Dr. Janja Lalich: So, I'm going to turn it now back over to the two women who are here from the SAGE project in San Francisco, which stands for Standing Against Global Exploitation. Ellyn Bell is the Executive Director. Donna Sinar is the Project Coordinator. In the earlier part of the session, they went over the basics of sort of the founding of their organization, which was founded by a survivor, who has since passed away. SAGE is doing excellent work with, in both labor and sex trafficking; working with victims and taking on cases. This morning, they told us also some of the basics about human trafficking, so if you missed that, maybe you can find someone who was there, or we're actually recording everything, and it will be on line for you to see, if you want to catch up on that. And, now we're going to go into more -- some case studies of child trafficking, and talking about some of the aftereffects and trauma that is ascribed to this area. So, we'll turn it over to you. Thank you, thank you for being here.

Ellyn Bell: Thank you so much. [applause] Thank you for having us, and we're really pleased. And for those who were here before the break, thank you for staying. And for those of you -- if there's anything that you don't understand, please raise your hand or let us know. We did cover a lot of the basics. We're going to start with talking about domestic minor sex trafficking, essentially right now, and with youth, and some of the youth that we work with, and some of the issues that youth face. And, then we're also going to move into trauma, which both adult, adults who have been involved in the sex industry, adults who have been trafficked, as well as youth, experience.
So, these are just some of the trends; just some basic statistics for you. Three hundred thousand children in the US are at risk for commercial sexual exploitation, and when we're talking — that's US-born citizens; US children at risk. I actually think probably that number is higher personally, from my opinion, just because earlier I mentioned runaway homeless youth, youth in the foster care system, youth who are using survival sex or trading sex for a place to stay or food, and all of these things go underreported, vastly, hugely underreported, and because of that, I think that that number is much, much higher. And I think, again, many of those youth, who may be involved in survival sex or may be have a boyfriend pimp or have been in the juvenile justice system and have been involved, do not consider themselves involved.

So a lot of times, those numbers will be underreported, and even if you were to ask a particular youth, do you believe, or I could, say with youth I've worked with in juvenile hall over the years, if I were to come up to someone and say, “Do you think you're a victim of human trafficking?” The answer would be, “Are you kidding me? No. What? You know, so no.” A lot of youth would not even think of themselves in that way, so I think that's another reason it goes underreported.
A hundred and ninety-nine thousand incidences of sexual exploitation of minors occur each year in the United States. Again, I think that number is low, and it's probably much higher. And, again, what do we consider? So when we look at definitions, what I would say to you, when you see figures and number, question, not necessarily the sources. The sources are good. The sources are going to be counting what data they have, but wonder about what do you consider sexual exploitation? What does somebody consider to be sexual exploitation? I also consider childhood sexual abuse to be sexual exploitation in many ways, because it leads and opens the door for further involvement. So, sexual exploitation definitions may vary from data source to data source, and I think it's important to ask that question.

And, especially, and also just like at risk youth. What is an at risk youth? Or, as many of our partners in San Francisco now call them, “in risk”; the “in risk” and the “out risk.” The in risk youth are the ones that are there. They're living in risk. The out risk are youth that perhaps might end up being an in risk youth. So, you know, we just have to look at where our definitions are coming from and what we're classifying as at risk youth or sexual exploitation, or sex industry. You know, because it's a vast -- much bigger than what the numbers would tell
SAGE Youth Clients (2009 - 2011)

Local – Bay Area
- The Average age of youth in SAGE Programs is 15 years old. Average age of entry into prostitution: 13 years old. Age range: 11-17 years old.
- 180- 210 youth/year
- 56% African American, 19% Mixed Race, 12% Latino, 10% White*
- 94% suffer from PTSD

This is some of our youth clients from 2009 to 2011. These give you some of our basic statistics. The average age in the youth program is 15 years old. The average age of entry into prostitution in the Bay Area is around 13. Some are saying now, the police are saying now maybe it might be a closer to 12. We were talking about it at last First Offender Prostitution Program, which is our john school with the DA's office that, I think the police officer there was saying that they're seeing 12 to be more the average age now. The age range really from 11 to 17 years old. We know the youth are getting younger. We see probably 180 to 210 youth per year. The demographics right now are not necessarily the demographics of who is involved, but the demographics of where we are located. And, I think that's very important. We're located south of Market, kind of at the edge of the Mission, in area of really kind of many would call in the Tenderloin. And, so the demographics of the youth that we see reflect the demographics of where we are located in the city. But, the demographics of sexual exploitation are every, every demographic really, every nationality, and it just really depends upon where service organizations are located. So, with us it's 56% African American, 19% mixed, 12% Latino, 10% white. We are not seeing, we don't see as many Asian youth in our programs; but we do know they exist. So, that's, I think just again, a component of where we are located, and not necessarily of what's happening.
Donna Sinar: I just want to add that this data specifically is based on 2009 to 2011, those who have been in custody. So, they’ve been arrested. And I think when we look at this, we have to think about who’s been arrested, and who’s been most physical, so we’re talking about street prostitution, because that’s an easier target as opposed to what is going on on the Internet or in brothels, in residential brothels. So just keep that in mind. This is a reflection not of what’s out there, but who is being targeted for arrests, and that’s street prostitution, and this is the demographic in San Francisco from that point in time.

Ellyn Bell: And, thank you, Donna, that’s really key because a lot of, especially with our Asian youth, again, they’re going to be in different circumstances, and not maybe as visible. And, I think that’s the same again with all, and so with the street prostitution and what we’re seeing and the arrest rate, this does reflect -- this specifically reflects that. And, again, we have to go back to where’s our data source; where’s that being pulled from. Once thing, we say 94% suffer from PTSD, and we’ll talk a little bit more about PTSD, but 100% suffer from trauma -- and, probably with the majority of them suffering from long-term trauma and PTSD.
Path to exploitation. We just like to cover this because the path to exploitation, and hopefully, this isn't too confusing of a drawing, but we want -- what we're trying to say it's the same whether you become a pimp or a trafficker, or a victim, and this is what we see with our youth. And “victim,” I don't really like that word, but whether you become someone who's been affected by this and involved, or whether you become one that is trafficking others, the pathway is the same; being that in the home, there may have been child abuse, child sexual abuse, some form of neglect. There may have been domestic violence, high-need substance abuse, mental illness, any number of things might be present in the home for both the pimp and for the one who has been trafficked or involved. The community, in essence, and there's usually few support systems; runaway youth, as we mentioned, homeless youth. I don't like the word “throwaway,” because I don't -- there's no throwaway people. But they, but a person may feel “thrown away.” They may feel undervalued. They may feel unimportant, unloved. Incidences, especially foster care, adoption, youth who have maybe been orphaned at an early age. Attachment issues to their family, whether family of origin or family that they've grown up in.

