

## Reasons for Guilt and Shame

Unfortunately, many men find it easier to blame themselves than accept that they could be overpowered and raped. Men are taught from an early age that they should be strong and able to protect themselves.

Here are some of the major reasons for shame and guilt:

- o The myth that men are supposed to be able to protect themselves
- o The myth that men can not be a victim
- o The myth that only gay people get raped
- o Being unable to accept how afraid you were
- o Self blame for not being able to stop the rape
- o Got an erection, possibly ejaculated, during the attack.

It is extremely important to remember that although these feelings are perfectly normal, not everyone will experience the same emotions.

At present male rape has yet to be criminalised under Scots Law. The offence would be classed as sexual assault. Hopefully this will be changed soon.

REMEMBER **NO ONE** DESERVES TO BE  
RAPED

## Contact Us At:

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**Email: [info@frasac.org.uk](mailto:info@frasac.org.uk)**

**Website: [www.frasac.org.uk](http://www.frasac.org.uk)**

## Opening Times

**Monday to Friday 9am – 5pm**

## Other Useful Numbers

**Rape Crisis Helpline:**

**Freephone 08088 01 03 02**

6pm-midnight daily

**Survivors UK: 0845 122 1201**

(open 7pm-10pm Mon, Tues & Thurs)

**Rape & Abuse Line:**

0808 8000 122—men answer 7-10pm

0808 8000 123—women answer 7-10pm

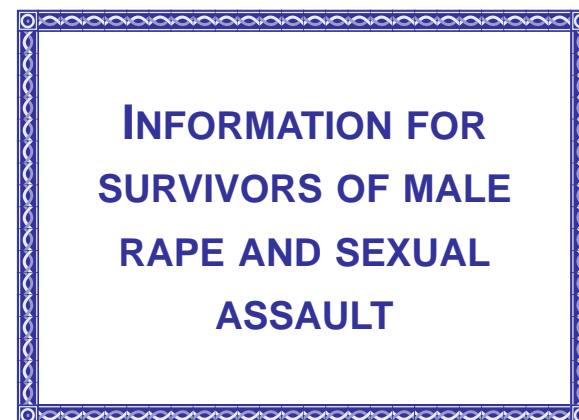
**Samaritans: 08457 909090**

**Breathing Space: 0800 83 85 87**

(open 6pm-2am)



# MALE RAPE



## **Your questions answered**

Within our society there is much ignorance, taboo and misinformation on the crime of male rape and sexual assault. At FRASAC we know that in order to help the many men who have suffered this terrible ordeal, we need to dispel the myths and break down the taboos of male sexual assault.

Here are some of the most common questions that we are asked about male rape and sexual abuse. If you have suffered from male rape or sexual abuse, or if you're trying to understand what a partner, friend or family member has been through, we hope these answers will help.

### **What is male sexual assault?**

Male sexual assault is when you have been forced to take part in any sexual act with another man or woman which you did not willingly consent to. Even if you did not resist or fight back at the time of the attack, it is still assault.

### **Who can it happen to?**

Quite simply, anyone. It could have happened to you whilst you were a child or a teenager, or as an adult. It is not a "gay crime" - it happens to more straight men than gay men.

### **Who are the perpetrators?**

Again, it could be anyone - male or female, gay OR straight. In fact most perpetrators are heterosexual.

The facts show that more men were abused from within the family than outside, and more men were raped by people they knew rather than strangers. In our years of experience, we've been contacted by men who have been abused by all different types of perpetrator.

### **How common is it?**

It's much more common than most people think. Research statistics tell us that almost 3% of men reported a non-consensual sexual experience as adults and over 5% of men reported sexual abuse as a child.

### **What kind of effects can male survivors experience?**

It varies from individual to individual, but common effects include; feelings of isolation, depression, anger, anxiety, issues about sexuality and gender, substance abuse, self-harm and even split or multiple personalities.

### **Who else is affected?**

The psychological and mental health issues which survivors often experience, can also lead to real problems with relationships. So anyone who shares his life, be it a partner, friend or family, can be affected. We often receive calls from these people who are looking for help in dealing with the effects of male rape or sexual assault on the man in their life.

## **Why is male rape and sexual abuse such a taboo subject?**

Firstly, few people even realise that male rape exists. So a man trying to come to terms with sexual assault can feel like there is nowhere to turn. But secondly, society itself places certain expectations on men - they are supposed to be "strong" and "able to take care of themselves". This only heightens the sense of confusion and self-doubt felt by survivors of male rape and sexual abuse; many of them end up blaming themselves.

### **Why do so many men suffer in silence?**

Because of our society's taboo about male rape and sexual assault it is rare that a victim will go to the police or seek immediate help - on the contrary, he will often be as desperate to keep it a secret as his attacker is. As well as the trauma and feelings of shame, many of our clients face the difficulties of people's attitudes to male rape and abuse.

### **How should I respond if a man I know tells me he has been assaulted?**

While there may be some differences in how rape impacts a male versus a female survivor of sexual assault, the basics of supporting survivors are the same for men as for women. Believe him. Know what your options are. Don't push and don't blame. Ask him what he wants and listen.