

Was It My Fault That I Was Sexually Abused As A Child/Teen?

No, it wasn't. Sexual violence is about power and control.

The person who sexually abused you may have tricked you by buying you gifts or giving you toys so that they could gain your trust.

Or they could have led you to believe that they were going to teach you about sex.

You may have been drugged or threatened with violence. They may have taken care of you or made you feel loved and safe – this is how skilled predators gain trust.

Sexual abuse is never your fault – only your abuser is to blame.

Will I Ever Recover from the Abuse?

Absolutely. You are not alone – males of all ages have survived sexual violence and with proper supports recover from the trauma.

Please call our office to make an appointment for counselling, or our 24-Hour Crisis Line for immediate support.

Contact Information

Visit us in person:

506 25th Street East, Suite 201
Saskatoon, SK S7K 4A7

The SSAIC office is located on the 2nd floor of the Saskatoon Community Service Village (Attached to the YWCA)

Monday – Friday

9am to 5pm

(Closed for lunch from 12pm to 1pm)

Call our office:

(306) 244-2294

Send us an email:

ssaic@sasktel.net

Visit us on the web:

ssaic.ca

Thank you to our funding partners:

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Saskatoon Sexual Assault
& Information Centre



Male Survivors of Sexual Violence

24-Hour Crisis Line: (306) 244-2224

ssaic.ca

What Is Sexual Violence?

Child sexual abuse is when a child under the age of 16 is exploited sexually by another person. Sexual abuse of children and youth often involves manipulation, coercion into a sexual situation, bribery, and secrecy.

The abuser is often someone the child trusts, like a parent or family member, coach, clergy member, or other adult in a position of authority or trust.

Sexual assault is any type of unwanted sexual contact. Voluntary consent is required for all sexual acts and consent cannot be given if you are intoxicated or unconscious.

Barriers to men seeking treatment can include:

- A general lack of resources; limited or non-existent treatment programs
- Ridicule for being “unmanly” or unable to stop the assault from happening
- The insinuation from others that they were “lucky” if the perpetrator was a woman
- Homophobia, as some think that men who are sexually assaulted must be gay and that being gay is wrong

It is not uncommon to want to forget what happened and try to move on, but research shows that the sooner you can speak about your experience in a supportive environment, the faster and more complete your healing process will be.

Myths & Facts

Societal norms and personal beliefs may prevent men who have experienced sexual assault from seeking help. By confronting some of the myths associated with male sexual assault, men may be more likely to seek out the help they need.

Myth: Sexual abuse in males is rare.

Fact: 1 in 6 boys are abused before they turn 18 years old (Stats Canada 2013).

Myth: Men and boys are only abused by gay men.

Fact: Anyone, including women, can be a sex offender. Research confirms, however, that the majority of male sex offenders are heterosexual (straight) men. (Male on Male rape, Michael Scarce, 1994)

Myth: Males sexually assaulted by other males are, or become, gay.

Fact: Sexual abuse is not motivated by passion, or desire. It is a crime of violence. Just as sexual orientation does not change if a person is robbed, it doesn't change if they are sexually assaulted.

Myth: Men who had an erection while being sexually abused/assaulted enjoyed what happened to them.

Fact: Our bodies are programmed to respond to touch in a certain way. This uncontrollable response does not mean that the person being touched is enjoying it.

(SACE, 2010)

The Impact of Sexual Violence on Men

Confusion about sexual orientation. You may question your sexual orientation, especially if your abuser was a male. Sexual abuse does not determine your sexual identity. Sexual abuse can occur whether you are gay or straight.

Difficulties with intimacy. If the abuser was someone you trusted, you may struggle with maintaining long-term intimate relationships.

Difficulties with sexual functioning. You may experience painful erections, difficulty maintaining erections, premature ejaculation, lack of desire, or an obsession with sex.

Dependency or misuse of alcohol, drugs, or food. You may be using these substances or food to cope with the pain of sexual abuse.

Harm of others or self-harm. If you feel worthless, guilty, angry or ashamed as a result of the abuse, you may try to physically or emotionally harm others and/or yourself.

Flashbacks, anxiety, and nightmares. If you have vivid nightmares and panic attacks, you might be re-experiencing the trauma of being sexually abused as a child.

(VSAC, 2008)