

Special Issues Faced by Male Survivors of Sexual Abuse or Assault

Males who have been sexually abused have many feelings and thoughts. Some may be the same as those of female victims, but others are different.

For many men . . .

The idea of being a “victim of sexual abuse” is difficult. We think a male should be able to defend himself. If a male is sexually abused, he might feel inadequate. He might think he deserved it because he did not stop the sexual assault. He might become angrier and get into fights so he can prove he is still “a real man.” He might also have problems being romantic with a partner because he does not feel manly.

For straight men . . .

Being sexually abused or assaulted often causes some confusion about being gay or straight. Because a man was the offender, he may wonder if he is gay. People do not “become gay” as a result of being sexually assaulted. Sexual assault is about control, not sexual attraction.

For gay men . . .

Being sexually abused or assaulted can lead to the feeling that he somehow deserved it for being gay. Some people believe that gay men are not as affected by a sexual assault. This is not true. Whether gay or straight, sexual assault is a disrespect of a person’s sense of safety and trust. Some sexual assaults of gay men are forms of hatred for gays. Not only is this wrong, but it is illegal. No one deserves or asks for a sexual assault.

Sometimes if you have had a past experience with abuse or assault, feelings you have may be more intense. Please call us if you need help.