



RESOURCES FOR ENGAGING MEN

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BOOKS, MAGAZINES, & OTHER RESOURCES

A BOOK OF DARES: 100 WAYS FOR BOYS TO BE KIND, BOLD AND BRAVE BY TED BUNCH & ANNA MARIE JOHNSON TEAGUE

This collection of 100 original dares will help boys expand their worldview, inspire more respect toward girls and non-binary kids, and generally develop a healthier idea of manhood.

A PATH WITH HEART BY JACK KORNFIELD

A guide to reconciling Buddhist spirituality with the American way of life addresses the challenges of spiritual living in the modern world and offers guidance for bringing a sense of the sacred to everyday experience.

ALL ABOUT LOVE BY BELL HOOKS

Visionary and original, hooks shows how love heals the wounds we bear as individuals and as a nation, for it is the cornerstone of compassion and forgiveness and holds the power to overcome shame.

BEING ME, LOVING YOU BY MARSHALL ROSENBERG

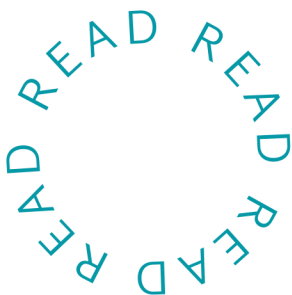
Many of us think of love as a strong emotion, a feeling we have for another person. Marshall Rosenberg's helps us take a wholly different and life-enriching approach to love. Discover how to express yourself and overcome guilt, fear or shame.

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

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.

COME HERE: A MAN OVERCOMES THE TRAGIC AFTERMATH OF CHILDHOOD SEXUAL ABUSE BY RICHARD E. BERENDZEN

Dr. Berendzen courageously speaks out on his childhood sexual abuse, the effects of which later returned to drive him over the edge.



BOOKS, MAGAZINES, & OTHER RESOURCES

COMPLEX PTSD WORKBOOK: A MIND-BODY APPROACH TO REGAINING EMOTIONAL CONTROL AND BECOMING WHOLE BY ARIELLE SCHWARTZ

In this workbook, you'll learn all about C-PTSD and gain insight into symptoms associated with unresolved childhood trauma and how to integrate positive beliefs and behaviors.

CRY LIKE A MAN: FIGHTING FOR FREEDOM FROM EMOTIONAL INCARCERATION BY JASON WILSON

Wilson explains the dangers men face in our culture's definition of masculinity and gives readers hope that healing is possible.

VOICE MALE MAGAZINE – VOICEMALEMAGAZINE.ORG

Voice Male assists men and boys on the journey to an egalitarian manhood championing gender justice for all. It features men's voices: fathers; father figures and mentors; men of color; activist men; gay, bisexual, questioning, and trans men; and younger men.

FINDING FISH: A MEMOIR BY ANTWONE FISHER

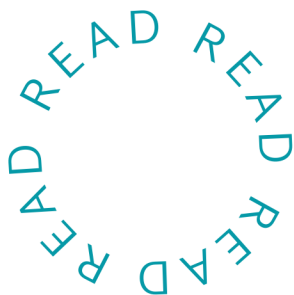
Fisher was born in prison to an incarcerated mother and a father who had been shot by a girlfriend. After being placed in foster care, Fisher was treated brutally and blamed for his own misfortunes.

FOR THE LOVE OF MEN: FROM TOXIC TO A MORE MINDFUL MASCULINITY BY LIZ PLANK

A nonfiction investigation into masculinity, For the Love of Men provides actionable steps for how to be a man in the modern world while also exploring how being a man has evolved.

LOVE WITH ACCOUNTABILITY: DIGGING UP THE ROOTS OF CHILD SEXUAL ABUSE BY AISHAH SHAHIDAH SIMMONS

A group of Black child sexual abuse survivors and advocates use transformative storytelling to explore how we can end child sexual abuse without relying upon racist institutions that brutalize Black people.



BOOKS, MAGAZINES, & OTHER RESOURCES

HOW CAN I FORGIVE YOU? BY 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.

I DON'T WANT TO TALK ABOUT IT: OVERCOMING THE SECRET LEGACY OF MALE DEPRESSION BY TERRENCE REAL

This is 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.