And, there's very few supports, and as many of -- one of our case managers was telling me the other day, I was speaking with her about some things, and she was talking about sitting in a room with three social workers and the youth that she was the case manager for.
And that everyone was talking, and there was also some school people and some other systems people there, talking about the youth as almost as if she were invisible or not there. And she said, you know, how often this happens. They’re talking around this youth. And in fact, one of the social workers hands a paper to the other social workers, and said, here, you know, here’s her history, here’s what she’s been up to. And, you know, the youth is sitting right there; almost as if invisibility, unimportance, and sometimes the system, even the system that’s trying to help, does not see how they participate in those long-term feelings of “Really, I matter, you say I matter? Look how people treat me.” The behavior and the words don’t necessarily go together; if that makes sense. So, those lack of supports, and you know again, you might have a case manager, you might have wraparound services, but in all the work that I’ve done with youth over the years; a case manager or a therapist, or those people get money to come and see you at your group home. Money to come and help you; I mean that’s the way our system is. They don’t necessarily love you, and what is it that all human beings really need? And, what do children especially need? Love, belonging, being treasured. So because someone’s your wraparound worker, and takes you to the park or the bowling alley or on outings, or as a volunteer, that’s not the same as being loved and valued, and belonging. And, in some ways, that’s -- we hear that over and over from youth. And that desire is present in all of us as human beings.
Low educational attainment; well, who is going to be able to succeed in school if they're worried about surviving. That's again what we see with the system's youth. If you are trying to figure out, or your parents, how you're going to make it through the evening without being hurt, if you're worried about somebody in the home raping you or sexually assaulting you, if you're worried about being kicked out because you have a secret from your parents; whatever that is, you know, and you know that they won't accept you for who you are, you're going to worried. And if you are worried, you're not going to be able to perform in school. And, these are things that school systems and school districts have to become more aware of all the time. We can't, you know -- and also, if the child goes to school; we know if a child goes to school hungry, that child is not necessarily going to have a good day or be able to educationally perform at the same level as a child who got a good night's rest and a good breakfast, and knew they had a safe place to stay and to go home to. They've got those systems in place, so that they can learn. Whereas a child who doesn't have those things, is at much more risk of not being able to attain. And so that puts that in a definite at risk; at risk to become a pimp or a trafficker, at risk to become a victim.
And, then again in society, we have the media. We have these violent video games. I know there's been a lot of talk on that, and everybody kind of -- nobody likes to talk about that. I have a son that's 24, and he's at Sac State, and he actually works in a youth shelter, but he still plays, and I don't think he plays any of those ones that you get points for really hurting people; I'm hoping he doesn't play those games. I'm pretty sure he doesn't. I'm going to say he doesn't, as his mom. But I know those games exist. And, I've seen those games, and you know, even from the grand theft auto and all of these things that people have where you get points for raping or killing somebody. I mean, when we, and many people, and I know he would say this, "That's just, it's just a game. It's nothing, it's not reality". But what does that tell our subconscious, really, I mean what we put into our system, it anesthetizes us perhaps in a way. Just something to think about. I'm not going to preach about that. I mean, everybody has to make their personal decisions, but I would, you know, I just question what we put in our systems.

And, when we put in violent images, images that are hateful to women, images that are hateful to people of different backgrounds, of -- whether it be gender, race, sexual orientation, all of those things. Anytime we put that into our system, we have to be kind of cognizant of maybe the effects of how it anesthetizes us to the pain we may be causing another.
And, again, that's part of a normalization of violence that we live in our culture. Normalization of violence. When people walk around saying, why, why is there so much violence? This is just horrible. And, then we like, what are we watching on television? What's all around us all the time? We can't continually be swimming in that pool, and pretend like we don't know the fish. So, it is, it's just, it is something to think about. And, I'm not saying, and please know I'm not saying that these things cause any of this, but these are part of societal constructs that in place, as well as these things as people move towards the path to exploitation.
Case Study: JESSICA

Jessica grew up seeing her stepfather beat her mother on a daily basis and has been victim to the beatings as well. Jessica’s stepfather has continuously and consistently told her that she would never amount to anything in her life.

There have been nights that Jessica and her siblings have gone to bed hungry due to her mother’s drug use. Mom would blow all of her money on crack cocaine, often leaving Jessica home to care for her younger sisters and brother.

We’re going to do a case study. This is on a youth client, and Donna's going to read through it. And just kind of -- it’s a little bit long, but not as long as the last one we did.

**Donna Sinar:** Yeah, okay, but first, I wanted to -- I’m Donna, I'm with SAGE. I'm the Program Manager of the tracking component, and I wanted to do this earlier, and I want to do this now. So, we're covering heavy material. We have been, and we're going to continue. So, I want to encourage you to check in with yourself, and see what's coming up for you; maybe you're feeling it in your body. Maybe you're feeling pent up in the form of anxiety, or it's in your stomach. Just check in with yourself, and do what you need to do to take care of yourself. And, you know, and then try and do something to nurture yourself; whether it's, you know, splashing water in your face, or just remembering to breathe and sit and be grounded. So I just wanted to have you take that with you, because I know that you have class later, and you might need to leave early. And, we do plan to talk about ways in which you can be part of this movement, and be a partner, and you know, help out. But, it you have to leave early, I don’t want you to leave very heavy, so do what you need to do to take care of yourself.
Okay, so I’m going to read this case scenario, Jessica. Jessica grew up seeing her step-father beat her mother on a daily basis, and has victim to the beatings as well. Jessica’s stepfather has continuously and consistently told her that she would never amount to anything in her life.

