

STATISTICS

1 in 6

Research has found 1 in 6 men have experienced sexual abuse or assault in their lifetime. (1in6.org, 2020).

1 in 10

1 out of every 10 sexual assault victims identify as male. (RAINN.org, 2020).

20 Years

Many male survivors of child sexual abuse delay disclosure an average of 20 years after the assault occurred. (Malesurvivor.org, 2020).

Serving Stearns, Benton,
Sherburne, and Wright
Counties

YOU CAN
CONTACT US



24-Hour Crisis Line:
(320) 251-4357
1-800-237-5090

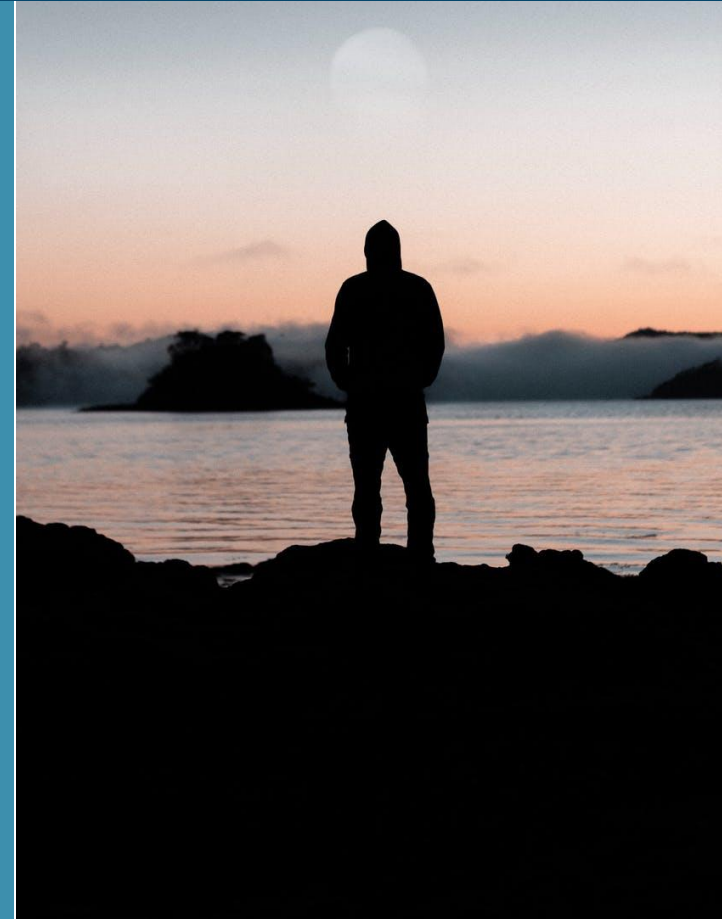


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 /CMSACStCloud

SUPPORT FOR MALE
*Survivors of Sexual
Assault*



CENTRAL  MINNESOTA
Sexual Assault Center

Sexual Assault Can Happen
to Anyone

YOU ARE NOT ALONE

ABOUT MALE SEXUAL ASSAULT

Research has shown that males do experience sexual assault. Research has found as many as 1 in 6 men have experienced sexual abuse/assault in their lifetime.

Some males experience feelings and barriers that prevent them from disclosing a sexual violation. Many males have the feeling that they cannot be victims and should deal with their emotions and trauma on their own due to societal stereotypes about masculinity.

COMMON FEELINGS/REACTIONS

Recovering from a sexual assault or abuse is a process, and this process looks different for everyone. There is no exact time frame for healing. Many male survivors may experience:

- Betrayal and loss of trust
- Shame/guilt
- Anger
- Flashbacks/nightmares
- Self-doubt and self-blame
- Depression/PTSD
- Difficulty developing and maintaining relationships/intimacy
- Issues with sexuality

REMEMBER

- You are not alone.
- It was not your fault.
- The experience of sexual assault does not make you "less of a man".
- There is hope and support.

PURPOSE

Sexual assault can happen to anyone, anywhere; regardless of age, ethnicity, economic status, lifestyle, religion, culture, sexual orientation, or gender identity.

Sexual assault is sexual contact made without someone's consent. It can be terrifying, humiliating, and confusing. Childhood sexual abuse, date/acquaintance sexual assault, same gender assault, sexual harassment, and sexual exploitation /human trafficking are some examples of sexual violations.

Central MN Sexual Assault Center (CMSAC) is a 24-hour crisis intervention agency providing direct services to people affected by any form of sexual violation. The Center's purpose is to offer non-judgmental, confidential, free, direct services to victims/survivors of sexual assault, their partners, families, coworkers, and friends.



SERVICES

- 24-Hour Crisis Phone Line
- One-to-One Support Counseling
- Support and Psycho-Educational Groups
- Safe Harbor and Human Trafficking Services
- Safety Planning
- Harassment Restraining Orders
- Orders for Protection
- Law Enforcement Advocacy
- Court Advocacy
- Hospital Advocacy
- Professional & Community Training/Education
- Referrals to Supportive Services

**ALL SERVICES ARE FREE AND
CONFIDENTIAL**