

# #Me(n)Too

Exploring Prevention and Support for Male  
Victims/Survivors of Sexual Abuse

**WE ARE  
SURVIVORS.**

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**Duncan Craig OBE**

Chief Executive Officer & Psychotherapist

Honorary Senior Research Fellow in Criminology  
(University of Manchester)

# INTRODUCTION



## DUNCAN CRAIG OBE

Chief Executive Officer

Senior Honorary Research Fellow in  
Criminology – University of Manchester

## Duncan Craig OBE

Duncan is the founder and Chief Executive of **We Are Survivors**, the largest voluntary sector organisation in the UK providing therapeutic and advocacy support to male (and trans and non-binary) victims/survivors of sexual harms.

Works with the Government, NHS, Crown Prosecution Service and various Police forces across the UK advising on policy including VAWG Strategy, End to End Rape Review, Victim Strategy, the NHS SAAS, the Victims and Prisoners Act 2024; and in Europe, USA, Iceland, New Zealand, and Uganda.

He is a member of Victims Reference Group in the Office of the Victims Commissioner, VAWG Reference Group, and GM Justice and Rehabilitation Executive, and GBV Board.

Duncan's been story consultant for Hollyoaks, Coronation Street, Eastenders and Casualty, and number of theatre productions.

In 2020 Duncan received an OBE from Her Majesty The Queen for services to Male Victims of Rape and Child Abuse; was awarded the UoM Medal of Honor for his work with male victims/survivors of sexual abuse and exploitation; and is now a designated Honorary Senior Research Fellow in the School of Criminology.



## MISSION/VISION



To break the silence of the sexual harm on boys and men, providing support and advocacy to them and their loved ones to engage in positive healing free from the impact of abuse; and educating society on the prevention and impact of sexual harms against boys and men

**No Male Survivor Left Behind**



## ABOUT US



### COMMUNITY DIRECTORATE

- Online / Digital Access
- Telephone Support
- Email Support
- Building Communities
- Formal Groupwork
- 1:1 Talking Therapies



### CRIMINAL JUSTICE DIRECTORATE

- Independent Sexual Violence Advisor
- OUT Spoken Talking Therapy Service
- OUT Side / OUT Spoken
- The Nightingale Project
- We Are Listening

# DEFINITION

What we know we know, what we don't we don't.

How do we begin talking about sexual harms if we don't know what we're actually talking about?

- **Rape**
- **Childhood Sexual Abuse**
- **Child Sexual Exploitation**
- **Serious Sexual Offences**

# DEFINITION: RAPE

A person (A) commits an offence if:

1. he intentionally penetrates the vagina, anus or mouth of another person (B) with his penis,
2. (B) does not consent to the penetration, and
3. (A) does not reasonably believe that (B) consents

However, the introduction of the Sexual Offences Act (2003) made it possible for a female to be charged and convicted of rape as secondary offender.



**BBC**  
**NEWS**



Richards was previously convicted of sexual assault of 7 year old girl, and in 1988 was convicted of rape of 15 year old girl

## 09.06.1995

- Male rape became a crime in 1995, following an amendment to Sexual Offences Act (1956), via the Criminal Justice Act (1994).
- Andrew Richards became the 1st person to be convicted of Attempted Rape along with Indecent Assault and ABH.
- Richards had a long history of sex crimes
- Judge Richard Lowry QC said the new law gave him greater sentencing powers to combat the growing problem of male rape, stating that Richards was ***“a danger to the public and children of both sexes”***.

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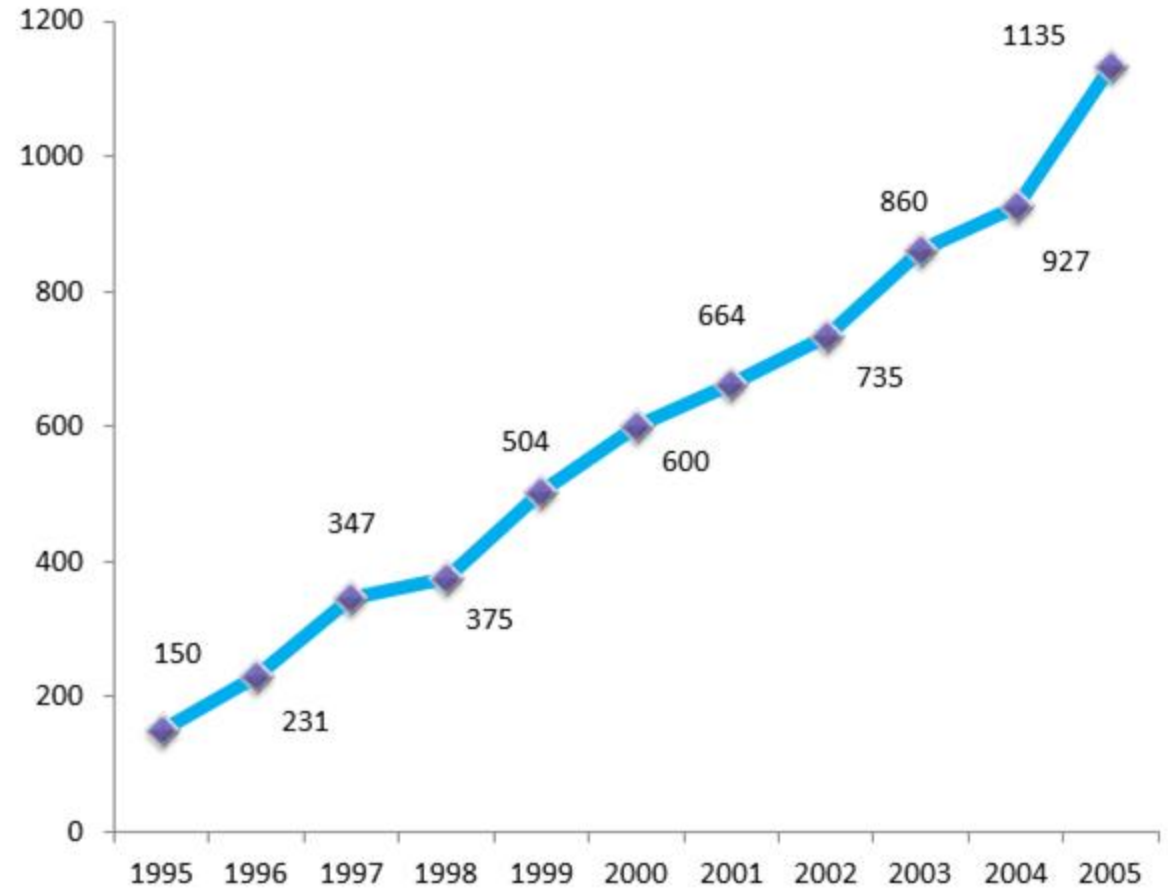
**WE ARE  
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Richards was previously convicted of sexual assault of 7 year old girl, and in 1988 was convicted of rape of 15 year old girl

