

Understanding Men
Sexually Abused in Childhood

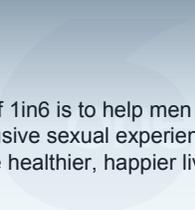


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MISSION

The mission of 1in6 is to help men who have had unwanted or abusive sexual experiences in childhood live healthier, happier lives.



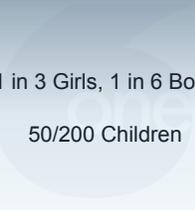
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THE NUMBERS

1 in 3 Girls, 1 in 6 Boys

50/200 Children



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LIMITED DISCLOSURE

- A majority of men who have experienced childhood sexual abuse have not told anyone (*Holmes and Slap, 1998*)
- Boys are less likely to disclose at the time sexual abuse occurs, than girls (*Paine and Hansen, 2002; O'Leary and Barber, 2008*).
- Men typically discuss being sexually abused in childhood 10 years later than women – on average 22 years after the assault (*O'Leary and Barber, 2008; O'Leary and Gould, 2009*).

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LIMITED DISCLOSURE

Comparison of Men and Women: Disclosure at the time of the abuse and discussion of the abuse.

Disclosure at the time:	122 - Men	151 - Women
Disclosed	26.2%	63.8%
No disclosure	73.8%	36.4%
Time taken to discuss:	145- Men	138- Women
Less than 1 year	9.7%	14.5%
Less than 10 years	17.2%	36.2%
Less than 20 years	28.3%	23.9%
More than 20 years	44.9%	25.4%

O'Leary & Gould 2009

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TRAUMA-INFORMED PRINCIPLES

- So common for men, assume it's universal
- Likely central and pervasive in men's lives (whether they realize it or not.)
- Difficult-to-understand behaviors are likely trauma-driven. (a man's attempt to cope)
- Men's healing involves establishing a sense of empowerment, safety – w/out hurting others

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THE LENS

In order to be safe in the world,
 (from physical and emotional pain as well as
 safe from social stigma)
 boys are taught to be and to not be...

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THE LENS: Boys are taught... to be

Tough/Strong Fearsome Protective
 Knowledgeable Dominant
 Provider Angry Helpful Fixer
 Always Want Heterosexual Sex
 In Charge Unemotional/Unfeeling
 Fearless/Brave Independent Confident

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THE LENS: Boys are taught... NOT to be

Uninformed Weak Timid Insecure
 Unsure Unsteady Emotional
 Submissive Victimized Needy
 Teary Afraid
 Helpless Dependent

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CULTURAL LENS EXERCISE

- Racial Identity
- Age/Generation Identity
- Socio-Economic Background
- Ethnic/Language Identity
- Religious Identity
- Sexual Orientation & Gender Expression

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CULTURAL LENS EXERCISE

Racial Identity

- What lessons did you learn about race as you grew up?
- How did race affect expectations for the men in your family or community or about men from another racial group?
- Were you conscious of/worried about being judged based on your race?
- What are some ways those expectations could impact your work with male survivors?

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CULTURAL LENS EXERCISE

Age/Generation Identity

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

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CULTURAL LENS EXERCISE

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.)
- How might that identity have influenced your expectations about how men should behave?
- What are some ways those expectations could impact your work with male survivors?

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CULTURAL LENS EXERCISE

Ethnic/Language Identity

- What is your ethnic identity? (Remember to include blended ethnic groups, where applicable.)
- Identify key values of your ethnic culture and how they may have positively and negatively affected your views and expectations about how men should behave.
- How important do you think it is to understand someone's ethnic culture to better understand them.
- Has anyone ever expressed frustration with you because they couldn't understand you? If yes, what did you feel about them?
- What are some ways those expectations could impact your work with male survivors?

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CULTURAL LENS EXERCISE

Religious Identity

- How do you define your relationship to Faith, Religion or Spirituality?
- What are your feelings 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?
- What are some ways those expectations could impact your work with male survivors?

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CULTURAL LENS EXERCISE

Sexual Orientation/Gender Expression

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

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LANGUAGE

Words Shape, Define, and Categorize an Experience

- "Unwanted or Abusive"
- "Male Survivor"
- "Abuse"
- "Victim"
- "Predator"

Choice of words, humor, anger

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HOW IS IT DIFFERENT?



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Working with Men...How is it different for you?

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MISCONCEPTIONS ABOUT TRAUMA & GENDER

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Sex, Gender & Sexual orientation

- **Sex** is defined by the biological organs that we're born with, most often male or female
- **Gender (or Gender Identity)** is a person's understanding of themselves as a man, a woman or another gender identity
- **Gender Expression** is the gender characteristics one chooses to express through dress, mannerism, etc. (can vary depending on the individual perception of gender roles)
- **Sexual Orientation** is who someone is attracted to, often described in terms of gay, lesbian, bisexual, or straight

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Myths About Boys, Men, and Sexual Abuse

- The Myth that survivors will grow up to be sexual offenders
- The Myth that arousal = consent
- The Myth that men/boys always consent
- The Myth that boys cannot be sexually abused
- The Myth that masculine boys cannot be sexually abused
- The Myth that sexual abuse makes someone homosexual or heterosexual
- The Myth that boys do not experience the same amount of trauma as girls
- The Myth that women do not sexually offend boys

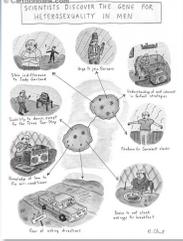
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Wait! So am I Gay?



So wait! Am I straight?



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ADDITIONAL RESOURCES

Website

1in6 www.1in6.org support for:

- Survivors
- Spouses/Partners
- Family
- Friends
- Professionals
- Information in English and Spanish

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ADDITIONAL RESOURCES

Books:

- Lew, Mike. (2004) *Victims No More: The Classic Guide for Men Recovering from Sexual Child Abuse.* (oriented toward survivors)
- Gartner, Richard. (2001) *Betrayed as Boys: Psychodynamic Treatment of Sexually Abused Men* (oriented toward professionals)
- Elliot, Michelle (ed) (1994) *Female Sexual Abuse of Children* (oriented toward survivors)

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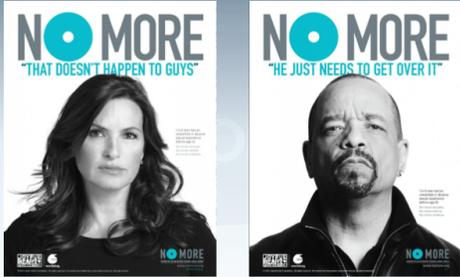
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NO MORE EXCUSES CAMPAIGN



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ADDITIONAL RESOURCES

More Websites:

- www.LivingWell.org.au/
- www.1in6.ca
- www.JimHopper.com
- www.RichardGartner.com
- www.Arte-sana.com
- www.sidran.org/

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CONTACT INFORMATION

Steve LePore
Executive Director
Steve@1in6.org

Martha Lucia Marin
Managing Director
Martha@1in6.org

Peter Pollard
Communications & Professional Relations Director
Peter@1in6.org

George Pritzker
Creative Projects Manager
george@1in6.org



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