

Sexual assault is a crime.

There are good reasons for telling someone about the assault;

- so you can get support to regain control over your own life.
- to break down the secrecy around sexual assault.
- to help you to understand that it was not your fault.
- talking helps to prevent the chance of the offender assaulting anyone else.
- so you can come to terms with the assault.
- to initiate legal action.



Remember

- Rape/Sexual Assault is a crime of violence.
- Sexual Assault is not your fault.
- No one deserves or asks to be sexually abused.
- Anyone can be sexually assaulted at any age, as a child, adolescent or adult.

The Sexual Assault Support Service provides three main services to our community.

These are:

The Sexual Assault Crisis Service provides crisis counselling, support with police statements, and coordinates medical and/or forensic examinations if required by victims of recent sexual assault.

24 hours 7 days a week (03) 6231 1817

The Adult Counselling and Support Service provides individual counselling and group programs for any survivors of sexual assault 18 years and older, also family members and support people.

The service is located at 95-97 Campbell St Hobart and is open Monday to Friday 9 am to 5 pm. Please phone (03) 6231 1811 to make an appointment.

Galileo House Child/Youth Trauma Centre provides counselling and support for survivors of sexual assault from 0 to 18 years, also family members and support people. This service also provides counselling and support for children up to 12 years and families for problem sexual behaviour issues.

This service is located at 73 Federal St, North Hobart and is open Monday to Friday 9 am to 5 pm. Please phone (03) 6231 0044 to make an appointment.

Email: admin@sass.org.au

Website: www.sass.org.au

SASS is a free service funded through the Department of Health and Human Services and SAAP.

Impacts of Sexual Assault and Rape on Males



Information for men who have been sexually assaulted or raped, and parents, partners, spouses and friends of men.

Why talk.....?

Sexual assault or rape is an overwhelming and frightening experience and can lead to a variety of problems and conflicting feelings.

SASS is a free confidential service which offers male and female counsellors, crisis support and counselling for survivors of rape or sexual assault.

Special issues for male survivors

When a man discloses that he has been sexually abused, he is often punished further if his 'manhood' and/or sexual orientation are called into question. Men are often raised not to see themselves as victims, and that showing emotion is a sign of weakness. Men are supposed to be in control, strong and able to protect themselves at all times. Sexual assault and rape confront all of these things. Men may have difficulty asking for support.

What is sexual assault?

Sexual assault occurs when someone uses power over you to threaten, trick or force you into sexual contact.

Sexual Assault can include :

- touching in a sexual way
- making suggestive comments
- anal or oral intercourse
- masturbating in front of you or getting you to masturbate them
- making you pose or look at pornographic material.

A man is raped/sexually assaulted when he is forced to engage in these activities without his consent.

Sexual Assault may harm your relationships and your lifestyle in many ways. ie unresolved grief, anger, questioning.

Dispelling the myths

- **MYTH:** Boys and men are not sexually assaulted.
FACT: Males represented approximately 16-20 percent of the total reports for sexual assault.*
- **MYTH:** Men are the perpetrators of sexual assault, not victims.
FACT: Although most perpetrators are men, women can also be perpetrators of sexual violence.
- **MYTH:** All abusers are homosexual.
FACT: Men who assault other men or boys are usually heterosexual.
- **MYTH:** Sexual Assault does not affect men as much as it affects women.
FACT: Sexual Assault affects males just as much as females.
- **MYTH:** Strong men don't get sexually assaulted.
FACT: Strength is no defence against sexual assault. A weapon, threats, being out numbered or frozen by fear makes it impossible to fight back.
- **MYTH:** If a victim is sexually aroused during the assault it means that he wanted to be raped.
FACT: Sometimes men who are being raped are forced into a state of sexual arousal. This however is the body's natural response, which is totally involuntary, and is one way the body protects itself from physical and emotional violence.

*ACSSA Wrap No.2 September 2006

Some effects of sexual assault....

Emotional Shock: I feel numb. How can I be so calm? Why do I feel like crying?

Disbelief and/or denial: Did it really happen? Why me? Maybe I just imagined it.

Embarrassment: What will people think? I can't tell my partner, family or friends.

Shame: I feel filthy, like there's something wrong with me. I can't get clean.

Guilt: I feel like it's my fault, or I should have been able to stop it. If only I had....

Depression: How can I fix this? I feel so hopeless.

Powerlessness: Will I ever feel in control again?

Disorientation: I don't know what day it is. I keep forgetting things.

Flashbacks: I keep seeing that face and feel like it's happening all over again.

Fear: What if I have some disease? I have nightmares. I'm afraid to go out. I'm afraid to be alone.

Anxiety: I'm having panic attacks. I can't breathe! I feel overwhelmed.

Anger: I feel like killing the person who attacked me. I am so angry.

Physical Stress: Parts of me ache all the time. I feel stressed.