

Updates from the Minnesota Youth Sex Trading Study (MYST): Stakeholder Priorities & Emotional Distress Indicators for Students Who Trade Sex

July 27, 2020
MN Human Trafficking Task Force meeting



SCHOOL OF NURSING

UNIVERSITY OF MINNESOTA



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Study Update

6 months into the study

- Study name & changes in study design
- Achievements
- New team members

New Findings

- Stakeholder priorities for analysis of data
- Emotional distress indicators among students who trade sex (MN Student Survey)

Next Steps

- What mental health programs are out there?
- How will you use this info in your work?

Minnesota Youth Sex Trading Study (MYST)

❑ Changes in Study Design

- Virtual community engagement efforts
 - May-July Online survey of stakeholder priorities
 - August: Focus groups with school nurses
 - Aug/Sept/Oct: Virtual engagement with young people as experts
 - Oct/Nov: Focus groups/convos with other community members

❑ Achievements:

- Presentations to stakeholders
- Data brief: revise Safe Harbor regions, consider other languages
- Safe Harbor regional-specific powerpoint slides
- Manuscript to be published in *Journal of Adolescent Health*

The University of Minnesota Team



Faculty:

Lauren Martin: Nursing & UROC
Barb McMorris: Nursing & Pediatrics
Nic Rider: Program in Human Sexuality
Katie Johnston-Goodstar: Social Work

Beatriz Menanteau:
Violence Prevention Programs

Caroline Palmer:
Safe Harbor Director

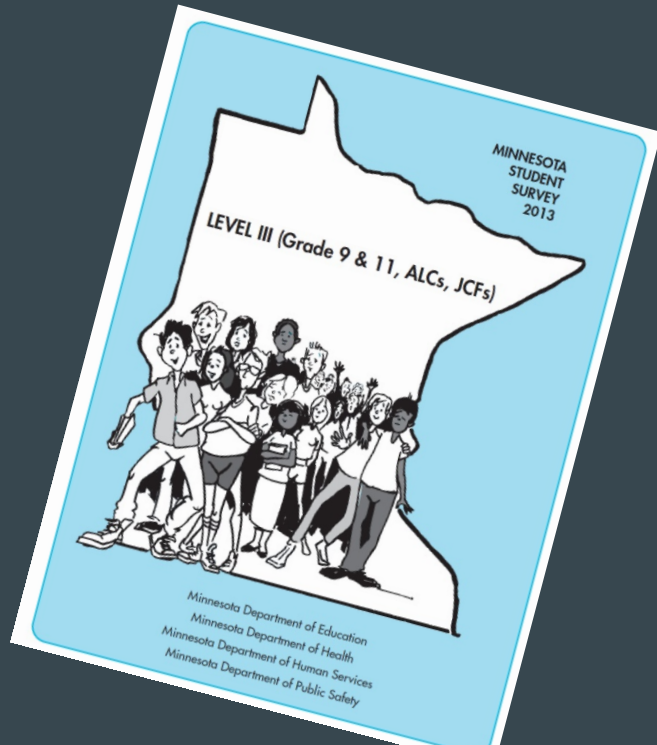
Research Staff:

Emily Singerhouse, Project Coordinator
Montana Filoteo, Virtual Engagement Team Lead
Teodoro Crespo-Carrion, Digital Marketing Consulting

Students from Nursing:

Julianne Pekala, BSN student
Knoo Lee, PhD student
Camille Brown, PhD as of last Friday!

Terminology



When young people trade sex, MDH views it as **sexual exploitation**

Due to the wording of the question on the Minnesota Student Survey, **we use the term “traded sex”**

Students who answered the survey question did so based on the term “traded sex or sexual activity.” We cannot know how they viewed it.

Recap: Prevalence among High School Students

Have you ever traded sex or sexual activity to receive money, food, drugs, alcohol, a place to stay, or anything else?

NO YES

1.4% answered "yes"

At Least 5,000

is the number of youth we estimate have traded sex based on the percentage of students who indicated "yes." This is an extrapolation using the 2018 Census number of people aged 15-19 in Minnesota.

