

# The Care Center

**All services are free, confidential, and are available to people of all ages & genders.**

## Counseling

Trauma-focused Individual therapy & support groups.

## Advocacy & Response

24/7 support line, medical advocacy during forensic exams, assistance with police reports & court proceedings.

## Education

Youth & adult sexual assault and consent education, awareness & professional trainings

The Sexual Trauma & Abuse Care Center does not discriminate on the basis of race, color, religion, sexual orientation, gender identity, national origin, age, disability, genetic information, marital status, amnesty or status as a covered veteran in accordance with applicable federal, state and local laws.

This agency, along with the Office of the Attorney General, is interested in improving services available to victims in Kansas. If you have any suggestions or complaints about services provided to you and wish to share them with the office of the Attorney General, please call 1-800-828-9745 or complete the survey forms available at [ag.ks.gov/docs/forms/20120215victim-service-suggestion-form.pdf?sfvrsn=2](http://ag.ks.gov/docs/forms/20120215victim-service-suggestion-form.pdf?sfvrsn=2).

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# About Us

The Sexual Trauma & Abuse Care Center's mission is to promote a culture of consent while providing 24/7 support to everyone affected by sexual trauma and abuse in Douglas, Franklin, and Jefferson Counties.

## Contact

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# Male Survivors

## SURVIVOR SERIES

## Reactions & Feelings

Sexual trauma & abuse can affect us in many ways. It is not unusual for someone who has experienced sexual trauma & abuse to feel a variety of emotions and responses, such as anger, avoidance, sadness, flashbacks, fear, shame, guilt, disorientation, depression, numbness, physical pain, and more.

There is no wrong way to feel about what has happened to you. **Every emotion you have is valid and deserves attention.** It is important to know that what happened to you is not your fault and you deserve to get the support that you need.

## What if I was sexually abused as a young person?

It is never a young person's fault that they are sexually abused. Many men have a very difficult time processing the trauma of sexual abuse experienced as a young person. We are taught to trust and respect adults. It is common for young people to blame themselves for the abuse that they endure. Men are taught that they can't be used or abused sexually and should never feel vulnerable or afraid when sex is concerned. Men abused as children by other men can experience a significant amount of shame because men are told they aren't supposed to have any sexual contact with other man, consensual or not.

Receiving these messages that place the blame and responsibility on young men, when you had a complete lack of control over the abuse you endured, can easily produce feelings of intense and almost constant pain, anger, or shame. Just remember, it's never too late to tell someone or to get help. It takes a lot of strength to ask for help when you need it.

## What if I experienced sexual trauma or abuse as an adult?

It is important to remember that sexual trauma & abuse includes any unwanted sexual experiences or any sexual acts that occurred without your consent. Men who experience sexual trauma & abuse as adults are often ignored or dismissed, sometimes more so than men who are adult survivors of child sexual abuse. Society tells us that men are able to protect themselves and that if they were "real" men they would have been strong enough to prevent an unwanted sexual act. This is not true and can cause extreme guilt and shame. It can also make men question their own masculinity and sexuality.

## Problem & Concerns

**Men who have survived sexual trauma & abuse may endure additional problems and concerns. This might include:**

Struggling to define what happened to you as sexual trauma or abuse, let alone do anything to address it.

Feeling that you are not a "real" man because you were sexually assaulted or abused.

Seeing yourself as weak because you were unable to stop the abuse or assault.

Experiencing dismissive reactions or being told that you should have enjoyed it.

Receiving a lack of competent care and assistance from police, court administrators, attorneys, medical providers, and social service agencies because you are a male survivor.

Fearing that people will question/assume your sexual orientation if you disclose your abuse or talk about your trauma.

Getting denied sexual or domestic violence advocacy services because you are male.

Having people assume that you are a perpetrator if you seek out help or services.

Feeling that you can manage your trauma because you believe/are told that men are strong and should not be affected by their emotions.

Being denied shelter or a safe place to stay because you are male.

The Care Center can help. >>>