

VOICES In Action, Inc.

Is an international not-for-profit organization of adult male & female survivors of child sexual abuse, their partners and professionals.

* According to the “reported” cases, one in five boys will be sexually molested before the age of 18.

* The average age of a child victim is seven.

* Ninety-five percent of all perpetrators are known by the victim.

* In over eighty-five percent of reported cases, the perpetrator is often a victim’s parent or relative.

* The closer the relationship of the offender to the child, the less likely it is that the child will report the incidents of abuse.

*Reported cases are only a tip of the iceberg. A majority of child abuse cases seldom get reported to authorities.

VOICES IN ACTION, INC.
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Male Survivors of
Childhood Sexual
Abuse

Main Inside Understanding The Multifaceted Nature of Sexual Victimization On Boys and Men

Developed by Hank Estrada

Through **VOICES in Action, Inc.**, male survivors are able to experience understanding and support by knowing other men who have survived, and are healing from their own childhood sexual abuse experiences.

What Helps?

Read resources for and about male survivors. This will help stop feelings of isolation when you read that men not only survive, but also can and do heal.

Individual Therapy helps you to identify specific issues.

Self-Help/Support Groups show you are not alone. Support and acceptance are available in other survivors.

Talking with someone you personally trust.

Do something you've always wanted to do even if it means learning something new. This helps build your self-confidence.

Do something fun or enjoy a luxury you never seem to get around to. Take time for yourself – you deserve it.

Take an "Assertiveness Training" course. Too many survivors don't know how to state their needs.

Resources For Men From VOICES in Action, Inc.

- * Extensive lists of recommended readings on male sexual victimization, healing & recovery.
- * Referrals for male survivor information, support & healing.
- * National conferences.
- * Cassette tape recordings of VOICES conference lectures available topics include:

Male Victimization: Understanding the Multifaceted nature of Sexual Trauma on boys & Men
by Hank Estrada.

Wounded Boys-Heroic Men
by Daniel Jay Sonklin

Group Therapy with Sexually Abused Men
by Wayne Scott

Recovery for Male Sexual Abuse Survivors
by Peter Dimock

Stop feeling alone - **Together we can heal!**
Stop feeling ashamed - **It wasn't your fault!**
Start with.....**NO MORE SECRETS!**

Child Abuse:
Involves physical injury, emotional neglect and cruelty, which endanger or impair a child's physical or emotional health and development.

Sexual Abuse:
Occurs whenever an adult or authority figure threatens, forces, or pressures a child to have sexual contact with them. Such behavior may or may not include: sexualized hugging, rubbing, kissing, oral sex and/or anal intercourse.

Incest:
Overt and/or covert sexual behavior between persons who are closely related either by family, circumstance or between a child and an adult/authority figure whose care the child has been placed. Such behaviors may or may not include: non-touching verbal seduction or abuse, implied or direct sexual threats, physical violence, sexual assaults and other forms of sexual victimization such as voyeurism, exhibitionism, and exposure to pornography.

Psychological Problems:

Depression
Mood Swings
Violent Behavior
Low Self-Esteem

Physical Problems:

Ulcers
Colitis
Obesity
Migraine Headaches

Sexual Problems:

Promiscuity
Sexual Dysfunction
No sexual interest at all
Compulsive Masturbation
Confused Sexual Preference

Other Symptoms:

Rage
Paranoia
Domestic Violence
Suicidal Tendencies
Severe Forgetfulness
Alcohol/Drug Addition

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