

## **The Facts of Male Sexual Violence**

Sexual violence can and does happen to males. Men and boys are sexually assaulted and molested every day. However, false assumptions, popular stereotypes and the belief that men and boys are immune from sexual assault help us to ignore the fact of male rape. This ignorance adds to the shame and isolation of male victims.

### **Statistics on Adult Male Sexual Violence.**

- ◆ One out of every 33 men have been the victims of attempted or completed rape.
- ◆ 11% of all rape and attempted victimizations occur to men.

### **Statistics on Males Sexually Abused as Children**

- ◆ It is believed that 1 in 6 boys will be sexually assaulted before the age of 18.



## **Common Misconceptions about sexual abuse of boys and men**

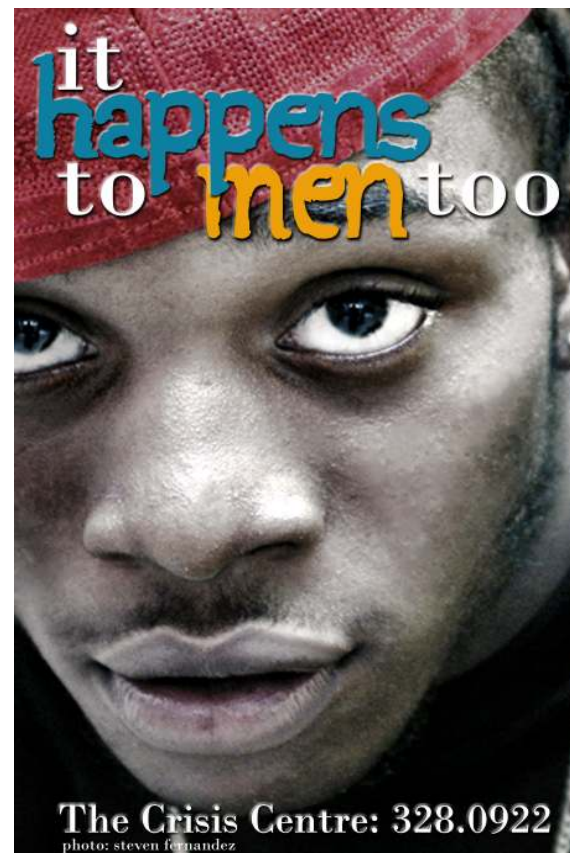
- ◆ **A "real" man cannot be raped—Not true**
- ◆ **If a man is sexually assaulted, both the victim and the perpetrator are gay—Not true**
- ◆ **Sexual response such as erection or ejaculation during a sexual assault means you consented or you enjoyed it—Not true**
- ◆ **Boys who have been sexually abused by a male will become gay—Not true**
- ◆ **Boys who have been sexually abused will become sexual offenders — Not true**
- ◆ **Nearly all child sexual assault is committed by a stranger—Not true**
- ◆ **Sex with an older female is always an enjoyable experience for boys— Not true**

**If you've been sexually assaulted as a child or as an adult, you are not alone. We offer free counselling to anyone who has experienced, or is experiencing, abuse of any kind. we are here to help.**

**The Crisis Centre  
24-Hour Hotline: 328-0922**



## **It Happens To Men Too**



**The Crisis Centre  
24 hour Hotline 328-0922  
Fax: 328-7824**

**Family Violence Unit: 356-3350**

**bahamascrisiscentre@yahoo.com  
www.bahamascrisiscentre.org**

## **What is Sexual Violence?**

Sexual Violence violates a person's trust and feeling of safety. It occurs anytime a person is forced, coerced, and/or manipulated into unwanted sexual activity. The continuum of sexual violence includes rape, incest, child sexual assault, ritual abuse, date and acquaintance rape, statutory rape, marital or partner rape, sexual exploitation, sexual contact, sexual harassment, exposure, and voyeurism.

**In the United States,  
92,748  
men are raped each year.**

Most sexual assaults of males are perpetrated by other males. However, male rape has nothing to do with the sexual orientation of either the victim or the offender. Rape is not an expression of sexuality; it is a crime that is motivated by a need to control, humiliate and harm.

