

**New Mexico Sexual Abuse Program Coordinators** *(continued)*

- > **Portales**  
Mental Health Resource  
359-1221 • 1-800-432-2159 crisis
- > **Raton**  
Taos/Colfax Comm. Services  
445-2754
- > **Rio Rancho**  
Rio Rancho Family Health Center  
896-0928 • 1-888-920-6333 crisis
- > **Roswell**  
Counseling Associates  
623-1480
- > **Ruidoso**  
The Counseling Center  
237-5038 • 437-7407 crisis  
1-800-634-3666 crisis
- > **San Felipe**  
San Felipe Behavioral Health  
& Family Services  
867-9740
- > **Santa Fe**  
Santa Fe Rape Crisis Center  
988-1951 • 986-9111 or  
1-800-721-7273 crisis
- > **Santa Rosa**  
Las Vegas Medical Center  
Community Based Services  
472-3768 • 425-1048 crisis
- > **Shiprock**  
Home for Women & Children,  
Rape Crisis Service  
368-5124
- > **Silver City**  
El Refugio, Rape Crisis Svcs.  
538-2125
- > **Socorro**  
Socorro Mental Health  
835-2444
- > **Taos**  
Community Against Violence  
758-8082 • 758-9888 crisis  
Taos Mental Health  
758-1125
- > **Truth or Consequences**  
S.T.A.R.T.  
894-0889 • 894-5475 pager
- > **Tucumcari**  
Mental Health Resources  
461-3013  
1-800-432-2159 crisis

**New Mexico Sexual Assault Nurse Examiners Units**

- > **Alamogordo**  
Otero County SANE Unit  
443-7900 • 443-2156 crisis
- > **Albuquerque**  
Albuquerque SANE Collaborative  
883-8720 • 884-7263, emergency  
Para Los Ninos, UNM Health  
Sciences Center Pediatric Sex  
Abuse Exams  
Contact: Renee Ornelas, MD  
272-6849
- > **Clovis**  
Clovis Plains Regional Med. Center  
SANE  
769-7335 ask for SANE Rep.
- > **Farmington**  
Sexual Assault Services/  
Northern NM  
505-325-2805 • 505-326-4700 crisis
- > **Las Cruces**  
SANE  
526-3437 crisis  
1-888-595-7273  
Office: 521-5549
- > **Portales**  
Roosevelt County SANE  
359-1800, ext. 531
- > **Roswell**  
Esperanza House SANE Unit  
625-1457
- > **Santa Fe**  
Santa Fe St. Vincent SANE  
995-4999 • 989-5952 crisis
- > **Shiprock, Navajo Nation**  
Northern Navajo Medical Ctr.  
SANE  
368-6818

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generally expect this crime to happen to males and, if it does, expects potential male victims to be *strong* enough to fight off a rapist. These ideas come from the myth that rape is sexually motivated. It is not. It IS an act of violence in which the rapist uses sex as a weapon to overpower, control, and humiliate his victim. Threats of death and/or injury and great force are often part of the rape. The rapist is usually overcome with intense strength during the rape. The decision to stay alive, no matter what you have to endure, is a great choice.

**You have Survived!** Your life may seem changed - as though you're now in a different world. It has changed for you, and the adjustments may often be difficult. Just reading this brochure is a positive step toward further survival. We're glad you survived, and we hope you take advantage of all the people willing to help you through this.

*'No matter what is true of your past, the world is in need of your best contributions. You can only give your best by becoming your best self; and this is only possible if you consider yourself deserving of emotional healing.'*, (Betty Caponera, Ph.D., Overcoming Painful Past Experiences)

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# M A L E VICTIMS OF RAPE

An Information Brochure To Let Males Know  
They Are Not Alone and Help Is Available

Developed by MARTHA KLEIN, LISW  
for the New Mexico Coalition of Sexual Assault Programs, Inc.

## OVERVIEW

The experience of being forced to have sexual contact is not one reserved exclusively for women and children. Men may be victims of sexual assault, also. In our society, however, the myth that men cannot be raped prevails. Since male rape is reported less often than female rape, it is not thought to be a problem. The emotional and physical effects of rape, however, are usually as devastating for men as they are for women. This brochure is intended to answer questions about this humiliating, often life-threatening, crime.

## HOW does it happen?

National Violence Against Women Survey of 1998 reports that 13% of all rape victims are male. As children, 16% of boys are sexually abused before the age of 18 (1 in 6), Finkelhor, et al,1992. Male rape occurs under similar circumstances as female rape: someone attacks the person with a need to overcome him in a violent, controlling way. The victim is overpowered either physically with force, or psychologically with threats, and forced into sexual contact.