IT DIDN'T START WITH YOU: HOW INHERITED FAMILY TRAUMA SHAPES WHO WE ARE AND HOW TO END THE CYCLE BY MARK WOLYNN

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

LETTING GO OF ANGER: THE 11 MOST COMMON ANGER STYLES AND WHAT TO DO ABOUT THEM BY RONALD & PATRICIA POTTER-EFRON

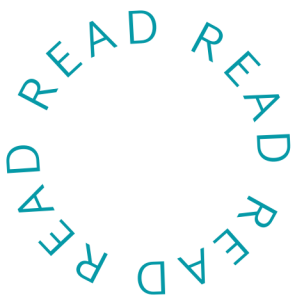
This book examines the eleven most common styles of anger expression and helps you learn how to communicate your anger in healthy ways.

MAN ENOUGH: UNDEFINING MY MASCULINITY BY JUSTIN BALDONI

The effects of traditionally defined masculinity have become one of the most prevalent social issues of our time. In this engaging and provocative new book, beloved actor, director, and social activist Justin Baldoni reflects on his own struggles with masculinity

MEN'S WORK BY PAUL KIVEL

Men's Work helps men understand the consequences of their violent behaviors and gives them the tools to make choices other than violence. The text and exercises help men learn the roots of male violence, the role of violence in their lives, and actions they can take to change their responses today.



BOOKS, MAGAZINES, & OTHER RESOURCES

QUEER AND TRANSGENDER RESILIENCE WORKBOOK BY ANNELIESE A. SINGH

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

COPING WITH SEXUAL ASSAULT: A GUIDE TO HEALING FOR MALE SURVIVORS, THEIR LOVED ONES AND ALLIES BY COPING RESOURCES

This booklet offers information about healing from sexual assault, medical concenss, navigating the criminal justice system, victim rights, and other resources for male survivors of sexual violence. Purchase it at www.copingresources.com

THE BODY KEEPS THE SCORE: BRAIN, MIND, AND BODY IN THE HEALING OF TRAUMA BY BESSEL VAN DER KOLK M.D.

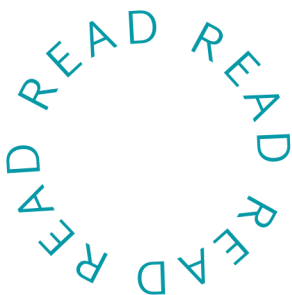
This book uses scientific advances to show how trauma literally reshapes the body and brain, compromising capacities for pleasure, engagement, self-control, and trust. Recommended for practitioners.

THE COURAGE TO TRUST: A GUIDE TO BUILDING DEEP AND LASTING RELATIONSHIPS BY CYNTHIA WALL

This book is a warm and friendly guide to achieving greater self-confidence and deeper levels of intimacy and trust. Learn from and then let go of old betrayals that have impaired your trust-building skills, and approach the rest of your life with a renewed sense of purpose and belonging.

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

A dynamic group of Black writers, organizers, artists, academics, and cultural figures are brought discuss vulnerability and shame resilience.



BOOKS, MAGAZINES, & OTHER RESOURCES

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

This landmark study examines the largest clinical sample to date of male survivors of sexual abuse in childhood, dispelling myths regarding the invulnerability of males.

THE WILL TO CHANGE: MEN, MASCULINITY, AND LOVE BY BELL HOOKS

To know love, men must be able to look at the ways that patriarchal culture keeps them from being in touch with their feelings and knowing themselves.

VICTIMS NO LONGER: CLASSIC GUIDE FOR MEN RECOVERING FROM SEXUAL CHILD ABUSE BY MIKE LEW

Victims No Longer examines the changing cultural attitudes toward male survivors of incest and other sexual trauma, supported by personal anecdotes and statements of male survivors.

WE REAL COOL: BLACK MEN AND MASCULINITY BY BELL HOOKS

This collection of ten essays depicts the marginalization of black males by white culture.

WHAT HAPPENED TO YOU? CONVERSATIONS ON TRAUMA, RESILIENCE AND HEALING BY BRUCE D. PERRY AND OPRAH WINFREY

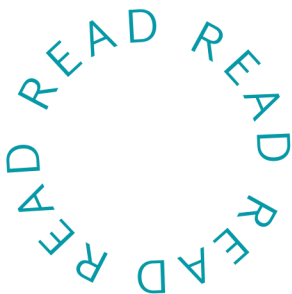
This book discusses the impact of trauma and adverse experiences and how healing must begin with a shift to asking, "What happened to you?" rather than, "What's wrong with you?"