There have been nights that Jessica and her siblings have gone to bed hungry due to her mother’s drug use. Mom would blow all of her money on crack cocaine, often leaving Jessica home to care for her younger sisters and brother.
Jessica was also molested by her stepfather. He began sneaking into her room when she was 10 years old and continued to do so until she was 12 years old. When Jessica told her mother what was happening, her mother turned a blind eye to the situation and nothing was ever done about it.

Jessica ran away from home when she was 14 and promised herself that she would never return, no matter what the circumstances. While being on the street, Jessica met 27 year old Darnell Booms a.k.a. Money.
Noticing that Jessica was hanging out at all times of day and night, Money approached her. He began talking to her as if he were interested in having a relationship and eventually talked Jessica into allowing him to get her a room at a hotel. Having told Money all about her abusive home life, Money began spending more and more time with Jessica; showing her that he cared for her and providing food and shelter.
Jessica fell head over heels for Money. So, when he asked her to turn dates to help him pay for their room, Jessica obliged. This was the beginning of years of abuse and prostitution. Jessica was arrested for solicitation on several occasions. She was sent back home after these arrests where she would immediately run away, going back to Money.

Eventually Jessica was removed from mom’s custody and placed in a group home, where she continued to run. At 17 years old, Jessica exhibits symptoms of PTSD, and has been abusing marijuana and promethazine for the past 2 years. She has been victim to constant domestic violence, and has not seen a doctor since she was 13.
Jessica ages out of the foster care system and continues to sell sex as a means of survival. Drugs and alcohol have become a constant in her life. Money is no longer in her life, but she continues to move in and out of abusive relationships with pimps. She is arrested one night outside a club after offering sex to an undercover police officer. She is identified as eligible for the Early Intervention Prostitution Program (EIPP) by the District Attorney's Office and is referred to SAGE for services.
So, this scenario -- and for those who weren't here earlier, we talked about the definition of human trafficking and domestic minor sex trafficking. So, well, there are a few of you here that were here before. Is this trafficking?

[ Pause ]

What do you guys think? [pause] Okay, yes it's trafficking; for many reasons, but first and foremost, Jessica starts off as a teenager in the sex industry. So, by definition of the Federal law, as well as our State law, she is a victim of trafficking. Anyone involved in the sex industry under the age of 18 is by definition a victim of human trafficking. There are also elements of force, fraud, and coercion that took place. She met this guy; this older guy, Money, and he showed her affection; affection that she wasn't getting at home. He gave her nice things. He led her to believe the he was in love with her. This was the first and only time that she'd had any kind of, any kind of affection like that. So, there is this psychological manipulation, because then what did Money do? He turned it around and said” You know, I've been paying these nice things, I need your help in paying for these things. Can you turn tricks? Can you start going on some dates?” And, that's where the trickery, the manipulation comes in.
Jessica's case is not the exception to the rule. Jessica’s case is very typical of the clients that we see within our youth program. So, some of the things that Ellyn was talking about before from the home structure, coming from a high-needs home, where Mom is -- her biggest concern is finding her next hit, or, you know, crack cocaine. There's definitely substance abuse at home, so there is that exposure. There are low resources in terms of money at home for food and electricity, and those kinds of basic needs. She is a victim of sexual abuse, and her Mom just turns a blind eye to it. All of these reasons, all of these things, pushed her out of the home and into the arms of -- made her very vulnerable to someone like Money or a trafficker. And, that's exactly what traffickers look for; they look, they prey on this, or at least one type, or a large majority of traffickers. There's a name for it, called the Romeo Pimp. There's another type of pimp, called the Gorilla Pimp, which is much more violent, and uses even more force, and doesn't take this time to build a relationship and show false affection. It's much more quick and to the point.

So, we're going to talk about the culture of CSEC [Culture of Commercial Sexual Exploitation of Children], and that scenario with Jessica kind of illustrates it. This is a little more background in terms of the pimping structure. So what you have is this illusion of a family. You have the pimp at the top of the hierarchy, and he's like the father figure. He's also known as Daddy. From there, you have the women that work for him, and they're referred to as the women in his stable. They refer to each other as “wifeys” or “wife-in-laws.”
And so, okay, so you have this father figure, and you have these kinds of sisters or wifey's that would be mainly a friendly family picture. However, it's not at all. You also have a woman and, excuse as my language, but she's known as the "bottom bitch," and she is the person who is with the pimp. She's his number one girl. She's his number one enforcer as well, but I want you to be mindful that she is a victim herself; that she worked her way up to this position. And, so... do you want to add to that?

**Ellyn Bell:** Just what we have here is a very patriarchal kind of system in pimping, but just to note that that's not the only system. And one of the things you often see, like in juvenile detention center, is girls who have pimped out other girls. And, one of the things I can remember, just from some of the work there; some of the girls that were most hostile about other girls selling themselves were girls that were exploiting girls. So, that happens. That happens a lot. And, some of you probably all remember the big cases in Sacramento, the big bust about a year ago. That's been on trial, where it was all women. And, so often times, a woman may appear to be a girlfriend. If you've only had bad experiences with males, and you have then a girlfriend who loves you; so, in a lesbian relationship and pimping out other girls, or in a mother relationship, and pimping out the girls. And, we see that in the massage parlors and salon, and some of the other, the cantinas. Often times, they're run by women. So, we don't want to give the illusion that this is only a patriarchal structure. That does occur. It occurs quite a bit, but it also occurs in any -- it's really about a power dynamic, and of who's holding the power and then who is in need of, who's on the underside of that being controlled.
Donna Sinar: Absolutely. This is just one example of the pimping structure, but it doesn't always look like this, especially when you have a woman, a matriarch; just like Ellyn had said. The one thing I wanted to add to this is that, the women that are working for the pimp in this sort of scenario, they're in competition with each other. They're in competition with each other to be that number one girl. They're in competition. So if something didn't feel right; if a girl is approached in what's called the track, is where the street prostitution occurs. If the one girl's approached by a car, and she just doesn't feel right about it; there's something in her gut, and she's not feeling it, she's still going to get into that car, because her wifey, her wife-in-law, is going to be the first one to go tell the pimp or the bottom bitch. And, often times, it will be the woman, the woman at the top that's going to enforce the rules. And, the girl who may, who did not go into this car, who did not follow through, is definitely going to be a victim, is going to be beaten. So, you also have this culture of normalized violence.

