

TRUE STRENGTH (MALE INITIATIVE): INFORMATIONAL SHEET

What to Do if You're in a Violent Relationship

If you are in a violent relationship, one of the most important steps you can take is to make a safety plan.

Take the violence seriously. Many men are inclined to find it amusing when their partner lashes out at them. In one survey of college students, 20 percent of men who had been attacked by their girlfriends thought it was funny. Violence that seems harmless at first can escalate. USC's Spring 2013 ACHA-NCHA Survey indicated that 7.2% of men experienced an emotionally abusive relationship within the last school year.

- Don't hit back.
- Don't keep it a secret. Talk to a counselor, to your doctor, or to family members.
- Contact the Sexual Assault and Violence Intervention & Prevention (777-8248), where trained staff advocates are available to discuss options and assist you with arrangements and referrals.
- Seek support systems such as friends, family, or a counselor.
- Document the abuse by taking photos of any injuries and tracking incidents in a journal.
- Obtain a restraining order.
- Seek temporary living arrangements that will reduce your risk while you establish a plan of action.
- Try to always have access to an exit if your perpetrator corners you (e.g. Not a bathroom, kitchen or near any room with a weapon).
- You may want to consider changing your schedule and travel routes, particularly if the person knows your schedule. These changes may include your class schedule, where you eat, workout, etc.

If You Are Being Abused and Violated, You Need to Know That:

- Nothing you did, said, or are, caused the attack.
- You cannot keep it from happening again, no matter how much you try to change yourself.
- Because they are sorry or ashamed afterwards does not change the harm done or the danger you may be in.
- Whatever people do in the privacy of their homes is not ok. What is done in the privacy of the home must be agreeable with both people.
- No one ever deserves to be verbally assaulted, beaten, or raped.
- You are not to blame for the violence. Only the abuser can make the decision and commitment to live non-violently.
- You cannot control someone else's violence. Although others may convince you or you may convince yourself that you can influence your partner, in truth, your words and actions do not influence her/his decisions about abuse and violence.
- You are free to manage your own life and ask for the help you need. "Perhaps my confusion, terror, and despair are so great that I will have to live one hour at a time, or one minute at a time, reminding myself constantly that I have choices and authority in my own life."

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What You Should Know...
About Men Who Have Been Sexually Assaulted

1. How often are men sexually assaulted?
Most research suggests that 10-20% of all males will be sexually violated at some point in their lifetimes. 1 out of 6 men experience some form of interpersonal violence in their lifetime.
2. How many men at USC have experienced unwanted sexual touching?
The Spring 2013 ACHA-NCHA Survey indicates that 3.6% of men experienced sexual touching against their will within the last school year.
3. If there are so many male survivors, why don't I know any?
Like female survivors, most male survivors never report being assaulted, even to people they know and trust. They fear being ignored, laughed at, disbelieved, shamed, accused of weakness, or questioned about being gay. Perhaps worst of all, men fear being blamed for the assault because they were not "man enough" to protect themselves in the face of an attack.
4. Can a woman sexually assault a man?
Yes, but it's not nearly as common as male-on-male assault. A recent study shows that more than 86% of male survivors are sexually abused by another male. Female perpetrators in a position of power over a boy, in most cases.
5. Don't only men in prison get raped?
While prison rape is a serious problem and a serious crime, many male survivors are assaulted in everyday environments (at parties, at home, at church, at school, on the playground), often by people they know - friends, teammates, relatives, teachers, clergy, bosses, partners.
6. How does rape affect men differently from women?
Rape affects men in many ways similar to women. Anxiety, anger, sadness, confusion, fear, numbness, self-blame, helplessness, hopelessness, suicidal feelings and shame are common reactions of both male and female survivors. In some ways, though, men react uniquely to being sexually assaulted. Immediately after an assault, men may show more hostility and aggression rather than tearfulness and fear. Over time, they may question their sexual identity, act out in a sexually aggressive manner, and even downplay the impact of the assault.
7. If a man is raped by another man, does it mean he's gay?
No, again! While gay men can be raped (often by straight men), a man getting raped by another man says nothing about his sexual orientation before the assault, nor does it change his sexual orientation afterwards.

