



RESOURCES FOR ENGAGING MEN

SAAM 2022

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RESOURCES FOR VICTIMS & SURVIVORS OF SEXUAL VIOLENCE WHO ARE MEN, AND FOR PRACTITIONERS

TO READ

BOOKS

IT DIDN'T START WITH YOU – MARK WOLYNN

A groundbreaking approach to transforming traumatic legacies passed down in families over generations, by an acclaimed expert in the field.

THE BODY KEEPS THE SCORE – BESSEL VAN DER KOLK

A pioneering researcher and one of the world's foremost experts on traumatic stress offers alternatives to drugs and talk therapy—a bold new paradigm for healing

ALL ABOUT LOVE – bell hooks

hooks believes our everyday notions of what it means to give and receive love often fail us, and these ideals are established in early childhood. she offers a radical new ways to think about love by showing its interconnectedness in our private and public lives.

VICTIMS NO LONGER – MIKE LEW

Examines the changing cultural attitudes toward male survivors of incest and other sexual trauma and speaks to the pain, needs, fears, and hopes of the adult male survivor.

I DON'T WANT TO TALK ABOUT IT – TERRANCE REAL

A groundbreaking and hopeful guide to understanding and destigmatizing male depression, essential not only for men who may be suffering but for the people who love them.

STRESS MANAGEMENT WORKBOOK – RUTH C WHITE

Reduce your stress in 10 minutes or less with the practical exercises and quick strategies

TO READ

BOOKS

HEAVY – KIESE LAYMON

In this powerful and provocative memoir, genre-bending essayist and novelist Kiese Laymon explores what the weight of a lifetime of secrets, lies, and deception does to a black body, a black family, and a nation teetering on the brink of moral collapse.

MAN ENOUGH – JUSTIN BOLDONI

In this urgent, groundbreaking and provocative book, Boldoni challenges men to dig deep within themselves as he reimagines what it means to be man enough, all while connecting us to what it means to be human.

HEALING FOR MALE & LGBTQIA SURVIVORS OF SEXUAL ASSAULT – SUGATI PUBLICATIONS

This booklet includes extensive trauma-informed information about healing and recovering after a sexual assault for male and LGBTQIA+ survivors including: medical care and options, reporting concerns, the criminal justice process, and additional resources.

FINDING FISH – ANTWOINE FISHER

The memoir of Antwone Fisher's miraculous journey from abandonment and abuse to liberation, manhood, and extraordinary success.

QUEER AND TRANSGENDER RESILIENCE WORKBOOK – ANNELIESE SINGH

How can you build unshakable confidence and resilience in a world still filled with ignorance, inequality, and discrimination? The Queer and Transgender Resilience Workbook will teach you how to challenge internalized negative messages, handle stress, build a community of support, and embrace your true self.

TO READ

BOOKS

BEYOND SURVIVAL – EJERIS DIXON & LEAH LAKSHMI PIEPZNA-SAMARASINHA

Transformative justice seeks to solve the problem of violence at the grassroots level, without relying on punishment, incarceration, or policing. Community-based approaches to preventing crime and repairing its damage have existed for centuries. However, in the punitive atmosphere of contemporary criminal justice systems, they are often marginalized and operate under the radar. Beyond Survival puts these strategies front and center as real alternatives to today's failed models of confinement and "correction."

BEYOND BETRAYAL: TAKING CHARGE OF YOUR LIFE AFTER BOYHOOD SEXUAL ABUSE – RICHARD GARTNER

With compassion and clarity, Richard Gartner shares insights from years of working with male survivors. Among this book's greatest strengths is the extensive use of examples from Dr. Gartner's clinical practice to illustrate problems and solutions on the path to healing. Beyond Betrayal offers support, encouragement, and useful skills to men in recovery.

COME HERE: A MAN OVERCOMES THE TRAGIC AFTERMATH OF CHILDHOOD SEXUAL ABUSE – RICHARD BERENDZEN

A former president of American University recounts his shattering experiences as a child victim of sexual abuse and incest.

