

The SOLUTION source

Thunder Bay Counselling Centre Newsletter
By Colleen Ginter, Clinical Counsellor at Thunder Bay Counselling Centre

For You & Your Family

Winter 2012



Lives of Quiet Desperation: Male Sexual Abuse

Our Winter 2012 newsletter addresses a subject that is rarely talked about. Why? Men who have been sexually abused in childhood have particular struggles that may have a profound impact on their masculinity. Myths about male sexual abuse may result in men not disclosing their traumatic experiences. Many men go through their whole lives living in quiet desperation and in pain. Male survivors often remain silent. Male Survivors often feel ashamed, isolated and alone. If men are to heal we must begin to understand and recognize the symptoms and myths surrounding male sexual abuse so their voices, long silent, may be heard.

“I think recovery from sexual abuse, at least for a man, is, or similar to what it must be like recovering from a stroke. We are tasked with re-training our brains to think in such different ways, all with a view to accomplishing the same tasks we did before, but with a new, and different understanding. We are not the victims we once were; afraid to show our faces, say our names. We are not the mutes, anonymously conducting our lives so as to not attract attention to ourselves. And as we approach each task, we are confronted yet again with the questions; Can I do this? Should I do this? What if I fail? What if it just opens another can of worms?”

Excerpt from Outside by Jim Austin (Manifestations: The Men's Project Newsletter) ■

Male Sexual Victimization Myths & Facts

Adapted from a presentation at the 5th International Conference on Incest and Related Problems, Biel, Switzerland, August 14, 1991.

Myth #1 **Boys and men can't be victims.**

This myth, instilled through masculine gender socialization and sometimes referred to as the “macho image,” declares that males, even young boys, are not supposed to be victims or even vulnerable. We learn very early that males should be able to protect themselves. In truth, boys are children - weaker and more vulnerable than their perpetrators - who cannot really fight back. Why? The perpetrator has greater size, strength, and knowledge. This power is exercised from a position of authority, using resources such as money or other bribes, or outright threats - whatever advantage can be taken to use a child for sexual purposes.

Male Sexual Victimization Myths & Facts continues on next page...



ALSO IN THIS ISSUE:

Symptoms of Men Who Have Been Sexually Abused	03
Hope and Renewal	04

Myth #2 Most sexual abuse of boys is perpetrated by homosexual males.

Pedophiles who molest boys are not expressing a homosexual orientation any more than pedophiles who molest girls are practicing heterosexual behaviors. While many child molesters have gender and/or age preferences, of those who seek out boys, the vast majority are not homosexual. They are pedophiles.

Myth #3 If a boy experiences sexual arousal or orgasm from abuse, this means he was a willing participant or enjoyed it.

In reality, males can respond physically to stimulation (get an erection) even in traumatic or painful sexual situations. Therapists who work with sexual offenders know that one way a perpetrator can maintain secrecy is to label the child's sexual response as an indication of his willingness to participate. "You liked it, you wanted it," they'll say. Many survivors feel guilt and shame because they experienced physical arousal while being abused. Physical (and visual or auditory) stimulation is likely to happen in a sexual situation. It does not mean that the child wanted the experience or understood what it meant at the time.

Myth #4 Boys are less traumatized by the abuse experience than girls.

While some studies have found males to be less negatively affected, more studies show that long term effects are quite damaging for either sex. Males may be more damaged by society's refusal or reluctance to accept their victimization, and by their resultant belief that they must "tough it out" in silence.

Myth #5 Boys abused by males are or will become homosexual.

While there are different theories about how the sexual orientation develops, experts in the human sexuality field do not believe that premature sexual experiences play a significant role in late adolescent or adult sexual orientation. It is unlikely that someone can make another person a homosexual or heterosexual. Sexual orientation is a complex issue and there is no single answer or theory that explains why someone identifies himself as homosexual, heterosexual or bi-sexual. Whether perpetrated by older males or females, boys' or girls' premature sexual experiences are

damaging in many ways, including confusion about one's sexual identity and orientation. Many boys who have been abused by males erroneously believe that something about them sexually attracts males, and that this may mean they are homosexual or effeminate. Again, not true. Pedophiles who are attracted to boys will admit that the lack of body hair and adult sexual features turns them on. The pedophile's inability to develop and maintain a healthy adult sexual relationship is the problem - not the physical features of a sexually immature boy.

Myth #6 The "Vampire Syndrome", that is, boys who are sexually abused, like the victims of Count Dracula, go on to "bite" or sexually abuse others.

This myth is especially dangerous because it can create a terrible stigma for the child, that he is destined to become an offender. Boys might be treated as potential perpetrators rather than victims who need help. While it is true that most perpetrators have histories of sexual abuse, it is NOT true that most victims go on to become perpetrators. Research by Jane Gilgun, Judith Becker and John Hunter found a primary difference between perpetrators who were sexually abused and sexually abused males who never perpetrated: non-perpetrators told about the abuse, and were believed and supported by significant people in their lives. Again, the majority of victims do not go on to become adolescent or adult perpetrators; and those who do perpetrate in adolescence usually don't perpetrate as adults if they get help when they are young.

