Male Victims: The Impact of Trauma on Masculinity

Signs and Symptoms

❖ Addictive behaviors
❖ Inability to resolve conflicts with others
❖ Panic Attacks
❖ All or Nothing thinking
❖ Eating Disorders
❖ Inappropriate attachments
❖ Unexplained intense fears of people, places and objects
❖ Disorientation
❖ Inability to tolerate intense feelings
❖ Innate belief that they are bad/worthless
❖ Anger, irritability, mood swings
❖ Physical Stress
❖ Guilt, shame, self-blame
❖ Sadness or Hopelessness
❖ Anxiety or Fear

Facts and Myths

❖ Whether a male is gay, straight, or bisexual, his sexual orientation is neither the cause nor the result of sexual assault
❖ If we focus on the violence of sexual assault rather than the sexual aspects of the interaction, it is easier to understand that sexual assault has nothing to do with a male’s sexual orientation
❖ 28% of male victims of rape were first raped when they were 10 or younger

Trauma-Informed Interventions

❖ Culturally Sensitive not Culturally Competent
❖ Promote Safety
❖ Provide Skills
❖ Implement Interventions
❖ Garner Resiliency

Resources

❖ http://www.apa.org/topics/trauma/
❖ http://www.helpguide.org/mental/emotional_psychological_trauma.htm


