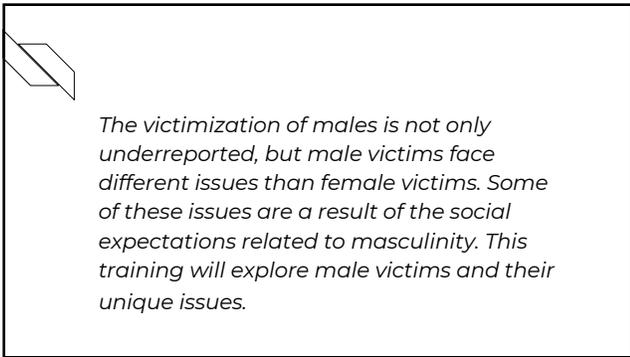


1



2



3



Underreporting

- Sex crimes are underreported in general.
 - RAINN: 77% of sexual assaults in the U.S. go unreported.
 - 20% feared retaliation
 - 13% believed the police would not do anything to help
 - 13% believed it was a personal matter
 - 8% reported to a different official
 - 8% believed it was not important enough to report
 - 7% did not want to get the perpetrator in trouble
 - 2% believed the police could not do anything to help
 - 30% gave another reason, or did not cite one reason
- Social stigma & male-specific rape myths augments the male victim's expectations of disbelief

(Department of Justice, 2013)

4



Prevalence & Effects of Male Rape Myths

- Acceptance was positively associated with individuals who were:
 - Male
 - Older
 - more likely to believe males falsely report rapes to law enforcement at a high rate
 - Accepted female rape myths
 - Homophobic
 - Accepted sexist double standards
 - Believed in traditional gender roles
- Had the **same effects** on male victim behavior as female rape myths do on female victims

(Walfield, 2018)

5



Male Rape Myths

- Only gay men are sexually assaulted by men.
- Being raped by a man means a loss of masculinity.
- If a man has an erection, it means he wanted to have sex.
 - Men cannot be forced to have sex against their will.
- Men are always aroused, and always looking for sex.
- Men are less affected by sexual assault than women.
- Men can always defend themselves against sexual assault.

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Male Rape Myths' Exacerbation of Trauma

- Only gay men are sexually assaulted by men.
 - Victims question sexual identity.
- If a man has an erection, it means he wanted to have sex.
 - Victims feel betrayed by their own body.
- Men are always aroused, and always looking for sex.
 - Victims question if they are responsible for their own assault.
- Men can always defend themselves against sexual assault.
 - Victims feel weak and less-than-a-man.

(Valliere, 2019)

7

A Culture Saturated in Male Victim Myths

Hey I was just a skinny lad	I went to work for her that summer
Never knew no good from bad	A teenage kid so far from home
But I knew life before I left my nursery, huh	She was a lonely widow woman
Left alone with big fat Fanny	Hell-bent to make it on her own
She was such a naughty nanny	We were a thousand miles from nowhere
Heap big woman, you made a bad boy out of me	Wheat fields as far as I could see
Hey hey!	Both needing somethin' from each other
	Not knowin' yet what that might be
	Well I became a man
	At the hands of a girl
	Almost twice my age

8

Masculinity

If Men Are Supposed to Be...	Then it is Unmanly to Be...
Tough	Vulnerable
Strong	Weak
In Control	Controlled
Respected	Disrespected
Dominant	Dominated
Powerful	Powerless

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Victimhood is Antithetical to Masculinity

But Victims Are...
Vulnerable
Weak
Controlled
Disrespected
Dominated
Powerless

10

Emasculation of the Victim

The social construct of masculinity itself, and the insistence on adhering to it, acts as a deterrent for male victims to report.

These same attributes of victimhood hold true for domestic violence as well.

Many male victims report that their perceived loss of masculinity, and/or fear that others will perceive them as unmasculine, is as great an impact (or more so) than the actual violence itself.

11

Handy Male Victim Response Chart

	Male Offender	Female Offender
Domestic Violence	"So you're the 'woman'."*	"You let a woman hurt you?" / "A woman can't really hurt you."
Sexual Violence	"Why would you let a guy have sex with you? Are you gay?"	"You got to have sex."**

*Carries over many of the same sexist beliefs about female victims of domestic violence, plus the added shame of homophobia.

** "With a hot older woman!" (If a minor victim)

12



How SHOULD We Respond to Male Victims?

Belief
Empathy
Thoughtfulness } Your Biases

13



Male Victim Biases

Generally

- What is a man? / What is "masculine"?
- What does it mean if a man is victimized?
- Am I ever skeptical of male victims?
- Do I believe any myths of sexual or domestic violence?

