

# SEXUAL VIOLENCE AGAINST MEN AND BOYS; THE IMPACT

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## WHO AM I?

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## WHAT IS SEXUAL VIOLENCE?

- When a person uses tricks, power, threats, or violence to have sexual contact with another adult, it is called rape or sexual assault.
- When the individual is a victim of a relative, people often use the phrase “incest.”
- When the child is a victim of an adult, it is called “child molestation.”

## WHAT IS SEXUAL ABUSE?

- Sexual abuse is sexual contact without consent.
- Children do not consent because they often do what adults tell them to do.

## TYPES OF SEXUAL ABUSE

- An adult sexually touching the child; male or female
- Having the child touch the adult sexually; male or female
- Photographing the child for sexual purposes
- Sexualized talk
- Showing the child pornographic material or making them available
- Exposing genitals to the child
- Masturbation or otherwise being sexual in front of the child
- Voyeurism
- Verbal and emotional abuse of sexual nature
- Engaging the child in prostitution
- Witnessing others being sexually abused

## COMMON FORMS OF SEXUAL TOUCHING OF A CHILD

- Touching or fondling of the child's genitals, or other erotic areas, such as the buttocks, anus, or nipples.
- Touching can also come in the form of sexual hugs or rubbing, where the adult rubs her or his body against the child.
- This also includes clothing on the child and adult.

## DID YOU KNOW?

- Boys are more reluctant to disclose than girls.
- Children who are victims of a family perpetrator often delay disclosure longer than a non-family member.

## A CHILD IS AFFECTED BY SEXUAL ABUSE WHEN:

- Physical Trauma; STD's; In a study done on infants and children in New York, death occurred due to rectal hemorrhage.
- He may question his ability to defend himself or may not trust his body to function in times of crisis.
- He may question his body and say "What did I do to invite this?"
- He may begin to hate his body.
- He may begin to not respect his body or the surroundings around him; often will begin to use alcohol, drugs, over-under eating, and smoking as a teen.

## A CHILD IS AFFECTED BY SEXUAL ABUSE WHEN:

- Dissociates as a child due to memories or triggers of abuse.
- Even after the abuse stops the child may feel he is ineffective, powerless, and worthless ( He has learned from being abused that what he does, wants, feels, or thinks makes no difference).
- He will continue to question himself “Why did this happen?” “Why didn’t anyone stop it?” “Why didn’t I tell someone?”

## A CHILD IS AFFECTED BY SEXUAL ABUSE WHEN:

- Mental/emotional; The child believes that he had a choice but in reality the abuse was inflicted on him.
- A boy faces confusion and isolation when he is sexually abused by a woman.
- A boy who talks about being abused by a woman is often greeted by disbelief, denial, trivializing, and romancing his story. Faced with society’s perception; he may try to fit in and begins to brag or joke about it. He will try to fit in.
- If any of the experience felt good, he was not abused. If he did not enjoy it, he must be homosexual.

## A CHILD IS AFFECTED BY SEXUAL ABUSE WHEN:

- Not knowing how to cope with his confusion, he may push it back in his mind, losing all conscious memory of the event until years later.
- It is said that male survivors are more likely to repress memories of abuse by women than by men.

## WHAT PIECES OF CHILDHOOD DOES THE SEXUALLY ABUSED CHILD LOSE?

- **Loss of memory of childhood;** If a child has to deny or forget what has happened to him, he may find, as an adult, that he literally lost his childhood. A great many of survivors have little or no memory of childhood.
- **Loss of healthy social contact;** When a little child feels that his only safety is in isolation, it seriously impairs his ability to respond to others. The perpetrator may also reinforce his isolation.
- **Loss of opportunity to play;** To play may be difficult for an abused child because he cannot relax to trust others. He may feel out of control.

## WHAT PIECES OF CHILDHOOD DOES THE SEXUALLY ABUSED CHILD LOSE?

- **Loss of opportunity to learn;** children learn through play. Childhood games incorporate cultural values. Children learn to understand and take charge of their environment. They learn communication, cooperation, competition, problem solving, coordination, motor skills, creativity, “age appropriate” and “gender appropriate” behavior, and they share information. When sexual abuse occurs, this can be lost or can be limited learning.
- **Loss of Control of one’s body;** Sexual abuse violates a child’s sense of himself in the most basic way. When someone takes control of his body against his will, he feels he has no right to his body.

