

Dealing with Emotions

If you are the victim of sexual violence, you may be experiencing a range of emotions and feelings. Some common feelings and emotions may be, but not limited to, are:

- Denial
- Self-blame
- Shame
- Helplessness
- Depression
- Anxiety
- Anger
- Fear
- Guilt
- Moodswings
- Loneliness
- Social withdrawal
- Flashbacks
- Nightmares
- Numbness
- Dislike of sex
- Difficulty with intimacy

These feelings and emotions can impact a man's overall well-being. His sense of self may change as his "reality" has been disrupted.

He may withdraw from interpersonal relationships and feel completely alone. He may begin to question his overall identity of masculinity and feel that he is less of a man after the assault. Heterosexual men assaulted by other men may further question their sexual orientation and fear that the assault will somehow make them homosexual.

Relationships with others may be disrupted as the emotional turmoil unfolds and continues. Anger may lead to hostility toward others. Overwhelming emotions may lead to social isolation.

It is not only important, but it is okay to seek help. Dealing with the array of emotions and feelings experienced after an assault is difficult, but you don't have to deal with this alone.

Campus Resources

STAR Central	479-575-7252
For advocacy email	survivor@uark.edu
For education programs email	respect@uark.edu
CAPS 24 hr Emergency Line (Counseling & Psychological Services)	479-575-5276
UA Women's Clinic	479- 575-4478
Pat Walker Health Center (University Health Services)	479-575-4451
University Police	479-575-2222
Title IX	479-575-7111
Student Standards & Conduct	479-575-5170

In the event of an emergency, call 911.

Confidential Campus Resource Options

If you want to speak on campus with someone confidentially about sexual or relationship violence, you may do so with a victim advocate, a mental health counselor, or a pastoral minister. Faculty and staff are required by federal law under Title IX to report incidents of sexual or relationship violence to the Title IX coordinator in order for the University to further investigate the matter. An advocate is available through STAR Central and may be reached by emailing survivor@uark.edu or at 479-575-7252 to arrange for an appointment.

For more resource information, including community resources, please visit <http://respect.uark.edu>

Forensic Evidence Collection ("a Rape Kit") is available 24 hrs a day (no appointment necessary) at Northwest Medical Center – Willow Creek Emergency Department located just off of I-49, Exit 69 (Johnson exit). Also, available by appointment at NWA Sexual Assault Center, 479-445-6448, located on North Green Acres Road, Fayetteville.

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Male Sexual Assault



STAR Central
Pat Walker
Health Center

Male sexual assault victims are often unseen, unheard, forgotten, and underserved. Living in silence, the male sexual assault victim often feels unable to seek help because of negative stereotypes and views prevalent within society.

Some common stereotypes and myths about male sexual assault include:

- Men cannot be raped.
- Only gay men are raped.
- Men should be able to fight off any attack.
- Only men in prison get raped.
- Men don't rape other men unless they are homosexual.
- Men shouldn't express emotions.
- Men enjoy all sex, so any sex (forced or not) is enjoyable.
- Boys and men are less affected than girls and women when sexually abused.
- Boys who have been sexually abused are more likely to become perpetrators of sexual abuse when they grow up.
- When a heterosexual man is raped by another man, he is likely to become homosexual.
- Only gay men sexually abuse boys or rape other men.

Getting Help

It can be difficult, but it is okay to ask for help. You do not have to deal with feelings and emotions alone. Sexual assault is a traumatic experience. Getting help and using support systems are important along the path of healing.

STAR Central offers confidential advocacy services. If you do not know where to turn, consider contacting STAR Central to learn of resources that may be helpful for you.

Reporting Sexual Assault

Because of the many stereotypes and myths related to sexual assault, it is hard for anyone to report sexual assault. For men, the difficulty may be greater due to additional social beliefs and attitudes about masculinity. Stigma, stereotypes, and society's reluctance to accept male sexual assault keeps many silent.

Whether or not you decide to report the crime, consider having a "rape kit" done to collect potential forensic evidence. The timeframe for collection of a rape kit is limited by each state's law, however, John Doe kits can be collected so that potential evidence may be found while allowing for more time to consider reporting to law enforcement.

You do not have to report alone. When reporting to law enforcement, you have the right to have a victim advocate available for support during this difficult time in your life.

Facts About Male Sexual Violence

- Sexual violence can and does happen to men.
- Men and boys are sexually assaulted and molested every day in the United States.
- Male sexual assault has nothing to do with the sexual orientation of either the victim or the offender. Rape is a crime motivated by a need to control, humiliate, and harm. It is not about an expression of sexuality.
- Men and boys who have been sexually assaulted may have the same emotions and feelings as others who have been sexually assaulted, but may face additional challenges because of societal attitudes and beliefs about sexual violence and masculinity.
- Males sexually assaulted or abused by other males does not change a person's sexual orientation.
- Counseling can help with dealing with the emotional effects of sexual assault.
- Victim advocacy can help identify resources and reporting options in a confidential and compassionate manner.