

## **Uganda Youth Development Link (UYDEL)** **The Cycle of Change**

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Uganda Youth Development Link (UYDEL) has adapted the model by Prochaska et al. regarding the 'Cycle of Change' to the exiting process of street level sex workers and indoor workers wishing to leave the sector. UYDEL discerns six stages in the cycle:

1. Pre-contemplation: the sex worker accepts the current circumstances; occasionally uses the services of drop-in or outreach but does not engage further with service providers;
2. Contemplation: the sex worker accesses services more frequently and reports dissatisfaction with current circumstances; starts to think about the future;
3. Decision: the sex worker contacts service providers and requests help to deal with specific issues; fully engages with a key worker from the service provider; makes intentions to make changes public;
4. Action: the sex worker attends scheduled meetings and is proactive in making changes;
5. Maintenance: the sex worker regularly attends appointments; is proactive in making changes; personal health and hygiene improves; maintains contact with support worker, but may also move away from initial intensity of support;
6. Relapse: the sex worker may report sporadic drug use and occasional sex work again; disengages and starts missing appointments; returns to sex work; service provider has difficulty contacting the individual.

UYDEL stresses the cyclic nature of change, underlining that sex workers may attempt exit from the sector various times before leaving sex work behind indefinitely. The model bears some resemblance to the model of Baker et al. who also built their model a/o on Prochaska et al. The main difference however is the rights based approach of UKNSWP building the model on the field experiences of many sex work projects throughout the UK and recognizing and supporting the rights of individual sex workers to self-determination; including the right to remain in sex work or leave it. Moreover, UKNSWP underlines the necessity to provide a wide range of holistic services to sex workers, help with exiting being only one of the options available.