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Who Sexually Assaults Men?

Men can be assaulted by friends, significant others, strangers, and gangs.

Often, men reporting muggings or robberies have also been sexually assaulted.

Do's and Don'ts:

Helping Male Rape Survivors

DO...

But please DO NOT...

- Do believe the man who reports a rape experience.
- Do give the man tremendous credit for having the courage to tell you about the crime. Remember he has overcome great obstacles to be able to speak about what happened.
- Do tell him he is not alone, that approximately one in fourteen men is a rape survivor.
- Do tell him that the rape was not his fault.
- Do listen non-judgmentally. Remember his experience is not any less traumatic because he is a man.
- Do emphasize to him that help is available, and that with help and support he can get through this crisis and heal from the assault.
- Don't express discomfort with issues and conversations related to sexuality. This might be one of the foremost areas of concern and your uneasiness might cause him not to mention it again.
- Don't panic if he is suicidal. This is a common reaction in the aftermath of male rape. It is important for him to be able to express what he is feeling. Help him reach out for help if he is suicidal.
- Don't tell others about the assault (except when seeking help for a suicidal person). Protecting his anonymity and confidentiality is an important priority. Don't make him regret trusting you with this very private and painful information.
- Don't accuse him of being homophobic if he indicates hatred of or fear of gay males. However, at an appropriate time, inform him that most men who rape self-identify as heterosexual. Rape is a crime committed in order to control, humiliate, and degrade the victim.

What to Do if You've Just Been Sexually Assaulted

- Get to a safe place.
- Call someone who can help you: a friend, the local police (911), USCPD (803-777-4215) or Sexual Assault and Violence Intervention & Prevention (803-777-8248) during business hours.
- Don't shower, drink, eat or change your clothes. These activities can destroy physical evidence that could be useful if you decide to prosecute.
- Seek medical attention. Go to the nearest hospital, preferably Palmetto Health Richland Hospital or to the Thomson Student Health Center. Even if you feel embarrassed about your injuries, it is very important to receive medical assistance. Even if you don't seem to be seriously injured, you may have hidden, internal injuries that can become infected or become worse with time. Furthermore, symptoms of sexually transmitted diseases can lie dormant for a long time, but early medical attention may prevent future outbreaks.

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- Write down everything that you remember happening, with as much detail as possible. This can help you to cope with the situation but may also be helpful in any legal action you might decide to take.

Ways to Take Care of Yourself

- Seek support. Try to identify people you trust to validate your feelings. Spend time with people who know your strengths and positive qualities. Try not to isolate yourself.
- Talk about the assault and express your feelings. You can choose when, where, and with whom. You can also decide how much or how little to talk about it.
- Use stress reduction techniques. Hard exercise like walking, jogging, biking, swimming, weight-lifting; relaxation techniques like yoga, massage, music, prayer and/or meditation.
- Maintain a balanced diet and sleep cycle and avoid overusing caffeine, sugar, nicotine, alcohol or other drugs.
- Take “time outs.” Give yourself permission to take quiet moments to reflect, relax and rejuvenate - especially during times you feel stressed or unsafe.
- Try reading. Reading can be a relaxing, healing activity. Try to find short periods of uninterrupted leisure reading time.
- Release some of the pain and anger in a healthy way: Consider writing or other forms of art as a way of expressing thoughts and feelings.
- Remember you are safe, even if you don’t feel it. The assault is over. It may take longer than you’d like, but you will feel better.
- Get into counseling. The University offers twelve (12) free sessions to students. Contact the Counseling and Human Development Center at (803) 777-5223.
- Get help. Sexual Assault and Violence Intervention & Prevention offers assistance to male victims. Located in the first floor of the Thomson Student Health Center, the advocates can offer options to victims through legal accompaniment, medical accompaniment, safety planning and crisis counseling.

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There is an estimated 600,000 plus men sexually assaulted each year in the United States. Most sexual assaults of males are perpetrated by other males.

Myth #1 - Boys and men can't be victims.