These figures are a conservative estimate **is likely an underestimate**

Prevalence by gender identity

“Cisgender” is a term for those whose gender identity aligns with their birth -assigned sex.

“Transgender” describes individuals whose gender identity differs from social or cultural expectations of their birth -assigned sex.



Cisgender
boy

1.2%



Cisgender
girl

1.3%



Transgender

5.9%

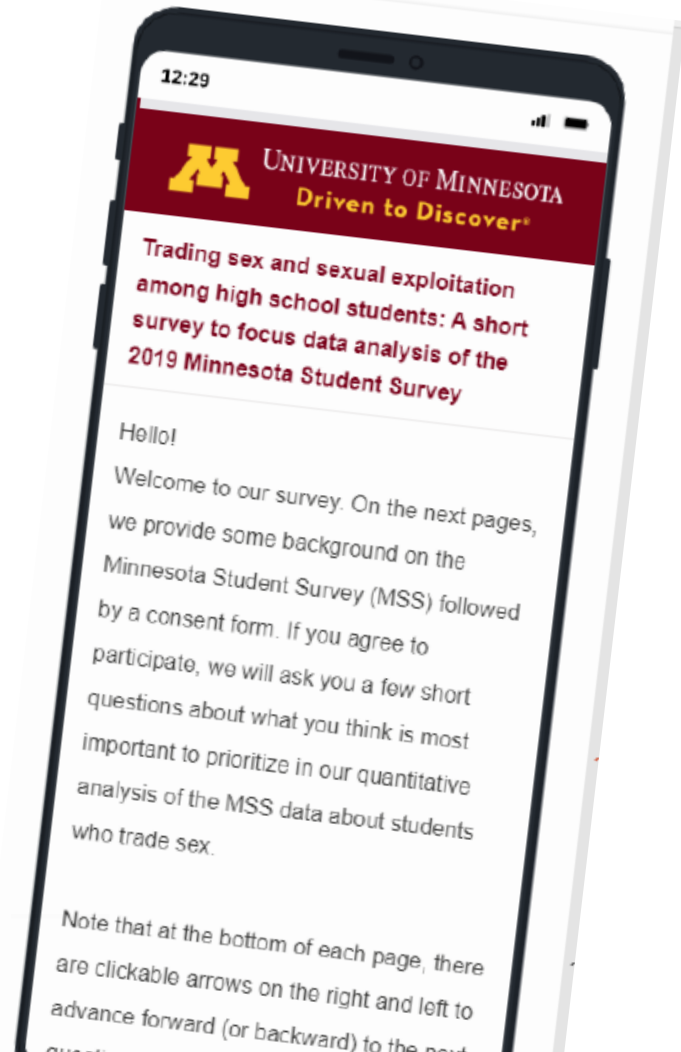


Unsure about
gender identity

3.3%

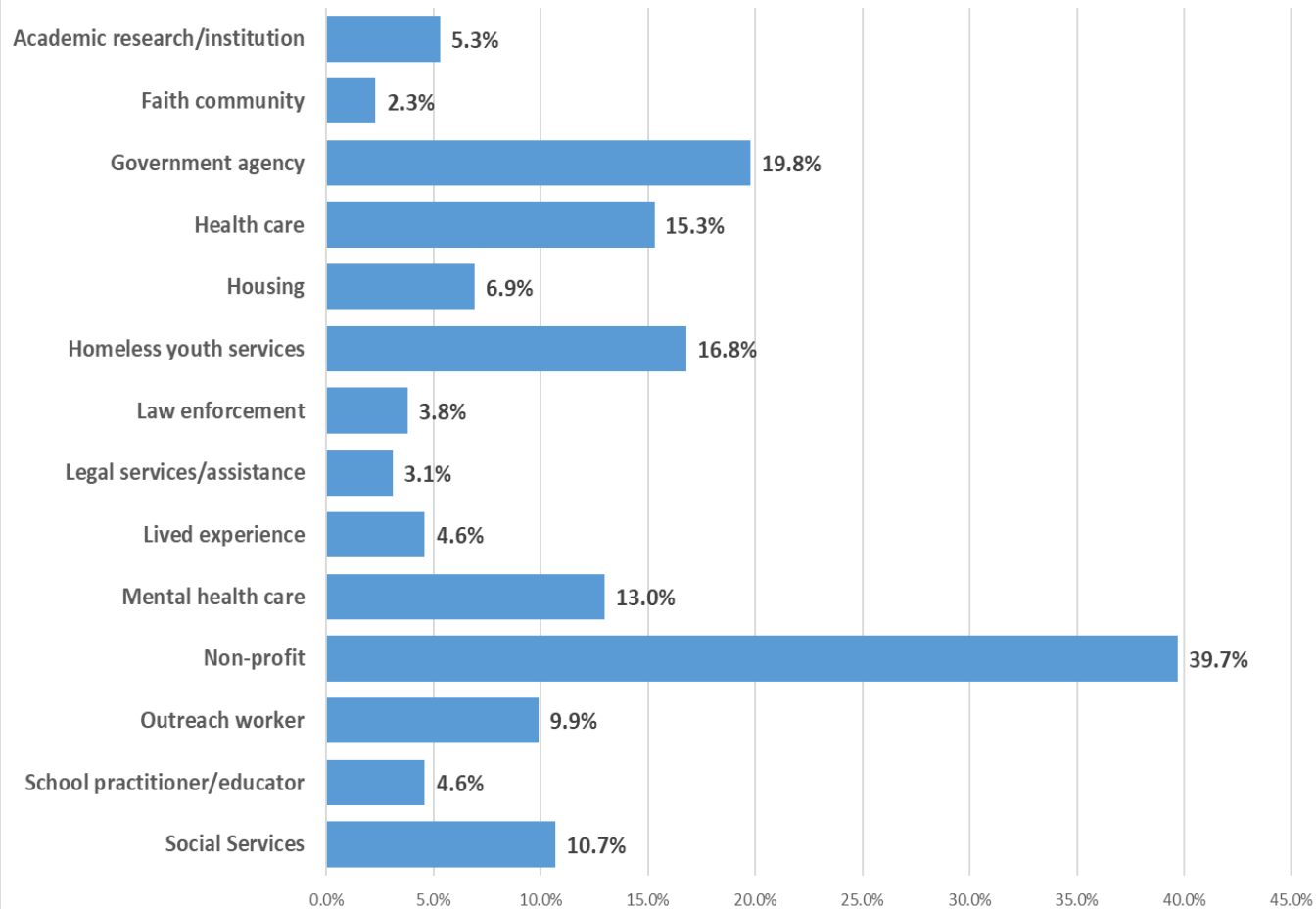
Stakeholder Survey Results

N = 131 respondents to
online survey



Which stakeholders participated?

Involvement or Area of Expertise (N = 131)



Note: multiple responses were accepted; %'s will not add up to 100%

Rankings of MSS Demographic Characteristics:

#1 most important

Race and ethnicity

#2 & #3

Sexual orientation

Gender identity

#4

Economic status

#5

Geographic location

Rankings of MSS Themes to focus on:

#1 most important

Mental health challenges

#2

Sexual health

#3

School bullying & negative peers

#4

Health problems

#5

Physical disabilities

Rankings of MSS Protective Factors:

#1 most important

Healthy relationships with parents/guardians and relatives

#2

Healthy relationships with adults at school and in communities

#3

Social emotional skills

#4

Healthy romantic and/or intimate relationships

#5

Supportive schools

Minnesota Student Survey Findings:

Indicators of Emotional Distress

Compare rates of

- anxiety
- suicide attempts
- non-suicidal self injury

between students who traded sex
and

students who never traded sex,
by gender identity group

Generalized Anxiety Disorder (GAD-2)

Elevated scores indicate a positive screen for generalized anxiety disorder for which further diagnostic evaluation by a health care provider is needed.