Most people think that male rape occurs only in prisons or as a result of homosexual contact. These are neither exclusively nor predominantly the conditions under which male rape occurs. The attack can happen anywhere: in a dark parking lot, in the victim's home, or while he is hitchhiking, to name a few. The sexual preference of the rapist is not important here; the attack is one of violence, not of passion, in which the rapist uses violence, control, and sex to make himself feel more powerful.

Most male rapists who rape men are heterosexual, have access to typical sexual relationships with females, but feel greater control when sexually overpowering a male.

Physically, male rape can happen in several ways and is a criminal offense. In the state of New Mexico, rape is defined as *Criminal Sexual Penetration*. Victims or offenders can be male or female, child or adult. Males can be raped by having the following sexual acts forced on them, or be forced to perform these acts on the offender: penetration of penis into anus; fellatio (mouth to penis); penetration to any extent with an object into the anus; forced to perform cunnilingus (mouth to female genital area); or sexual intercourse (penis to vagina) on a female offender. Ejaculation does not have to occur for these acts to be considered rape. Forced anal penetration, the most commonly reported type of male rape, is a humiliating, painful experience for the victim.

## WHAT should a male victim do?

A male victim can increase his chance of having the police apprehend his assailant, as well as insure his own mental and physical well-being, by doing the following three things:

**1. Crisis Assistance.** Call the police, Rape Crisis Center, or Mental Health emergency hotline as soon as possible after the attack. The people at these agencies can offer him emotional and legal support, and help him understand the feelings of shock, disbelief, and embarrassment that most rape victims, male as well as female, experience.

**2. Medical Assistance.** Go to the Emergency Room, doctor's office, or health clinic. He will need to be treated for any physical injuries as well as tested for gonorrhea, syphilis, and other sexually transmitted diseases. He may receive preventive medications to treat these. Only between 3% and 5% of rape victims contract a sexually transmitted disease as a result of a rape. Taking prescribed preventive medications as soon as possible, and scheduling follow-up exams to make sure the diseases have been taken care of, will decrease some of the anxiety the victim has to deal with. The male victim may fear the contraction of AIDS from the assailant. According to the Center for Disease Control, nationally, there are less than a handful of reported cases of a victim contracting AIDS as a result of being raped by an AIDS carrier. It is the victim's choice to be tested for AIDS.

If the victim plans to report the assault to the police and has hopes of having his case prosecuted by the District of Attorney's Office, a sexual assault evidence collection kit will be done with the victim in the emergency room or clinic. Medical personnel will perform the evidence collection. The victim's name and facts about the assault will be kept confidential. The police will be notified only if the victim makes the decision to do so. Evidence collection consists of: collecting any fluids or materials that the offender may have left on the victim's body or clothing, documenting any marks or injuries as a result of the assault, and collecting *standards* from the victim - such as blood and hairs to compare with any others that are found on the victim. No victim has to agree to this collection, but without it chances of successful prosecution are greatly reduced.

It is also important for the victim to be checked and treated for any physical injuries he may have received as a result of the assault.

## Medical and Other Costs.

The State of New Mexico pays 100% of the evidence collection and up to \$150 for injury repair and prescriptions provided to you as a direct result of a rape. If the victim has questions regarding this, he should call, toll-free, the New Mexico Coalition of Sexual Assault Programs at 888-883-8020 for assistance.

If your medical bills (for injury repair, prescriptions, etc.) are over \$150 and/or you have paid for mental health services or experienced lost wages as a result of your rape, you may apply for compensation from New Mexico Crime Victims Reparation Commission (505-841-9432). Reimbursement from NMCVRC

requires that you filed a police report following your assault and that you apply within two years of the assault.

## 3. Get Counseling.

All Rape Crisis Centers, Community Mental Health Agencies, and private therapists can offer services or referrals for the male rape victim. It is important for him to be able to talk about his feelings related to the attack so that he can feel less isolated and less unsure of himself. He will have questions such as "Did I bring it on?"; "Am I to blame?"; "Does this mean that I'm gay?"

It is also important to the male rape victim's primary relationship or marriage that he receive counseling either alone or with his partner. Their relationship may go through rocky times as he reevaluates himself and his life as a result of being sexually violated.

Some men feel that, although the assault was a terrible experience, they can *handle* it. This usually means blocking it out of the mind, forgetting about it, and attempting to carry on with life as usual. Unfortunately, a forced sexual assault has lingering emotional effects which are not that easy to get rid of. A rape victim has had to endure the rape alone, and should not have to deal with the aftermath alone. *Taking care of it himself* may appear to be the *stronger, male* thing to do; however, the experience will surface in one way or another if the victim has not dealt with it. Unresolved feelings resulting from a rape may lead to alcohol and/or drug abuse, eating and sleeping disorders, relationship problems, and exploding - possibly inflicting physical abuse on those he loves in order to regain his own *control*, the only way he may know how. Talking about it really does help.