# 10 YEARS

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# DEFINITION: CSA

“when a child or young person is pressurised, forced or tricked into taking part in any kind of sexual activity with an adult or young person”

[NSPCC \(2008\)](#)

“Actual or threatened physical intrusion of a sexual nature, whether by force or under unequal or coercive conditions”

[United Nations \(2017\)](#)

“overt or covert sexual behaviour between two individuals when the sex act is developmentally inappropriate for at least one of the participants”

[Crowder \(1995\)](#)

“the engaging of a child in sexual activities that the child does not understand, to which the child cannot give informed consent, or which violate the social taboos of society”

[Krugman \(1986\)](#)

“the use of a minor to meet the sexual or sexual / emotional needs of another person”

[Blume \(1986\)](#)

## DEFINITION: CSE

“What distinguishes the concept of child sexual exploitation from other forms of child sexual abuse is the underlying notion of exchange present in exploitation.

While these two phenomena must be distinguished, it is also important to acknowledge that there is considerable overlap between them, and that, semantically, the distinction will probably never be completely clear.

For example, many cases of child sexual abuse also involve some kind of benefit to the child or exchange—often to win trust or ensure silence (especially non-tangible benefits like small gifts, attention, and affection).

Similarly, the idea of exploitation is arguably applicable to all victims of abuse in the sense of exploiting the vulnerability of a child.”

# DEFINITION: SSO

A serious sexual offence is a crime with a sexual nature

Offences include:

- Rape
- Any sexual activity that is forced upon a person (either through a physical sexual assault or a psychological sexual assault)
- Creation or possession of certain types of images (static, moving, fictional)
- Trafficking of people or persons (including internally within a country)
  - Sexual Offences Act (2003)
  - Sexual Offences Act (1967)
  - Intimacy with Children Act (1960)
  - Sexual Offences Act (1956)

# RESPONDING TO SEXUAL HARM

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# AN INCONVENIENT TRUTH?

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The screenshot shows the top of a Guardian news article. The page header includes 'Support the Guardian' with a 'Support us ->' button, 'Print subscriptions', 'Search jobs', and 'Sign in'. The Guardian logo is prominent. Navigation tabs for 'News', 'Opinion', 'Sport', 'Culture', and 'Lifestyle' are visible. Below these are regional links for 'UK', 'UK politics', 'Education', 'Media', 'Society', 'Law', 'Scotland', 'Wales', and 'Northern Ireland'. The main headline is 'Met chief says millions of men are danger to women and girls in England and Wales'. A sub-headline reads 'National strategy beyond policing and criminal justice system needed to tackle problem, Sir Mark Rowley says'. A photograph of Sir Mark Rowley is shown. To the left, there are sidebars with 'Violence against women and girls' and 'Vikram Dodd Police and crime correspondent'.

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**Violence against women and girls**

## Met chief says millions of men are danger to women and girls in England and Wales

National strategy beyond policing and criminal justice system needed to tackle problem, Sir Mark Rowley says

**Vikram Dodd Police and crime correspondent**  
Tue 4 Jun 2024 16:29 BST

< Share

**Sir Mark Rowley** referenced an upcoming study produced for police chiefs nationally, which says there are up to four million perpetrators of violence against women and children. Photograph: Jordan Pettit/PA

Millions of men in England and Wales pose a danger to women and children, the commissioner of the Metropolitan police has said.

**Sir Mark Rowley** said the figures were "eye-watering" and an "inconvenient truth" as he called for a much bigger effort, a national strategy and more money to tackle the problem.

He relied on an upcoming study produced for police chiefs nationally that says there are up to 4 million perpetrators of violence against women and children, who are mainly men, with one in 10 people being victims, who are mainly women or children.

## Met chief says millions of men are danger to women and girls in England and Wales

Millions of men in England and Wales pose a danger to women and children, the commissioner of the Metropolitan police has said.

**Sir Mark Rowley** said the figures were "eye-watering" and an "inconvenient truth"

There are up to 4 million perpetrators of violence against women and children, who are mainly men

Millions of men in the country pose a risk to women and children at some level.