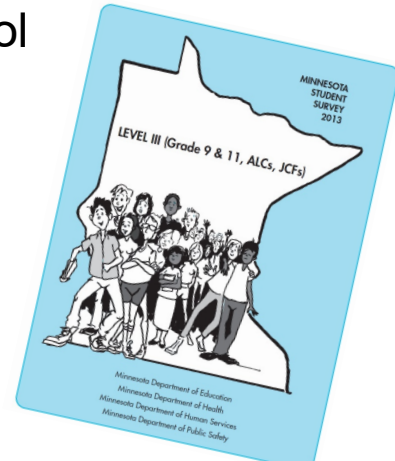
Over the last 2 weeks, how often have you been bothered by:

Feeling nervous, anxious, or on edge?

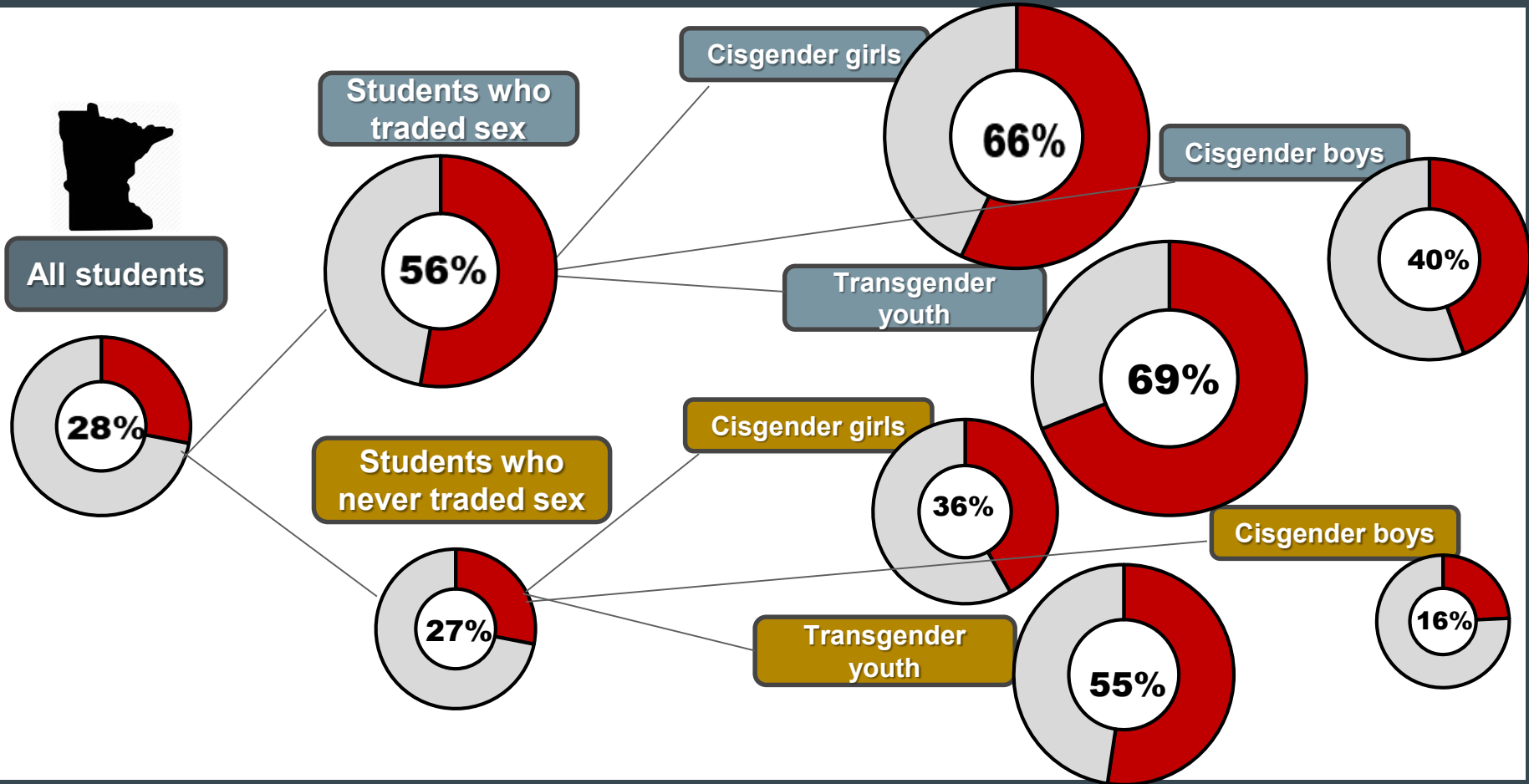
- Not at all
- Several days
- More than half the days
- Nearly every day

Not being able to stop or control worrying?