NICE TO MEET ME BY CHRIS CARLTON

This book lifts the veil on the damage of male sexual abuse, causes, and the struggle it takes for men to manage the surfacing memories after years of suppressing.

HEAVY: A MEMOIR BY KIESE LAYMON

A defiant, vulnerable, insightful, and often comical exploration of weight, identity, art, friendship, and family that begins with a confusing childhood—and continues through 25 years of long reverberations.



VIDEOS & PODCASTS

DOCUMENTARY: BOYS AND MEN HEALING

This powerful documentary portrays the stories of male survivors of childhood sexual abuse whose arduous healing from helped them reclaim their lives, speak out, and take bold action toward child sexual abuse prevention.

PODCAST: LET'S TALK BRUH

A podcast on black masculinity with conversations on mental health/therapy, black male privilege, vulnerability, patriarchy's impact on black women, friendship, sex and much more.

PODCAST: MAN ENOUGH

A podcast that explores what it means to be a man and how rigid gender roles have affected all people.

DOCUMENTARY: THE MASK YOU LIVE IN

A documentary and educational tool developed by the Representation Project. The Mask You Live In follows boys and young men as they struggle to stay true to themselves while negotiating America's narrow definition of masculinity.

VIDEOS: TEXAS MEN'S STORY PROJECT - TEXAS ASSOCIATION AGAINST SEXUAL ASSAULT (TAASA)

TAASA partnered with Men's Story Project engaging men in storytelling and anti-violence efforts. Some stories in the production are available on YouTube. Stories address relationships, fatherhood, sexuality, race/ethnicity, intimate partner violence, childhood sexual abuse, mental health, body image, friendships, grief and loss, journeys of personal healing and change, and more.



VIDEOS & PODCASTS

PODCAST: RESOURCE ON THE GO BY NSVRC - WORKING WITH MALE SURVIVORS SERIES

This series includes conversations from across the field on working with male survivors of sexual violence. Topics include understanding expressions of trauma in men, working with formerly incarcerated male survivors, services for transgender male and transmasculine survivors, and more.

VIDEO: BREAKING THE SILENCE OF MALE TRAUMA SURVIVORS

A TedxTalk by male trauma expert Dr. Debra Warner, explaining that men also suffer from sexual assault and a culture of violence.

PODCAST: WHAT THEY DON'T TELL YOU ABOUT BEING A SURVIVOR

A podcast that focuses on life after a traumatic event/experience and seeks to empower survivors and help people know they are not alone in what they are going through.

PODCAST: JUST HEALING

A podcast by Richard Smith that aims to help destigmatize healing by shedding light on the unique experiences beyond the therapist's office. Episode take a deep dive into the range of perspectives and personal stories about the social and cultural factors that impact healing for male survivors.

PODCAST: MODERN MANHOOD

This podcast mostly concentrates on the systemic issues, struggles, and hopes for masculinities. With a pro-feminist viewpoint, the hosts investigate how masculinity has changed throughout their lives and what the future looks like for gender.

PODCAST: NOW AND MEN

What's it like to be a man in the 21st century? How are feminist issues relevant to men and boys? In each episode, you'll hear in-depth conversations about masculinity, gender equality, and the lives of men and boys, with topics ranging from preventing violence against women, promoting active fatherhood, and supporting men's health.



COMMUNITY & OUTREACH

INCEST AWARE

The Incest AWARE community is here to validate survivor experience, encourage accountability for people who harm, and support individuals and families healing from this form of trauma.

PANDORA'S PROJECT

Offers a resources, healing, and recovery for survivors of childhood sexual abuse. Resources are available for youth, adolescents, and adult men. There is also a forum for male survivors.

THE BREATHE NETWORK

This Network supports survivors with trauma-informed, sliding-scale healing resources and offers training and education for advocacy organizations on best practices in trauma-informed care.

