

# male rape

A dark, dense forest with a rainbow beam of light shining through the trees, illuminating a silhouette of a person walking away.

Information and advice for gay men

Healthy Gay Nottingham

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[heathygaynottingham@nottinghamcity.nhs.uk](mailto:heathygaynottingham@nottinghamcity.nhs.uk)

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

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*Rape and sexual assault are sexual acts that happen without the consent of one of the participants.*

Sometimes they are accompanied by threats, force or violence, sometimes not. Basically, if you say no and he carries on.... it's rape.

Rape is not about sex.  
It's about power and control.

Male rape and sexual assault are subjects that many people find difficult to discuss. Rape can leave men feeling guilty and ashamed, which can stop them seeking help and support, particularly in a society where men are seen as strong and able to look after themselves.

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7% of the 14,500 men who completed the Sigma Research gay men's sex survey in 2003 said they'd been sexually assaulted in the last year. Sigma estimates that thousands of gay men in the UK are raped each year with many more unreported.

Rape isn't just committed by strangers in dark alleys. Rape happens to all kinds of men in all kinds of situations. Gay men are raped and sexually assaulted by men they know, men they have just met and men they are in relationships with.

The rape of a man is a crime equivalent in law to the rape of a woman. It carries the same legal punishment.

Think about carrying a panic alarm - it could scare off a potential attacker.

You can get them from

Healthy Gay Nottingham

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## Avoiding Assault

Assaults can also take place inside gay venues.

If you pick someone up on the scene and leave with them, try to let someone know. Arrange for them to call or text you later to check you're OK. If you go home with someone, be clear about what you are prepared to do. It's not always easy to talk about it but at least be clear in your own mind. If things start to go further than you want, make it clear that you want to stop. Remember you have the right to say no at any time.

If you are raped by someone you know, it's still rape.

Growing numbers of men are being raped after having their drinks "spiked", often with GHB. This is a clear, odourless liquid that is added to drinks, making the victim drowsy and disorientated - and unable to remember what's happened to them. Try not to leave your drink unattended. If you suddenly start to feel hammered, get yourself home. Beware of accepting help from strangers - they may be the people who have spiked you

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If you meet someone on the internet or chatline, be wary of giving out your address or home phone number. Try to meet in a public place and let someone know where you're going. If you feel unsure about anything, don't do it. You're not obliged to do anything just because you've said you will. If the other person is genuine, they'll understand.

If you're out cruising, check out the area, look for dead ends and escape routes in case you need them later.

If you can, go cruising with a mate - and look out for each other.

Think about carrying a panic alarm - it could scare off a potential attacker. You can get them from the HGN.

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## Reporting

The police take male rape and sexual assault very seriously. You can expect them to treat reports of sexual crimes with sensitivity. If you are the victim of a sexual crime, you may feel too embarrassed or ashamed to report it to the police.

Reporting can help to prevent these crimes happening to others. You can take a friend or relative with you if that will help. The police can also put you in touch with other agencies that can support you.

Your instinct may be to wash yourself and your clothes after an assault. Reporting as soon as possible after the event, and before washing, can make a real difference to the amount of evidence the police can gather.

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If you don't feel able to report directly to the police, you can do it through a third party like the Lesbian and Gay Switchboard or Healthy Gay Nottingham.

They will only tell the police what you want them to know.

You may be worried about reporting sexual crimes committed against you whilst cruising or cottaging, or if you are selling sex.

If you are raped or sexually assaulted in these circumstances the police will be more concerned about the crime against you.

at what point could you say no?

when he offers to buy you a drink?

when he asks you to dance?

when he invites you back to his place?

when he takes you to bed?

when he tries to fuck you?

You have the right to say no at any time. Saying yes to one thing doesn't mean you've said yes to everything else.

# Help and Support

## **Sexual Assault Reporting Centre**

The Topaz Centre  
P.O. Box No. 9262  
Nottingham NG5 0DW  
Tel: 0115 844 5024  
Helpline: 0845 600 1588  
[www.topazcentre.org.uk](http://www.topazcentre.org.uk)  
Email: [support@topazcentre.org.uk](mailto:support@topazcentre.org.uk)

**Survivors UK** - national support organisation for men who have been raped and sexually assaulted.

Helpline 0845122 1201  
open Mon, Tues and Thurs  
7pm-10pm.  
[www.survivorsuk.org](http://www.survivorsuk.org)

**Derby Rape Crisis** - supports both men and women who have been raped.  
Tel: 01332 372 545.  
[www.drconline.org.uk](http://www.drconline.org.uk)

**MPower** - organisation supporting male victims of sexual assault  
[www.male-rape.org.uk](http://www.male-rape.org.uk)  
0808 808 4321,  
Thurs 8-10pm.

## **Healthy Gay Nottingham**

The Broad Street Centre,  
12 Broad Street. Hockley.  
Nottingham NG1 3AL  
Tel: 0115 947 6868  
[www.healthygaynottingham.org.uk](http://www.healthygaynottingham.org.uk)  
Email: [healthygaynottingham@nottinghamcity.nhs.uk](mailto:healthygaynottingham@nottinghamcity.nhs.uk)

**Victim support** - provide support to victims of all types of crime. 0845 450 3899

**Nottinghamshire Lesbian and Gay Switchboard** -  
0115 934 8485  
- open Mon-Fri 7pm-10pm



**Patient Advisory Liaison Service**  
Tel: 0115 912 3320  
[pals@nottinghamcity.nhs.uk](mailto:pals@nottinghamcity.nhs.uk)  
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