

Sexual Assault and Men

Sexual assault can happen to anyone, including men

Experiences of sexual assault and rape are valid, regardless of gender. This resource provides information that may be particularly relevant for those identifying as men.

Why men might not talk about

Men may feel pressure to handle things on their own, stay “strong” or “in control”.

They may worry about not being believed, or being judged and misunderstood.

Men may worry about what it “means” about them that they are a victim of sexual assault or abuse

Some men do not recognise their experience as sexual assault straight away.

These responses are common and understandable

Sexual assault is a traumatic experience for everyone

Some men may experience:

- Shame, self-blame or questioning what happened
- Feeling confused about their identity, masculinity or sexuality
- Difficulty trusting others or forming close relationships
- Wanting to “deal with things” alone

Important Things to Remember:

Sexual assault is never your fault

Your responses are normal reactions to trauma

Physical responses (such as arousal) can happen during assault and **do not mean you wanted it to happen**

Sexual assault is about power and control, not sexuality

Most people who experience sexual assault do not go on to harm others

You are not alone

It can be difficult to talk about what happened. Many men find it helpful to speak to a counsellor or a trusted person.

You decide if you want to tell someone, who you want to tell and when you want to tell them.

Asking for support can be a difficult yet worthwhile thing to do.

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Things that can help

- Talking to someone you trust
- Learning to manage your distress
- Maintain routine as much as you are able
- Staying connected to others rather than isolating or withdrawing
- Taking small steps to regain a sense of control

SECASA has other resources on our website to assist you in your recovery. You can also call 8769 2200 – opt 1 to speak to an Intake counsellor/advocate.

Where to get help

You can call SECASA to speak to an intake counsellor on **8769 2200 – opt 1** during business hours. For afterhours crisis support, call the Sexual Assault Crisis Line on 1800 577 011.

SECASA can work with victim-survivors directly, and can also provide counselling to supportive partners, family members and friends who have been impacted.

MensLine Australia - 1300 789 978 – can provide free telephone and online counselling for Australian men