



1 in 6 Men

The number of men who have had experiences that can be defined as childhood sexual abuse is estimated to be at least one in six - that's over 18 million of our brothers, fathers, sons, partners and friends. 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. Our programs are designed 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. And we know that real healing must honor the context of men's lives - race, class, nationality, sexual orientation, immigration status, ability, religion, and other influences - both positive and negative - on men's ability and willingness to address their childhood experiences.

Why "Unwanted" or "Abusive"

Sometimes men wonder whether a childhood sexual experience was "abusive." The experience may have seemed to have no negative impact at the time. Or despite a difference in power and some manipulation, it may even have seemed consensual. What you call it is less important than how it has affected your life.

We can help you consider whether an experience is having unwanted effects on you *now*, how to understand those effects, and how to find the resources and healing you need to achieve your goals in life.

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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.

Printed materials provided compliments of:



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

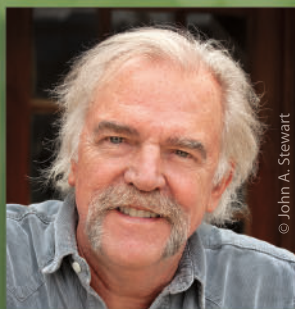


www.1in6.org

For Men and Those Who Care About Them

For Men

Lots of things can inspire a man to want to improve his life. A string of unsatisfying or failed relationships, struggles with depression, anxiety, anger, aggression, or what could be alcohol, drug or sexual addictions. If you're wondering whether one or more childhood



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or teenage sexual experiences might be related to some current problems, or may have been "sexual abuse," 1in6 has resources to sort things out – safely, in privacy, at your own pace.

Researchers estimate that 1 in 6 men have had unwanted or abusive sexual experiences in childhood.*

You are not alone.

For Those Who Care About Them

Maybe you're just learning how sexual experiences in childhood could be affecting a man you care about.

Maybe you've been dealing with these issues for years. Whatever your situation, we can help you to understand both his reactions and your own to disturbing events in his childhood. We can help you to support him without neglecting your own needs, by pacing yourself, finding support, and taking time to "digest" what you learn and to sort through your feelings and needs before talking with him.

*See www.1in6.org/thestatistic

The 1in6 Website

Whether you're a man looking at your own childhood, or a partner, family member or friend, the rich information at www.1in6.org will help you to explore your concerns and options – at whatever depth and pace works best for you. Where to start depends on where you are, what you need right now, and where you're headed.



Sections include:

Reasons for Hope – encouraging information about research and ways of overcoming the effects of childhood trauma.

Sorting it Out for Yourself – acknowledging your unique situation and experience.

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

Online Readings – in-depth responses to complicated questions that men and their loved ones often have. Sections 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)

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

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



Online SupportLine



The live, 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 SupportLine staff members have special training on issues and concerns specific to men who have had such experiences, and on identifying available services for men.

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 carefully selected books and films recommended on our site.



Whether it was a single incident that's still confusing or years of clear, repeated abuse, 1in6 focuses on the unique reactions and needs of the many guys who have gone through similar things – and on how partners, family members and friends can most effectively support healing for everyone.