## SURVIVAL - A Message to the Male Rape Victim

It is a natural to wonder if you did something to provoke the attack and whether you responded *correctly*. No matter what you were doing just before the attack - drinking, getting high, hitchhiking, etc. - NO ONE *asks* or *deserves* to be raped. Whatever decision you make to **survive** the attack was the **right one**. Survivors often feel guilty, thinking, "I should have done this"; "I should have been able to fight him off"; "If only I hadn't been there or accepted that ride." The rapist is responsible for the attack - NOT YOU! Remember that he committed a criminal offense. You may be experiencing even further guilt because you are a male in a society which does not

The following is a list of mental health agencies with counselors trained to help survivors of sexual abuse. You may decide you want to talk with someone over the phone before you can go in to see them. You may want to join a group for incest survivors. Either way, find a therapist who believes your feelings and memories. Give yourself the time and compassion. You will need both.

*'No matter what is true of your past, the world is in need of your best contributions. You can only give your best by becoming your best self; and this is only possible if you consider yourself deserving of emotional healing.'* (Betty Caponera, Ph.D., *Overcoming Painful Past Experiences*)

## New Mexico Sexual Abuse Program Coordinators

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| <p>&gt; <b>Alamogordo</b><br/>The Counseling Center<br/>437-7404</p> <p>&gt; <b>Albuquerque</b><br/>Albuquerque Rape Crisis Center<br/>266-7711<br/>Programs for Children &amp; Adolescents<br/>272-2190 • 272-2800 after 5pm<br/>Sequoia Adolescent Treatment Center<br/>344-4673</p> <p>&gt; <b>Artesia</b><br/>Artesia Counseling Center<br/>746-9848 • 365-7606 crisis</p> <p>&gt; <b>Aztec</b><br/>Daybreak Center<br/>334-3444 • 342-1802 crisis</p> <p>&gt; <b>Belen</b><br/>Valencia Counseling Svcs., Inc.<br/>864-1909 • 865-3359</p> <p>&gt; <b>Bernalillo</b><br/>La Buena Vida • 867-2383</p> <p>&gt; <b>Carlsbad</b><br/>Carlsbad Mental Health<br/>885-4836 • 885-8888 crisis</p> <p>&gt; <b>Clovis</b><br/>Mental Health Resources<br/>769-2345 • 1-800-432-2159 <small>crisis (after hours)</small></p> <p>&gt; <b>Deming</b><br/>Border Area Mental Health Center<br/>546-2174 • 1-800-426-0997 crisis</p> <p>&gt; <b>Espanola</b><br/>Northern NM Family Crisis Center<br/>753-1656 • 1-800-206-1656 crisis</p> <p>&gt; <b>Estancia</b><br/>Valencia Counseling Services<br/>384-0220 • 865-4739 crisis</p> | <p>&gt; <b>Farmington</b><br/>Presbyterian Med. Svcs.<br/>Community Counseling<br/>325-0238 • 325-1906 crisis<br/>San Juan County Rape Crisis<br/>599-6168</p> <p>&gt; <b>Gallup</b><br/>Western NM Counseling Svcs.<br/>863-3828<br/>1-800-649-0181 crisis</p> <p>&gt; <b>Grants</b><br/>Cibola Counseling Services<br/>287-7985 • 1-800-287-0212 <small>crisis (after hours)</small></p> <p>&gt; <b>Hobbs</b><br/>Guidance Center of Lea County<br/>393-3168 • 393-6633 crisis<br/>392-0966 for adolescents</p> <p>&gt; <b>Jemez Pueblo</b><br/>Pueblo of Jemez Soc. Services<br/>834-7117</p> <p>&gt; <b>Las Cruces</b><br/>La Pilon Rape Crisis Center<br/>526-3437<br/>1-888-595-7273 crisis<br/>Southern NM Human Development<br/>882-5101<br/>Southwest Counseling<br/>647-2800 • 526-3371 crisis</p> <p>&gt; <b>Las Vegas</b><br/>Las Vegas Comm. Based Svcs.<br/>454-5115 • 425-1048 <small>crisis (after 5pm)</small></p> <p>&gt; <b>Los Alamos</b><br/>Los Alamos Family Council<br/>662-3264 • 662-4422 crisis</p> <p>&gt; <b>Los Lunas</b><br/>Valencia Counseling Services<br/>865-3359 • 865-3359 crisis</p> |
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