

# What's happening at Lewis County



*Changing Lives ... One family at a time*

## *Can a male be a victim of sexual abuse?*

About 10% of all victims in the United States are male (according to the Texas Association of Sexual Assault). Because men are raised to believe sexual abuse does not happen to them, it can be especially difficult for them to handle. Below are signs that a victim may have been sexually abused.

### **Possible Signs:**

- ◆ Anxiety, depression, fearfulness.
- ◆ Concern about sexual orientation.
- ◆ Development of phobias related to the abuse setting.
- ◆ Fear of the worst happening and having a sense of a shortened future.
- ◆ Withdrawal from interpersonal contact and a heightened sense of alienation.
- ◆ Stress-induced reactions (problems sleeping, increased startle response, being unable to relax).
- ◆ Relationships may change due to the survivor's reaction to or coping with the abuse.
- ◆ Anger about the abuse which can lead to outward and inward-focused hostility.
- ◆ Avoidance of emotions or emotional situations, stemming from the overwhelming feelings that come with surviving sexual abuse.

If you feel you or someone you care about is a victim of sexual abuse, please contact us at Lewis County Opportunities and ask to speak with an advocate in the Domestic Violence & Rape Crisis Program.

Has Opportunities helped you? Send your story to "News" at the address below.

**Lewis County Opportunities, Inc.**

8265 State Rte 812

Lowville, N.Y. 13367

**(315) 376-8202**

**Monday – Friday: 8 am – 4 pm**

**[www.lewiscountyopportunities.com](http://www.lewiscountyopportunities.com)**

**24-hour Crisis Hotline**

**376-HELP (4357)**