# BEHIND THE VAWG DATA

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In 2020/21, the Annual CPS VAWG data evidences:

- 1 in 6 Domestic Abuse victims are male
- 1 in 7 Rape victims are male
- 1 in 4 Child Sex Abuse victims are male (boys)

(Source: CPS Data 2020/21 – Table AR14)

In 2022/23, the Annual CPS VAWG data evidences:

- 17% Domestic Abuse victims are male
- 13% Rape victims are male
- 24% Child Sex Abuse victims are male (boys)

(Source: CPS Data 2022/23 – Table AR16)

The latest ONS figures (July 2025) from CSEW show

- 8.4% men and 12.8% women aged 16+ victims
- 1:4 (males/females) experienced sexual assault
- 159,985 males over 16 victims in 2024-25

(Source: ONS Combined Crime Type Data)



HM Government

## Position statement on male victims of crimes considered in the cross-Government strategy on ending Violence Against Women and Girls (VAWG)

March 2019



HM Government

## Supporting Male Victims

Position Statement on Male Victims of crimes  
considered in the cross-Government Tackling  
Violence Against Women and Girls Strategy and the  
Tackling Domestic Abuse Plan

March 2022

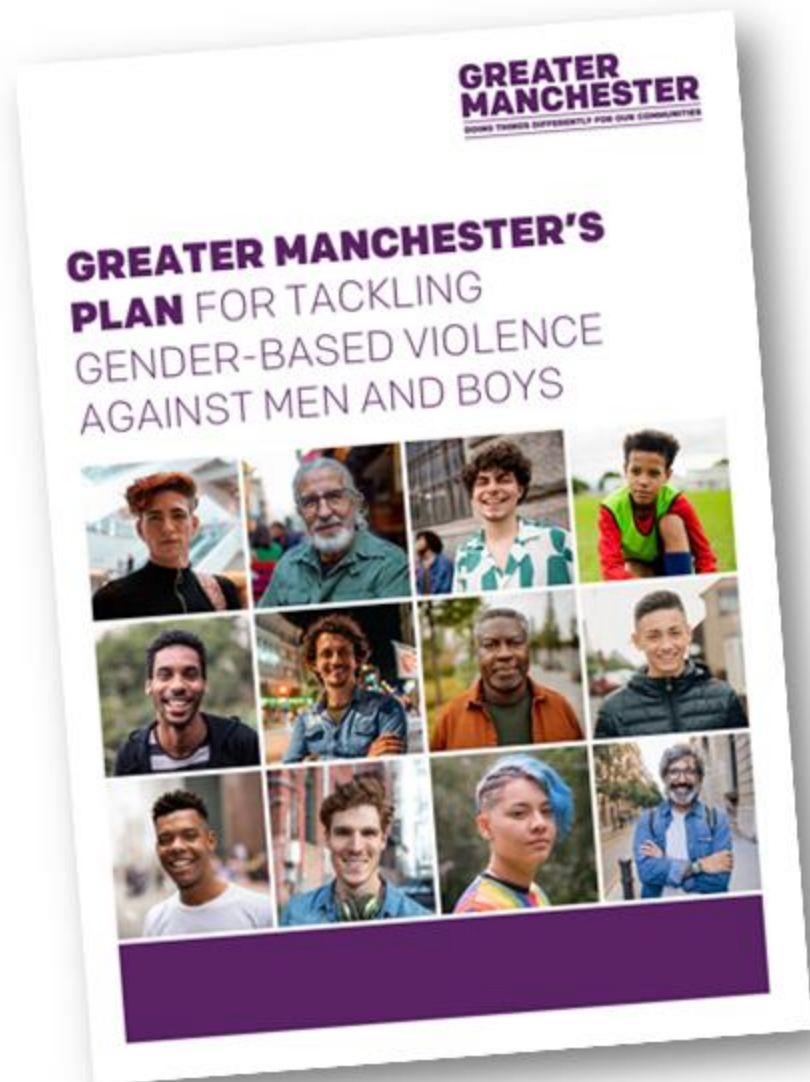
# 2019...

16<sup>th</sup>

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- Research suggests that **1 in 6 males** will experience sexual abuse, rape or sexual exploitation
- **1 in 4 victims** of child sexual abuse are boys
- **275,000 men over 16** had experienced sexual assault/abuse in 2022 (ONS 2022)
- **20% of males** samples in a data dive took over 31 years to disclose childhood sexual abuse
- **5% of boys and young men** experience sexual abuse before the age of 16
- **1 in 10 victims** of rape are male
- Boys are generally more likely than girls to be abused by people in occupational positions of trust or authority
- Less than **1/3 of male survivors** have disclosed

# BEING DIFFERENT



- Commissioned by Deputy Mayor of Greater Manchester, Kate Green
- Authored by Professor David Gadd and Duncan Craig OBE
- Plan for Tackling GBV Against Men and Boys is part of the 10 year GM GBV Strategy
- In the year ending June 2024, Greater Manchester Police recorded 9,904 offences of rape and sexual assault, of which 1,836 male victims
- That's 1 in 5 RASSO crimes are of males
- The avg time these victims took to report the crime was 4 years
- Less than 4% of reports resulted in a charge





# MODEL OF SEXUAL OFFENDING

Finkelhor, D (1984)

Ensure Victim's  
Compliance

Address External  
Inhibitors

Overcome  
Internal  
Inhibitions

Motivation to Offend

# MOTIVATION TO OFFEND

## Biological



Sex / Reproduction is a basic human drive and rape / sexual abuse is seen as a mating strategy for relatively unsuccessful males

## Psychological



Distorted sexual responses may have been caused by a range of maladaptive early learning / developmental experiences

