

NORMALIZING THE CONVERSATION

FOR MALE SURVIVORS OF SEXUAL ABUSE OR ASSAULT



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MISSION

The mission of 1in6 is to help men who have had unwanted or abusive sexual experiences live healthier, happier lives.

Defining Sexual Abuse

Child sexual abuse includes any sexual activity with a minor. A child cannot consent to such activity, period. This does not need to include physical contact between a perpetrator and a child, and includes:

- Exhibitionism, exposing oneself to a minor
- Masturbation in the presence of or forcing a minor to masturbate
- Sex of any kind including vaginal, oral, or anal
- Obscene phone calls, text messages, or digital interaction
- Producing, owning, or sharing pornographic images or movies of children
- Sex trafficking
- Any sexual conduct harmful to a child's welfare

www.rainn.org

Defining Sexual Assault

The term **sexual assault** refers to sexual contact or behavior that occurs without explicit consent of the victim. Some forms of sexual assault include:

- Attempted rape
- Fondling or unwanted sexual touching
- Forcing a victim to perform sexual acts, such as oral sex or penetrating the perpetrator's body
- Penetration of the victim's body, also known as rape

Male survivors are likely to describe sexual violence as **hazing, physical abuse, or humiliation**, and not as a sexual incident.

1 in 6

At least 1 in 6 men in the United States have had an unwanted or abusive sexual experience before the age of 18. That's tens of millions of men in the U.S.





LANGUAGE AND PHILOSOPHY



Language and Philosophy

- Create a safe environment
- Establish a common language
- Separate experience from identity
- Unwanted vs. Abused
- Separate person from behavior
- Avoid demonizing imagery

“THE LENS”

In order to be a “man” in the world, boys and men are taught...

“Men Must Always Be”

•tough/strong

“Men Must Always Be”

- tough/strong
- in charge



11

“Men Must Always Be”

- tough/strong
- in charge
- angry



12

“Men Must Always Be”

- tough/strong
- in charge
- angry
- fixer



13

“Men Must Always Be”

- tough/strong
- in charge
- angry
- fixer
- heterosexual



14

“Men Must Always Be”

- tough/strong
- in charge
- angry
- fixer
- heterosexual
- masculine



15

“Men Must Always Be”

- tough/strong
- in charge
- angry
- fixer
- heterosexual
- masculine
- protective



16

“Men Must Always Be”

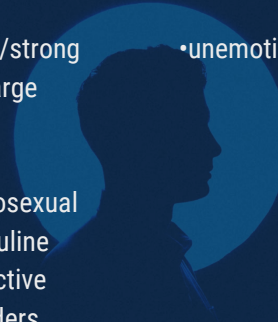
- tough/strong
- in charge
- angry
- fixer
- heterosexual
- masculine
- protective
- providers



17

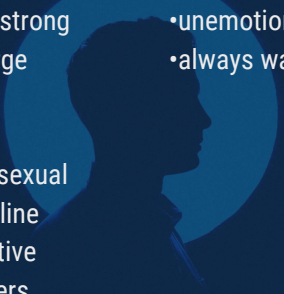
“Men Must Always Be”

- tough/strong
- in charge
- angry
- fixer
- heterosexual
- masculine
- protective
- providers
- unemotional/unfeeling



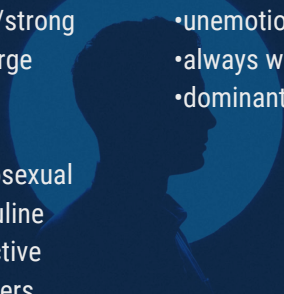
18

“Men Must Always Be”

- tough/strong
 - in charge
 - angry
 - fixer
 - heterosexual
 - masculine
 - protective
 - providers
 - unemotional/unfeeling
 - always wanting sex
- 

19

“Men Must Always Be”

- tough/strong
 - in charge
 - angry
 - fixer
 - heterosexual
 - masculine
 - protective
 - providers
 - unemotional/unfeeling
 - always wanting sex
 - dominant
- 

20

“Men Must Always Be”

- tough/strong
- in charge
- angry
- fixer
- heterosexual
- masculine
- protective
- providers
- unemotional/unfeeling
- always wanting sex
- dominant
- knowledgeable

21

“Men Must Always Be”

- tough/strong
- in charge
- angry
- fixer
- heterosexual
- masculine
- protective
- providers
- unemotional/unfeeling
- always wanting sex
- dominant
- knowledgeable
- independent

22

“Men Must Always Be”

- tough/strong
- in charge
- angry
- fixer
- heterosexual
- masculine
- protective
- providers
- unemotional/unfeeling
- always wanting sex
- dominant
- knowledgeable
- independent
- fearless/brave

23

“Men Must Always Be”

