

# **After the Sex Trade**



## **Mental Health Recovery**

You My Sister [www.youmysister.org.uk](http://www.youmysister.org.uk)  
[support@youmysister.org.uk](mailto:support@youmysister.org.uk)

# Testimonies

You My Sister supports survivors of the sex industry. We have created a unique programme to support mental health recovery after leaving any branch of the sex trade. Women who have exited the sex industries played a key role in designing the programme and now co-deliver it.

This is what women who have been on the programme say ...

"I felt able to disclose to my family for the first time"

"Lives will be saved through this"

"Humanity is crucial in recovery and that is what the trainers gave us"

"You My Sister has really helped my mental Health"

"Simply being able to talk with others was amazing"

"I have entered part time work. You My Sister has undoubtedly helped as I feel so much better about myself"

# About the Course

## Who is it for?

This programme is for women who have experienced **any form of the porn or sex industries** & seek support in processing their experiences and moving on. It was created by, and is delivered with, women who have experienced these industries. It is run online so is accessible to women anywhere. Although it is **not formal therapy**, it can be very therapeutic in helping manage mental health and, ultimately, recovery.

## How does it help?

We **explore your journey** before entering the sex industry, how you survived within it and eventually exited as well as look to the future. We help you understand and process what happened while in the industry and its impact.

We help shift perspective **away from self-blame & shame**. We help you explore your emotional needs, start to like yourself again and reclaim your identity - so giving the chance to truly move on. Perhaps most importantly, we are a **safe space** to help **break isolation** and be with others with similar experiences who truly understand.

After the course, we help attendees set up their own **support group**, if they wish, so you can continue to meet online, be with each other and support each other.

## Nuts & Bolts

- ✓ Online via Zoom\*
  - ✓ Open to anyone in the UK or beyond
  - ✓ 6 weeks, 1 session/week of 2-2.5hrs
  - ✓ 8-10 women on the course
  - ✓ 2 Trainers
  - ✓ At least one trainer is a peer (who has experienced the sex trade)
- \*We can assist with internet access if needed

## How do I enrol?

Our trainer meets everyone individually in the weeks before the course to help 'break the ice', talk through the programme and answer any questions you might have and to make sure it is right for you at this time.

Find out more or enrol at [support@youmysister.org.uk](mailto:support@youmysister.org.uk)

# Course Sessions

1

## **Session 1 – Feeling Safe & Making Connections**

Introduction to the course and getting to know each other

2

## **Session 2 – Understanding Why**

Understanding why we entered the sex industry

- The Sexual Exploitation Process
- Power and Control
- Healthy Relationships

3

## **Session 3 – Understanding our Feelings**

- Differences/similarities/confusions between work and sex
- How we Expressed and Hid our Feelings and Why
- The Long term Impact of the sex industry

4

## **Session 4 – Leaving**

- Exploring Why and How we Left
- Acknowledging how Hard it is to Leave
- The 'Fight or Flight Response'

5

## **Session 5 – Moving On**

- Work vs Sex
- Healthy Work and Sex
- Telling Others

6

## **Session 6 – Your Future**

- Liking Yourself without it meaning 'Be Sexy'
- (Re)Discovering What you Like to do and How to Make it Happen

### **Students say**

- ✓ Course 'Excellent'
- ✓ Trainers 'Excellent'
- ✓ Reduced Isolation & Self Blame
- ✓ Increased Self Confidence & Hope