## WHAT PIECES OF CHILDHOOD DOES THE SEXUALLY ABUSED CHILD LOSE?

- **Loss of normal, loving, nurturing environment;** Every child deserves to be loved. Every child needs to be cherished and nurtured. When sexual abuse happens all of this disappears. The child may feel the loss of safety in the world. He may have difficulty in developing healthy adult intimacy, feeling of belonging, and a strong sense of his own value.
- **Other losses;** The list could go on and on. Family, identity, certainty, and so on-leads to further losses in adult life. The boy who was sexually abused loses self-esteem, self-confidence, sexual maturation, intimacy, comfort, and security; as an adult.

## DID YOU KNOW?

- “The losses that boys and men experience in their early years leave lifelong scars and pain.”
- Boys who do not fit the “traditional macho image” are marginalized, ostracized, harassed, and physically punished. Bullying results in trauma.
- The trauma that males experience is lethal, large, and hard to work through. (It is possible)
- Many men who have hurt others may have been hurt themselves.

## COMMON MISCONCEPTIONS ABOUT CHILD SEXUAL ABUSE

- **Myth:** Children are most likely to be sexually assaulted by a stranger
- **Fact:** 75-95% of offenders are known and may be related to the child
- **Myth:** Children lie or fantasize about sexual activities with adults
- **Fact:** In developmental terms, young children cannot make up explicit sexual information; they must be exposed to it and speak their own experiences. Sometimes parents will try to get the child to lie.
- **Myth:** When a boy is being sexually abused by a male it often is said the adult is homosexual.
- **Fact:** Most child sexual abuse is perpetrated by men who are heterosexual and do not find sex with other men at all attractive (**Abused Boys: The Neglected Victim of Sexual Abuse, Mic Hunter**).



## COMMON MISCONCEPTIONS ABOUT CHILD SEXUAL ABUSE

- **Myth:** If children did not want it, they could say “stop.”
- **Fact:** Children generally do not question the behavior of adults. They are often coerced by bribes, threats, and use of authority.
- **Myth:** When a boy and a woman have sex, it's the boy's idea and he is not being abused.
- **Fact:** Child abuse is an act of power by which an adult uses a child. Abuse is abuse. A woman abusing a child is still a child abuser (**Abused Boys: The Neglected Victim of Sexual Abuse, Mic Hunter**).

## COMMON MISCONCEPTIONS ABOUT CHILD SEXUAL ABUSE

- **Myth:** Child molesters are all “dirty old men.”
- **Fact:** In a recent study of convicted child molesters, 80% were found to have committed their first offense before the age of 30.
- **Myth:** Males who were sexually abused as boys will grow up to abuse children sexually.
- **Fact:** Only a portion of abused boys go on to abuse children (**Abused Boys: The Neglected Victim of Sexual Abuse, Mic Hunter**).

# As Adult Males; The Impact of Child Sexual Abuse

## RECENT RESEARCH FINDINGS

- 1 in 4 American Indian/Alaska Native men have experienced sexual violence in their lifetime.
- More than 1 in 10 have experienced sexual violence with penetration
- Overall, more than 475,000 American Indian and Alaska Native men have experienced sexual violence in their lifetime (National Institute of Justice Research Report: Violence Against American Indian and Alaska Native Women and Men. 2010 Findings from the National Intimate Partner Sexual Violence Survey, Andre B. Rosay, Ph.D.).

## TWO-SPIRIT VS. HETEROSEXUAL

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| <ul style="list-style-type: none"> <li>• Childhood physical abuse 40.0%</li> <li>• Childhood sexual abuse 40.0%</li> <li>• Lifetime sexual assault 48.0%</li> <li>• Lifetime physical abuse by partner 29.2%</li> <li>• Lifetime physical assault by other acquaintance 28.0%</li> <li>• Lifetime experience of being robbed, mugged, physically attacked 60.0%</li> </ul> | <ul style="list-style-type: none"> <li>• Childhood physical abuse 20.0%</li> <li>• Childhood sexual abuse 25.8%</li> <li>• Lifetime sexual assault 35.1%</li> <li>• Lifetime physical abuse by partner 29.1%</li> <li>• Lifetime physical assault by other acquaintance 23.8%</li> <li>• Lifetime experience of being robbed, mugged, physically attacked 48.3%</li> </ul> |
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(Jane M. Simoni, PhD, Karina L. Walters, PhD, Kimberly F. Balsam, PhD, and Seth B. Meyers, PhD).

