



INFORMATION LEAFLET

## MALE SURVIVORS OF SEXUAL ABUSE

If you are a man who was abused as a child it is possible that you may have never spoken to anyone about this.

Many men keep this a secret well into their adult life and many find that the effect upon them has had devastating consequences not only throughout their childhood but also in their adult life.

You may find that you have enormous difficulty in maintaining loving and trusting relationships, you may have low sense of worth and low self esteem, you may suffer from sexual difficulties and depression.

In order to try and block out the memories of the abuse you may be drinking heavily, taking drugs, self harming, suffering from eating disorders and may feel suicidal.

You may have been abused by a member of your family. It may be you have talked about the abuse and your family has accused you of making it up. It can be easier to blame the survivor than face the fact that someone within the family has abused you. This can make you feel even more isolated and alone.

You may be feeling guilty as this is a very common feeling for survivors to have. You may feel guilty or bad because you didn't say no or do anything to stop the abuse. **You did what you had to do to survive and get through it.**





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Children seek love and affection, not abuse. Nobody asks to be abused. **The guilt, badness and shame is always on the head of the abuser - don't take it onto your shoulders.**

Flashbacks are common for survivors to experience and these can be triggered off by anything which may remind you of the abuse. When you have a flashback it can seem so real that you actually can feel you are back in the past and the abuse is actually taking place.

It is important to remind yourself that you are now an adult and not a child and nobody is hurting you now, you are safe, try and take slow deep breaths and this will help you to feel less anxious and panicky.

Anger is another very common feeling and that anger may have been inside you for a long time. It will help to find a safe way of expressing that anger.

A male survivor of childhood or adult abuse will experience the same feelings as a female survivor. In addition he may experience feelings around his sexuality and his 'manliness' which can often make it even more difficult for the survivor to open up to someone else and get the help and support he needs.

A male survivor may have feelings of weakness; he may feel as a male he should have prevented the abuse from happening. When fear takes over a person can freeze and if the person doesn't actively resist the abuse they should not see co-operation as consent to be abused, in reality anyone who is abused has to do whatever they need to do to survive. Nobody asks to be abused.

A male survivor may have feelings of guilt because he may have got an erection and may have ejaculated. This does not mean the person enjoyed the experience and is simply an automatic response from the body when it



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is stimulated in certain areas so in no way should the survivor ever take the blame on his shoulders - the feelings of guilt, shame and blame should be on the head of the abuser - never the survivor's.

A male survivor may have confusion around his sexuality believing that if another man has had sex with him it may mean he is gay. In reality both heterosexual and gay men get abused and it does not mean a heterosexual man becomes gay if he is abused by another man.

A male survivor should not see asking for help as a sign of weakness - recognizing when you are not coping and need some support and help is a sign of strength and a sign that you value yourself enough to take care of yourself.

Here are agencies who you can turn to for support and information and counsellors who will help you to work through this. It is important you get your feelings out and not hold onto them in order that you can move forward and not let the abuse impact on your everyday life.

## AGENCIES WHICH PROVIDE SUPPORT AND INFORMATION SPECIFICALLY FOR MALE SURVIVORS

- **AMSOSA UK (Adult Male Survivors of Sexual Abuse) - formerly Swindon Survivors: 0845 430 9371, [www.amsosa.com](http://www.amsosa.com)** - National helpline and support group for male survivors 17 and over of rape and childhood abuse.
- **Fire In Ice 2005: 08452 572 645 (emergencies 0770 7336 929), [www.fireinice2005.co.uk](http://www.fireinice2005.co.uk).**
- **Male Rape/Sexual Abuse (MRSA) Support Association: 24 hr helpline 07932 898274,**





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email [malerapemrsa2001@yahoo.co.uk](mailto:malerapemrsa2001@yahoo.co.uk),  
[www.communigate.co.uk/lancs/mrsa/](http://www.communigate.co.uk/lancs/mrsa/) - Help and support to male victims of rape and adult male survivors of childhood sexual abuse. Based in Lancashire but nationwide information and referral service. Support groups in both Blackpool and Preston, outreach service, confidential listening and counselling sessions.

- **The Mankind Initiative: 01823 334244** - [www.mankind.org.uk](http://www.mankind.org.uk) - National telephone helpline providing counselling, support and information to men with relationship issues, and physical, emotional, sexual abuse. (Can also provide treatment for female perpetrators of abuse).
- **Mpower: 0808 808 4321**, [www.male-rape.org.uk](http://www.male-rape.org.uk) - Help for men who have been raped or sexually abused.
- **M.I.S.T.E.R. X Helpline: 01689 854343** - Provides support services for all males who are victims of violence and sexual assaults. Counselling, mentoring, advice, information, mediation, referrals.
- **Survivors UK: 0845 122 1201**, email [info@survivorsuk.org](mailto:info@survivorsuk.org), [www.survivorsuk.org](http://www.survivorsuk.org) - National helpline offering information, support and counselling for anyone affected by the sexual assault of men. One to one counselling and support groups for male survivors in the London area.
- **Victim Support Male Helpline: 0800 328 3623** - National helpline for any male who has been subjected to domestic violence or sexual abuse.
- [Also check agencies and websites under Adult Survivors](#)

## Useful book

[\*\*Victims No Longer \(second edition\): The Classic Guide For Men Recovering from Sexual Child Abuse\*\*](#) by Mike Lew - Publishers Perennial





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Currents: ISBN 006053026X

**See also information sheet on Male Rape**