THE COMPLEX PTSD WORKBOOK – SCHWARTZ, PH.D A mind-body workbook for healing and overcoming Complex PTSD

TO READ

BOOKS

YOU ARE YOUR BEST THING: VULNERABILITY, SHAME RESILIENCE, AND THE BLACK EXPERIENCE – TARANA BURKE & BRENÉ BROWN

Tarana Burke and Dr. Brené Brown bring together a dynamic group of Black writers, organizers, artists, academics, and cultural figures to discuss the topics the two have dedicated their lives to understanding and teaching: vulnerability and shame resilience.

THE MALE SURVIVOR: THE IMPACT OF SEXUAL ABUSE BY MATTHEW PARYNIK MENDEL

The Male Survivor provides a comprehensive and in-depth literature review, it also carefully explicates the specific social and psychological issues faced by men who were abused as children.

HOW CAN I FORGIVE YOU? – JANIS A. SPRING

Dr. Janis Abrahms Spring proposes a radical, life-affirming alternative that lets us overcome the corrosive effects of hate and get on with our lives—without forgiving.

NICE TO MEET ME – CHRIS CARLTON

Nice To Meet Me shows us that recovering from sexual abuse is undeniable with hard work and determination. This book is a candid, inspirational story of self-discovery and persistence that should be read by anyone looking to recover from traumatic memories, and for loved ones wishing to better understand someone struggling with their past.

TO SUPPORT

ORGANIZATIONS

MEN'S STORY PROJECT

www.mensstoryproject.org

The Men's Story Project is a scalable storytelling and dialogue project that brings critical dialogue on social ideas about masculinity into public forums around the world - via men's own stories.

MALE SURVIVOR

www.malesurvivor.org

MaleSurvivor is dedicated to providing personalized support for men at every stage of the healing process, such as facilitated dialogue among survivors and educational resources.

MEN HEALING

www.menhealing.org

MenHealing retreats are thoughtfully planned healing experiences designed to inform, inspire, and support men who have been sexually victimized as adults or children.

SAFE HELPLINE FOR MILITARY SURVIVORS OF SEXUAL ASSAULT

www.safehelpline.org

DoD Safe Helpline is the sole secure, confidential, and anonymous crisis support service specially designed for members of the Department of Defense community affected by sexual assault.

TO SUPPORT

ORGANIZATIONS

NATIONAL SEXUAL VIOLENCE RESOURCE CENTER

www.nsvrc.org

The National Sexual Violence Resource Center (NSVRC) is the leading nonprofit in providing information and tools to prevent and respond to sexual violence. NSVRC translates research and trends into best practices that help individuals, communities and service providers achieve real and lasting change. NSVRC also works with the media to promote informed reporting.

NATIONAL SEXUAL ASSAULT HOTLINE

1-800-656-4673

Call 800.656.HOPE (4673) to be connected with a trained staff member from a sexual assault service provider in your area.

1 IN 6

www.lin6.org

- The mission of lin6 is to help men who have had unwanted or abusive sexual experiences live healthier, happier lives. Resources include: a 24/7 online helpline; free and confidential weekly online support groups; trauma-informed trainings and webinars for service providers; and male survivor stories, a collection of portraits, videos, and written narratives of male survivors of sexual abuse and assault.

FUTURES WITHOUT VIOLENCE

www.futureswithoutviolence.org/engaging-men

Through several programs to involve men in preventing violence against women, including Coaching Boys into Men and the Y Factor, FUTURES aims to develop new male leaders in the field who are willing to publicly speak and act to oppose violence against women and girls.