## WHAT ARE SOME REASONS MALE SEXUAL ABUSE VICTIMS ARE UNDER-IDENTIFIED?

- Often sometimes the counselor or therapist does not give permission to the client to talk about their sexual issues (If the professional never brings up the subject, the client can get the message that it is a taboo).
- The topic may be superficially discussed (It can be the lack of awareness or denial of behavioral and emotional cues by client; often the therapist may lack confidence in discussing the issue and the client will drop the subject).
- The professional's definition of sexual abuse may not include what was done to the particular client (It may be discussed in detail but the label of abuse is never applied to it).

## THE INDIVIDUAL'S DEFINITION OF SEXUAL ABUSE

- Sometimes clients do not acknowledge that they were abused because they do not think they were.

## WHY DO MEN WAIT TO SEEK PROFESSIONAL HELP?

- The abuse could still be too fresh.
- It may not yet been defined as abuse.
- The perpetrator may still got you "to keep silent."
- Fear (Even though the abuse may be over, it can still feel dangerous; even a dead perpetrator's presence can be felt strongly).
- The time and place may not be right to disclose.
- The individual may not know he has options.
- Feelings of being weak, battered, and hopeless to take action.
- Self-blame (may keep individual from seeking professional help).
- Shame (Why did this happen to me?)

## MEN WHO ARE VIOLENT ARE OFTEN SENT THE MESSAGE AS A CHILD:

- Be strong
- Be sexually active
- Be straight
- Be independent
- Don't ask for help
- Don't cry and show vulnerability
- Focus on the goal and not the process
- Take control
- Be dominant

## FREQUENT ISSUES AND PROBLEMS FACED BY ADULT SURVIVORS OF SEXUAL CHILD ABUSE

- Anxiety and/or confusion
- Depression
- Low self-esteem
- Shame and guilt
- Inability to trust themselves or others
- Fear of feelings (a need to control feelings and behaviors, their own or others)
- Compulsive caretaking
- Nightmares and flashbacks
- Insomnia
- Amnesia (memory loss or forgetting large pieces of childhood)
- Violence; or fear of violence
- Discomfort with being touched
- Compulsive sexual activity
- Sexual dysfunction

## FREQUENT ISSUES AND PROBLEMS FACED BY ADULT SURVIVORS OF SEXUAL CHILD ABUSE

- Hypervigilance; extreme startle response
- Social alienation (feeling isolated or alone)
- Inability to sustain intimacy in relationships and/or entering abusive relationships
- Overachievement and/or underachievement
- As adults, becoming abusers and/or protectors
- Alcohol/Drug Abuse
- Sex Addiction
- Compulsive behaviors
- Unrealistic and negative body image
- Feeling like a frightened child
- Hyperconsciousness of body and appearance

## FREQUENT ISSUES AND PROBLEMS FACED BY ADULT SURVIVORS OF SEXUAL CHILD ABUSE

- Inability to communicate effectively and in a healthy way
- Pornographic materials
- Pornographic websites
- Adult websites/chat rooms

## MENTAL HEALTH DISORDERS

- **Dysthymia;** A chronic depressed mood
- **Major Depression;** much more severe than Dysthymia
- **Post-Traumatic Stress Disorder;** distressing thoughts and dreams of the abuse, flashbacks, avoids thoughts, feelings, and situations associated with abuse, a sense of detachment from others, sleep disturbances, outbursts, and overly vigilant for signs of danger.

## IT'S IMPORTANT TO KNOW....

- That not all issues and problems are the same with all adult survivors of child sexual abuse. Each individual is different with similarities.

## HOW DO WE HELP MEN AND BOYS HEAL?

- Create a safe place for the adult male and child to tell their story
- Compassion
- Empathy
- Breaking down the stigma in regards to males who experience child sexual abuse
- Educate and awareness
- Encourage and support individual to discuss their child sexual abuse
- Change the way we talk and think about individuals who experienced child sexual abuse
- Not all victims of child sexual abuse become abusers

## HOW DO WE HELP MEN AND BOYS HEAL?

- Sweat lodge
- Support Groups
- Talking with elders



## •Questions?

## RESOURCES:

- Abused Boys: The Neglected Victims of Sexual Abuse, Mic Hunter
- Victims No Longer: The Classic Guide for Men Recovering From Sexual Child Abuse, Mike Lew
- Sex Addiction 101: A Basic Guide to Healing from Sex, Porn, and Love Addiction, Robert Weiss
- Breaking the Cycle, George N. Collins with Andrew Adleman