As far as trends in what we've been seeing at SAGE -- pedophilia. Girls are being asked to act younger, look younger, be younger -- younger and younger girls -- and asked to role play as younger girls. As well as girls are selling drugs for pimps. So, they're forced to sell their bodies, as well sell drugs for the pimp, and -- or weapons, or be involved in other criminal activity, like theft, using counterfeit money, robbery, other kinds of activities, to bring back that profit to the trafficker.
And so, what that actually is, it would be sex trafficking and labor trafficking, so the person is a victim of both types of trafficking. In terms of substance use, we talked a little bit about it. And when it's with our youth, we see it more as recreational use, as opposed to someone that is deeper into their addiction; they're deeper in that cycle of that trauma and the addiction. So, it could be recreational, or it could be -- it's for numbing. It's for maybe staying warm on a cold night; for simple things like that, and for really just kind of numbing out. However, more addictive drugs are being used, introduced by, and they’re introduced by the traffickers, as well as it's just kind of a common party activity. And, what we're seeing is promethazine, which is a, it's a narcotic. It's Robitussin with Codeine. And so, it's been referred to like syrup or purple drink, or that's what we’re talking about. That's why -- Little Wings, he's been in and out of the hospital for. Thrax, which is marijuana laced with something much harder, like heroin or cocaine, or meth. And methamphetamines.
And we talked about the path to exploitation, and this, I think, illustrates it in another way. The cycle of violence in human trafficking doesn't happen in a vacuum. There are things that make someone vulnerable to traffickers. And so the different things are background of having exposure or victim to domestic violence, coming from a culture of normalized violence. Early childhood abuse, which is the initial trauma; early childhood sexual abuse. And this notion of learning what love is or not receiving any love at all, or believing that this is what love looks like.

Socioeconomic conditions can lead someone to trafficking, by all means, and that is for international and domestic victims of trafficking. So, on the international side, wanting a better life, wanting to have, to be able to provide for their children back home, or for a sick mother, or for themselves to have a better life. So, it's just this economic disparity that drives them to risk everything to come to this country. And, the same is true for those that are victims or domestic trafficking. That definitely is a vulnerability factor. Wanting to have - - whether it's the basic necessities, being cared for, things like food and shelter, as well as having the nice clothes, having hair done, nails did; you know, like having access to that is definitely a draw.
But, it also needs to be said that domestic victims of trafficking are not all coming from a very impoverished background. There are definitely victims and people are vulnerable, that are coming from different socioeconomic classes. That could be the girl or the boy that's home, and his or her parents are working all the time, and they're just looking for attention. And, they're on the Internet, and they meet someone, and that person, they think, is close to them in age, but really it's not. So they set up a time and place to meet, and it just goes from there.
And then, smuggling. I definitely want to talk about the distinction between human trafficking and human smuggling, because I think it's confusing, and it can be...confusing. So, we're talking about two separate things, two distinct crimes. So, I have a chart here, trafficking versus smuggling. One big factor is, with smuggling, you have two people that are committing a criminal activity. They are both willing participants, and that's not the case in trafficking. In trafficking, one is exploiting another person, so there's the criminal, which is the trafficker, and the victim, which is the person who is being exploited. Another difference, and I mentioned this before, if you were here before -- for smuggling, it's specifically one person bringing another person over an international border. And, with trafficking, we know that that's not true; transportation is not required for it to be trafficking. We have US citizens that are traffickers by US here, and they're not crossing an international border, so, the idea that transportation has to be part of a trafficking scenario is actually not true.

However, with smuggling, that's the point of it. So, once a smuggling situation; once one person brings another person over this international border, the relationship ends. It's over. With trafficking, with trafficking, it's not the case. Someone is forced to work. Essentially, that's what trafficking in; that someone is forced to work in a certain form of work or a certain place, and they don't have a choice about it. For example, if someone was smuggled, and they have a smuggling fee that they want to pay off or that they need to pay off, that person can pay off that fee.
But that person has a right to choose where they work, and how they earn that money to pay off that fee. In the trafficking scenario, the person is forced to work in a specific place; a specific type of work.

