

What is Sexual Assault?

Sexual assault is defined as any sexual intrusion which occurs against a person's will or without consent. This includes situations that involve weapons, force/threat of force, or in which the victim is incapable of consent due to intoxicants, drugs or some other form of incapacitation. No less than 1 in 10 males on average will become a victim of sexual assault or sexual abuse in the United States. (RAINN, 2003)

Nearly **2.8 million** men in the U.S. have been victims of sexual assault or rape.

(National Institute of Justice and Centers for Disease Control & Prevention; Prevalence, Incidence and Consequences of Violence Against Women Survey, 1998)

1 in 6 boys in the U.S. will experience sexual abuse.

(Prevent Child Abuse America Fact Sheet, 2011)

In West Virginia **1 in 21** men will be a victim of an attempted or completed forcible rape in his lifetime.

(WV Health Statistics Center, BRFSS, 2008)

Call us.

Someone is waiting to listen and to help.

For more information contact the rape crisis center in your area.

CONTACT Huntington Rape Crisis Counseling
Huntington
866-399-7273

Family Refuge Center
Lewisburg
304-645-6334

HOPE, Inc.
Fairmont
304-367-1100

Rape and Domestic Violence Information Center
Morgantown
304-292-5100

REACH Family Counseling Connection
Charleston
304-340-3676

Sexual Assault Help Center
Wheeling
304-234-8519

Shenandoah Women's Center
Martinsburg
304-263-8292

Women's Aid In Crisis
Elkins
1-800-339-1185

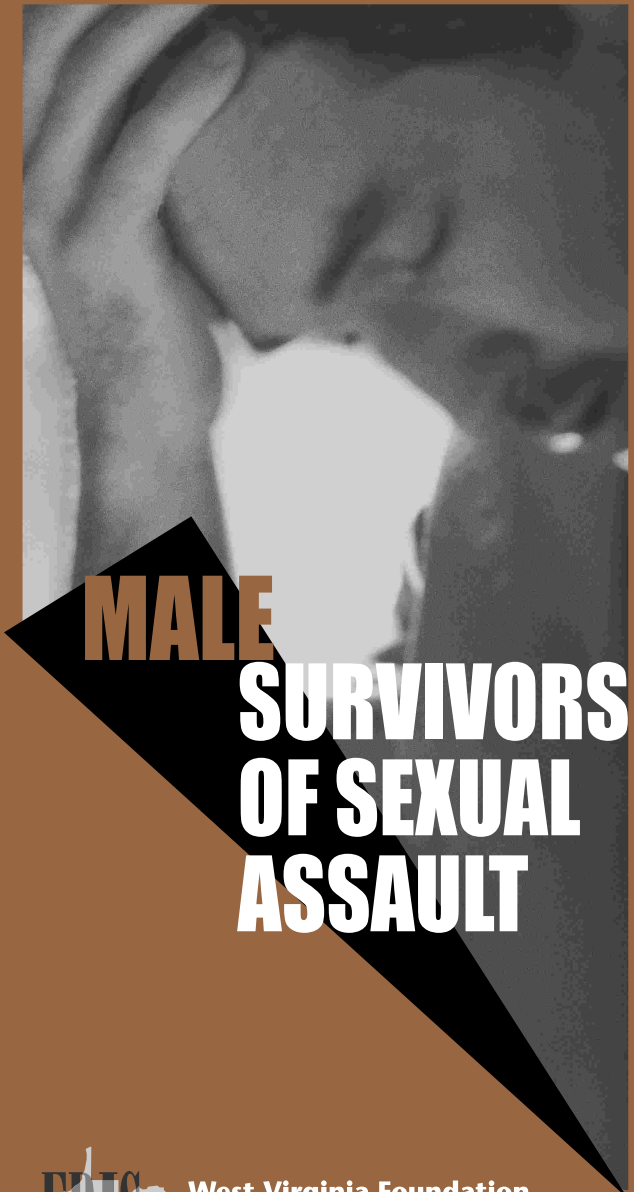
Women's Resource Center
Beckley
1-888-825-7836

Or

The National Sexual Assault Hotline
1-800-656-HOPE



West Virginia Foundation for
Rape Information and Services, Inc.
www.fris.org



MALE SURVIVORS OF SEXUAL ASSAULT



West Virginia Foundation
For Rape Information and Services

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This document was printed with financial assistance as a grant from the West Virginia Department of Health and Human Resources and supported by Grant Number 2008-WE-AX-0035 awarded by the Office on Violence Against Women, US Department of Justice through the West Virginia Department of Health and Human Resources. The opinions, findings, and conclusions expressed in this publication are those of the author and do not necessarily reflect the views of the West Virginia Department of Health and Human Resources or the Department of Justice, Office on Violence Against Women.
Revised 2013

MALE SURVIVORS OF SEXUAL ASSAULT

Facts About Male Victimization

Males can be sexually assaulted by females or other males.