## Sociological



Rape / Sexual Abuse is considered an inevitable product of patriarchal society and paedophilia is seen as culturally historic

# OVERCOME INTERNAL INHIBITIONS

## Internal Inhibitions may include

- Conscience
- Moral Objection
- Timidity
- Empathy
- Ambivalence
- Social Incompetence
- Physical Disability
- Incest Inhibition Mechanism



## Possible ways to overcome them...

- Alcohol & Drug Use
- Fantasy (esp with masturbation)
- Use of Pornography
- Anger/Rage/Paranoia
- Normalisation through 'banter'
- Cognitive Distortions
- Rationalisation
- Social/cultural messages

# ADDRESS EXTERNAL INHIBITORS

**Environment Selection:** *considering potential inhibitors*



**Victim > Environment:** *consider how/when victim might enter the environment*



**Victim Selection:** *vulnerability / accessibility / desirability*



**Victim Contact Strategy:** *consider potential objectors*

# ENSURE VICTIMS COMPLIANCE

- Targeting/Grooming of victim is likely to significantly contribute to silence
- Giving gifts
- Targeting vulnerable individuals (strategy supports compliance and/or lack of detection)
- Threats of violence and/or harm e.g. “say anything and I’ll kill you”
- Moral force or persuasion
- Offenders may share their cognitive distortions with their victim, e.g. “this is how we show each other love”
- Fear will likely pacify / immobilise the majority of victims and guilt/shame will silence them for many years

# MODEL OF SEXUAL OFFENDING

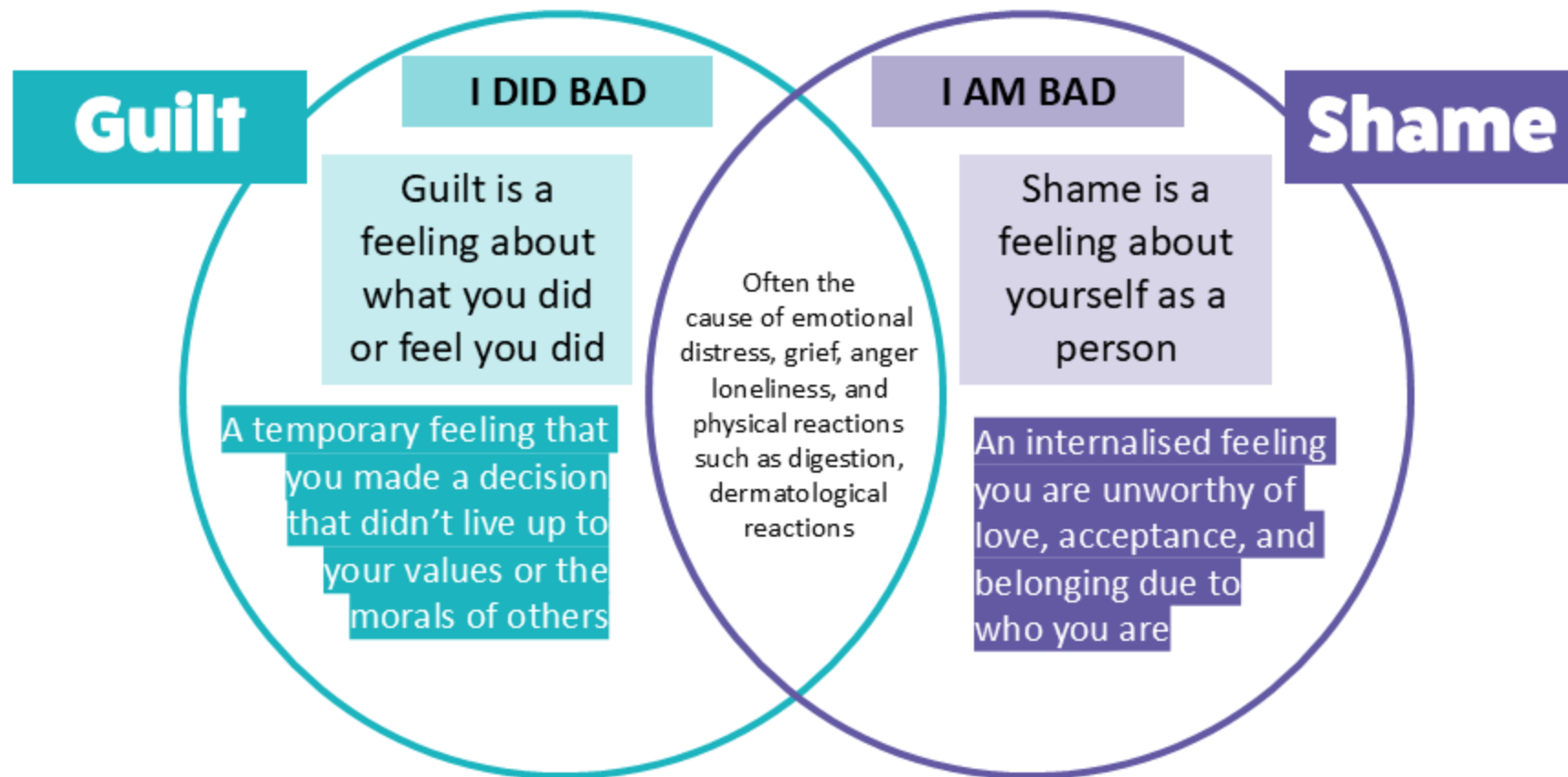
Finkelhor, D (1984)



# BARRIERS TO DISCLOSURE

- Many men do not report as they feel the police would not believe them
- Reluctance to expose themselves to greater scrutiny if they feel their reputations and jobs may be affected by on-going investigations
- Fear of being judged, e.g. victims sexuality; victims own fault; victim feeling sensations equated to pleasure; that the victim “asked for it”
- Confusion of the traumatic events / acts
- “The straightjacket of masculinity” (Hite, S. 1981)
- Rejection
- Avoidance of “Victim” Identity (Etherington, K)
- Shame and Embarrassment
- Guilt, e.g. “I should have been able to stop it”

# GUILT & SHAME





# LIVED EXPERIENCE

Duncan became friends with John, the local Park Keeper, regularly hanging out playing tennis, bowls and miniature golf.