OHIO NETWORK OF CHILDREN'S ADVOCACY CENTERS

CACs are child-focused facilities that help abused children heal by coordinating the investigation and treatment of child sexual abuse and providing access to long-term advocacy and healthcare.

OHIO SUICIDE PREVENTION FOUNDATION

A non-profit that works to reduce the stigma of suicide, promote evidence-based prevention strategies, and raise awareness about suicide's relationship to mental illness, alcohol, drug abuse, and other issues.

NATIONAL COMPADRES NETWORK

A national effort whose focus is the reinforcement of the positive involvement of Latino males in the lives of their families, communities, and society.

OHIO COMMISSION ON FATHERHOOD

A state-wide commission with a mission to improve the outcomes of Ohio's children and strengthen families by providing opportunities for fathers to become better parents, partners, and providers.



ORGS: ADVOCACY & INTERVENTION

1IN6

1in6 helps men who have had unwanted or abusive sexual experiences live healthier, happier lives. Their mission also includes serving family members, friends, partners, and service providers by providing information and support resources on the web and in the community.

JUST DETENTION INTERNATIONAL

JDI is a health and human rights organization that seeks to end sexual abuse in all forms of detention. JDI holds government officials accountable for prisoner rape, challenges the attitudes and misperceptions that allow sexual abuse to flourish, and makes sure that survivors get the help they need.

HEALING JUSTICE ALLIANCE

Healing Justice Alliance's goal is to create equal access to culturally responsive victim services for male survivors of violence, especially males of color. They support effective evidence-based models, programs, practices, and outreach/messaging strategies, and promoting collaborative learning across communities.

MALE SURVIVOR

MaleSurvivor is committed to preventing, healing, and eliminating all forms of sexual victimization of boys and men through support, treatment, research, education, advocacy, and activism. They are dedicated to providing personalized support for men at every stage of the healing process.

ADVOCATING OPPORTUNITY

Advocating Opportunity is unique among legal service providers for trafficked and exploited persons. It provides comprehensive, holistic, trauma-responsive legal and support services to persons who have experienced sex and labor trafficking.



ORGS: ADVOCACY & INTERVENTION

COACHING BOYS INTO MEN

Coaching Boys Into Men (CBIM) is the only evidence-based prevention program that trains and motivates high school coaches to teach their young male athletes healthy relationship skills and that violence never equals strength.

BLACK WOMEN CULTIVATING CHANGE

Empowering the Black community to change the narrative by giving them the tools needed to live both happy and healthy lives. This org works to create an environment where mental health and wellness services are accessible and equitable.

MEN'S HEALING

MenHealing is dedicated to providing help for male survivors of sexual assault, sexual abuse, and sexual trauma during childhood or as adults. They conduct healing workshops for men, ages 18 and older, who have experienced sexual abuse or sexual assault as a child and/or as an adult.

OHIO MEN'S ACTION NETWORK

OHMAN is a network of men and women, as individuals and as representatives of local and state organizations, working to engage men and boys in efforts to prevent sexual violence; sexual exploitation; domestic, intimate partner, family and relationship violence; and to promote equitable, nonviolent relationships and a culture free of oppression.

MEN AS PEACEMAKERS

Men As Peacemakers is an organization that aims to end violence against women and children. Specifically, MAP focuses on preventing sexual assault, dating violence, and domestic violence perpetrated against women, girls, and boys.



ORGS: VIOLENCE PREVENTION & ALLYSHIP

TREVOR PROJECT

The Trevor Project is an American nonprofit organization focused on suicide prevention efforts among lesbian, gay, bisexual, transgender, queer, and questioning youth. They offer a toll-free telephone number where confidential assistance is provided by trained counselors.

MEN'S STORY PROJECT

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.

A CALL TO MEN

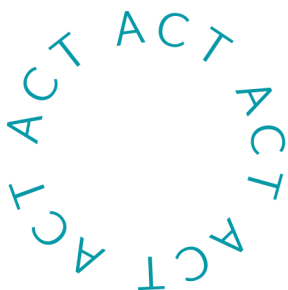
A Call to Men works to transform society by promoting healthy, respectful manhood and offering trainings and educational resources for companies, government agencies, schools, and community groups.

