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. Fast reading this brochure is a positive step toward healing. 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 contributions. You can only give your best by becoming your best self; and this is only possible if you consider yourself deserving of emotional contributions. You can only give your best by becoming your best self; and this is only possible if you consider yourself deserving of emotional contributions.' (Betty Caponera, Ph.D., Overcoming Painful Past Experiences)
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 sexual assault for genital injuries and other sexually transmitted diseases. He may receive preventive medications to treat these. Only between 3% and 5% of rape victims experience 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 victim may fear the contraction of AIDS from the assaultant. According to the Center for Disease Control, nationally, there are less than a hundred 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. The emergency medical personnel or police 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 obtaining any clothing 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 - saliva, hair, or hair 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 888-882-8020 for assistance.

If your medical bills for injury repair, prescriptions, etc. are over $250 and you have paid for medical health services or experienced lost wages as a result of your rape, you may apply for compensation from New Mexico Crime Victims Retravation Commission (505-841-9432). Reimbursement from NMVRC 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. If a perpetrator 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 about his attacker; ‘Did he like it?’; ‘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 and ‘move on’. 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 cannot endure all of the rape and should not have to deal with the aftermath alone. Taking care of himself may appear to be the stronger, male thing to do; however, the experience will surface in one way or another and the victim does not deal with it. Unresolved feelings resulting from a rape may lead to alcohol and/or drug abuse, eating and sleeping disorders, relationship problems, and, possibly, continuing physical abuse on those he loves in order to regain his own control, the only way he may know. Talking about it really helps you.

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 you did was not the crime. Only one person is 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 had been more accepted that role.’ 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 to in-person. You may want to join a group for incest survivors. Either way, find a therapist who believes your feelings and memories. Give yourself 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; no matter what is true of your past, the world is in need of your best.