

THE IMPACT OF SEXUAL VIOLENCE ON MEN & BOYS

Lenny Hayes, MA

Tate Topa Consulting, LLC

tatetopaconsulting@gmail.com

www.tatetopa.com

651-447-8672

WHO AM I?



- Sisseton-Wahpeton Oyate of the northeast corner of South Dakota
- Mental and Chemical Health Therapist/Consultant Specializing in Marriage Family Therapy
- Owner/Operator of Tate Topa Consulting, LLC
- Educator
- Advocate
- Motivational Speaker
- Dakota Two-Spirit (“Winkta”)
- Survivor of Adult and Child Sexual Abuse
- Survivor of the Foster Care System

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 475,00 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.).

WHAT IS SEXUAL VIOLENCE?

- **Rape or Sexual Assault:** When a person uses tricks, power, threats, or violence to have sexual contact with another adult.
- **Incest:** When the individual is a victim of a relative.
- **Child Molestation:** When the child is a victim of an adult.

WHAT IS SEXUAL ABUSE?

- **Sexual abuse** is sexual contact without consent (Child or adult).
- 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:

- 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.

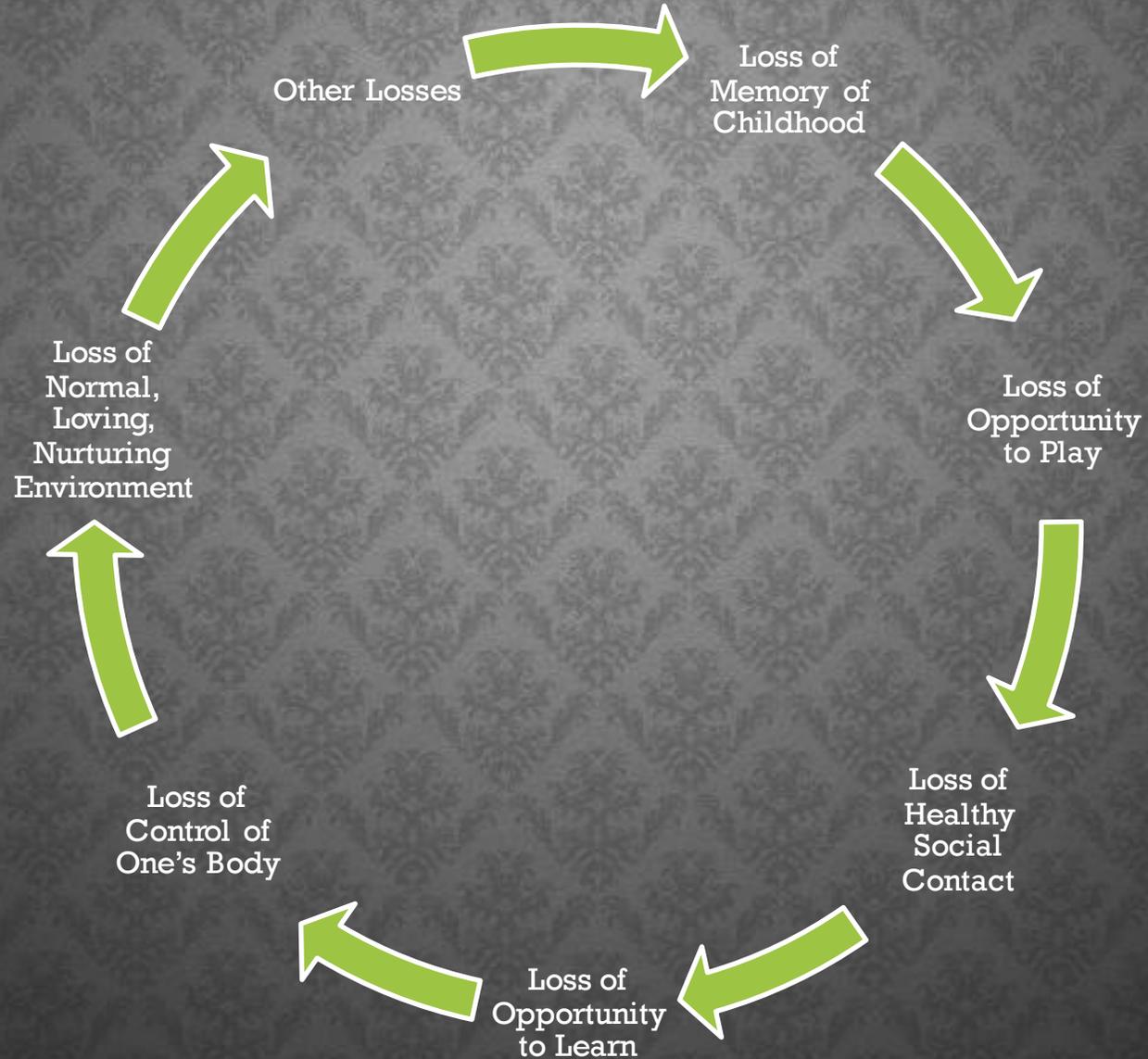
A CHILD IS AFFECTED BY SEXUAL ABUSE WHEN:

- **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 enjoy it, he must be **homosexual**.

WHAT PIECES OF CHILDHOOD DOES THE SEXUALLY ABUSED CHILD LOSE?



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.

FACTS

- 75-95% of offenders are known and may be related to the child
- 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.
- Most child sexual abuse is perpetrated by men who are heterosexual and do not find sex with other men at all attractive.
- Children generally do not question the behavior of adults. They are often coerced by bribes, threats, and use of authority.
- 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.
- In a recent study of convicted child molesters, 80% were found to have committed their first offense before the age of 30.
- 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

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
- 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

MOST COMMON MENTAL HEALTH DISORDERS

- **Dysthymia**; A chronic depressed mood
- **Major Depression**; much more severe than Dysthymia
- **Post-Traumatic Stress Disorder (PTSD)**; 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.

HOW DO WE **HELP** MEN AND BOYS **HEAL**?

Create a
safe place to
tell their
story

Compassion

Empathy

Breaking
down the
stigma

Educate and
awareness

Encourage
and support
to discuss

HOW DO WE **HELP** MEN AND BOYS **HEAL**?

Change the way we talk and think about individuals who experienced child sexual abuse

Not all victims of child sexual abuse become abusers

Sweat Lodge

Support Groups

Talking with elders

IT'S IMPORTANT TO REMEMBER....

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

RESOURCES

- **Abused Boys: The Neglected Victim of Sexual Abuse, Mic Hunter**
- **Victims No Longer: The Classic Guide for Men Recovering from Sexual Child Abuse, Mike Lew**
- **Understanding Male Sexual Abuse: Why Male Victims Remain Silent, O'Brien Dennis**
- **The Cries of Men, O'Brien Dennis**
- **Beyond Betrayal: Taking Charge of Your Life After Boyhood Sexual Abuse, Richard B. Gartner**
- **Betrayed as Boys: Psychodynamic Treatment of Sexually Abused Men, Richard B. Gartner**
- **Understanding the Sexual Betrayal of Boys and Men: The Trauma of Sexual Abuse, Richard M. Gartner**
- **Father's Touch, 2nd Edition, Donald D'Haene, Forward by Mike Lew**