.gov](http://www.ovw.usdoj.gov)

Victim Rights Law Center:  
[www.victimrights.org](http://www.victimrights.org)

The Voices and Faces Project:  
[www.voicesandfaces.org](http://www.voicesandfaces.org)

## The Chicago Alliance Against Sexual Exploitation (CAASE):

CAASE addresses the culture, institutions, and individuals that perpetrate, profit from, or support sexual exploitation. Our work includes prevention, policy reform, community engagement, and legal services.

For additional information: [www.caase.org](http://www.caase.org)

## End Demand Illinois:

CAASE leads this advocacy campaign, which seeks to transform our community's response to prostitution and sex trafficking. Join the campaign to refocus law enforcement's attention on pimps, johns, and traffickers, while proposing a network of support and services for survivors of the trade.

Sign up for our action alerts and learn more: [www.enddemandillinois.org](http://www.enddemandillinois.org)

## 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: [www.soroptimist.org](http://www.soroptimist.org)



**C**HICAGO

**A**LLIANCE

**A**Gainst

**S**EXUAL

**E**XPLOITATION

3304 N. Lincoln, Suite 202

Chicago, IL 60657

T: (773) 244-2230

F: (773) 244-2217

[www.caase.org](http://www.caase.org)