

Common Feelings

**Your feelings are normal,
and you're not alone.**

Every survivor has unique needs and challenges in healing, but here are some common feelings that have been shared by other men who have been sexually assaulted:

- Anxiety, Depression, PTSD, & Flashbacks are normal responses.
- Avoidance of people or places that remind you of the assault.
- Concerns or questions about sexual orientation.
- Fear of the worst happening and having a sense of a shortened future.
- Feeling like "less of a man" or that you no longer have control over your own body.
- Feeling on-edge, being unable to relax, and having difficulty sleeping.
- Sense of blame or shame over not being able to stop the assault or abuse, especially if you experienced an erection or ejaculation.
- Withdrawal from relationships or friendships and an increased sense of isolation.
- Worrying about disclosing for fear of judgement or disbelief.

Connect With Us

Our Help Line runs 24 hours a day, 7 days a week.



Call us, any time.

(360) 754-6300 TTY: 711

Translators Available



Our Business Office is located at:

521 Legion Way SE
Olympia, WA 98501

Business Phone:

(360) 786-8754

Email:

safeplace@safeplaceolympia.org

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Sexual Assault Services For Men

WWW.SAFEPLACEOLYMPIA.ORG

Male Survivors

Sexual Assault is any sexual act forced upon an individual against their will.

Abusers can be any gender identity, sexual orientation, or age.

Frequently, the harmer is known to the survivor. Like all abusers, they might use physical force or psychological and emotional coercion tactics.

No one deserves or asks to be sexually assaulted. It is normal to ask yourself if you could have avoided the assault.

No matter how it happened, it is not your fault. Getting the help you need to heal takes strength and courage.



Facts and Myths:

Myth: Men can't be sexually assaulted, and if one is, he is not a "real man"

Fact: Men can be sexually assaulted, and it has nothing to do with how masculine they are.

Myth: If sexual arousal occurred during the abuse, he wanted and/or enjoyed it

Fact: Bodies respond to sexual stimulation and it is not unusual for men to experience erection or even orgasm in a situation that is abusive, traumatic, and/or painful. Abusers know this and will often tell the survivor that they wanted or liked it, as a power and control tactic.

Myth: Women cannot sexually assault men

Fact: Women can and do sexually assault men. Men who are assaulted by women are not "lucky." They are exploited and harmed.

F A K E

The Reality

In the past decade, reports of male sexual assault have steadily increased. Because men are often socialized to not ask for help, to be in control at all times, and to be active in sexual encounters, male survivors are less likely to talk to anyone about their assault and are far less likely to report it to law enforcement.



The statistics that we currently have say that at least 1 in 6 men have reported being sexually assaulted in their lifetime.

We believe you.

We're here to listen.

We have resources.

We care.

It wasn't your fault.