



# Understanding Men Sexually Abused in Childhood

## CULTURAL PROFILE WORKSHEET

**In all of our interactions, we bring our biases, our history, and our expectations. Much of this is influenced by our experience of socially created categories such as gender, sexual orientation, race, ethnicity, socio-economic background, religion and language. And the men we serve bring the same influences. To be truly effective in working with male survivors, one must explore and understand one's own identities and the various lenses through which we view the world and those we serve. .**

### **Directions:**

Read over the questions below. Choose one or two. Take a little time to process the question and jot down any thoughts you might have (e.g. expectations about how men protect themselves and others, how they respond to injury, about men asking for help, etc). You don't have to answer every category or every question. Choose what you feel might be most relevant to you and to your work with men.

### **Racial identity**

Think about your family's or community's views about race and what lessons you were told. How might those views influence one's expectations about how men manage/should manage vulnerability? (Think about men from your own or from another racial group. Is it different?) If you were you ever conscious of/worried about being judged based on your race, what did you feel? Describe some specific ways any of those experiences could impact one's work with male survivors?

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### **Age/Generation**

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

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### **Socio-economic background**

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.) Describe how class identity might influence one's expectations about men's work history, poverty or needing help. Identify some specific ways those expectations could impact one's work with male survivors.

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#### **Ethnic/ Language identity**

What is your ethnic identity? (Remember to include blended ethnic groups, where applicable.) Identify key values of your ethnic culture that may have positively and negatively influenced your views and expectations about how men should behave. How do you think someone's understanding of your ethnic culture affects their ability to understand you? Has anyone ever expressed frustration with you because they couldn't understand you? If yes, what did you feel about them? Identify some specific ways that misunderstandings about ethnicity or language could impact one's work with male survivors.

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#### **Religion/Faith/Spirituality**

Think about the importance that Faith, Religion or Spirituality has in your life. How do you feel about someone who is much more or much less spiritually involved than you? In what ways have your spiritual beliefs and training shaped your views about how men should behave; what causes men to engage in "bad" behavior; and what are the most effective ways to change negative behaviors? Identify some specific ways views about spirituality could impact one's work with male survivors.

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#### **Sexual Orientation/Gender Expression**

What did you learn as you were growing up about sexual orientation and men - their mannerisms, dress, how they express themselves and about how to view people who express their gender outside the norms. How has your understanding changed over time? What are some specific ways those understandings could impact one's work with male survivors?

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