- Not at all
- Several days
- More than half the days
- Nearly every day



Rates of Elevated Anxiety (GAD-2)

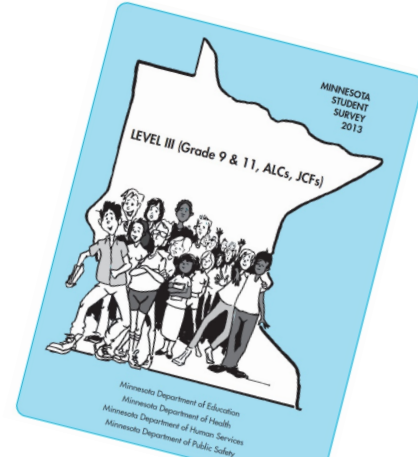


Lifetime Suicide Attempts

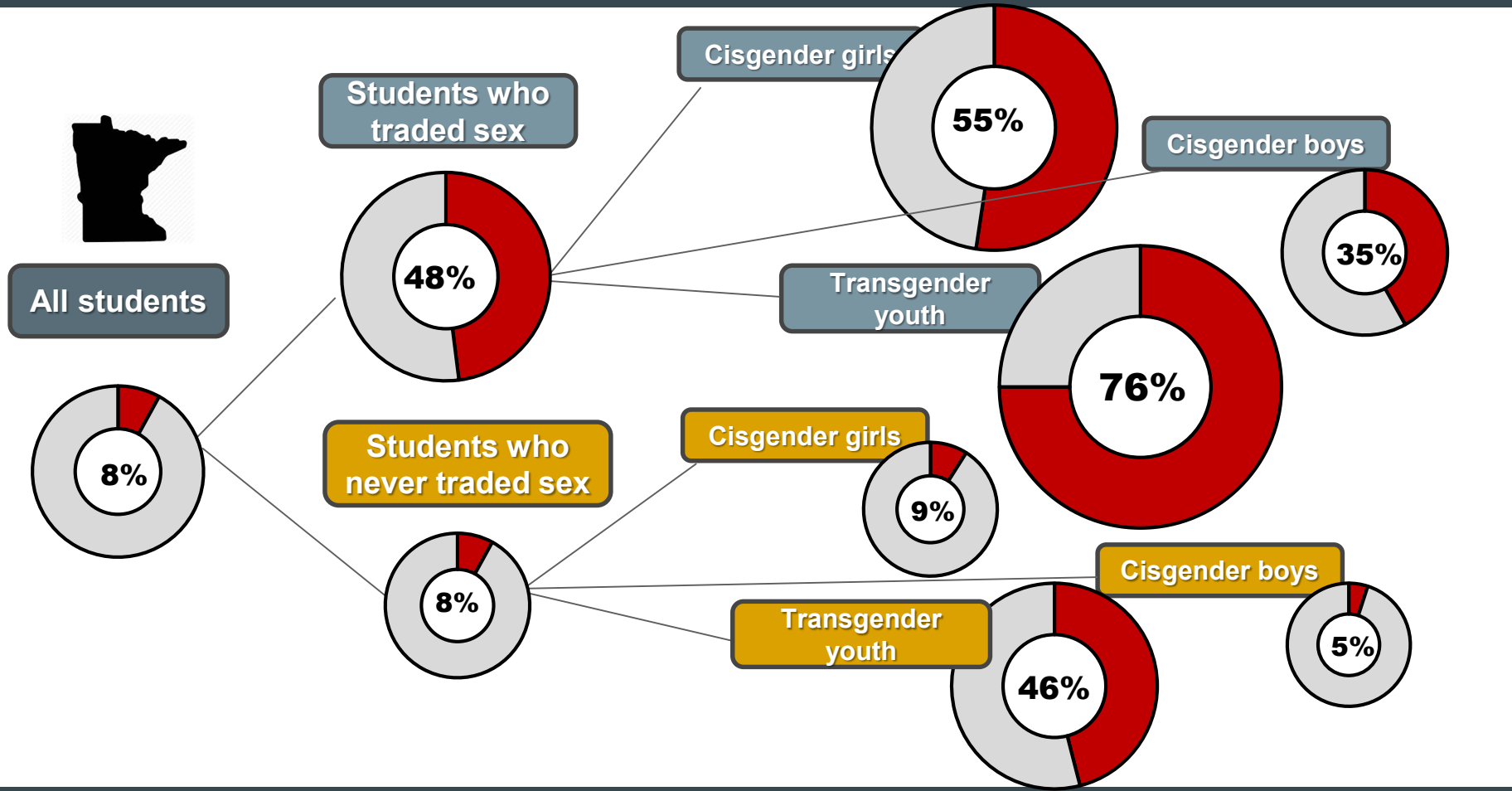
Rates of lifetime suicide attempts include self-reports of attempts during the last year and more than a year ago.

