

## Facts About Men And Rape

- Men are usually raped by other men
- Rapists who rape men are heterosexual in 98% of the cases
- Both homosexual and heterosexual men from all parts of society can be raped (not just in prisons)
- Men are less likely to report rape

## What Can We Do?

- Recognize that men and boys are sexually assaulted.
- Be aware of the biases and myths concerning sexual assault.
- Recognize that the harmful sex-role stereotypes which create narrow definitions of masculinity, as well as misconceptions about homosexuality, make it difficult for male survivors to disclose when they are raped.
- As individuals and as a community we must work to combat and challenge these attitudes.
- It is important that male rape survivors have support around them and that they be able to make their own decisions about what action to take.

For more information please call  
the Arkansas Coalition Against  
Sexual Assault

1-866-63-ACASA

# Male Survivors of Sexual Assault



ARKANSAS COALITION  
AGAINST SEXUAL ASSAULT

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## Can Men Be Sexually Assaulted?

Yes. Rape and sexual assault can happen to anyone, including men. Thousands of men are sexually assaulted and raped every year, and it has nothing to do with their race, class, age, religion, sexual orientation, size, appearance, or strength. A man can be sexually assaulted by a stranger, a family member, or someone he knows and trusts. Experts estimate that 1 in 6 men are sexually assaulted during their lifetime. Even though male sexual assault remains vastly underreported, the United States Department of Justice documents more than 13,000 cases of male rape every year.

## What should I do if I am raped or sexually assaulted?

Seek medical attention as soon as possible. Go to the nearest hospital emergency room. Although you may feel embarrassed about your injuries, it is important to receive medical assistance. Hospital staff frequently sees such injuries to the penis, anus, and other body parts, not all caused by rape or sexual assault.

## What Are Typical Reactions During Or After A Rape Or Sexual Assault?

Sexual assault or rape is always a traumatic experience. Sometimes a man who is sexually assaulted or raped has an involuntary or forced erection or ejaculation. Also, muscles in the anus often relax when a man is raped. This does not mean that the survivor wanted to be raped or sexually assaulted. Involuntary erections and ejaculations are normal reactions to trauma.

Most of us grow up thinking that rape happens only to women. If male rape survivors think so too, they may feel isolated and alone. If people in our community believe that, they may further this sense of isolation on the part of male rape survivors.

Men usually share many of the same feelings of female sexual assault survivors. They may have feelings of:

- *Guilt*
- *Powerlessness*
- *Shock*
- *Anger*

There may also be denial and/or concern regarding their safety.

## There are, however, special issues that may be different for men:

- Concerns about sexuality and/or masculinity
- Medical Procedures
- Reporting to law enforcement
- Telling others
- Finding resources and support

Strong or weak, outgoing or withdrawn, homosexual or heterosexual, old or young, male or female: no one does anything that justifies sexual assault.

## Sexual assault and sexually transmitted diseases

Sometimes a survivor can contract a sexually transmitted disease during the assault, but not have symptoms until months later.

Many people are concerned about HIV infection after surviving a sexual assault, and it is important to know the facts. Any contact between your bodily fluids of an HIV-positive person puts you at risk of contracting HIV. Always consult a physician if you think you may have been exposed to any sexually transmitted disease.