John bought Duncan gifts, let him smoke, bought him alcohol and let him drink, because they were mates.

But no one saw what was behind the 'friendship'. John's motives were to ensure that Duncan was compliant as he sexually abused him.

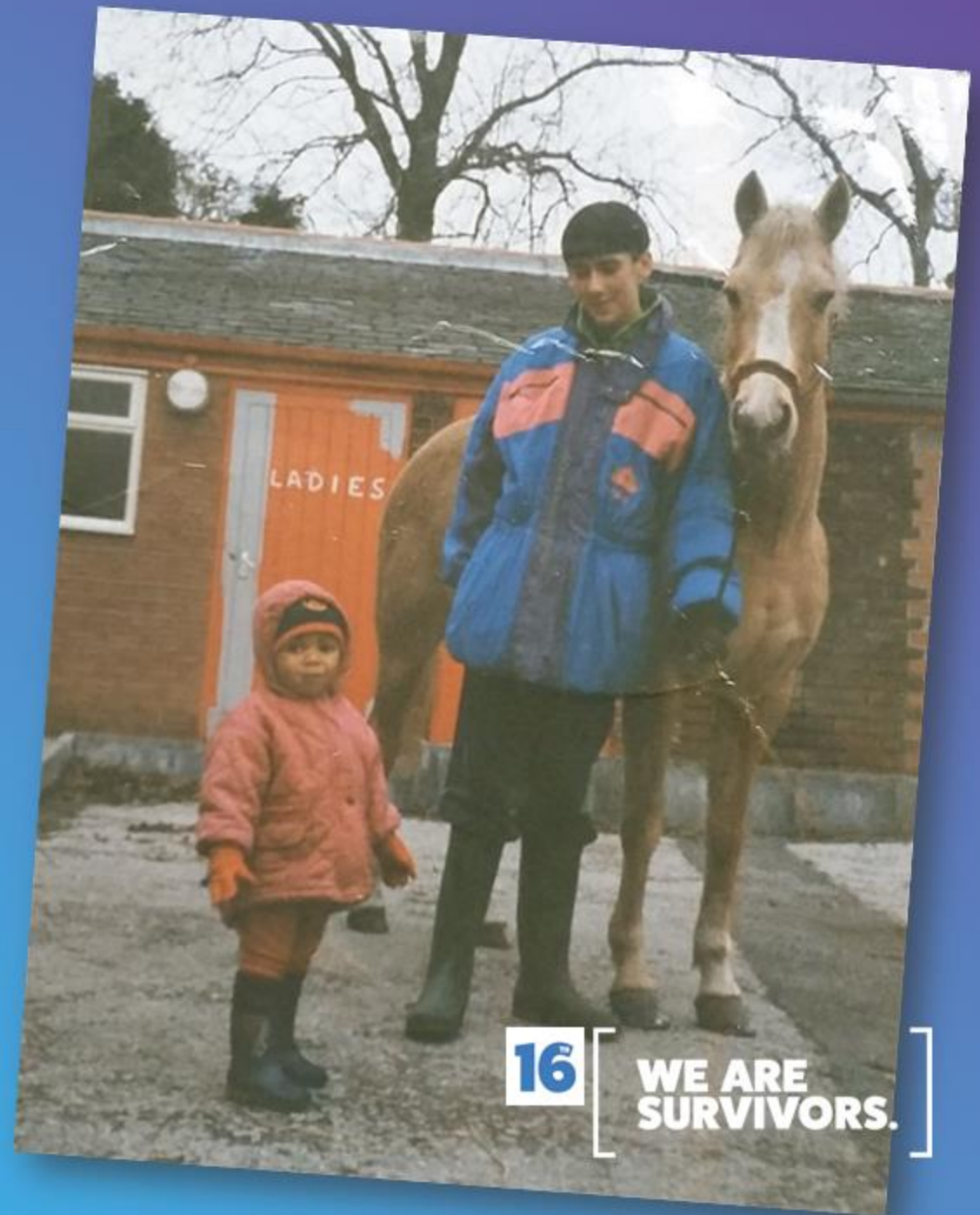
Duncan was 17 the last time he saw John, who was mid 50s



# LIVED EXPERIENCE

I'm not embarrassed to talk about what I went through. I do still sometimes find bits of it difficult but for the past 18+ years I have been putting myself and my experiences at the front and centre of all my work conversations.

I spent time in New Zealand working with Maroi communities; in America working with male survivors of online exploitation; in Africa with soldiers and men who have experienced sexual violence in war; in Germany with Olympic Athletes, footballers and sportsmen who experienced abuse in childhood. The embarrassment is not mine!



