



“1in6 was born of true care and compassion... its resources and information are offered with sensitivity and intelligence.”

MARTIN MORAN
ACTOR AND AUTHOR

Researchers estimate that 1 in 6 men have had unwanted or abusive sexual experiences in childhood.*
You are not alone.

“1in6 blends reliable information with unwavering respect, offering men a safe place to find hope and much needed resources for happier lives.”

KATHY BARBINI
PRODUCER/DIRECTOR
BOYS AND MEN HEALING DOCUMENTARY

PT1212

INFORMATION FOR PROFESSIONALS



INFO OPTIONS HOPE

The mission of 1in6 is to help men who have had unwanted or abusive sexual experiences in childhood live healthier, happier lives.



1 in 6 Men

Researchers estimate* that 1 in 6 men have had unwanted or abusive sexual experiences in childhood - that's over 18 million of our brothers, fathers, sons, partners and friends.

Studies show that men who don't address those childhood experiences are at a significantly higher risk for a range of negative health and behavioral consequences - consequences that often are not linked in the public or professional mind with untreated sexual trauma in childhood.

Socialized as boys to hide or deny emotions like fear, sadness and depression, men often fall back on ineffective coping mechanisms that can lead to addiction to alcohol, drugs, food, work, pornography or unsafe sexual practices; risky physical activities; anger management issues; suicide, physical violence against others or, for a very small proportion of abused men, repetition of the sexual violence they experienced as children.

In the past, many men waited until their 30's, 40's or 50's before starting to deal with the negative effects of those experiences, if at all. We've designed our programs to encourage men to begin their recovery processes earlier in life, before negative thinking and behaviors take root. Of course, men of all ages can benefit from our resources.

* See www.1in6.org/thestatistic

Printed materials provided compliments of:



Partnering to raise awareness about the impact of childhood sexual abuse on men



www.1in6.org

The 1in6 Website

The 1in6 Website offers an unmatched online selection of valuable information and resources for professionals as well as men and those who care about them. We highlight the need for self care for all involved and the critical importance of allowing a man to control the pace of learning about the possible meanings of his childhood experience. With separate entry points for men and for families, friends and partners, the website is designed and written to allow visitors to find their own speed and depth of inquiry.



Sections include:

Other Guys Like Me / Like Him - stories from real men at various stages of self-reflection and healing.

Online Resources – in-depth responses to complicated questions that men and their loved ones often have. Topics include:

- General Issues and Cautions
- Masculinity, Self Esteem and Identity
- Relationships
- Self-regulation and Addictions
- Recovery and Therapy
- Well-being and a Good Life
- Others Who Were Involved (or Not)

Finding Help – detailed information about finding and evaluating therapists and links to other resources online and in communities.

En Español – resources and information available in Spanish at www.1in6.org/espanol



Online SupportLine

The live, 24/7, confidential, 1in6 Online SupportLine (accessed through www.1in6.org) offers information and resources for men who have had unwanted or abusive sexual experiences in childhood, and for people who care about them. All hotline staff members have special training on issues and concerns specific to men who have had such experiences, and how to help identify available, local services.



Lending Library and Book Recommendations

1in6's commitment to make sure that anyone who needs information has access to it is reflected in our unique Lending Library. Individuals may borrow for free many of the 30+ carefully selected books and films recommended on our site.



Our trainings include:

Online/Telephonic Hotline Work with Men - an intensive supplement to basic hotline training (developed with RAINN) focusing on unique challenges to hotline work with male survivors. (90 minutes)

Providing Online Support to Male Survivors - explores the online support service being offered for male survivors of childhood sexual trauma over the 1in6 website. (90 minutes)

Unwanted or Abusive Childhood Sexual Experiences Affecting Men's Lives - an overview for advocates and other non-clinical professionals of the particular ways men respond to childhood sexual abuse. (90 minutes)

Boys and Men Healing - in partnership with Big Voice Pictures, showing of the emotionally powerful, affirming and hopeful film "Boys and Men Healing" followed by an interactive discussion about the challenges male survivors face. (90 minutes)

Expanding the Frame – a comprehensive and interactive exploration for advocates and other non-clinical professionals about barriers for men seeking treatment for unwanted or abusive sexual experiences in childhood; ways to potentially mitigate those barriers and existing resources for men. (Full day)

Men and Healing - our two-day training with a strong clinical emphasis, combines a conceptual presentation about the range of men's responses to unwanted or abusive sexual experiences with core intervention skills and strategies. (Approved for up to 14 CEUs)

1in6 Trainings

Often men seek (or are mandated to seek) help for a range of health and behavioral issues without disclosing or possibly even recognizing the underlying impacts of unwanted or abusive sexual experiences in childhood.

1in6 offers a series of trainings exploring the ways men respond to these experiences.

Trainings vary in length from 90-minute breakout sessions for advocates and other non-clinical service providers to a two-day clinical training.



“The experience and wisdom of the 1in6 trainers is unmatched, in equipping advocates, clinicians and other service providers with the knowledge they need to provide critical treatment to this underserved and untreated population.”

WILLIAM A. BEDROSSIAN, MSW
EXECUTIVE DIRECTOR, OLIVE CREST - LOS ANGELES

1in6's effort to change the terms of the conversation for male survivors begins with the way we frame the issue. Our mission statement focuses on the potential of men living "healthier, happier lives," rather than on the debilitating impacts of their traumatic experience. Our attention on "unwanted" as well as "abusive" sexual experiences in childhood helps lessen any pressure men may feel to identify as a "victim" before seeking help.

We reach out to men and those that care about them, stressing that real healing must honor the context of their lives – race, class, nationality, sexual orientation, immigration status, ability, religion, and other influences – both positive and negative – which can affect men's capacity and willingness to address their childhood experiences.

And, always aware of the complex and sometimes close family or community relationships a man might have with the individual who may have harmed him, 1in6 studiously avoids using terms like "predator," "abuser" and "victim" and demonizing imagery about those who sexually abuse children.

Finally, across all areas of our work, we emphasize the critical need to educate and train service providers and other stakeholders in a wide range of helping fields where men present with other reactive issues that often mask an early sexual trauma history.

