

# Better Blokes Peer Support for Male Survivors of Sexual Abuse

- ❖ Who is Better Blokes and what we do
- ❖ Incidence, consequences & indicators
- ❖ What can you do & questions

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# Who are We ? What Do We Do ?

- ❖ Our history
- ❖ Team
- ❖ Our function
- ❖ Where we work

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## Our History

- ❖ Established in 2009
- ❖ Founding member Male Survivors Aotearoa 2014
- ❖ Majority MSD rather privately than funded since 2017
- ❖ Three year MSD contract from 2020
- ❖ Tier 3 Registered Charity
- ❖ Incorporated Society
- ❖ Audited Accounts

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## Team

- ❖ Bryan Spondre - Operations & Marketing
- ❖ David Passell - Facilitator Manager & Coaching
- ❖ David Puddephatt - Finance & Legal
- ❖ Colin Cross - Marketing & training consultant
- ❖ Warwick Pudney - Development consultant

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# Intentional Peer Support Trained Facilitators

- ❖ Noel Ward - Northshore & Central Auckland
- ❖ Bruce Irvine - Central & West Auckland
- ❖ Scott Grey - South Auckland & Pacific Men
- ❖ Poutoa Papalii - South Auckland
- ❖ David Passell - floating

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## Group Locations

- ❖ Noel Ward - Browns Bay & Epsom
- ❖ Bruce Irvine - Three Kings & Henderson
- ❖ Scott Grey - Grey Lynn
- ❖ Poutoa Papalii - Manukau City
- ❖ Jamers Nightingale - Panmure

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## Peer Support

- ❖ Peer support is person-centred and underpinned by strength-based philosophies.
- ❖ The life experience of the peer-support-worker creates common ground from which the trust relationship with the person is formed.
- ❖ Empowerment, empathy, hope and choice along with mutuality are the main drivers in purposeful peer support work.

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# Consequences of Childhood Sexual Abuse

- ❖ “estimated prevalence of childhood sexual abuse is between 3 to 17% for males” Barth J, Bermetz L, Heim E, Trelle S, Tonia T. The current prevalence of child sexual abuse worldwide: a systematic review and meta-analysis. Int J Public Health. 2013 Jun;58(3):469-83. doi: 10.1007/s00038-012-0426-1. Epub 2012 Nov 21. PMID: 23178922.
- ❖ “over half of male prisoners have experienced sexual and/or family violence (56 percent) ” New Zealand prisoners’ prior exposure to trauma Marianne Bevan Practice: The New Zealand Corrections Journal Volume 5 Issue 1: July 2017
- ❖ 2 – 3 times more likely to attempt suicide University of Manchester. "Child abuse linked to risk of suicide in later life." ScienceDaily. ScienceDaily, 9 January 2019.
- ❖ Intimate partner violence and child abuse is estimated to cost New Zealand between \$4.1 billion and \$7.0 billion in 2014. Measuring the Economic Costs of Child Abuse and Intimate Partner Violence to New Zealand Project commissioned by The Glenn Inquiry Sherilee Kahui Suzanne Snively 2014

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# Unresolved Trauma & Dysfunctional Behaviour

- ❖ Unresolved trauma doesn't go away by ignoring it.
- ❖ It is expressed in a wide range of dysfunctional behaviours leaving the traumatised person confused and incomplete.
- ❖ The impact of unresolved trauma has a ripple effect on whanau, friends and community.

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## Harm to Self

- ❖ Suicide
- ❖ Bulimia & anorexia
- ❖ Cutting
- ❖ Prostitution
- ❖ Addiction
- ❖ Risk-taking

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## Violence to Others

- ❖ Physical - domestic violence, assault
- ❖ Emotional - put downs
- ❖ Verbal - aggression and devaluing others
- ❖ Sexual - exposure to sexual acts, committing abusive acts
- ❖ Slander, lies, gossip, blackmail, accusations

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## Addictions

- ❖ Alcohol
- ❖ Drugs
- ❖ Food
- ❖ Gambling
- ❖ Sex, pornography
- ❖ Work

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## Life Instability

- ❖ Relationships
- ❖ Work
- ❖ Finances
- ❖ Home
- ❖ Sexual activity

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## Overachieving

- ❖ Academia
- ❖ Sport
- ❖ Work
- ❖ Business & finance
- ❖ Public profiles

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## Processes of Disclosure

For the Perpetrator...

- ❖ Reported by victim
- ❖ Reported by family
- ❖ Self referred usually with leverage

Victim...

- ❖ Reported by self if they do at all.

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# What improves disclosure?

