

Rape is a sexual crime of violence, which despite wide spread belief affects both women and men. While women and men have some reactions in common, there remain some differences. This pamphlet is designed specifically to assist male victims of sexual assault.

Above all a man needs two things:

- to be listened to
- to decide himself how to deal with the assault

The important thing is for him to regain a sense of control over his life since the assault may have left him feeling powerless.

To Be Believed

This may appear to be basic but it is often the case that the man is not believed, or is questioned in a blaming or accusatory way.

To Be Listened To

Don't make assumptions about what has happened to the man or how he feels about it. Let him tell you in his own words about his experience.

Men Need To Feel Safe After The Assault

This may include giving him privacy, a place to sit out of public view, company if this is what he wants and assistance to find safe accommodation.

A Non-Judgemental Attitude

Do not ask "why" questions. It is important to remember - No one ever deserves to be raped.

Understanding Of Their Trauma

It is important to understand sexual assault as a life-threatening experience. The person's trauma is often not related to physical injury but to the threat of violence.

To Be In Control Of What Is Happening

Let the man make choices where possible. It is important that he begins to regain control over his life.

Permission To Talk About The Attack At His Own Pace

Do not pressure the man to tell you everything. He may not wish to discuss what happened at all. He may wish to talk to someone else.

Information About

- common reactions to sexual assault so that he doesn't feel like he is going crazy
- the legal system and his choices
- his physical well-being eg the availability of medical care

Encourage

Encouragement to accept help and support, as he may minimise his feelings about the rape or believe he doesn't deserve any assistance.

To Be Supported

The sexual orientation of a man is not the issue in sexual violence. Both straight and gay men are raped. Sexual violence is an act of power. The issue is that he has been violated and he needs your support.

Validation Of His Experience And Reactions

Men who are raped are likely to experience a range of feelings. These feelings may take a while to deal with. It is also important to know that men who have experienced attempted sexual assault experience emotional reactions similar to those who have been raped.

Yarrow Place Services

A range of counselling and medical services which may be accessed according to individual need:

- 24 hour crisis response for recent assault which can include counselling and/or medical
- Counselling support for recent victims of rape
- Long term counselling if requested or required
- Support for those close to the survivor of rape and sexual assault is very important for healing. Support persons such as family members, partners and friends are offered a limited number of counselling sessions at Yarrow Place. This provides an opportunity for support people to express their reactions to what happened, to explore coping strategies and to discuss how to support the survivor.
- Specialised medical care and follow-up
- Collection of forensic evidence as requested by those people who have made, or may wish to make, a complaint to police
- Group programs offered throughout the year
- Education, training and consultation for workers
- Community Education to increase knowledge and awareness

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yarrowplace
rape and sexual assault service

Supporting a man who has been sexually assaulted



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