This myth, instilled through masculine gender socialization and sometimes referred to as the "macho image," declares that males, even young boys, are not supposed to be victims or even vulnerable. We learn very early that males should be able to protect themselves. In truth, boys are children - weaker and more vulnerable than their perpetrators - who cannot really fight back. Why? The perpetrator has greater size, strength, and knowledge. This power is exercised from a position of authority, using resources such as money or other bribes, or outright threats - whatever advantage can be taken to use a child for sexual purposes.

Myth #2 - Most sexual abuse of boys is perpetrated by homosexual males.

Pedophiles who molest boys are not expressing a homosexual orientation any more than pedophiles who molest girls are practicing heterosexual behaviors. While many child molesters have gender and/or age preferences, of those who seek out boys, the vast majority are not homosexual. They are pedophiles.

Myth #3 - If a boy experiences sexual arousal or orgasm from abuse, this means he was a willing participant or enjoyed it.

In reality, males can respond physically to stimulation (get an erection) even in traumatic or painful sexual situations. Therapists who work with sexual offenders know that one way a perpetrator can maintain secrecy is to label the child's sexual response as an indication of his willingness to participate. "You liked it, you wanted it," they'll say. Many survivors feel guilt and shame because they experienced physical arousal while being abused. Physical (and visual or auditory) stimulation is likely to happen in a sexual situation. It does not mean that the child wanted the experience or understood what it meant at the time.

Myth #4 - Boys are less traumatized by the abuse experience than girls.

While some studies have found males to be less negatively affected, more studies show that long term effects are quite damaging for either sex. Males may be more damaged by society's refusal or reluctance to accept their victimization, and by their resultant belief that they must "tough it out" in silence.

Myth #5 - Boys abused by males are or will become homosexual.

While there are different theories about how the sexual orientation develops, experts in the human sexuality field do not believe that premature sexual experiences play a significant role in late adolescent or adult sexual orientation. It is unlikely that someone can make another person a homosexual or heterosexual. Sexual orientation is a complex issue and there is no single answer or theory that explains why someone identifies himself as homosexual, heterosexual or bi-sexual. Whether perpetrated by older males or females, boys' or girls' premature sexual experiences are damaging in many ways, including confusion about one's sexual identity and orientation.

Many boys who have been abused by males erroneously believe that something about them sexually attracts males, and that this may mean they are homosexual or effeminate. Again, not true. Pedophiles who are attracted to boys will admit that the lack of body hair and adult sexual features turns them on. The pedophile's inability to develop and maintain a healthy adult sexual relationship is the problem - not the physical features of a sexually immature boy.

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Mic Hunter, Abused Boys: The Neglected Victims of Sexual Abuse. New York, NY: Fawcett Books, The Random House Publishing Group (1990).

Mike Lew, Victims No longer: The Classic Guide for Men Recovering from Sexual Child Abuse. New York, NY: Quill, HarperCollins Publishers Inc. (2004).

<http://www.rainn.org/get-information/statistics/sexual-assault-victims>

<http://www.turningpointservices.org/Sexual%20Assault%20-%20Statistics.htm>

http://www.aauw.org/act/laf/library/assault_stats.cfm

<http://www.peedeecoalition.org/wp-content/uploads/2009/04/Sexual-Assault-Statistics-2011.pdf>

<https://www.malesurvivor.org/adult-survivors.html>

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STAND UP (Bystander Accountability Program) TRAINING WORKSHEET:

The Carolinian Creed:

The community of scholars at the University of South Carolina is dedicated to personal and academic excellence. Choosing to join the community obligates each member to a code of civilized behavior. As a Carolinian...

I will practice personal and academic integrity;

I will respect the dignity of all persons;

I will respect the rights and property of others;

I will discourage bigotry, while striving to learn from differences in people, ideas and opinions;

I will demonstrate concern for others, their feelings, and their need for conditions which support their work and development.

Allegiance to these ideals requires each Carolinian to refrain from and discourage behaviors which threaten the freedom and respect every individual deserves.

Carolinian Creed

The community of scholars at the University of South Carolina is dedicated to personal and academic excellence. Choosing to join the community obligates each member to a code of civilized behavior. As a Carolinian...

...this introduction submits that membership in the Carolina community is not without its stewardship obligations. It is assumed or understood that joining is evidence of a subscription to certain ideals, civil discourse and an agreement to strive for the level of achievement and virtue suggested by the following...