TO ENGAGE

PROGRAMS

OHIO MEN'S ACTION NETWORK – ODVN

www.ohman-ohio.org

Ohio Men's Action Network is growing and becoming a unifying effort in Ohio to reach boys, young men, and men to prevent all forms of violence

A CALL TO MEN

www.acalltomen.org

A Call to Men works to transform society by promoting healthy, respectful manhood and offering trainings and educational resources for companies, government agencies, schools, and community groups. At the core of all the education and programming is their signature analysis on the collective socialization of manhood – the Man Box.

BLACK EMOTIONAL AND MENTAL HEALTH COLLECTIVE

<https://beam.community>

BEAM is a national training, movement building, and grant making institution that is dedicated to the healing, wellness, and liberation of Black and marginalized communities.

ALLIANCE FOR BOYS AND MEN OF COLOR

www.allianceforbmoc.org

The Alliance for Boys and Men of Color is a national network of hundreds of community and advocacy organizations who come together to advance race and gender justice by transforming policies that are failing boys and men of color and their families and building communities full of opportunity.

TO ENGAGE

PROGRAMS

JUST DETENTION

www.justdetention.org

JDI is the only organization in the world dedicated to ending sexual abuse in detention. JDI advocates for laws and policies that make prisons and jails safe, and fight to ensure that survivors get the help they need and deserve.

ADVOCATING OPPORTUNITY

www.advocatingopportunity.com

One of a handful of programs in the country providing comprehensive, holistic, trauma-responsive legal and support services to persons who have experienced sex and labor trafficking

NATIONAL COMPADRES NETWORK

www.nationalcompadresnetwork.org

The National Compadres Network is a national effort whose focus is the reinforcement of the positive involvement of Latino males in the lives of their families, communities, and society.

MEN CAN STOP RAPE

www.mcsr.org

Men Can Stop Rape empowers male youth and the institutions that serve them to work as allies with women in preventing rape and other forms of men's violence. Through awareness-to-action education and community organizing, they promote gender equity and build young men's capacity to be strong without being violent.

TO ENGAGE

PROGRAMS

STRONGHEARTS HELPLINE

www.strongheartshelpline.org

Culturally-specific helpline for Native Americans impacted by domestic, dating and sexual violence.

INCEST AWARE

www.incestAWARE.org

Incest AWARE is a site devoted entirely to the topic of incest and its prevention.

SEXUAL ASSAULT ADVOCACY NETWORK

www.saancommunity.org

The mission of the Sexual Assault Advocacy Network (SAAN) is to reduce sexual violence by providing specialized services to seasoned advocates and help those new to this community to become stronger, well connected, more effective leaders.

PANDORA'S PROJECT

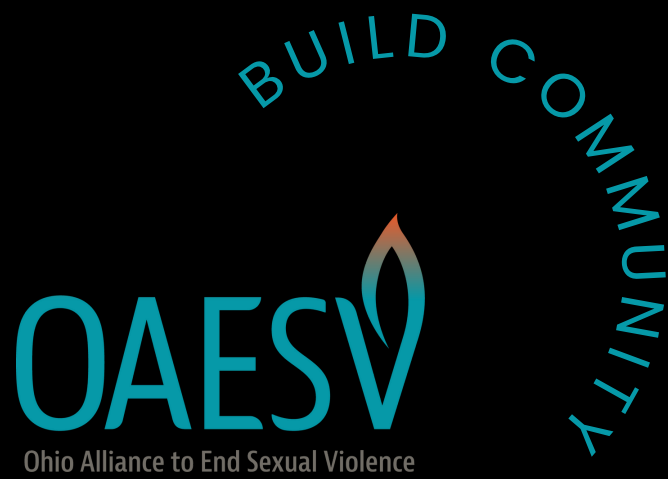
www.pandys.org

Pandora's Project is a nonprofit organization dedicated to providing support, and resources to survivors of rape and sexual abuse and their friends and family.

THE BREATHE NETWORK

www.thebreathenetwork.org

The Breathe Network connects survivors of sexual violence with trauma-informed, sliding-scale, health, wellness, and healing professionals.



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