MCSR (FORMERLY MEN CAN STOP RAPE)

MCSR mobilizes men to use their strength to create cultures free from violence, especially men's violence against women and girls. They promote healthy masculinity and empowered womanhood, rooted in community, based in strength, and grounded in respect.

FUTURES WITHOUT VIOLENCE

Futures Without Violence is a health and social justice nonprofit with a simple mission: to heal those among us who are traumatized by violence today, and to create healthy families and communities free of violence tomorrow.



ORGS: VIOLENCE PREVENTION & ALLYSHIP

BLACK EMOTIONAL AND MENTAL HEALTH COLLECTIVE (B.E.A.M)

B.E.A.M.'s mission is to remove the barriers that Black people experience getting access to or staying connected with emotional health care through education, training, advocacy, and the creative arts.

WHITE RIBBON CAMPAIGN

White Ribbon has engaged millions of people, brands, organizations and educators through the creative use of social and mobile tools that inspire men to speak out against gender-based violence.

COALITION FOR MEN AND MASCULINITIES

The ACPA Coalition on Men and Masculinities exists to be a source of information regarding men, masculinities, and men's development.

MALE BEHAVIORAL HEALTH

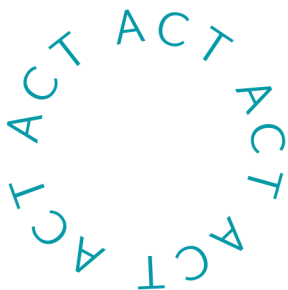
An organization that exists to educate, advocate, and bring attention to the mental, emotional, and behavioral health needs of men and boys through research, trainings, and direct practice.

ALLIANCE FOR BOYS AND MEN OF COLOR

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.

AMEND TOGETHER - YWCA

AMEND Together seeks to challenge the culture that supports violence, cultivate healthy masculinity in men and boys, and change the future for women and girls.



MEN'S GROUPS

BROTHERS UNITED - PATHWAY TOLEDO

Pathway Inc. Brothers United program is a new fatherhood program in Lucas County. This program supports and advocates for fathers through workshops, programs, and child support.

CLEVELAND PEACEMAKERS ALLIANCE

Cleveland Peacemakers Alliance (CPA) seeks to foster supportive environments and healthy conditions to reduce violence effectively.

WEEKEND OF RECOVERY - MEN HEALING

Men Healing hosts Day of Recovery and Weekend of Recovery (WOR) retreats. These are 3-day healing workshops for male survivors of sexual abuse, sexual assault, or sexual trauma as a child or as an adult.

MEN ENGAGE ALLIANCE

MenEngage Alliance is a space for members to come together in solidarity with those most targeted by gender injustices and patriarchal systems to collectively dismantle structural barriers to women's rights and gender equality.



HELPLINES

NATIONAL SEXUAL ASSAULT HOTLINE: 1-800-656-4673

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

RAINN (RAPE, ABUSE & INCEST NATIONAL NETWORK)

RAINN is the nation's largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline in partnership with more than 1,000 local sexual assault service providers across the country and operates the DoD Safe Helpline for the Department of Defense.

OHIO SEXUAL VIOLENCE HELPLINE: 844-OHIO.HELP

The Ohio Sexual Violence Helpline is a 24/7 confidential resource providing advocacy and support for survivors of sexual violence across Ohio. The Ohio Sexual Violence Helpline aims to ensure that no matter where in Ohio a survivor is located, they will have 24-hour access to support and links to resources and options in their local community. Call 1-800-656-4673 for 24-7 support.

SAFE HELPLINE FOR MILITARY SURVIVORS OF SEXUAL ASSAULT: 877-995-5247

Safe Helpline is a 24/7 hotline. It provides a clear channel for members of the DoD community who have been affected by sexual violence to receive the care they need in a secure, confidential, and anonymous support platform. Live chat is also available.

STRONGHEARTS HELPLINE: 1-844-762-8483

Call 1-844-7NATIVE for 24/7 confidential and anonymous support and advocacy to Native American and Alaska Natives impacted by domestic and sexual violence.





This publication was supported by Rape Crisis Funding awarded by the Ohio Governor's office, administered by the Ohio Attorney General's Office. The opinions, findings, conclusion, and recommendations expressed are those of the authors and do not necessarily reflect the views of the Governor or the Ohio Attorney General's Office.