

# Supporting Male Survivors of Sexual Abuse

**Alan Robertson and Dr Andy Williams**

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# Gender

**What does it mean?**

# ZOO



**REAL LIFE GTA**  
Crime sprees that would make Niko and CJ blush

**TENACIOUS D  
BEST EVER  
BEER FRIDGE  
10 MODELS  
IN HATS**



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# Men's Fitness

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10 SECRETS FOR ADDING QUALITY POUNDS FAST!

# 62 WAYS TO GET THE GIRL

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## CARBS: A USER'S MANUAL

## 42 MEALS TO GET LEAN

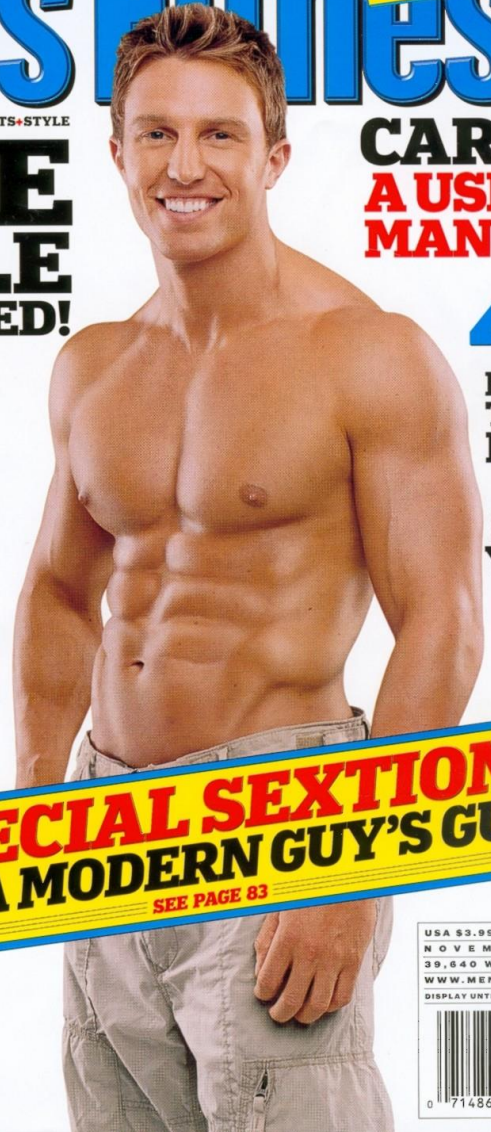
## SAVE YOUR JOB! PAGE 40

# SPECIAL SEXTION SEX NOW! A MODERN GUY'S GUIDE

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CAN THIS MAN SOLVE ALL YOUR PROBLEMS?  
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# Being a Man

## masculinity

/,maskjʊ'linɪti/ 

*noun*

possession of the qualities traditionally associated with men.

"handsome, muscled, and driven, he's a prime example of masculinity"

*synonyms:* virility, manliness, maleness, vigour, strength, muscularity, ruggedness, toughness, robustness

# Being a 'Victim'

## victim

/ˈvɪktɪm/ 

*noun*

a person harmed, injured, or killed as a result of a crime, accident, or other event or action.

"victims of domestic violence"

*synonyms:* sufferer, injured party, **casualty**, injured person, wounded person; [More](#)

- a person who is tricked or duped.

"the victim of a hoax"

*synonyms:* **dupe**, easy target, easy prey, fair game, sitting target, everybody's fool, stooge, gull, fool, Aunt Sally; [More](#)

- a person who has come to feel helpless and passive in the face of misfortune or ill-treatment.

"I saw myself as a victim"

# Myths

**What myths exist around rape and sexual abuse?**

**How might these be different for men?**



# “Men can’t be raped”

Sexual Offences Act, 2003

- ▣ Rape
- ▣ Assault by penetration
- ▣ Sexual assault
- ▣ Causing a person to engage in sexual activity



# “Real men don’t get raped”

What is a ‘real man’?





# “Only gay men get raped”

- ▣ “Men that rape men are gay”
- ▣ “Gay men ask for it”
- ▣ “If I was raped by a man, I must be gay”
- ▣ “I was hard and I came. I must have enjoyed it.”



# “Men are less affected by rape”

- ▣ Psychological trauma e.g. PTSD
- ▣ Psychosexual dysfunction
- ▣ Depression & anxiety
- ▣ Addiction issues
- ▣ Self harm/suicidal ideation
- ▣ Difficulties in relationships and intimacy
- ▣ Fear and risk of STIs and HIV
- ▣ Internalised homophobia



# “The abused becomes the abuser”

- ▣ Automatic criminality

# Video



# Case Study

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Robert is 56. He has just reported his experience of child sexual abuse to the police. He tells you that he was abused from the age of 8 to 11 by his uncle. He told his father about it when he was 16 but nothing happened.

- ▣ What kind of concerns do you think Robert may have?
- ▣ Are there any specific issues that you think Robert may face as a man?

# Case Study

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“There’s no evidence - no one will believe me. The police or the CPS will drop it – why bother going for an interview?”

“I feel too ashamed to talk to anyone about this.”

“Why has my dad protected him? Who else knew and did nothing...?”

“Has he done this to other people? I feel guilty for not coming forward earlier.”

“I want to kill him.”

“I’m worried about what I might do...”

# Unhelpful Responses

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- ▣ Shock “Did this really happen? I can’t believe it! How horrible for you!”
- ▣ Disbelief “Can you remember everything? Why not?”
- ▣ Blame “Were you drunk? Had you let it happen before?”
- ▣ Minimisation “Oh, it only happened once?”
- ▣ Voyeurism “Tell me everything”
- ▣ Promises you can’t keep “I’ll make sure the police take this seriously and find him”
- ▣ Being emotional “I can’t believe this has happened. No one is safe. I’m so upset”

# Helpful Responses

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- ▣ Calm concern “I’m sorry something so horrible has happened to you.”
- ▣ Acknowledge the difficulty of disclosure “I understand it must be really hard to talk about this. There’s no rush, you can take your time.”
- ▣ Ensure they feel in control “You only have to tell me as much as you would like and we will only do what you want to do.”
- ▣ Keep them grounded “What steps can we think about next?”
- ▣ Reassure them about confidentiality



# Gay and Bisexual Survivors

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## Homophobia

- ▣ Internalised
- ▣ External

## Labels

- ▣ Sexual orientation used by attacker(s)
- ▣ Fear of being outed
- ▣ Gay/Bi/MSM

## Chemsex

- ▣ The sexualised use of GHB, Crystal Meth & Mephedrone
- ▣ Saunas & chill outs
- ▣ Issues of consent

# Trans\* Survivors

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- ▣ Gender identity may have been used by attacker(s)
- ▣ Transphobia
- ▣ Lack of understanding of trans\* issues from support organisations
- ▣ In disclosing victims may have to refer to parts of their body which they do not see as matching their gender identity

# Our Services

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## Helpline

- Webchat and SMS service
- Mon – Fri, 10.30 – 21.00  
Sat – Sun, 10.00 – 18.00
- Free service online

## Counselling

- Based in Shadwell, E1
- Face to face and telephone
- Group work
- £5+
- Self referrals

## ISVA

- Independent Sexual Violence Advisor
- Support around CJS
- London 18+
- Self or third party referrals

## Clinic 26

- Joint medical and ISVA led service for men based in sexual health clinic at Royal London Hospital
- Appointment based and walk-in

# Questions?

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