

## Useful Reading

Victims No Longer: Men Recovering from Incest and Other Sexual Child Abuse by Mike Lew

Joining Forces: Empowering Male Survivors to Thrive by Howard Fradkin

Leaping Mountains: Men Proclaiming Victory Over Sexual Child Abuse by Mike Lew

Abused Boys: The Neglected Victims of Sexual Abuse by Mic Hunter

Evicting The Perpetrator: A Male Survivor Guide to Recovery from Childhood Sexual Abuse by Ken Singer

## Books for Partners

Outgrowing the Pain Together: A Book for Spouses and Partners of Adults Abused as Children by Eliana Gil

Allies in Healing: When the Person You Love Was Sexually Abused as a Child by Laura Davis

## Books for Parents

Healing the Harm Done: A Parent's Guide to Helping Your Child Overcome the Effects of Sexual Abuse by Jennifer Levy-Peck

Your Body Belongs to You by Cornelia Maude Spelman and Teri Weidner (Illustrator)

How Long Does it Hurt? A Guide to Recovering from Incest and Sexual Abuse for Teenagers, Their Friends and Their Families by Cynthia L Mather, Kristina E Debye

## Website

1in6.org - A dedicated website offering information and resources to men who have had unwanted or abusive sexual experiences

malesurvivor.co.uk - A consortium of male survivor services

## Contact Us

### If you need help please get in touch:

Call our office **01926 402 498**

or email **office@safeline.org.uk**

Call our National Male Survivor Helpline **0808 800 5005**

Text our National Male Survivor Text Service on **07860 065 187**

Talk with our National Male Survivor Live Chat Service via our website

Email our National Male Survivor Email Service at **support@safeline.org.uk**

Visit the Safeline website at [safeline.org.uk](http://safeline.org.uk) and the Safeline Young People's website (SLYP) for helpful information and support.



[www.safeline.org.uk](http://www.safeline.org.uk)



Safeline

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Sexual Abuse & Rape  
Preventing | Supporting | Surviving

Information for Male  
Survivors of Sexual  
Abuse and Rape



# About Safeline

Safeline is a charitable organisation established in 1994 in response to a need by people affected by sexual abuse and rape. We have been supporting men and boys since 2000. We recognise that people are unique and so are their needs and we provide a range of support and prevention services to men, women, children and young people, LGBTQ+ community and family and friends who have been affected by sexual abuse or rape at any time in their lives.

The Safeline Male's services include trans and non-binary people.

## The after-effects of sexual abuse:

The effects of sexual abuse can be far-reaching and long-lasting. Things may remind you of the abuse such as something on TV, seeing the person who abused you again or occasions like birthdays and family events. As memories start to surface the feelings you experience may affect your relationships, family life, work and finances making it difficult to function normally.

Whilst both men and women who have been sexually abused can experience very similar feelings, we understand that there can also be huge differences for males too, maybe even additional challenges because of social attitudes, prejudices and stereotypes about masculinity. As a result, many men put on a strong face outwardly but feel very different inside. Research tells us that, on average, it can take men 20 years or longer to disclose their experience and seek help.

Survivors of abuse can suffer from depression, Post Traumatic Stress Disorder, addiction and problems with eating and sleeping.

Memories of the abuse can leave you feeling vulnerable, isolated out of control and confused. These may be the feelings you experienced when the abuse happened.

## Getting support

It is estimated that 1 in 6 males have suffered some form of sexual abuse in their lives. If you think or know you are one of them, then know from us that you're not alone.

Getting support can be an essential part of your healing. With support it is possible to gain the power and control over the impact of abuse. You may have felt guilty or ashamed and blamed yourself for what happened. Remember you're never to blame for the abuse.

You may have felt judged, disbelieved and confused about what's happened to you. Safeline provides a safe environment for you to talk about your experiences, to be listened to in a non-judgemental way and to be believed. We can help you make sense of your thoughts, feelings and behaviours and understand why you may be feeling the way you do.

## Safeline offers the following FREE services to people who identify as male:

- A national male survivor helpline and online service for adults and children in England and Wales
- Online and telephone counselling for adults in England and Wales
- One-to-one specialist counselling or art therapy across Warwickshire with someone trained in sexual abuse issues
- Prevention and education groups and mentoring for vulnerable young people
- Accurate and impartial information and advice for victims and survivors of sexual violence including support before, during and after court proceedings through our Independent Sexual Violence Advisors (ISVAs)
- Specialist website and information leaflets

**Can you help us? If you are interested in participating in a male survivors' consultation group to help us improve services, we'd love to hear from you.**

## Myth Busting

### Most males are abused by strangers...

Most people know the person who abused or assaulted them: friend, neighbour, boss, relative, partner, professional such as a teacher, police officer or clergy.

### I invited it, it was my fault ....

It is extremely common for many males who have been abused to experience erections and arousal during the assault and so carry the belief that they are partly to blame. This is a normal physiological response to physical contact and is involuntary (though can be difficult to talk about). Extreme stress can also cause this. Abusers know this and use it to further manipulate the person they are hurting.

### Only gay males abuse men and boys...

Perpetrators of sexual abuse can be of all ages, genders and sexualities. In the same way, all the above can be abused. Sexual assault is about violence, anger, power and control over another person.

### It made me gay...

Abuse does not determine sexual identity at the time or in the future. Some people, whether straight or gay, may feel confused about their sexuality. These feelings are natural although they can feel very unsettling.

### It will make me an abuser...

Sometimes known as 'The Vampire Myth', many people carry a fear of this. Although a significant proportion of perpetrators report histories of sexual abuse in early life, research continues to evidence that the majority of victims/survivors do not go on to commit acts of sexual violence against others.