Specifically

- What is the reason I doubt this man?
 - Is it based on fact?
- Am I treating this man differently than I would a woman?
 - Is that difference based on the specific issues to male victims I learned at the Right From the Start 2019 conference, or based on my own assumptions about men?

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If You Are a Man, Listen Up:

You could be raped.

Donnelly & Kenyon (1996) conducted a series of interviews with counselors and law enforcement to assess the problems facing male victims. They found that for men, especially men in law enforcement, one of the main reasons for refusing to consider the reality of male rape was a fear of their own vulnerability to rape.

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DARVO:
Deny, Attack, Reverse Victim and Offender

In any scenario when both parties claim to be the victim, special caution must be exercised.

- Many male victims do not report their violence for fear that they will be mislabeled as the offender.

AND

- Many offenders use DARVO and related tactics to portray their victims as aggressive while maintaining their own innocence.

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Male
Victim Recovery:
Reclamation of Power-Masculinity

Dr. Mic Hunter describes male victim recovery as a way to "reclaim those things that were taken from you when you were abused." (Hunter, 1990)

- Acceptance of loss must come before reclaiming what was lost.
- Coping with feelings of loss of masculinity

These two ideas relate to Gender Role Strain: "a psychological situation in which gender role demands have negative consequences on the individual or others" and includes situations where men and boys "(a) deviate from or violate gender role norms of masculinity, (b) try to meet or fail to meet norms of masculinity, (c) experience discrepancies between real and ideal self-concepts based on gender role stereotypes, (d) personally devalue, restrict, or violate themselves, (e) experience personal devaluations, restrictions, or violations from others, and/or (f) personally devalue, restrict, or violate others because of gender role stereotypes"

(American Psychological Association, 2018)

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Coping with Gender Role Strain

All situations can be related to victimization, but most notably:

(b) try to meet or fail to meet norms of masculinity

(e) experience personal devaluations, restrictions, or violations from others

Levant & Richmond (2016) authored the APA's official description of implementing the Gender Role Strain Paradigm (GRSP), originally proposed by Joseph Pleck in 1981.

- Acknowledge disparity between client's own gender role expectations (and those imposed by others) and their perceived ability to fulfill them.
- Assess the value and/or validity of the expectations in question.
- Explore ways to adjust to the expectations the client wishes to uphold.
- Explore ways to habituate the client to releasing unwanted gender role expectations.

A 2003 study by the same researchers established the clinical efficacy of this paradigm with adolescent boys.

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APA 2018 Guidelines

1. Psychologists strive to recognize that masculinities are constructed based on social, cultural, and contextual norms.
2. Psychologists strive to recognize that boys and men integrate multiple aspects to their social identities across the lifespan.
3. Psychologists understand the impact of power, privilege, and sexism on the development of boys and men and on their relationships with others.
4. Psychologists strive to develop a comprehensive understanding of the factors that influence the interpersonal relationships of boys and men.
5. Psychologists strive to encourage positive father involvement and healthy family relationships.
6. Psychologists strive to support educational efforts that are responsive to the needs of boys and men.
7. Psychologists strive to reduce the high rates of problems boys and men face and act out in their lives such as aggression, violence, substance abuse, and suicide.
8. Psychologists strive to help boys and men engage in health-related behaviors.
9. Psychologists strive to build and promote gender-sensitive psychological services.
10. Psychologists understand and strive to change institutional, cultural, and systemic problems that affect boys and men through advocacy, prevention, and education.

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Specific Male Victim Groups

- Military
- (L)GBT
- Children
- Elders
- Intimate Partners
- Cultures with Strong Gender Constructs

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Military Considerations

- Combat PTSD
- Sexual Assault
 - Predominately male offenders
 - 54% of service member victims are male (Defense Manpower Data Center, 2012)
- Social & Career Backlash
- Systemic Indifference
- Culture of Silence
- Assailant is Armed and Trained to Kill

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LGBT Considerations

- Sexual Assault: 40.2% of gay men, 47.4% of bisexual men, 20.8% of straight men
- Domestic Violence: 25.2% of gay men, 37.3% of bisexual men, 28.7% of straight men

(Walters, Chen, & Briedling, 2013)

- Outing as a tool of control
- Pre-existing vulnerabilities from higher rates of discrimination and trauma
- History of LGBT police violence and heteronormative-oriented social services may discourage gay, bisexual, and transgender men from seeking help.
- In some cases, a perception that reporting intimate partner violence would harm public perception of LGBT relationships.

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Age Group Considerations

- **Children**
 - 1 in 53 boys (compared to 1 in 9 girls) are sexually abused. (Finkelhor, et al, 2014)
 - Most heavily gender-policed.
- **Elders**
 - 8.8% of men in elder care (compared to 10.6% of women) are abused. (Jeon, et al, 2019)
 - Higher likelihood of antiquated masculine constructs.

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