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# LIVED SILENCE

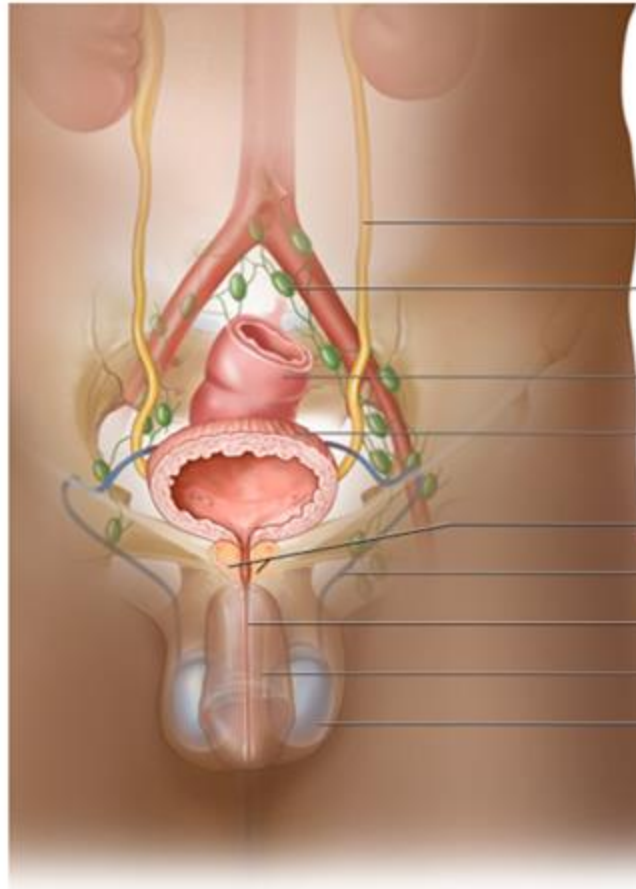
1. Grooming / Manipulation... In some way I think the perpetrator met a need, one maybe two or even more?
2. It felt like 'friends with benefits' or rather I never for one second thought this was anymore than friendship
3. I 100% knew this was a secret because it was always done in secret, never spoke about, etc
4. I didn't want to be called gay
5. I just knew that I'd be the one in trouble
6. I thought "I liked it"



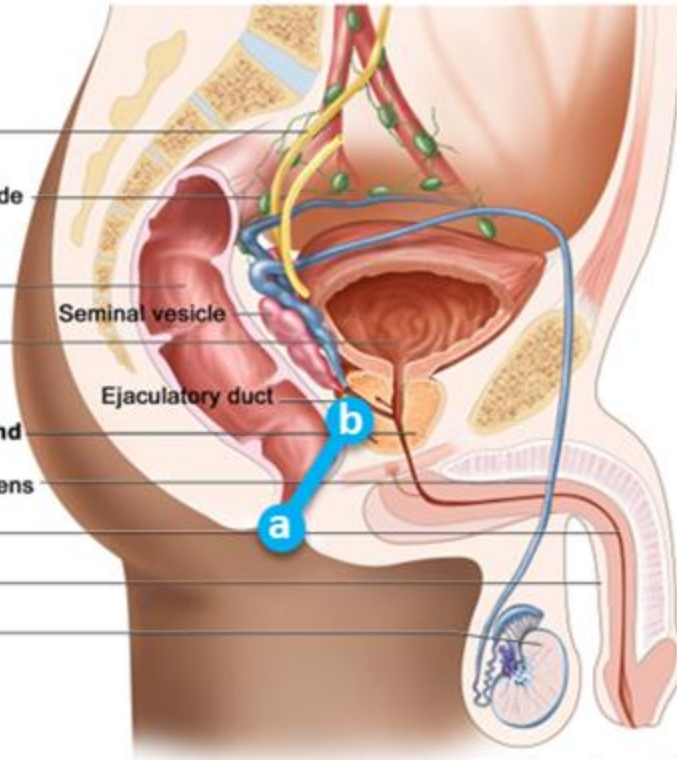
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# A BIOLOGY BREAK DOWN



The following is a common reaction by males during a sexual assault:



- An inability to move, debilitation through fear
- Muscles tighten
- Loss of voice/speech
- Panic sets in
- Sickness/vomiting
- Penis becomes erect
- Experience of Pleasure
- Leaking of semen fluid
- Full ejaculation

- Average measurement between anus (a) and prostate (b) is 3"
- Average size of an erect penis is: 5.6" (source NowPatient 2024)

# WHAT TRIGGERS DISCLOSURE?

- A significant life change such as – considering becoming a parent, or birth of first child. Their child may be the age they were when first abused
- A trigger at work – for example a training on child protection
- A death (e.g. Parent, partner, abuser)
- Something in the news e.g. football scandal, Operation Yewtree
- The support of a loved one – it might finally feel safe enough to tell someone
- The feeling that “it’s now or never” – someone may have hit rock bottom (lost their job, family etc) and may not be able to avoid dealing not dealing with their past any longer
- After going through rehab or stopping an addiction, they may be more in touch with their feelings
- Marriage or commitment to a relationship
- TV show, drama, film

# HOLLYOAKS

- In 2016, ex Professional Footballers spoke out about the sexual abuse they experienced at Crewe Alexandra, Manchester City, Chelsea.
- Over 20 UK police forces investigating 300 people who had been accused by 849 lads for 2,807 incidents involving 340 different clubs.
- Channel 4 producers recognised how important this real-life story was.
- The team behind Hollyoaks contacted ***We Are Survivors*** to ask for help in writing/directing a storyline which sensitively depicted this type of abuse.



