

*You are not alone. It was not your fault. It is possible to heal. It is not too late.*

MYTH	Boys and men are not victims of sexual abuse and rape.
FACT	1 in 6 boys are sexually abused in childhood and 1 in 4 males will experience some form of sexual trauma in their lifetime.

MYTH	Sexual orientation is a factor in being a victim or perpetrator.
FACT	Heterosexual, bisexual, and gay men are equally likely to be sexually assaulted. Most men who sexually assault other men identify themselves as straight. Sexual assault is about anger, violence, and control, not necessarily about lust or sexual attraction.

MYTH	Men cannot be sexually assaulted by women.
FACT	Men are sexually assaulted by women (although most perpetrators of male sexual assault are men).

## TIPS TO TAKE CARE OF YOURSELF

Male victims of sexual assault experience many of the same emotions as female victims of sexual assault. Self-care practices, such as taking things one day at a time or visiting with a therapist, apply to both men and women. For more information on tips, see the WSR fact sheet "Sexual Assault Survivor Guide."

## BREAK THE SILENCE

Any person who has been sexually abused – male or female – will often experience lasting effects and enduring emotional pain. Historically, many of the organizations for survivors of sexual abuse have been created by women for women. While some of these have slowly begun the process of acknowledging the need for and developing or enhancing services for male survivors it is still far more difficult for male victims to easily find the support and healing they need.

By raising awareness about the prevalence of male sexual assault, we hope that more and more men will feel comfortable reaching out for the help they need and deserve after surviving sexual assault.



## ADDITIONAL RESOURCES

[1in6.org](http://1in6.org)

[malesurvivor.org](http://malesurvivor.org)

[nomore.org](http://nomore.org)

[mankind.org.uk](http://mankind.org.uk)

[satchawaii.org](http://satchawaii.org)

### WSR Info Sheets

*Sexual Assault Recovery Resources*

*Sexual Assault Survivor Guide*

*How Family and Friends Can Help after a Sexual Assault*

### Title IX

[titleix.byuh.edu](http://titleix.byuh.edu)

**BYUH Women's Services  
& Resources Confidential  
Reporting Area**  
[wsr.byuh.edu](http://wsr.byuh.edu)

**Counseling Services**  
[counseling.byuh.edu](http://counseling.byuh.edu)