Therefore, male rape does not mean that a heterosexual victim will become gay, or that a homosexual victim caused the assault.

**Rape is  
never  
the victim's fault!**

### **Who Sexually abuses boys?**

A sex offender is most likely someone the boy knows and trusts. Sexual abusers can be fathers, mothers, stepparents, uncles, neighbours, housekeepers, spiritual leaders and camp counselors. In fact, a sex offender can be anyone.

### **90% of the time, the boy knows his abuser**

Some offenders are sexually attracted to children, some were victims of abuse themselves as children and some abuse children so they can feel the power and control they do not feel in relationships with adults. Whatever the reason for abuse, it is NEVER the victim's fault.

### **Most men who abuse boys define their sexual orientation as heterosexual**

### **Who Sexually Assaults Men and boys?**

Adult men can be assaulted by friends, significant others, strangers and gangs. Sexual assaults of men are frequently violent and involve weapons. Often, men reporting muggings or robberies have also been sexually assaulted. Emergency room doctors and police, however, do not typically look for behavioural signs of sexual assault in men.

## **If You Have Been Victimized**

**Go to a safe place.** Call someone you trust for emotional support. Here, in The Bahamas, call the Crisis Centre on 328-0922.

**Seek Medical Treatment.** Male rape is often violent and frequently involves weapons. Rectal and anal tearing and abrasions may need treatment and because of the high risk of genital and non-genital injury, it is important that you seek medical attention. Hospital staff are trained to perform male rape exams to collect evidence and check for injuries. They can also treat you for possible STD's and test for HIV infection.

Valuable evidence of the assault remains on your body and clothes. Do not eat, drink, smoke, comb your hair, shower, urinate, or defecate before going to the emergency room. However, if you have already done these things, don't let this stop you from seeking medical care. Also, place the clothes you were wearing during the assault in a paper bag and take them with you to the hospital with you.

**Adult victims of sexual violence also have the choice to report the matter to the police**

Whether or not you decide to prosecute, consider notifying the police of the assault. Pressing charges may help you to feel empowered after the assault.

Although male victims represent 25-35% of child sexual abuse victims and 1 in 6 adult men will be sexually assaulted in their lifetime, many men do not report their assault. Stigma, stereotypes and society's reluctance to accept a man's sexual victimization keep them silent about their assault.

### **Seek Counselling**

You have been through a traumatic experience and may need help dealing with your feelings. Call the Crisis Centre on **328-0922** for help. Male victims of sexual violence are less likely to use support systems and are more apt to exhibit violent behaviour toward others as a result to prolonged periods of non-reporting. Many sexual assault survivors experience Post Traumatic Stress Disorder. Counseling can help you work through the crisis.

### **Dealing with your Emotions**

If you are the victim of sexual violence, you may be experiencing a wide range of emotions and these feelings may concern you. The following is a list of several common reactions that male sexual violence survivors experience.

- |                |                          |
|----------------|--------------------------|
| Denial         | Fear                     |
| Helplessness   | Flashbacks               |
| Dislike of sex | Rationalization          |
| Anger          | Guilt                    |
| Self-blame     | Mood swings              |
| Anxiety        | Difficulty with Intimacy |
| Shame          | Numbness                 |
| Nightmares     | Loneliness               |
| Depression     | Social Withdrawal        |

Sexually abused boys often exhibit high-risk behaviour, including the use of prostitutes, unprotected sex, a high number of sexual partners, behaviour and legal problems, drug and alcohol abuse and suicide. Male survivors may experience fear and anger over the loss of control over their bodies and themselves. This is especially strong if they have been raised to believe that showing emotion is wrong or weak.

They may also feel dirty, ashamed, and guilty that they weren't "strong enough" to protect themselves. Sexual identity becomes an important issue for males after a sexual assault. A heterosexual survivor may believe the assault means he is gay because of the way his body reacted during the assault. It is important or remember that sexual response is automatic and not within your control—just because your body reacted sexually, does not mean you enjoyed the abuse.

### **No one asks to be raped.**