Have you ever actually attempted suicide?

- No
- ✓ Yes, during the last year
- ✓ Yes, more than a year ago

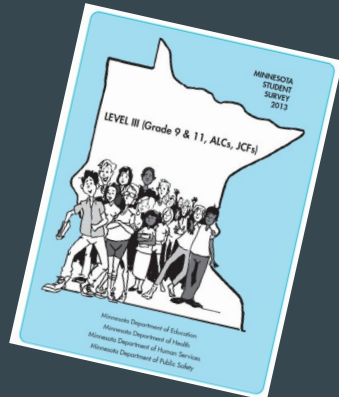


Rates of Lifetime Suicide Attempts



Past Year Non-Suicidal Self Injury

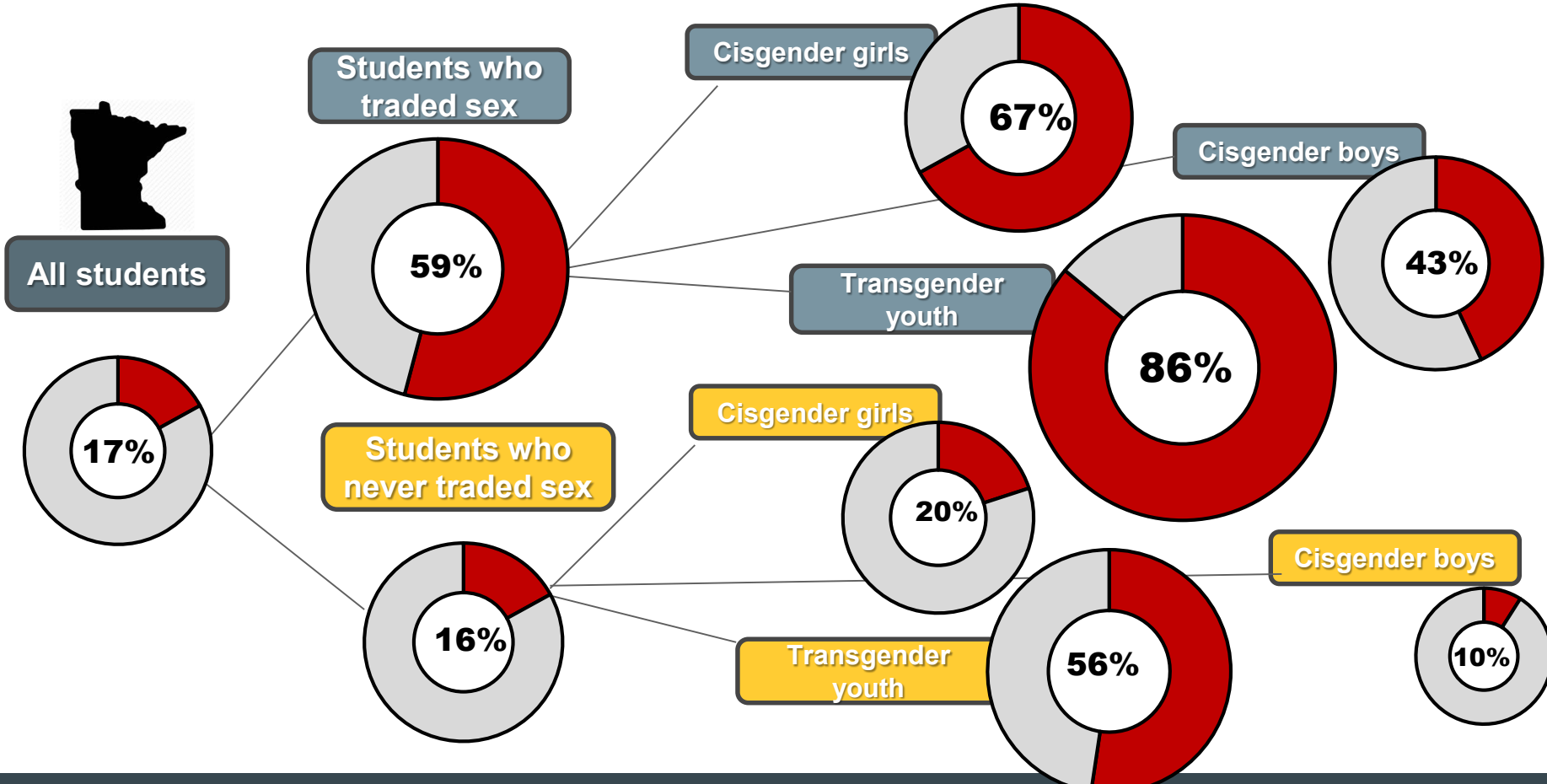
Rates of past year NSSI include self-reports of hurting or injuring yourself at least 1 or more times.