<http://www.housing.sc.edu/creed/thetenets.html>

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In SC

Sexual violence was reported most frequently between midnight and 12:59 AM.

More sexual violence was reported on Saturday than any other day of the week.

A private residence was the type of location which sexual violence was most frequently reported. Stats from the SCCADVASA By Force and Without Consent: South Carolina Department of Public Safety Office of Justice Programs

Statistical Analysis Center Editor: Rob McManus

According to SCVAN, South Carolina is #1 in murders of women by men, has the 3rd worst aggravated assault rate, and has the 5th worst crime rate in the nation. This year alone there have been approximately 320 murder cases, 1612 rape cases and 4313 robbery cases. www.scvan.org/

According to RAINN, 73% of sexual assaults were perpetrated by a non-stranger, and more than 50% of all rape/sexual assault incidents were reported by victims to have occurred within 1 mile of their home or at their home.

The average age of a rapist is 31 years old, and 52% are white. 22% of imprisoned rapists report that they are married.

<http://www.sccadvasa.org/sc-says-no-more/why-should-we-prevent-2/>

In 2011, according to the 16 Direct Service Rape Crisis Centers across SC, of the perpetrators that could be identified, 231 were female, 3280 were male, and the gender of 535 was unknown. Of these, 1,047 were friends or acquaintances, 785 were a parent or stepparent, and 318 were some other relative.

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5,660 primary victims of sexual assault received services from the 16 direct service sexual assault centers across the state in 2011: 4,782 Female and 878 Male.

3,184 secondary victims of sexual assault were served by these programs (including individuals other than the primary victims directly affected by the crime such as: significant others, children, friends, etc.).

6,010 emergency hotline calls were answered by these programs in 2011.

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What Do We Know About Effective Programming?

Sexual assault research shows...

- Single-gender programs increase effectiveness
- Booster sessions help maintain positive change
- Greater length/frequency improves outcomes
- Norm misperceptions are extremely influential
- Bystander models show great promise
- Importance of discussing gender/culture

- Most people endorse attitudes and behaviors that do not support sexual and relationship violence
- Most people want to intervene in problematic situations, but don't
- Social/community norms are significant factors contributing to sexual violence
- Person's decision to intervene is largely shaped by their perceptions of peer support
- Bystander approach engages people as parts of solution, not potential victims/perpetrators

http://info.everfi.com/rs/everfi/images/SexualAssault_AR2013.pdf

Universal policy: Definition:

Consent is clear, sober, conscious, willing and affirmative agreement to engage in sexual activity.

A person who is incapacitated for any reason is not capable of giving consent. Prior consent does not guarantee future consent. The style of a person's clothing does not express consent. Silence or the absence of a "no" does not mean there is consent. An unconscious person cannot consent. Consent for one sexual act does not imply consent for other sexual acts. Consent can be withdrawn at any time.

Sexual assault is any form of sexual contact that occurs without consent and/or through the use of force, threat of force, intimidation, incapacitation or coercion. It doesn't just happen to women; it can happen to anyone regardless of age, gender, sexual orientation, ethnicity, religion and appearance.

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1600 Hampton Street, Suite 805, Columbia, SC 29208- 803.777.3854
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Office of Student Conduct
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(803) 777-4333
<http://www.housing.sc.edu/osc/saosc@mailbox.sc.edu>

Sexual Assault and Violence Intervention & Prevention
1409 Devine St.
Columbia, SC 29208
803-777-8248
<http://www.sa.sc.edu/shs/savip/>

Anonymous Interpersonal Violence Report Form
<http://www.sa.sc.edu/shs/savip/asarf/>

Resources:

Sexual Trauma Services of the Midlands 803- 790-8208

Domestic Abuse Center 803-256-0468

Sister Care (Domestic Violence) 803 765-9428

<https://www.notalone.gov>

Palmetto Health Richland
Emergency Services-Forensic Exams

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(803) 434-7000

National Sexual Violence Resource Center 1-877-739-3895

Harriet Hancock LGBT Center

<http://lgbtcentersc.org/>

Alvin S. Glenn Detention Center, Richland County SC

<https://jail.richlandonline.com/>

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