- tough/strong
- in charge
- angry
- fixer
- heterosexual
- masculine
- protective
- providers
- unemotional/unfeeling
- always wanting sex
- dominant
- knowledgeable
- independent
- fearless/brave
- invulnerable

24

“Men Must Always Be”

- tough/strong
- in charge
- angry
- fixer
- heterosexual
- masculine
- protective
- providers
- unemotional/unfeeling
- always wanting sex
- dominant
- knowledgeable
- independent
- fearless/brave
- invulnerable
- confident

25

“Men Must Never Be”

- uninformed

26

“Men Must Never Be”

- uninformed
- emotional

27

“Men Must Never Be”

- uninformed
- emotional
- timid

28

“Men Must Never Be”

- uninformed
- emotional
- timid
- effeminate

29

“Men Must Never Be”

- uninformed
- emotional
- timid
- effeminate
- teary

30

“Men Must Never Be”

- uninformed
- emotional
- timid
- effeminate
- teary
- weak

31

“Men Must Never Be”

- uninformed
- emotional
- timid
- effeminate
- teary
- weak
- unsure

32

“Men Must Never Be”

- uninformed
- emotional
- timid
- effeminate
- teary
- weak
- unsure
- vulnerable

33

“Men Must Never Be”

- uninformed
- emotional
- timid
- effeminate
- teary
- weak
- unsure
- vulnerable
- afraid

34

“Men Must Never Be”

- uninformed
- emotional
- timid
- effeminate
- teary
- weak
- unsure
- vulnerable
- afraid
- insecure

35

“Men Must Never Be”

- uninformed
- emotional
- timid
- effeminate
- teary
- weak
- unsure
- vulnerable
- afraid
- insecure
- helpless

36

“Men Must Never Be”

- uninformed
- emotional
- timid
- effeminate
- teary
- weak
- unsure
- vulnerable
- afraid
- insecure
- helpless
- victimized

37

“Men Must Never Be”

- uninformed
- emotional
- timid
- effeminate
- teary
- weak
- unsure
- vulnerable
- afraid
- insecure
- helpless
- victimized
- needy

38

“Men Must Never Be”

- uninformed
- emotional
- timid
- effeminate
- teary
- weak
- unsure
- vulnerable
- afraid
- insecure
- helpless
- victimized
- needy
- dependent

39

“Men Must Never Be”

- uninformed
- emotional
- timid
- effeminate
- teary
- weak
- unsure
- vulnerable
- afraid
- insecure
- helpless
- victimized
- needy
- dependent
- homosexual

40

“Men Must Never Be”

- uninformed
- emotional
- timid
- effeminate
- teary
- weak
- unsure
- vulnerable
- afraid
- insecure
- helpless
- victimized
- needy
- dependent
- homosexual
- submissive

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Trauma-Informed Responses For Men

Trauma-Informed Care

Trauma-informed care is an organizational structure and treatment framework that involves understanding, recognizing, and responding to the effects of all types of trauma.

In working with men, trauma-informed care means recognizing that presenting issues like substance abuse or anger might be covering up a deeper problem.

Trauma-Informed Principles

- It's so common for men, assume it's universal.
- Likely central and pervasive in men's lives (whether they realize it or not).
- Difficult-to-understand behaviors are likely trauma-driven (a man's attempt to cope).
- Men's healing involves establishing a sense of empowerment, safety without hurting others.

CULTURAL LENS EXERCISE

- ❖ **Racial Identity**
- ❖ **Age/Generation Identity**
- ❖ **Socio-Economic Background**
- ❖ **Ethnic/Language Identity**
- ❖ **Religious Identity**
- ❖ **Sexual Orientation & Gender Expression**

CULTURAL LENS EXERCISE

- ◆ **Racial Identity**
 - ❖ Age/Generation Identity
 - ❖ Socio-Economic Background
 - ❖ Ethnic/Language Identity
 - ❖ Religious Identity
 - ❖ Sexual Orientation & Gender Expression

1. Growing up, what lessons did you learn about race?
2. How did race affect expectations for the men in your family or community, or about men from another racial group?
3. Were you conscious of/worried about being judged based on your race?
4. What are some ways those expectations could impact your work with male survivors?

CULTURAL LENS EXERCISE

- ❖ Racial Identity
- ◆ **Age/Generation Identity**
- ❖ Socio-Economic Background
- ❖ Ethnic/Language Identity
- ❖ Religious Identity
- ❖ Sexual Orientation & Gender Expression

1. What generation do you identify with?
2. How do your attitudes, values and behaviors differ from people who belong to younger or older generational groups?
3. What are some positive and negative qualities you see in men in those different age groups?
4. How might those differences impact your ability to work with male survivors from those age groups?