# IMPACT

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- Discussions on social media increased, themes of masculinity
- ISVA queries from 18 – 25 year olds increase 150%
- Print media stories increased, resulting in referrals for support from adult male survivors of CSE increase 63%
- 4 x High Schools engaged us in developing and delivering an Assembly for boys using Hollyoaks

# MANCHESTER REACTS

*“ I don’t think you hear as much about, sort of men getting abused on a night out, so you don’t sort of worry about it for yourself ”*

*“ It’s sad to think that people don’t think about young men in the same way as they think about young women ”*





# NEWSWORTHY



## Operation Island

- Reynhard Sinaga
- 38 years old
- Indonesian National
- Studying at University of Manchester

Following a report from (Victim A)...

- 2 year investigation by GMP
- 4 separate trials over 2 years
- 48 men gave evidence
- Greater Manchester Police believe there may be over 200 victims, all male

# NEWSWORTHY



In January 2020, Reynhard Sinaga was convicted of:

- 136 counts of rape
- 14 counts of sexual assault
- 8 counts of attempted rape
- 1 count of assault by penetration

In the first two trials, Sinaga was given 88 concurrent life sentences with a minimum 30 year term before being considered for parole.

This was raised to 40 years by the Court of Appeal on 11.12.20.

He will be 77 before he is eligible for Parole.

Recent press stories about repatriation.

**So why The  
Silence?**

**THE LAIR**  
Sinaga gets life with  
'Monster'

raped

**MAKING GO... MONS**

the parents  
who wanted  
him to start

# DISCLOSURE 101

- a. Allow time for him to talk in a space he feel safe in
- b. Check out what support he has once he leaves you
- c. Be explicit with boundaries and confidentiality
- d. Be empathic and congruent
- e. When words fail him, think about creative techniques
- f. Be the active passenger
- g. Be careful not to be drawn into collusion, making promises you can't keep

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# REFLECTIONS

- a. Gender: Yours and Theirs
- b. Transparency vs Opaqueness
- c. Overt Power vs Covert Power
- d. Use of Language
- e. Myths & beliefs: Yours v Theirs
- f. Promises, promises
- g. Boundaries
- h. Set and Setting
- i. To report or not

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# VICTIMS RIGHTS

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- 

**1**  
To be able to understand and to be understood
- 

**2**  
To have the details of the crime recorded without unjustified delay
- 

**3**  
To be provided with information when reporting the crime
- 

**4**  
To be referred to services that support victims and have services and support tailored to your needs
- 

**5**  
To be provided with information about compensation
- 

**6**  
To be provided with information about the investigation and prosecution
- 

**7**  
To make a Victim Personal Statement
- 

**8**  
To be given information about the trial, trial process and your role as a witness
- 

**9**  
To be given information about the outcome of the case and any appeals
- 

**10**  
To be paid expenses and have property returned
- 

**11**  
To be given information about the offender following a conviction
- 

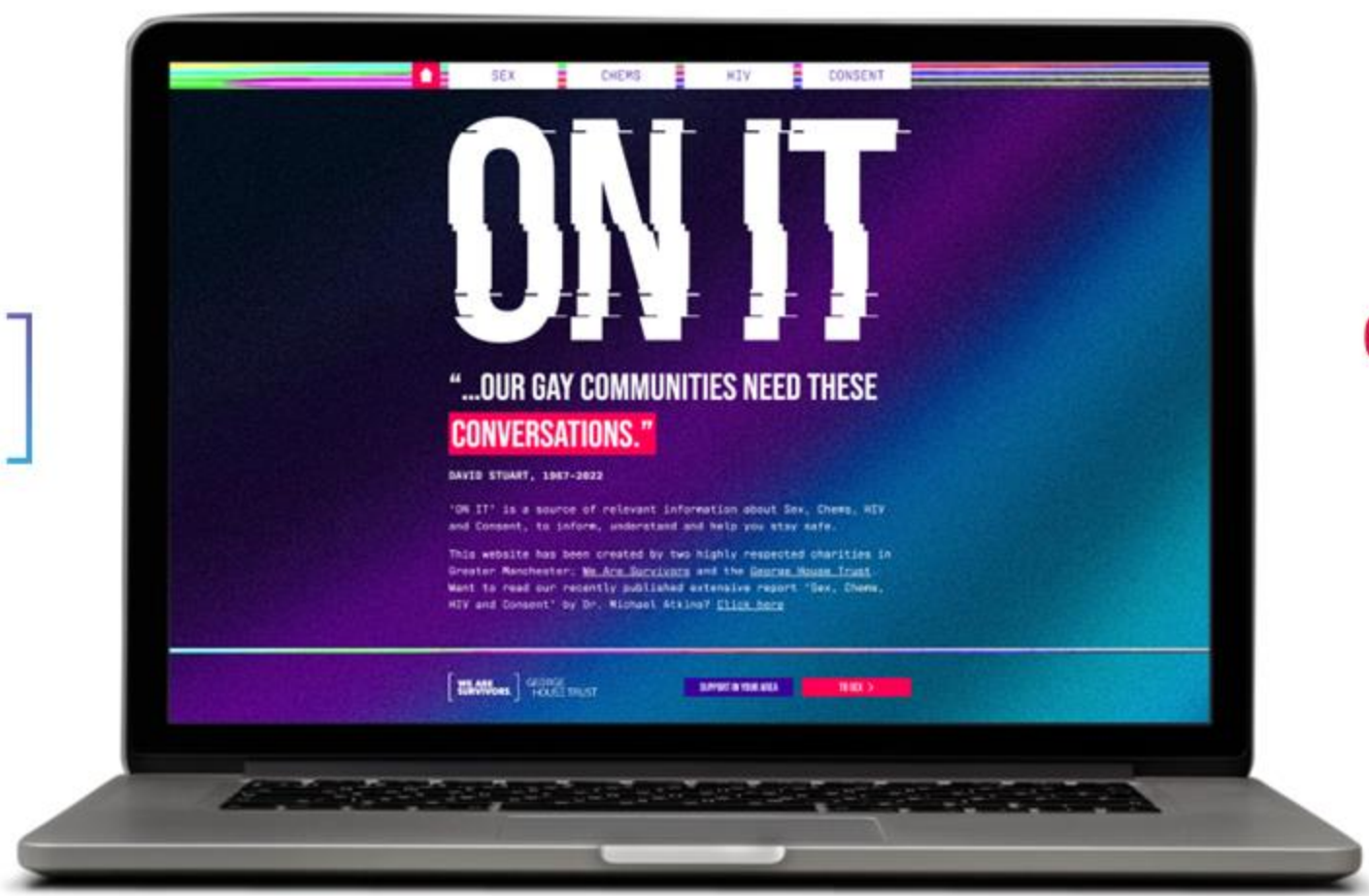
**12**  
To make a complaint about your rights not being met