And, the thing is though, that human smuggling can lead to human trafficking. A person who is smuggled is very vulnerable to traffickers, because what happens when they cross that international border? They're in a new country, in a new culture, in a new language, without a job, and they probably have a smuggling fee to pay off. So, that's why there's, I think, often a confusion. Human smuggling can lead to human trafficking, but they're not one in the same. She asked, why do we call it trafficking, rather than slavery? That's a good question. [background conversation] Yeah, I heard that we're afraid of the word slavery, and trafficking is a relatively-new term. Trafficking is -- yeah, and slavery has a whole history attached it, and so I don't think I have the answer to this. And, I think that you can, you can call it slavery, you can call it trafficking, but we recognize it within the legal system, and within, you know within the legal system as trafficking. I'm curious to hear what you think.
Ellyn Bell: Well, I think that's a very good question. You know, I've heard a lot of people argue on various sides of this, because as with anything, we may think, oh, well, that makes total sense, but then somebody provides another perspective. And, one of the things around the word slavery; what have I heard people say is that slavery, the history in our country, those connotations, what slavery is in other countries, how we view slavery, and then what's happening in trafficking -- are they the same, or can we really bring those terms together? I think in some ways, we can, but in some ways, I think there's -- and perhaps it is a shying away from the word or how we see slavery. Laura Lederer, who is on our advisory board at SAGE, and worked on the original Trafficking Victims Protection Act, as well as BOWA, she was the person who coined trafficking as modern-day slavery when she was working with the Clinton Administration on this issue, and I think it was during the Clinton, or maybe it was the Bush; the second Bush. But I think, you know, it's interesting how that word's been used and occasionally picked up. But, I think, you know, I think that's worth further inquiry as to why, you know what, what about these words that we're choosing to describe the issue of trafficking.
And, I think some of it may come into how we define it under the law, because again, not everybody who's involved in the sex industry is trafficked. Not everybody, children who are domestic minors, who are involved in the sex industry or who have been sexually exploited are considered to be trafficked under the law, but not all children who have been forced into labor are considered trafficked. So, there's a distinction. Adults over the age of 18 -- what the magic age of 18 -- when somebody hits that, considered, they have to be able to prove that they're trafficked -- the force, fraud, coercion, manipulation. And, does that mean that if they don't meet that, that if they're held in a brothel and they're 19 years old, and, or maybe they think they've chosen to work in this massage parlor, and they're a domestic. A San Francisco youth, age 19, chooses to work in a massage parlor. Is that person trafficked? So, I think it comes down to what's the law and maybe -- but I like these conversations. I like these deeper conversations, and we're going to talk about the human rights perspective, and maybe that'll kind of shed some light on that as well.
Oh, okay, alright, just we wanted to talk about the trauma in human trafficking. And, I know as we watch our time, and we want to go through some of these fairly quickly. Again, if you have any questions, raise your hand, but I think it’s important to see these distinctions. So, we’ve looked at in sexual abuse. So, we use these terms. Again, how we use these terms matters. How we use these terms together, matters. And, the more distinctions that you can make in your mind, the more connections you can make as well. So, sexual abuse, the way we’ve defined it here: the forcing of undesired sexual behavior by one person upon the other. When the force is immediate, infrequent, or short durations, it is considered sexual assault. When the person is younger than the age of consent, it is considered child sexual abuse. All of this is sexual abuse. Sexual assault is a form of sexual abuse. Ongoing sexual abuse of children under the age of 18, living in a home, someone repeatedly comes in. It may not even; it doesn’t require penetration. It can be fondling. It can be grooming. There’s a whole lot of things that go into child sexual abuse. But, all of this, it’s undesired sexual behavior by one person; generally a person who has some form of power over another person, constitutes the sexual abuse.
Domestic violence gets -- this is an important term. Or, we often call it domestic abuse, spousal abuse, or intimate partner violence is a good term for it, because it doesn’t necessary even have to happen in a home. It's defined as a pattern of abusive behaviors by one partner against the other in an intimate relationship, such as marriage, dating, family, or co-habitation. It includes physical aggression or assault as well as sexual abuse, emotional abuse, intimidation, stalking, economic deprivation, and other forms of control. Alcohol consumption and mental illness can contribute or be present but are not the cause.
So this kind of looks at the power and control wheel. Power and control wheel, love this wheel. Ellen Pence in the Duluth Abuse Intervention Project in the 80s put this together, and it really kind of changed the whole face of how we look at domestic violence in this country, and it was really looking at power and control. We used to think, talk about domestic violence as a cycle of violence, like -- and it is to some degree, but that doesn't look at the root cause of it. The root cause being the power and control. Physical violence, sexual violence can be all around the periphery, but the spokes of the wheel, what people are experiencing as a result of this power is intimidation, minimizing, denying, blaming; again, there's the verbal abuse: “You're crazy, you don't know what you're talking about”; “You don't love me, or you do,” blah, blah, blah, blah, blah. Very, very manipulative, very subversive in many ways.

Isolation, you can be using children, using privilege. Economic abuse; you can't have money you need to do whatever it is; maybe to go to the store, feed your children, feed yourself, and again coercion and threats, and that emotional abuse. All of these things all go into power and control at the center, and somebody is experiencing these things in their lives. It's very crazy making.
Look at these things, and also think of how trafficking victims experience much the same type of thing. And, those involved in the sex industry may have experienced much of the same things, or those who have been sexually exploited. And, so, essentially again, that power and control, that sense of feeling after you've lived around that for a long time, that you're crazy, that you don't know how to make a good decision.
So, we look at this, here’s our treatment triangle. At the bottom, we really need to begin to take care of basic needs. In order, as we’re looking at try to help again, kind of like Maslow’s hierarchy. Basic needs, being attached to others, feeling connected to yourself, having food, shelter, medical care, legal assistance. Nobody is going to be able to process trauma unless their basic needs are taken care of. That’s the first thing we do at SAGE, is stabilize, help people stabilize themselves. Again, that’s where harm reduction comes in. Start to choose behaviors that are less harmful to oneself. Maybe you don’t completely stop a behavior; whether it’s smoking cigarettes or drinking, or using drugs, but you begin to cut back and to make different choices about what you’re doing for yourself. But, you definitely need to be able to have food, a place to stay. You need, if you have been in a situation where you need legal assistance, you’re going to have to have that. And, begin to connect with others, so we also have, and I mentioned in the first hour if you were here; we have holistic healing services, we have acupuncture, we have detox, detox acupuncture, we have reiki, we have holistic healing. We live in San Francisco, so this is part of the air that we breathe; thank God, that’s what I say. It’s a good thing, good, good part of being there, and so we’re able to do a lot of very creative things. Yoga, the arts, dance, movement. We even have a client who teaches Zumba to other clients just to keep, just to have movement going on, and that’s part of the philosophy is we help people to help others and help themselves as well.
Again, at the second part, you're going to move into looking at negative and positive affect and beliefs through going to group, through having counseling, through going through different educational groups; learning coping skills, processing things a little differently, and then you can start to build your resources. And that again would be through some of our groups, through individual therapy, working with your clinician; again, gaining more coping skills, beginning to make different choices for yourself, beginning to look at the choices you make. Because, once you're stabilized, you can begin to look at higher level needs. You can begin to address your trauma.