During the past 12 months, how many times did you do something to purposely hurt or injure yourself without wanting to die, such as cutting, burning, or bruising yourself on purpose?

- 0 times
- ✓ 1 or more times
- ✓ 3 to 5 times
- ✓ 6 to 9 times
- ✓ 10 to 19 times
- ✓ 20 or more times

Rates of Past Year Non-Suicidal Self-Injury

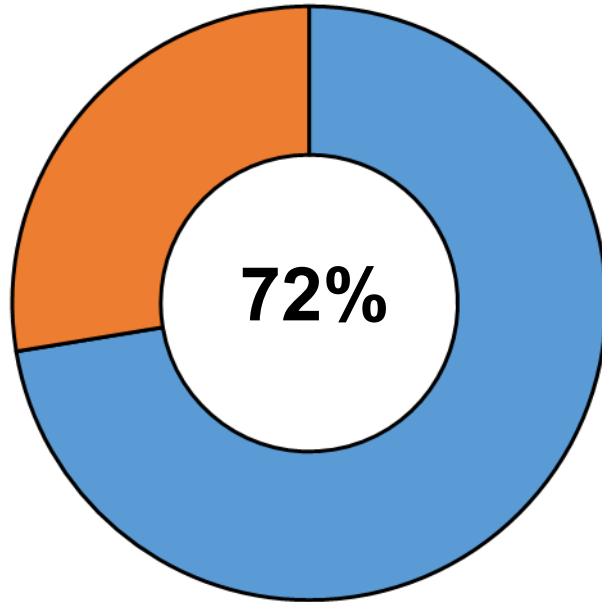




Inhale Courage, Exhale Fear

What can help promote resilience?

Almost 3 out of 4 students who trade sex
feel safe at school



Next steps

Contact us:

Emily Singerhouse
singe187@umn.edu

Barb McMorris
mcmo0023@umn.edu

- These data help us to **identify your priorities, and related problems and experiences** of youth who trade sex
- All youth who trade sex are in dire need of support for their mental health: please **pay attention to transgender and gender diverse youth** who trade sex

#1: How will you use these data in your work?

#2: What mental health programs are out there?

Thank You!



Username:
themystprojectt

Email us your feedback and ideas:

Barb McMorris
mcmo0023@umn.edu



Emily Singerhouse
singe187@umn.edu

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