

“

Sometimes it takes someone else who cares about you to ask the question . . .

“Have you been abused as a kid?”

Yes?

We’ve been there

**Call a Better Bloke on
09 378 8812**

Unsure?

We’ve been there

**Call a Better Bloke on
09 378 8812**

Can’t remember?

We’ve been there

**Call a Better Bloke on
09 378 8812**

Contact

Better Blokes

Phone 09-378 8812

Address PO Box 104289
Lincoln North
Auckland 0654

Web betterblokes.org.nz

Mail referral@betterblokes.org.nz



SCAN THE QR CODE AND
LEARN MORE

**better
blokes**

SEXUAL SECRETS

DEPRESSION

ALCOHOL or DRUGS

ANGER

DAMAGING IMPULSES



HOPELESSNESS

“

**JUST ASKING . . .
Have you been sexually
abused as a child or
adolescent?**

”



“

It takes an average of 25 years for a man to talk about the abused boy.

- Secrets don't go away by hiding them
 - Secrets don't go away by attacking others
 - Secrets don't go away by drowning your sorrows
-
- ▶ Children may learn that they have to give sex to keep people happy
 - ▶ Being made to share a sexual secret as child is a burden for life
 - ▶ Women also sexually abuse boys and male adolescents.
 - ▶ Showing children inappropriate material is an offence
 - ▶ Abused adults may blame other family members for not acting to help when they were young

Sexualised children may have problems as adults with

- ▶ Porn addiction
- ▶ Sexual addiction
- ▶ Compulsive sexual behaviour
- ▶ Excessive masturbation
- ▶ Frequent affairs

Guilt and shame can lead to:

- ▶ Patterns of alcohol abuse
- ▶ Suicidal thoughts
- ▶ Mistrust of people close to you
- ▶ Feeling unworthy
- ▶ Drug use
- ▶ Alcohol abuse
- ▶ Negative attitudes to others
- ▶ Loss of full potential
- ▶ Avoidance of intimacy
- ▶ Unexplained anger

NOPE

Find Us

AUCKLAND CENTRAL and WEST
DDI: 09-378 8823

NORTH SHORE and RODNEY
DDI: 09-378 8822

SOUTH and EAST AUCKLAND
DDI: 09-378 8825

referral@betterblokes.org.nz

www.betterblokes.org.nz
facebook.com/betterblokesnz

Better Blokes is a founding member of the National Body - Male Survivors Aotearoa (MSA) - representing NZ-wide organisations dedicated to supporting survivors of sexual abuse. Any man who feels he would like to talk with us, call one of the above numbers, or send an email with full confidentiality assured

WOULD YOU LIKE TO SUPPORT OUR WORK?

Please donate at our 'Givealittle' page:
<https://givealittle.co.nz/org/betterblokesnz>