Trauma is the top. It is the most difficult thing to process, and what really, really is so hard for those of us that do this work and have done this work for a long time is when you hear things like -- or maybe a grant or maybe a system says, “Well, let's get them, get that person well who's been in this situation.” So, here you have a maybe 19-year-old, 18-year-old who's been a victim of domestic minor human trafficking or commercial sexual exploitation throughout their youth, has been involved in the system -- or maybe not; maybe they've just been involved in the foster system. Maybe they've been involved in the juvenile justice system. Maybe they've slipped through the cracks. But they have multiple trauma. That multiple trauma cannot be fixed immediately. You can begin to address trauma, but it's not a linear process, and I’ll kind of say that in another slide.
You have to begin to, we have to, again, we have to do, things are some of the things that
we do, but we always look at the fact that healing is not linear. It's not, “Okay, now we're
here, we're fixed, we're going to do some therapy; hey, we're good now.” Anybody in here
who’s ever done therapy, you know that at the end of therapy you might be better, but
there's still things that you have to address. Maybe a year from now, two years from now,
five years from now, something comes up. And as human beings, healing is never going to
be linear. But, trauma especially, it's not a linear process at all.
This is trauma and substance abuse, where a person is traumatized. And this is, a lot of times people like to talk about this, especially when I was talking about our founder, who became a heroin addict after being a child who'd been exploited. That heroin was probably, her original use of it, probably came to numb the pain. Sometimes, I mean that's sometimes how people become involved. A lot of times, we've known people who are already addicted, who then use prostitution or the sex industry as a means to sustain their addiction; two different ways, but the cycle sort of continues in the same way, because then a trauma still occurs there. So, a person's traumatized. They may seek relief through substance abuse, drugs, alcohol, bad relationships, a lot of different things, but in this particular instance it could be, we'll just say, meth. And so then, the short-term symptoms of the trauma may be reduced by that use or dependency upon meth, for example. Then they're going to need more of the drug to manage the recurring symptoms. So, that's where the addiction starts to kind of kick in. And here's then the addiction to the drug. And meanwhile, we've got a major trauma that's not being dealt with, but now we have a new problem. See how that occurs? And then so this new problem is the addiction. So then it's easy to become re-traumatized by the dangers of the use, by the addiction, and the effects upon the body, and then the trauma disorder becomes worse. So, this is how it works with substance abuse.
We’re going to skip ahead to the post-traumatic stress disorder, because this really keys into the trauma. So, long-term trauma unaddressed, repeated traumas, multi-traumatizations -- and I want to say just a couple words on that. So, if a person is -- as we were looking in the case scenario of the young woman who was sexually abused by her step-father. Okay, so let's look at just a situation like that. A young girl, sexually abused by her step-father, she feels vulnerable. She doesn't feel worth anything. She's been told she's not worth anything. Mother's turned a blind eye to it. People, systems aren't there. If she does get involved in the system, she might be traumatized again. Meanwhile, she gets a bad boyfriend who she thinks loves her, but he ends up passing her off to his friend. She ends up getting raped. So, she started, what do we see there? Does everybody see that that's multiple trauma; trauma upon trauma upon trauma. So, when you hear a girl say, oh, yeah, I was raped five times, you know, people say, really, like how does that happen? You know, I've heard people actually say that. But, the real question is, how does that not happen? Because once that door has been opened, it gets opened again and again and again. Because the little place in the mind that knows how to choose safety isn't available; it's not switched on. So, the multiple traumatizations easily can occur to a person, and eventually, it comes -- it ends up as post-traumatic stress disorder. And, this is the events that go, that involve actual or threatened death, or serious injury, or a threat to the physical integrity of self or others.

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Post Traumatic Stress Disorder

- “events that involved actual or threatened death or serious injury, or a threat to the physical integrity of self or others”*
- “feeling as if traumatic event were recurring”
- “intense psychological distress at exposure”
- “markedly diminished interest or participation in significant activities”
- “feelings of detachment or estrangement from others”
- “restricted range of affect”
- “sense of foreshortened future”

* Full definition of PTSD found in the American Psychiatric Association DSM IV
And, post-traumatic stress disorder is in the DSM 4, and I haven't taken the class on the DSM 5 yet. I'm sure it's in there, and it will be interesting to see what kind of new things have been said about PTSD. And one of things that's important to know -- and we're not going into the DSM. We're kind of covering a broad, general definition of PTSD; not necessarily the clinical definition. But, these are all components, and that's the feeling is that the traumatic event were reoccurring over and over again, intense psychological distress at exposure, markedly-diminished interest, and participation in significant events, feelings of detachment, sort of not in the body, and these are all again full definition found in the DSM 4, and now with the new DMS 5. Like I said, it will be interesting to see how the new definition, what it looks like and what it has to say.
But, post-traumatic stress disorder, essentially what I like for people to understand sort of in the lay terms, is just that after a traumatic event, there are things that trigger, that remind you of the event -- that lack of safety, that lack of ground underneath the feet. Post-traumatic stress disorder was originally discussed and talked about with veterans of war. So, any traumatic event. It doesn't have to necessarily be a sexual event or a rape, but it can be any sort of violence, war, a traumatic event. It could be a life event, like being involved in an earthquake or a fire. Any of these things can cause PTSD. And, so there's maybe difficulty falling asleep, irritability, outbursts, difficulty concentrating, hyper-vigilance, exaggerated startle response. You can see these things, these things also are present with trauma, why trauma is difficult to heal, and while long-term trauma that's unresolved, can end up in this.
So, what we find is some of the ways that we address PTSD. We use narrative therapy. We use cognitive behavioral therapy. We have used the eye movement desensitization reprocessing, which is EMDR, which has been seen as being highly effective with trauma victims. It is a means of, you can read something about it, it's not -- we had a strong component at SAGE with EMDR. We are not doing EMDR as much right now. It kind of depends, because some clinicians might be partial to that particular modality to address trauma, but we have our particular clinicians right now aren't as interested in that. We still do use it occasionally, but it works for some people, and again, it has to do with the coordination of the sides of the brain. I don't understand a lot about EMDR, because it's not really my thing. But is, it has been seen to be an effective therapy. We use expressive arts, which is something that I love, and art therapy, movement therapy, ways to be present in the body. Yoga, ways that people can begin to integrate mind, body, and spirit. And, we use solution focus and miracle question, and resourcing, and finding resources within yourself to help you choose new lifestyles, new patterns, new ways of removing yourself from things that can further harm you.
And, these again are ways we manage trauma symptoms. We understand the culture, we recognize upset. You try to understand when you dissociate or when you're not present in your body; understanding extreme reactions. And having a safety plan in an emergency is very key, and having resources to respond to extreme reactions. These are things that we work with, that our clinicians work with, and our case managers. Yes.

