

Seeking help is not a sign of weakness



You cannot change what happened to you, but you can change how you react.

No one needs to tell you that childhood sexual abuse is a huge issue to work through. It takes courage to talk about what you have experienced in the past. But, you can start dealing with the effects of the abuse now and take control. Speaking with a counselor or health care provider may help you sort through your feelings and thoughts. Always remember that you are **not** to blame for the abuse!

Some Effects of Sexual Abuse

- Physical Symptoms (pain, problems sleeping)
- Low self-esteem (feeling like a failure/worthless, guilt, shame, self-blame, loneliness)
- Trust issues (too trusting or can't trust others)
- Emotional difficulties (anger, numbness)
- Sexual problems (no interest in sex or preoccupied with having sex all the time)

What You Can Do

- Break the silence and tell someone you trust
- Speak to a trained counselor
- Understand that you are NOT alone and there are people who can help you deal with the abuse
- Learn more—check out these websites:
www.mosa.ca OR www.malesurvivor.org



Sexuality Eduaion Resource Centre

161-8th Street
Brandon, MB
R7A 3W9

Phone:
204.727.0417

Sexuality Eduaion Resource Centre



Childhood Sexual Abuse (Men)

Tips YOU can do to help yourself

IT DOES HAPPEN!

1 in every 6 males will suffer sexual abuse as a child or youth

Sexuality Education Resource Centre



Confidential and Free Support

- **Klinic**
▶ 1-888-322-3019
- **Teen Touch**
1-800-563-8336
- **Rural Stress Line**
1-866-367-3276
- **Mobile Crisis Unit**
1-888-379-7699
- **Crisis Services**
725-4411

Talking about it will help. Promise.

Male childhood sexual abuse has been a taboo subject for centuries. At one time, it was thought that only girls and women experienced sexual abuse. That is not the truth. Boys and men have also been abused by those around them. Now there is help. You can begin a journey of healing. The first step is telling someone that you trust.

People who can help

- Family physician or health care provider
- Counsellor
- Clergy
- Trusted friend
- Trusted family member
- Other survivors of childhood sexual abuse



New beginnings start with finding someone to talk to that you can trust

YOU ARE NOT ALONE!

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Did you know...?

Perpetrators tend to be males who consider themselves heterosexual and are most likely to be known by, but not related to, the child they

They say that time changes things, but you actually have to change them yourself. ~Andy Warhol

Free counseling for men who have experienced childhood sexual abuse

Westman Area

- **Men's Resource Group**
Contact: Dr. Greg Gibson 571-8320 OR Alf Price 571-8340

Community Mental Health

800 Rosser Avenue 571-8300

Winnipeg

- **Men's Resource Centre**
Toll Free 1-866-672-3422

History, despite its wrenching pain, cannot be unlived, but if faced with courage, need not be lived again.

~Maya Angelou