



If He Is Raped or Sexually Assaulted

Rape and sexual assault include ANY unwanted sexual acts. Even if you agree to have sex with someone, you have the right to say “no” at any time and to anything you are uncomfortable with. Remember, you are NOT responsible for the actions and behaviors of others; rape and sexual assault are NEVER your fault.

Immediate Actions

- Seek medical attention immediately whether or not you decide to report the crime to the police. You may not seem hurt, but some injuries may not be apparent right now or may get worse if untreated.
- You can also get treatment for possible sexually transmitted infections, treatment for possible HIV exposure, and information on follow-up testing.
- If you plan to report the crime to the police, call them or your local rape crisis center immediately. Often they will meet you at the hospital. Hospital workers will have this information available as well if you decide to report while you are there.
- If you are reporting the crime, a forensic examination will be conducted. Someone trusted can be present while this is done. Remember, it is important not to bathe, go to the bathroom, brush your teeth, or change your clothes. All of these activities can potentially wash away evidence.

Follow Up Actions

- Seek a professional counselor or advocacy services. For University of Arkansas students, the STAR Central office provides free advocacy services. We can help you locate counseling services, medical services, and legal services.
- Remember that you are NOT responsible for what happened to you, but you are responsible for how you react to it. Keep your follow up appointments with medical professionals.
- You will feel many emotions stronger than usual and may have severe mood swings. You may be confused, anxious, humiliated, and angry. These are all normal for people who have had this horrible experience. Finding someone you trust – be it friend, family member, or counselor – to talk to often can help.

Information adapted from The National Center for Victims of Crime *Male Rape*, retrieved 7/7/2006, from www.ncvc.org; *The Sexual Assault Report, Volume 2, Number 4*, March/April 1999; *When Men are Raped*, Ohio State University Rape Education and Prevention Program, 1997; *Men Can Stop Rape, Male Survivors: What You Should Know*, 1998, 2001; Donald Donaldson “Rape of Males” in *Encyclopedia of Homosexuality* (1990); Nicholas Groth and Ann Burgess “Male Rape: Offenders and Victims” in *American Journal of Psychiatry*, 137(7), (1980); Paul Isley “Adult Male Sexual Assault in the Community: A Literature Review and Group Treatment Model” in *Rape and Sexual Assault III: A Research Handbook* (1991); and Gillian Mezey and Michael King “The Effects of Sexual Assault on Men: A Survey of 22 Victims” in *Psychological Medicine*, 19(2), (1989)