



## rape and abuse crisis center

advocacy. counseling. education.

### **Male Sexual Assault**

Studies estimate that one out of every 10 men is a victim of sexual assault.<sup>1</sup> Male victimization is a crisis no one wants to hear about because rape is thought of as a “women’s issue,” which happens to victims who are helpless, vulnerable, passive, and weak. These are traits not typically associated with men.

In our society, men are socialized and expected to be:

- in control
- powerful
- strong
- never afraid
- aggressive in sex

When a male becomes a victim of sexual abuse, is raped or molested by someone in a position of authority, or someone he trusts, he may feel:

- anger
- guilt
- shame
- betrayed
- powerless
- confused about his sexual identity and sexual preference
- desire to hurt others
- responsible for the abuse
- depressed

Because of these feelings, the blame placed on victims by others, fear of being thought of as homosexual, and fear of being thought of as helpless or less manly, male sexual assault crimes often go unreported.

Men are more often abused by someone outside the family who is known to them. Some male victims are assaulted by women; however most assaults are same-sex assaults; men assaulting boys or other men.<sup>1</sup> Same-sex assaults are typically more physically violent than opposite-sex assaults. There is usually more than one assailant and use of a weapon. Serious injury is common, and sometimes the assaults are deadly.

24-hour Crisis Line (701)293-7273  
www.raccfm.com

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F: Education/Revised Handouts/Male Sexual Assault

Contrary to popular belief, most same-sex assaults are not perpetrated by a homosexual male.<sup>2</sup>

- Rape is way to exert power and control over others, male or female. Rapists feel even more powerful when able to assault another male.

The feelings a male victim works through are intense and traumatic.

- As one male victim said, "Isolation was a way of life for me. I was extremely overweight and chemically dependent; I had sleeping and eating disorders. I doubted my masculinity, and I was depressed and suicidal."

The message for a male who has been sexually assaulted is this:

- NO ONE deserves to be assaulted, and it is not your fault. You didn't cause the assault to occur. Being a male victim of sexual assault does not mean you are a homosexual. This is an issue that has happened to many men. You have nothing to be ashamed of and you are no less of a man simply because you have been assaulted.

#### References:

1. Brown University-Health Education:  
[http://www.brown.edu/Student\\_Services/Health\\_Education/Sexual\\_assault\\_&\\_dating\\_violence/male\\_survivros.php](http://www.brown.edu/Student_Services/Health_Education/Sexual_assault_&_dating_violence/male_survivros.php)
2. University of Texas at Austin:  
<http://www.cmhc.utexas.edu/booklets/maleassault/menassault.html>