CULTURAL LENS EXERCISE

- ❖ Racial Identity
- ❖ Age/Generation Identity
- ◆ **Socio-Economic Background**
- ❖ Ethnic/Language Identity
- ❖ Religious Identity
- ❖ Sexual Orientation & Gender Expression

1. Think about how you might classify your family (as you grew up) in economic terms (e.g. Upper middle class, middle class, working class etc.)
2. How might that identity have influenced your expectations about how men should behave?
3. What are some ways those expectations could impact your work with male survivors?

CULTURAL LENS EXERCISE

- ❖ Racial Identity
- ❖ Age/Generation Identity
- ❖ Socio-Economic Background
- ◆ **Ethnic/Language Identity**
- ❖ Religious Identity
- ❖ Sexual Orientation & Gender Expression

1. What is your ethnic identity?
2. How has your ethnic culture affected your expectations about how men should behave?
3. How important do you think it is to understand someone's ethnicity?
4. Has anyone ever expressed frustration with you because they couldn't understand you?
5. What are some ways those expectations could impact your work with male survivors?

CULTURAL LENS EXERCISE

- ❖ Racial Identity
- ❖ Age/Generation Identity
- ❖ Socio-Economic Background
- ❖ Ethnic/Language Identity
- ◆ **Religious Identity**
- ❖ Sexual Orientation & Gender Expression

1. How do you define your relationship to Faith, Religion or Spirituality?
2. What are your feelings about someone who is much more or much less spiritually involved than you?
3. In what ways have your spiritual beliefs shaped your views about how men should behave; what causes men to behave "badly"; and the most effective ways to change negative behaviors?
4. How do those expectations impact your work?

CULTURAL LENS EXERCISE

- ❖ Racial Identity
- ❖ Age/Generation Identity
- ❖ Socio-Economic Background
- ❖ Ethnic/Language Identity
- ❖ Religious Identity
- ◆ **Sexual Orientation & Gender Expression**

1. What did you learn growing up about sexual orientation and men—their mannerisms, dress, how they should express themselves?
2. What were you taught about people who express their gender outside the norms?
3. How has your understanding changed over time?
4. What are some ways those understandings (old and new) could impact one's work with male survivors?

MEN, SEX, GENDER, AND ORIENTATION

Sex, Gender, And Sexual Orientation

- **Sex (gender assigned at birth)**
 - the biological organs that we're born with
- **Gender (or Gender Identity)**
 - a person's understanding of their own gender identity
- **Gender Expression**
 - gender characteristics one chooses to express
- **Sexual Orientation**
 - who someone is attracted to



THE FACTS: MALE SEXUAL ABUSE & ASSAULT

The Facts: Male Sexual Abuse & Assault

- When a boy or man is sexually abused, it has **nothing to do with how “masculine” he is.**
- Sexual arousal or wanting attention **does not equal consent** to be manipulated or abused.
- Males **don’t** always want sexual interaction
- Sexual abuse harms boys, girls, men, and women in ways that are similar and different but **equally harmful.**
- Most boys or men who are sexually abused will **not** go on to sexually abuse others.

The Facts: Male Sexual Abuse & Assault

- A boy’s or man’s sexual orientation or gender expression is neither the cause nor result of sexual abuse.
- Girls and women can sexually abuse boys and men. The boys or men are **not “lucky,”** but exploited and harmed.
- People who sexually abuse boys and men include males and females, straight and gay. Their abusive behavior **has nothing to do with their sexual orientation.**
- Sexual abuse is a **betrayal of trust.**

HOW IS IT DIFFERENT WORKING WITH MEN?

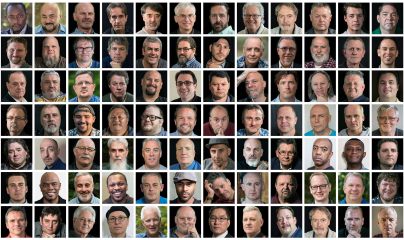
- How are men expected to work things out?
- What is the reality for men?
- How can we help men create a path to healing?



Gender Stereotypes

RAISING AWARENESS

The Bristlecone Project



"It is understated how important it is to provide a safe space for men and boys to heal"
[MARK GODDY JR.'S STORY >](#)





RESOURCES

1in6.org

- Find helpful information & research
- Chat confidentially with an advocate, 24/7
- Chat anonymously in a weekly support group
- View male survivors' portraits & stories
- Browse a library of recommended books & films
- Find information in both English & Spanish

Media Suggestions

- **Victims No Longer: The Classic Guide for Men Recovering from Sexual Child Abuse** by Mike Lew
 - *For survivors*
- **Betrayed as Boys: Psychodynamic Treatment of Sexually Abused Men** by Richard Gartner
 - *For professionals*
- **The Tricky Part & All the Rage** by Martin Moran
 - *For survivors*
- **Boys and Men Healing (Documentary Film)** directed by Kathy Barbini
 - *For all audiences*

ADDITIONAL WEBSITES

LivingWell.org.au

JimHopper.com

arte-sana.com

sidran.org



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Thank You

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