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

1 in 3 Girls, 1 in 6 Boys
50/200 Children
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, 2009; O'Leary and Gould, 2009).

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

Disclosure at the time:

<table>
<thead>
<tr>
<th>Disclosure at the time:</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>Disclosed</td>
<td>26.2%</td>
<td>63.8%</td>
</tr>
<tr>
<td>No disclosure</td>
<td>73.8%</td>
<td>36.4%</td>
</tr>
</tbody>
</table>

Time taken to discuss:

<table>
<thead>
<tr>
<th>Time taken to discuss:</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 1 year</td>
<td>9.7%</td>
<td>14.6%</td>
</tr>
<tr>
<td>Less than 10 years</td>
<td>17.2%</td>
<td>36.2%</td>
</tr>
<tr>
<td>Less than 20 years</td>
<td>28.3%</td>
<td>23.9%</td>
</tr>
<tr>
<td>More than 20 years</td>
<td>44.9%</td>
<td>25.4%</td>
</tr>
</tbody>
</table>

O'Leary & Gould 2009

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 – without hurting others
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…

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
- Independent
- Fearless/Brave
- Confident

The Lens: Boys are taught... NOT to be

- Uninformed
- Unsure
- Submissive
- Teary
- Helpless
- Weak
- Timid
- Insecure
- Emotional
- Needy
- Unsteady
- Victimized
- Afraid
- Dependent
Cultural Lens Exercise

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

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 or worried about being judged based on your race?
• What are some ways those expectations could impact your work with male survivors?

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?
### 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?

### 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?

### 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?
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?

LANGUAGE

Words Shape, Define, and Categorize an Experience

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

Choice of words, humor, anger

HOW IS IT DIFFERENT?

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

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
Wait! So am I Gay?

So wait! Am I straight?

ADDITIONAL RESOURCES

Website

1in6 www.1in6.org support for:
- Survivors
- Spouses/Partners
- Family
- Friends
- Professionals
- Information in English and Spanish

ADDITIONAL RESOURCES

Books:

- Elliot, Michelle (ed) (1994) Female Sexual Abuse of Children (oriented toward survivors)
NO MORE EXCUSES CAMPAIGN

ADDITIONAL RESOURCES

More Websites:

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