



## Winter State CIP 2017

Breaking Free SPM  
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### Kind Hearts, Helping Hands

### Hello Local and District Program Managers!

Thank you so much for all of the support you have given me as your State Program Manager, and thank you even more for all the support you are offering Breaking Free. There have been a few bigger events that MNWT has represented very proudly so far this year, and the support is overwhelming to the women.

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**PLEASE REMEMBER YOUR TRANSMITTALS AND REPORTING SERVICE HOURS.** So many chapters are doing such great work fundraising and volunteering and we need to record these hours and donations. Let's work together to finish strong.

We started a new project at Fall State to help purchase the van! Please keep this goal in mind when you are holding your fundraisers. Women and children are all piling into cars unbuckled and infants/toddlers/children not in car seats to get to their events and groups throughout the program. With the purchase of a new or used van, children will be buckled in their car seats as well as their families buckled in next to them. Safe transportation has been one of my bigger concerns as groups are mandatory for these women to attend. It is what teaches them how to live healthier lives and recover from unhealthy people. **Unfortunately**, they do not have safe transportation for themselves and their children but this is crucial to their successful recovery. Wouldn't it be awesome to know we were able to keep them safe? Every little bit helps!

Thank you for this wonderful opportunity!

Sherry Boike - Priority-Area SPM



*Thank you*

**THANK YOU FROM BREAKING FREE!**

**On Saturday, December 10th, Breaking Free held its Annual Christmas Party. It was a HUGE success! There was plenty of food, wonderful decorations, singing and Santa that provided gifts for all.**

**SUCCESS Bonus Points for 2016-17**  
**3rd Trimester Presidential Success Bonus Points**

Purchases of at least \$200 for state ways and means in any combination of state store,  
third trimester promotional, and Nice Spice convention fundraisers. (50 points)  
and/or

Participate in USWT President Barb's Blizzard Challenge. (50 points)  
and/or

Submit a nomination for one of the Community Connections Awards. (50 points)  
and/or

Show Chapter Growth for third trimester. (50 points)  
OR

Attain 80% member retention and growth +2 for third trimester. (100 points)

**MAXIMUM of 100 Bonus Points**

**LPM and DPM Trimester Reports**

Keep those reports and transmittals coming in! SERVICE HOURS ARE HUGE!

The 3rd Trimester LPM reports are due April 24th. When filling out an online form, the programming area is "Priority-Area" and my email is [Priority-Area@mnwt.org](mailto:Priority-Area@mnwt.org).

[http://mnwt.org/bof/form\\_report\\_lpm\\_trimester.htm](http://mnwt.org/bof/form_report_lpm_trimester.htm)

The 3rd Trimester DPM reports are due April 30th. Find this report online, in your book of forms or in your LOTS training manual.

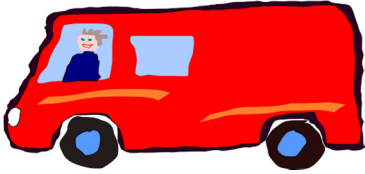
[http://www.mnwt.org/bof/form\\_report\\_dpm\\_trimester.htm](http://www.mnwt.org/bof/form_report_dpm_trimester.htm).

**ONLINE REPORTING GUIDELINES**

ANOTHER VERY VALUABLE TOOL IS ONLINE REPORTING. LPM AND DPM REPORTS AND TRANSMITTALS CAN ALL BE REPORTED ONLINE AT WWW.MNWT.ORG. THE LINK FOR THE LPM TRIMESTER REPORT IS [HTTP://MNWT.ORG//BOF/FORMS\\_RESULTS.PHP?FORMSID-S](http://MNWT.ORG//BOF/FORMS_RESULTS.PHP?FORMSID-S). FIND AND COMPLETE THE APPROPRIATE FORMS; YOUR REPORT WILL IMMEDIATELY BE SENT TO YOUR EMAIL ADDRESS. SEE PAGE 1 FOR DUE DATES FOR REPORTS AND TRANSMITTALS.

## BREAKING FREE 3rd Trimester Challenge

The 3rd Trimester Challenge is to “Buy a Piece of the Van”



### Van Needed to Help Safely Transport the Women and Children of Breaking Free!

You can help by “buying” a piece of the van. As you saw at convention, I have a poster board to purchase a piece of the van. If you did not pick one up, please contact me and I will send you one. The idea is for chapters and districts to donate money for the van and put this van together piece by piece. When we are done, we will have raised the money needed to for the van.

1. Raise the amount of money it would take to purchase your piece of the van.
2. Return your piece form to me by April 20, 2017 with your donation.
3. All chapters/districts/members who purchase a piece of the van, and return the form and money to me will be in a drawing for a gift.

## Promoting Breaking Free

Share all of the information you receive about Breaking Free with everyone you know everywhere you go!



1. Report at all meetings – make it fun and creative
2. Submit articles to your district/chapter newsletter. Forward to NEWSLET for the State.
3. Ask for new ideas for projects and volunteer ideas.
4. Do a press release in your local newspapers promoting your events and fundraising projects.
5. When presenting a project to your chapter make sure to include all the details. Sharing your goal will help others get excited to help you reach it.

# What is Breaking Free?

## **Our Mission**

To end all forms of prostitution and sex-trafficking.

## **Our Philosophy**

At Breaking Free, we understand sex trafficking as a vicious cycle of violence, abuse, incarceration, and addiction. Repeated experiences of violence undermine women's capacities to avoid further victimization. Sexual exploitation distorts the lives of women, destroys families, and undermines the fabric of our communities. *In order to break the cycle, we must first recognize sex trafficking/prostitution as a form of violence against women.*

## **What is violence against women?**

The [United Nations Declaration on the Elimination of Violence against Women](#) defines violence against women as "any form of gender-based violence that results in, or is likely to result in, physical, sexual or psychological harm or suffering to women, including threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public or private life." This encompasses the commercial sexual exploitation of women.

## **What is commercial sexual exploitation?**

The [Women's Support Network](#) explains that commercial sexual exploitation is "a practice by which a person achieves sexual gratification, financial gain, or advancement through the abuse or exploitation of a person's sexuality by abrogating that person's human right to dignity, equality, autonomy, and physical and mental well-being."

## **Understanding sex trafficking/prostitution as violence against women:**

### **Sex trafficking utilizes two forms of violence against its victims:**

1. Direct violence includes rape, physical or psychological torture and abuse, isolation, kidnapping, forced drugs, and threats against the victims and their families
2. Indirect (or structural) violence includes pervasive and permissive attitudes towards the hypersexualization, objectification, and purchase of women and girls, the criminalization of women trapped by prostitution, and the collateral consequences and stigma that attach to women society has failed to recognize as victims.

Recognizing sex trafficking/prostitution as violence against women is the first step towards the prevention of further victimization.