**Audience member:** Do symptoms appear the same in much younger children as they do in older adults or children?

**Ellyn Bell:** Well, that's a good question. She asked if these symptoms appear the same in younger children as in older children and adults; and I think the effects of trauma do, but they are demonstrated differently. Now, with youth and adults; with youth, they're going to correspond with that developmental age, how trauma is processed and dealt with, and we know that trauma is -- it's so deeply rooted in the body that when you're addressing with the youth, it will be different, it will look different, than when you're addressing it with an adult, from a clinical standpoint. And, it's been years since I've worked with young children. But trauma and young children, you definitely address it from a very different perspective. But, I think the effects, you know, are -- as you progress, if trauma is not resolved, it just gets worse. It doesn't; if you've had trauma as a young child, and it's unaddressed, you're going to have to end up dealing with that as a youth, and as an adult.
And, hopefully if you're able to get assistance, those affects won't be as long-lasting or as severe. Does that make sense?

Audience member: Yes.

Ellyn Bell: So, that's kind of the way we definitely wanted everybody to understand, part of our philosophy at SAGE is that we realize that whether one has been a victim of human trafficking, for labor, for sex, whether one has been involved in the sex industry by choice or by force, whether one's international or domestic, whether one is male or female, youth or adult, that we do believe trauma occurs when a person is treated as object. And, it has been consumed, and their value has been diminished. And, by that value being diminished, then they have trauma in their lives, and it can occur in many different ways. So, what we definitely try to do is treat the trauma, and help empower people, help people -- we don't do the empowering, they do the empowering. But, again, many, many people after they have been able to work on their trauma realize that part of their healing process that's going to be a lifetime, is going to be about creating change within their own life, and helping to create change within the world.
Not that they go out become a social worker, but they go out and they try to make their community a better place as a part of their healing process. And that again is what we see as part of the social change movement that we are a part of. And that Norma Hotaling, when she founded the organization, founded it on the basis of that -- that peer model of we give back to the community what we learn; others learn, and then they give something back further, and this is what a movement is. And, this is what it is to create community change, and hopefully, a larger social change from our actions; it's not necessarily telling someone else what to do, but helping, helping them find their path, and helping people find their healing. And it's not linear and it's not going to be the same for any two people. So that's just part of the overall philosophy of what we do, and we do work from a human rights perspective, and that's one of the things Donna and I really wanted to make sure we talked about today. You want to begin to talk some about that or?

Donna Sinar: Yeah.
Ellyn Bell: Because I know we don't have slides on that one. Oh, the website, the website, this is a good topic. Right now, we have a website that is a disaster, really. So, and we hopefully by the end of the week will have a new one up. This was kind of a website that was kind of an interim website. And, I say it just as sort of a disaster, because we haven’t been able to keep it up, and we don't have contact with it. It was sort of set up in a way that we can't manage it ourselves, and so we're having to switch it. For those of you that are tech people, you would probably able to understand this, but we’re unable to make the changes on our website, because there's some ways it was keyed in that we can't do anything about. So, we're having redo the whole thing, and we have, I think we're hoping that we, we won't have all the pages up by the end of the week, but we'll have a lot of them. And, then we have so many resources, so many papers that have been written over the years, speeches, information, 20 years of SAGE experience that was on the old, old website, and hopefully, we're trying to integrate all of those things. So, we had like an old, old website that wasn't very pretty, but had lots of information. We have kind of a glitzy, interim website that didn't have any information really, but looked pretty good, but we couldn't do anything about it. And, now, we have a new website that actually we will be able to make changes on, and keep updated, and do things with, so. And, our website is www.sagesf.org, and please go to the website in a week. [laughter]
But, it's so embarrassing to have to say that; it really is, but we've been, I was hoping we'd have it up by this week, and we worked really hard over the weekend, but we've also been doing so many other different things, that it's hard to manage. One thing about nonprofit work, and especially the kind of work that we do, is that we have 17 employees, and everybody works really, really hard. But, 17 employees trying to do all the work that we do, from the john school, from the therapists, the case managers working with youth, adult, international victims, going to court, working in the systems -- it gets very hard to sustain the work. And so, sometimes things like the website, you know we're working and writing grants, and we might get the website done, so bear with us, but yes, we have it.

And, if there is anything you would like; this is also a really important message for you all; any papers or information that you need, don't hesitate to call or E-mail, and I'm going to give you our E-mails. And, just ask us, we can send you, E-mail you some things, E-mail you information, we have lots of resources available, and Donna is donnas@sagesf.org and mine is ellynb@sagesf.org. So, feel free to E-mail us, let us know. We also often have, we've had interns from different universities in the summer who come and helped us with making lunch and answering the phones, and just doing any little things. So, if you know of anybody that's interested in those things, or you yourself have an interest, we do have a volunteer program in the summer. I think last summer we had four people doing all kinds of amazing projects, and usually coming up with things that could to help us and that was very exciting, great. It's a good opportunity, and you're right kind of in the heart of the city, getting to see some of the things that are going on. It's a great experience. Yes?
**Audience member:** I'm sorry, I have a question. A lot of students who are here today are not engaged in criminal justice or any of those kinds of things. However, they might very well have seen trafficking situations without knowing what they're looking at. I love it that you have this slide up here for red flags, could you just sort of underscore what the average person walking around might see, and what they can do if they do see it.

**Donna Sinar:** Yeah, perfect. Yes, I want to leave you with some red flags, and then also what to do in terms of if you want to report something or get some support, as well as what you can do for people that are trapped in trafficking; what you can do to support the trafficking movement. So, directly to answer your question, Kate, if you see something that just isn't right, whether it is trafficking or it isn't trafficking, you don't need to be the expert. You don't need to be the person that decides whether it is or isn't, but if something just doesn't feel right; I think that if you're feeling in your gut that it's not right, you can do a few things. So, one, if it looks like a dangerous situation, I encourage you to call the local law enforcement. Don't get involved in something that puts you in danger, or might put someone else in further danger, so that's first and foremost. Watch out for your safety, and think about the safety of the people that you might be interacting with. From there, if it's not an immediately, you know, this dangerous situation, you can call me. You can call the SAGE project. You can call our staff, and we can talk through it.