Myth #7 If the perpetrator is female, the boy or adolescent should consider himself fortunate to have been initiated into heterosexual activity.

In reality, premature or coerced sex, whether by a mother, aunt, older sister, baby-sitter or other female in a position of power over a boy, causes confusion at best, and rage, depression or other problems in more negative circumstances. To be used as a sexual object by a more powerful person, male or female, is always abusive and often damaging.

Believing these myths is dangerous and damaging.

So long as society believes these myths, and teaches them to children from their earliest years, sexually abused males will be unlikely to get the recognition and help they need.

So long as society believes these myths, sexually abused males will be more likely to join the minority of survivors who perpetuate this suffering by abusing others.

So long as boys or men who have been sexually abused believe these myths, they will feel ashamed and angry.

And so long as sexually abused males believe these myths, they reinforce the power of another devastating myth that all abused children struggle with: that it was their fault. It is never the fault of the child in a sexual situation - though perpetrators can be quite skilled at getting their victims to believe these myths and take on responsibility that is always and only their own.

For any male who has been sexually abused, becoming free of these myths is an essential part of the recovery process.

(Adapted from a presentation at the 5th International Conference on Incest and Related Problems, Biel, Switzerland, August 14, 1991.) ■

“Approximately one in six boys is sexually abused before age 16.”

- Jim Hopper, Ph.D.

Symptoms of Men who have been Sexually Abused:

Each individual experiences their own unique response to male sexual abuse. The following is a list of some of those responses:

Anxiety

Depression

Low Self Esteem

Shame/self-blame/disgust/guilt

The man may blame himself for not being strong enough to stop the abuse.

Fear of Feelings

A need to control feelings and behaviour, their own and others

Nightmares and Flashbacks

Difficulty trusting others.

After such a huge betrayal, the man may have trouble letting anyone else into his life. They may struggle with thinking that they will be heard, believed, even comforted. Men may come to believe that they need to hide their experience from everyone but those closest to them. Many men never disclose their abuse at all.

Amnesia

Forgetting large pieces of childhood

Discomfort With Being Touched

Social Alienation

Feeling isolated and alone

Masculinity issues.

Abused boys often grow into adulthood with poor or nonexistent role models and no clear idea of what it means to be a man.

Hypervigilance

Loss and grief.

The abused man continues to grieve for the suffering and betrayals he has experienced. Some men try to self-medicate these feelings away with alcohol, drugs, or other addictions. ■

(Mike Lew and www.essortment.com)

Hope and Renewal

Although the aftermath of childhood sexual abuse can be devastating, there is hope for a life and a future that can be defined by the survivor. Renowned expert, Mike Lew in Victims No Longer, encourages men to think about the following:

- Identify and validate their childhood experiences
- Explore strategies of survival and healing
- Work through issues such as trust, intimacy, and sexual confusion
- Establish a support network for continued personal recovery
- Make choices that aren't determined by abuse ■

Services are now available throughout the North Region of Ontario for men over the age of 16 who are survivors of sexual abuse or sexual assault through funding from the Ministry of the Attorney General.

According to Abi Sprakes, MSW, RSW, PhD, Manager of Clinical Services, "Thunder Bay Counselling Centre is pleased to offer a new and much needed service to male survivors of sexual abuse and sexual assault. Because many men find it difficult to come forward and ask for help, especially given the challenges of living in a northern community, we will provide innovative and creative ways to make counselling more accessible throughout the North Region of Ontario." ■



counselling centre of east algoma **centre de** **counselling** d'algoma est

Counselling Centre of East Algoma
Centre de counselling d'Algoma Est

9 Oakland Blvd., Suite 2
Elliot Lake, ON
P5A 2T1

Telephone: (705) 848-2585

Support Services for Male Survivors of Sexual Abuse

The Ontario Ministry of the Attorney General is committed to building new, province-wide services for male survivors of sexual abuse. The goal is to diminish the impact of crime and trauma on male victims and survivors of sexual abuse and related violence through increased 24-hour access to targeted support. Agencies with special competencies across the province will offer both crisis and integrated follow-up services.

If you are a male survivor of sexual abuse or if someone you know may be seeking help, please do not hesitate to call:

**Counselling Centre of East Algoma
(Satellite Office in Blind River)**
(705) 848-2585

Findhelp Information Services
(available 24/7) at 1-866-887-0015

fseap Now we're talking.

Employee Assistance Programs (EAP)

We offer custom designed counselling solutions for businesses and employees. Contact us: (807) 684-1880

face-to-face intelligent friendly collaborative
responsive specialized credible
partnership / cooperation EAP

The **SOLUTION source**
For You & Your Family



counselling centre of east algoma **centre de** **counselling** d'algoma est

Produced by Thunder Bay Counselling Centre.
All rights reserved. Permission to reproduce material
must be obtained from Thunder Bay Counselling Centre.