MALE VICTIMS OF SEXUAL VIOLENCE

“The biased use of pronouns serves to perpetuate the culturally based myth that men are perpetrators and women are victims. This myth is extremely damaging to the millions of male victims of sexual and physical abuse who live unacknowledged by our society.”

-Dr. David Lisak

MYTH

Boys and men are not victims of sexual violence.

1 in 6 boys are sexually abused in childhood and 1 in 4 males will experience some form of sexual trauma in their lifetime.

FACT

Sexual orientation is a factor in being a victim.

Heterosexual, bisexual, and gay men are equally likely to be sexually assaulted. Most men who sexually assault other men identify themselves as straight. Sexual assault is about anger, violence, and control, not necessarily about lust or sexual attraction.

BREAK THE SILENCE

Any person who has been sexually abused – male or female – will often experience lasting effects and enduring emotional pain. Historically, many of the organizations for survivors of sexual abuse have been created by women for women. While some of these have slowly begun the process of acknowledging the need for and developing or enhancing services for male survivors it is still far more difficult for male victims to easily find the support and healing they need.

By raising awareness about the prevalence of male sexual assault, we have hope that more and more men will feel comfortable reaching out for the help they need and deserve after surviving sexual assault.

TAKE CARE OF YOURSELF

Male victims of sexual assault experience many of the same emotions as female victims of sexual assault. Self-care practices, such as taking things one day at a time or visiting with a therapist, apply to both men and women.

ADDITIONAL RESOURCES

rainn.org
1in6.org
malesurvivor.org
nomore.org
raperecoverycenter.org

1085 Wilkinson Student Center
titleix@byu.edu
(801) 422-8692
TITLEIX.BYU.EDU