A male can be sexually assaulted by an acquaintance, a stranger or group of strangers, or a significant other, regardless of size, strength or appearance. Although the majority of perpetrators are males, males can also be sexually assaulted by women. Sexual assaults of males can often be violent and frequently involve weapons or physical force. Alcohol or drugs may also be used in the assault. Submission may also be forced through entrapment, intimidation, threats or coercion.

Sexual orientation does not cause or prevent sexual assault.

Heterosexual, homosexual, bisexual and transgender males are all at risk of victimization. Sexual assault is not an act of sex or desire; it is a crime of violence intended to exercise power and control over the victim. Being sexually assaulted does not change a person's sexual orientation.

Sexual arousal or orgasm during a sexual assault does not indicate a "willing" participant.

Erection and ejaculation are physiological responses that can occur in traumatic and/or stressful situations. These responses do not indicate the victim wanted or enjoyed the assault. Perpetrators often manipulate the victim's feelings of confusion and embarrassment to maintain control and discourage reporting of the crime.

Common Reactions for Male Survivors

- Anxiety
- Depression
- Rage/Anger
- Flashbacks
- Denial
- Self-Blame
- Embarrassment
- Guilt
- Humiliation based on sexual orientation

Although male survivors react differently, any assault can have a long-term impact.

Psychological

- Doubts about masculinity
- Feelings of inadequacy
- Fear of being targeted
- Stress-induced reactions (problems sleeping, increased startle response, unable to relax)
- Isolation because of societal reactions

Reactions can be severe for males because many are socialized to believe that they are immune to sexual assault.

Relationships/Intimacy

- Strained by others' reactions to the assault, such as a lack of belief/support or by their own reaction to or coping with the assault
- Withdrawal from interpersonal contact with a heightened sense of alienation
- Difficulty resuming sexual relationships or beginning new ones

Emotional

- Feels angry about the assault, leading to aggressive, high-risk behaviors that may progress to fights and physical injury
- Represses emotions or avoids emotional situations due to overwhelming feelings from surviving the sexual assault

If You Have Been Assaulted

- **Go to a place where you feel safe.**
Call someone you trust to help, and/or contact the local rape crisis center.
- **Consider reporting the assault to law enforcement.**
Sexual assault is a crime. Your report may enable police to hold the perpetrator accountable and may help prevent another assault.
- **Help preserve evidence.**
Avoid showering, eating, drinking, brushing your teeth or changing your clothes.
- **Seek medical attention as soon as possible.**
Medical staff can provide preventive treatment and address concerns for sexually transmitted infections (STIs), including HIV. Even if you have no symptoms, a checkup for STIs is a sensible precaution.
- **Find resources and support.**
Counseling may help you cope with your feelings.

Supporting a Male Survivor

BELIEVE him. Acknowledge his experience and provide comfort.

LISTEN to him. Be supportive and try not to interrupt or ask a lot of questions. Do not judge or blame him, regardless of where he was or what he was doing. Clearly tell him, "It was not your fault."

ACCEPT his decisions. Help him explore options, but don't offer your opinions on what he should do. Be patient and allow him to choose his own path to recovery. Respect his choices.

GET SUPPORT for yourself. The impact of rape extends beyond the survivor. Feelings of anger, blame or helplessness can be overwhelming, and suppression of those feelings can interfere with your support for the victim. Most rape crisis centers offer counseling for family members and significant others.

Drug-Facilitated Sexual Assault

Drugs, such as alcohol, marijuana, benzodiazepines, cocaine, amphetamines, rohypnol, ketamine, GHB and ecstasy are used to facilitate sexual assaults. The victim may appear to be drunk while experiencing dizziness, lack of coordination, impaired judgment and reduced levels of consciousness. An incapacitated person is unable to consent to sexual activity.

Simple possession of most of the drugs used to facilitate sexual assault is punishable by up to three years in prison. Giving someone a controlled substance without their knowledge with the intention of committing a violent crime is punishable by up to 20 years under the Federal Drug-Induced Rape Prevention and Punishment Act of 1996. Forcing sexual activity is rape and is illegal, even without intentional drugging or the presence of illegal drugs.

Remember... It Is Not Your Fault

Even if the perpetrator was a friend, acquaintance, date or partner.

Even if you had previously been sexually intimate with that person.

Even if you were drinking or using drugs.

Even if you were unable to stop the assault.