

If you know a man who has been sexually abused or assaulted, you can...

- ◆ Let him know you care
- ◆ Listen without telling him what to do
- ◆ Believe what he tells you
- ◆ Respect his choices and don't pressure him to report—reporting is an individual decision, and choosing not to report does not mean the assault did not happen
- ◆ Respect his privacy and do not pressure him for details—let him decide whether he wants to tell anyone else
- ◆ Offer resources
- ◆ Know that it is **not his fault!**

If you or someone you know has been sexually abused or assaulted, the North Coast Rape Crisis Team is here to listen, believe, and offer support.

**Our 24-hr hotline is available:  
(707) 445-2881**

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## Resources

### NORTH COAST RAPE CRISIS TEAM

Collect calls are accepted

**Humboldt 24-hr hotline: (707) 445-2881**

**TTY (M-F 8:30-5:00): (707) 443-2738**

Business Office: (707) 443-2737

**Del Norte 24-hr hotline: (707) 465-2851**

**TTY (M-F 8:30-5:00): (707) 465-2031**

Business Office: (707) 465-6961

### RAINN (Rape, Abuse, Incest National Network)

1 (800) 656-4673

Online live chat: [www.online.rainn.org](http://www.online.rainn.org)

### 1in6

Online support for men: [www.1in6.org](http://www.1in6.org)

### Humboldt Domestic Violence Services

(707) 443-6042

### Planned Parenthood

(707) 442-5700

**Men deserve support  
and to be believed!**

**We can work together to  
END VIOLENCE**

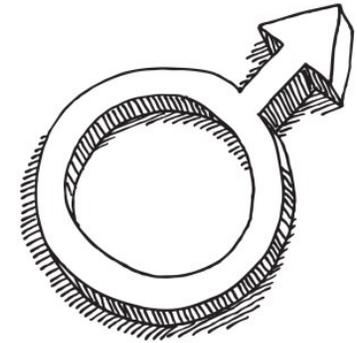


Statistics used in this brochure were gathered from [www.rainn.org](http://www.rainn.org) and [www.1in6.org](http://www.1in6.org)

Last revised 1/25/18

## Sexual Abuse

**when it  
happens to men**



**North Coast Rape Crisis Team**

*"Imagine a world without violence"*

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[www.ncrct.org](http://www.ncrct.org)

## Facts and Stats

- ◆ 1 in 6 male children will experience sexualized violence before age 18.
- ◆ 1 in 67 men in the United States have experienced rape or attempted rape.
- ◆ Male college students are approximately 5 times more likely to experience sexual assault than non-student men of the same age.
- ◆ Approximately 8% of rapes involve male survivors.
- ◆ While some perpetrators are women, most sexual assaults of men are committed by other men.
- ◆ Trans men experience sexualized violence at a higher rate and may be targeted based on their trans identity, or at a time in their life before they were presenting as a man.

**If it happened to you,  
it is not your fault!**

## Feelings

Anyone can be affected by sexualized violence regardless of their gender, age, ability, ethnic or racial identification, or economic status. Men and boys who have been sexually abused might have similar feelings and reactions as other survivors.



Men and boys might also experience barriers and challenges when processing their feelings and sharing their experience with others because of common stereotypes surrounding men and masculinity. They receive societal messages that they become “less of a man” if they express their feelings which may make it difficult for men to come forward and talk about their assault. In reality, every human being experiences a wide range of feelings and we all have the right to express those feelings. **The North Coast Rape Crisis Team is always available to listen and support survivors if they want to talk confidentially.**

## Myth-Busting!

These are some of the false beliefs that society reinforces, making it harder for boys/men to come forward and talk about their survivorship.

*Myth: Men always want sex, therefore they cannot be sexually assaulted.*

Men, just like everyone else, don't always want to engage in sexual activity. Everyone gets to make choices about who they want to have sex with and what happens to their bodies.

*Myth: Sexual assault affects sexual orientation.*

Sexual assault is in no way related to the sexual orientation of the perpetrator or the survivor. Overwhelmingly, men who rape other men are heterosexual. Rape is an act of violence and it is used to establish power and control over others.

*Myth: Because men are strong, they can't be sexually assaulted.*

Being sexually assaulted is not a sign of weakness. It can happen to anyone, regardless of one's physical strength. Also, abusers use many tactics beyond physical abuse to gain control.