

Fact Sheet: Male Victims of Sexual Violence

- Men and boys can be victims of sexual violence as children, teens or as adults.
- The sexual abuse of boys has nothing to do with an abuser's or victim's sexual orientation.
- Most perpetrators of male sexual assault are men, and they rape both gay and straight men or boys because rape is an act of violence, not of sexual desire.
- Girls and women can sexually abuse boys. The boys are not "lucky," but exploited and harmed.
- Most boys who are sexually abused will *not* go on to sexually abuse others. (1)
- Some men are assaulted by a stranger, or a group of strangers, while others may be assaulted by someone they know.
- Some attackers use weapons, physical force, or the threat of force to gain the upper hand. Others may use blackmail or their position of authority to threaten someone into submission.
- No matter how it occurs, sexual violence is a violation of a man's body and his free will and it can have lasting emotional consequences. (2)

Prevalence

- In a 2005 study conducted by the U.S. Centers for Disease Control, on San Diego Kaiser Permanente HMO members, 16% of males reported they were sexually abused by the age of 18. For this study sexual abuse is defined as unwanted sexual contact involving force, threats, or a large age difference between the child and the other person. (3)
- In Florida, 20.4% of men, or 1,437,000 men, have been victimized by sexual violence other than rape. (4)
- More than one quarter (27.8%) of male victims who have experienced at least one completed rape experienced the first rape when they were 10 years of age or younger. (4)
- According to the US Department of Justice, in 2010 8% of rapes or sexual assaults involved a male victim. (5)

Effects Of Sexual Violence

Male survivors of sexual violence may experience a wide variety of effects of the abuse, including:

- Difficulty trusting others
- Strong, negative emotions and difficulty managing them
- Relationship problems with friends, coworkers and significant others
- Sexual issues, including fear of sexual intimacy, difficulties performing sexually and sudden feelings of shame or guilt
- Concern about their own sexual identity
- Withdrawal from interpersonal contact and a sense of isolation
- Engaging in high risk behaviors, or drug or alcohol abuse
- Stress-induced reactions such as problems sleeping, being easily startled, or being unable to relax
- Confusion about their own sense of masculinity

Help And Resources

Men and boys can heal from sexual violence, regain control over their emotions and their lives and enjoy meaningful relationships with friends and loved ones. Below are resources that can guide male survivors and people who care about them in their paths to healing.

Florida Council Against Sexual Violence: the state coalition of rape crisis centers' site lists rape crisis services in each Florida county where men and boys can get help. (fcasv.org)

MaleSurvivor: provides resources and support for men who were sexually victimized as children, adolescents, or adults. (MaleSurvivor.org)

Safe4athletes: an organization with a mission to advocate for athlete welfare where every athlete is provided a safe and positive environment free of sexual abuse, bullying and harassment . (safe4athletes.org)

1in6: offers a wealth of information and resources on its website, including an online help line and a lending library, for men who have experienced unwanted or abusive childhood sexual experiences and those who care about them. (1in6.org)

References

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