

## If a MAN is meant to...

- ...always appear strong
- ...control his emotions
- ...be self reliant
- ...not be a victim

## How can he tell you...

- ...he is struggling
- ...he is scared of losing control
- ...he feels alone
- ...he was sexually abused



**living  
well**



[livingwell.org.au](http://livingwell.org.au) provides information and support to men who have experienced sexual abuse, to partners, friends and family.

**Living Well**



**1 in 6 men have experienced childhood sexual abuse. Over 70% have never told anyone.**

Men do not speak about an experience of sexual assault for many reasons: out of a sense of shame or responsibility...because they think it is too late or the pain will be too great...because they feel pressure as a man to cope on their own...out of concern they will not be believed or will be treated differently.

**Ways you can help:**

Listen you don't have to give advice.

Believe resist the temptation to ask for extra details.

Accept his trust in you.

Encourage him to access appropriate support.

Information and support is available at [livingwell.org.au](http://livingwell.org.au)



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