## Reduce the shame

- ❖ Casual enquiry by clinician
- ❖ Assurance of the normality/commonness
- ❖ Possible self disclosure by friend/professional
- ❖ Information that can be acted on
- ❖ Hearing success stories
- ❖ Being asked directly by trusted person/friend

## Reduce the fear

- ❖ Reading/gathering data online
- ❖ Hearing personal testimony. Hear the benefits.
- ❖ Reassurance by another of support and availability

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## Barriers to Disclosure

- ❖ Male victims of sexual violence typically take 25 years or more to disclose.
- ❖ They may avoid the perceived disruption to their life if they try to deal with it.
- ❖ Their disclosure may be reduced by the effect disclosure has, or might have, on others.
- ❖ They may be told that they are lying
- ❖ They may be told to go away and deal with it.
- ❖ They may experience a lack of services

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## Complicating factors

- ❖ Poor help-seeking behaviour as a man
- ❖ Masculinity contradictions
- ❖ Sexuality confusion
- ❖ Family confusion
- ❖ Feels undeserving of help
- ❖ His 'needs' are letting down others

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# How can we Stop Unresolved Trauma Causing Dysfunctional Behaviour

1. Educate on consequences and indicators
2. Break the silence. Disclosure
3. Create safe spaces for sharing experiences
4. Provide opportunities for hope
5. Peer support, increasing awareness, emotional processing

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## Clues and indicators

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- ❖ Depression
- ❖ Anxiety from unknown source
- ❖ Dissociation and lack of focus
- ❖ Outbursts of hostility and anger
- ❖ Impaired relationships
- ❖ Sexual dysfunction
- ❖ Patterns of sleep disturbance
- ❖ Suicidal ideas and plans
- ❖ Guilt and confusion
- ❖ Low self-esteem and negative self-image
- ❖ Upset by the abuse of others
- ❖ Intense shame and worthlessness
- ❖ Social hiding or attacking verbally/physically
- ❖ Problems with intimacy
- ❖ Sexual problems, compulsions, or dysfunctions

- ❖ Sexual identity confusion
- ❖ Substance abuse and drugs
- ❖ Symptoms of PTSD
- ❖ Have many affairs
- ❖ Self-exclude from children
- ❖ Avoid being touched
- ❖ Feel secretive about yourself
- ❖ Needy of sexual attention
- ❖ Strong anger responses of child sex abuse
- ❖ Anger after sexual activity

If you have only one or two of these do not assume you have been sexually abused. If you have several of these, use them as possible indicators.

Talk to a professional or Better Blokes

## What you can do: assess

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- ❖ Engage personably as a helper in whatever role you already have.
- ❖ Use cautious Qs. E.g. Part of my role is to ask every man some Qs about their past. You Ok with that? A lot of guys come to us with trauma in their past. Many have been sexually abused and it's a key factor for them having personal issues.
- ❖ Gentle curiosity
- ❖ A 'dry' and dutiful approach may get more nondramatic disclosure
- ❖ Follow or precede this with the 'behaviour indicator Qs'.

## Some questions....

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- ❖ A lot of guys come in here who have been sexually abused. Is it worth talking about that?
- ❖ Hey I want to ask you a Q. Just cos I'm asking it doesn't mean its you but can I just check . Have you been sexually abused at all during your life?
- ❖ Here's a list of sexual abuse descriptions. Could you just ask yourself if any of this has ever happened to you? De you want to read it or shall ?
- ❖ I've got a few Qs here that I have to ask every one who come in here/ has done stuff like you... Don't freak its just normal procedure.
- ❖ Hey I noticed that you reacted a little when I mentioned sexual abuse. Can I ask if that's a trigger for you?
- ❖ There's a lot of stuff that happens to children that shouldn't can I ask if you encountered any sexual abuse when you were a child?
- ❖ If there was one thing that happened to you as a kid that you wish didn't happen.... What would it be?

# Have you ever had this happen to you. Its illegal.

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Sexual abuse is defined as sexual attention under 16, wanted or not:

- ❖ Sexual touch to genitals and any part you regard as personal and private.
- ❖ Planned exposure to seeing sexual acts either live or in pornographic material
- ❖ Being asked to do or experience sexually touch on private parts when you were under 16.
- ❖ Being asked or made to do or receive oral sex on or from a man or woman when you were under 16
- ❖ Being asked or made to do/experience anal sex on or from a man or woman when you were under 16.
- ❖ Being asked or made to do/experience genital sex on or from a man or woman when you were under 16
- ❖ Being asked or made to do sex with objects on or from a man or woman when you were under 16
- ❖ Have you ever been forced or tricked into sexual activity at any age?
- ❖ Have you ever at any age been raped or sexually assaulted. What age?

# Contact Information

- ❖ General Enquiries
- ❖ Bryan Spondre Ph 09 378 8820
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