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PEER SUPPORT FOR MALE SURVIVORS OF SEXUAL ABUSE

Break the cycle and free future generations from the effects of childhood sexual trauma.

Better Blokes works to help men recover from childhood sexual trauma: with individual peer support, group peer support and residential support workshops. Peer support is a powerful tool for men who are grappling with issues associated with childhood sexual trauma.

In a one to one peer support meeting a man gets together with an experienced peer supporter, a person who has been through it and can help the man to chart a course forward.

A peer support group is a weekly meeting with 6 – 8 other men to share whatever is going on.

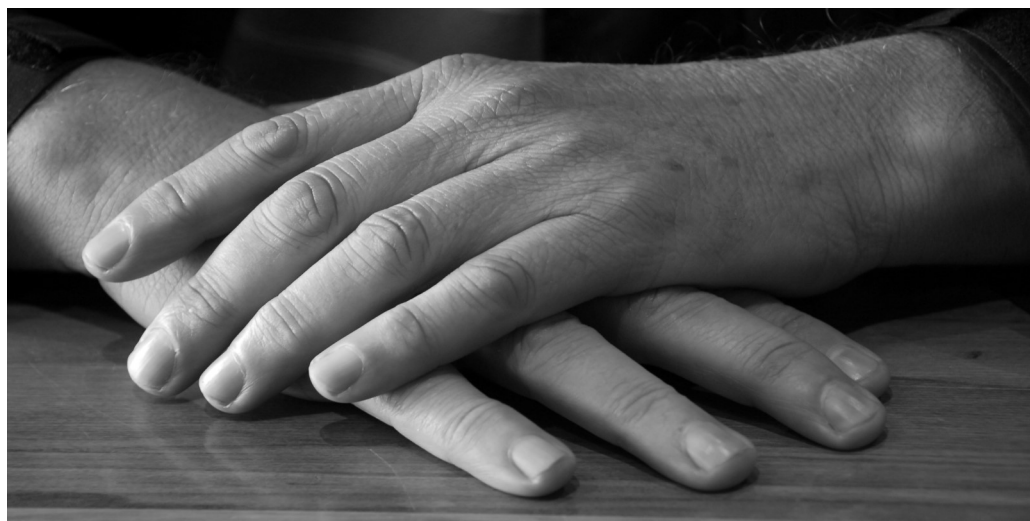
Peer support is not therapy and each man is of equal status to all other men. Men learn what it feels like to be powerful and reclaim the personal autonomy that was taken from them as children.

This increase in trust and self-esteem enables men to build more caring and loving relationships with their children, partners, family and friends. They reclaim what was taken from them through no fault of their own.

This place is so important, so is the course. It is special. We have dumped so much pain here from our lives and it will remain buried here.

Extremely well facilitated, committed and passionate.

Mike , Participant,
Better Blokes Weekend Retreat



Sit With Another Man and Grow

Peer Support Groups

- Henderson
- Three Kings
- Papatoetoe
- Whangarei

Individual Support

- By Arrangement

BOYS AND MEN GET HURT TOO

Boys and girls are children. The perpetrator has greater size, strength, and knowledge. This power is exercised from a position of authority, using resources such as money, outright threats - whatever advantage can be taken to use a child for sexual purposes.

FUNDERS

ANZ Staff Foundation

Foundation North

Community Organisation Grants Scheme

Auckland City

Franklin

Manukau

Papakura

Rodney / North Shore

Waitakere City

Whangarei

Lotteries Commission

Ministry of Social Development

The Trusts Community Foundation

Childhood sexual trauma is a factor in violent and anti-social behaviour. Research shows that 65% of men in prison (each costing \$91,000 p.a.) for non-sexual offences and **62% of men in psychiatric care** have experienced childhood sexual trauma.

Mead et al. (2001) assert that **engagement in a PSR allows participants to create relationships** and practice a new identity (rather than that of mental patient) in a safe and supportive environment. This is supported by Yanos, Primavera, and Knight (2001) in a cross-sectional study where individuals involved in consumer-run services had improved social functioning compared to individuals involved in traditional mental health services. One explanation for such a change is that when **engaging in peer support, consumers are exposed to differing perspectives** and successful role models who may share problem-solving and coping skills and thereby improve social functioning (Kurtz, 1990)."

Journal of Mental Health, August 2011

"One in six men (16.2 per cent) reported experiencing contact sexual abuse in childhood with a further one in four-teen (7.4 per cent) reporting non-contact sexual abuse."

"A quarter (25 per cent) of women and one in six (16 per cent) men **reported having experienced symptoms consistent with a diagnosis of post-traumatic stress disorder (PTSD)** at some time in their lives following, and as a consequence of, their experience of sexual violence."

(Quoted from The SAVI Report – Sexual Abuse and Violence in Ireland . 2002)

PROTECTORS OF CHILDREN

Survivors of sexual abuse become protectors of children. Only a very small percentage of victims of sexual abuse become perpetrators.



Power and Gentleness

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