### Red Flags

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I think it depends on which kind of scenario it is. Say you see something, some suspicious activity at a massage parlor nearby. There's a van or something like that drops off; I don't know -- people have called with this sort of scenario. And what I say to them is again, I don't want to encourage you to get involved in a dangerous situation, you can watch and keep track of what is going on, how often is this van coming, who is coming in and out of the van, and you can track license plates. You can do those kinds of things, do kind of investigative work, and you can then bring it to us. Or if you see something that think people are in danger, again you can call law enforcement. There's also a National Human Trafficking Hotline, and they are really great with giving tips on who to call, who you should be connected with here, in terms of local law enforcement, or resources, and their number is 1-888-373-7888. But, I encourage you to call us, and depending on what the scenario is, we can work with you, and give you some recommendations.

So, I wanted to leave you with some red flags for those of you; I think most of you actually weren't here earlier, so these red flags, they're divided into red flags for domestics; that's US citizens that are trafficked, and then international. This is for you to keep your eyes and ears open, what to look for, and what would be suspicious. But, I do also want to say that this doesn't mean that it is trafficking, but this is common factors that we've seen with our clients and in the field.
For domestic, for domestic youth, boys and girls that have stopped going to school, like Ellyn had said, that's the last thing on their mind if they're just looking how to survive. So, they're not in school, or they're not doing well in school. At the same time, clients that we work with, the youth clients, they are also in school, so it can be one way or the other. But, that would be one red flag.

Sudden changes in appearance, fancier clothes, or you know, new haircut, nails; like I said before, okay, where is this coming from? Where's this money coming from, all of a sudden? You know that this person's parents or their home situation hasn't changed. How come they have access to money?

A youth that's been arrested for -- that has other charges, other convictions. Because a lot of the youth that we work with, we've talked about before, we've talked about out risk and in risk, and we work with people that are both out risk and in risk, meaning that they are at risk at being exploited, or they are engaged in a lifestyle, and they have been exploited. And, but, what they may be picked up on, what they may be in juvenile hall for, is not prostitution, but it's theft, or it's drug sales, or it's other charges, so maybe there's more to it; maybe there's more to what's going on with that youth, and there is more going on with that youth. I'm not saying it's trafficking, but there is more going on with that youth.

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Has an older boyfriend. That's an absolute red flag. But, like Ellyn said before, that it could be different; it doesn't have to fall into this patriarchal structure. It could be a girl exploiting another girl, a boy exploiting another boy.

And then, domestic violence. Domestic violence and human trafficking is not the same thing, but the domestic violence background with a majority of -- a lot of our clients have a background of domestic violence, that they have witnessed it at a young age; were victim to domestic violence at a young age, and that led them to into, say, violence in relationships. That's normalized violence, and they're expecting that that's what a relationship is.

On the international side, one of the key things, whether it's labor or sex trafficking is that that person can't leave their work. They're forced to do a certain kind of work, but they live, eat, and sleep where they work. That's a big red flag for trafficking.

Work-related injuries, broken legs and fatigue, because they're just forced to work these incredibly long hours, and they don't have access to medical or healthcare, and so they're just really working themselves -- being worked to the bone.
This is a big one -- like in clinics or in the police station when people are coming in and giving the same address; a lot of people living in one home. That would be a red flag for what’s going on either in that home, or why are so many people living in that address. It be that for example, there have been cases where men that were trafficked to build a bridge, they were forced to live in a single bedroom; in a single bedroom, there were 13 people in one bedroom. And, so, if they had been picked up by the police or if they went into a clinic, I mean, that's just a red flag for trafficking, as well as a residential brothel scenario, when women come into a clinic and give the same address; maybe there is something going on at that address.

Severe fearfulness and no access to documents were on the international side, that would be a red flag; that they don’t have their documentation. No access to their identification. Multiple pregnancies and STI testing if someone is coming in -- and this I'd say is both for the domestic and international -- someone is coming in and frequently getting pregnancy or sexually transmitted infections testing. And then again, is domestic violence in the background. Did you want to wrap it up? Okay.
Ellyn Bell: So, we're going to just try to wrap it up. There's so much more that can be said, and again, we are a resource for you, so please don't hesitate to reach out. Some of these are the warning signs you could look at, but again, like Donna said, if there's something that makes you suspicious, then question it. If you see somebody in a restaurant who looks like maybe they're never leaving, or they're there from morning until 11 o'clock at night, that may be something to be aware about, but also, just not being afraid, to look and see and be aware, and ask questions.

One thing I do want to leave you with from another perspective, is when we were talking about the whole idea of sex trafficking is that we often times take the idea of what we call at SAGE, the sex industry, what many people call sex work, we don't necessarily use that term. If somebody wants to use it who comes in, then we don't, you know, negate that, but that versus trafficking, and there's often a big divide in our minds, and a big divide in our culture, and so this is something just to be thinking about. Some people will say, there's a lot of people saying, you know, we've got sex workers' rights group, sex positive movement; a lot of these things going on, and so that's one aspect that is happening. What we see is people who've been involved in the sex industry experiencing trauma, so we deal with that at SAGE. That's one of the things that we do.
We don't make a judgment on the people that might be saying that, yes, this is a choice. But, what we also know is that that's very different from trafficking, and people, and it's different and not different in the same, in the same way, because often times the trauma may be a similar trauma that's experienced when someone finally comes to terms with the trauma that they've endured. But, it's just that I want you to understand that as we begin to talk about this, people often conflate terms, pull things together, look at one as the other. We have more faith-based people involved in this issue. Sometimes they put the things together.

People who have been involved, youth that have been trafficked don't always see it in the same way. They may see if as having been their choice. So, we have to ask questions, and I think what I just want you to be aware of is that you are going to hear as you become more interested in this issue or more aware, you're going to hear all these things get muddled together. And, you just need to ask the questions, and be aware that that's what's occurring, and then ask yourself about the underlying effects of trauma; not maybe so willing to accept if a 19-year-old girl says, yeah, you know, I was involved in the sex industry and it was great; it was no problem, it was no big deal. You know, there may actually be something underneath that, some deeper hurt. And, not to minimize that or not to ignore that. So, that's just something we would like you to, there are effects as treating people as objects, and that's just kind of the bottom line of it all.
So, it's a pleasure having been here today. We really appreciate your time, your interest, and your good questions. Reach out to us at the SAGE project in San Francisco, and we're here to help you, and go out into the world and do good work. [applause]