# GETTING 'ON IT'

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[ WE ARE SURVIVORS. ]



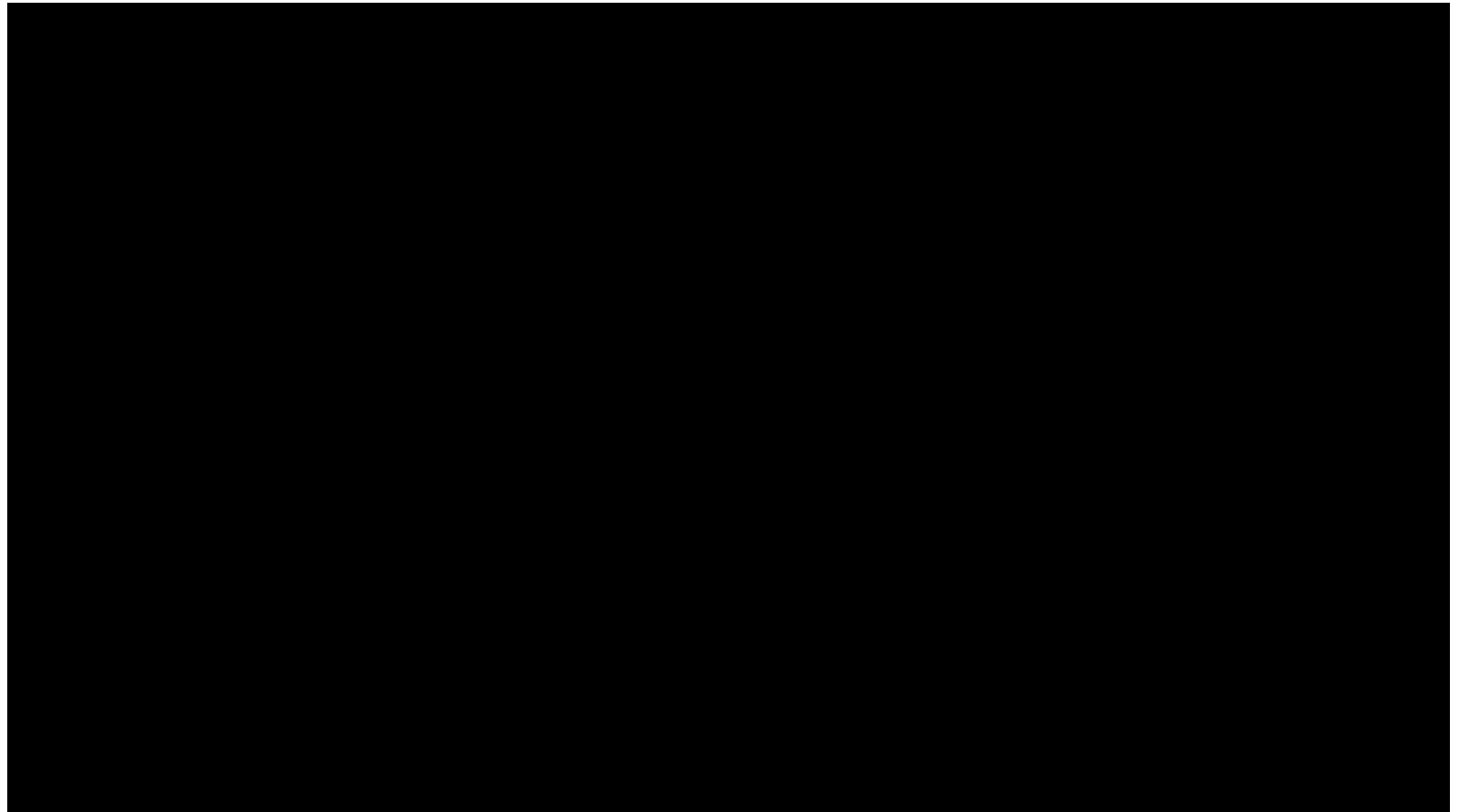
GEORGE HOUSE TRUST  
HIV POSITIVE LIVING

[www.onit.org.uk](http://www.onit.org.uk)

# AI and Sexual Harms

Following an investigation led by GMP, Hugh Nelson was charged and convicted of 11 offences, including:

- 3 counts of encouraging the rape of a child under 13
- 1 count of attempting to incite a boy under 16 to engage in a sexual act
- 3 counts each of the distribution and making of indecent images
- 1 count of possessing prohibited images







# BEYOND THE SILENCE

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