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The Effects of Gender Stereotypes and Rape Myths on Male Helpseeking

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The Effects of Gender Stereotypes and Rape Myths on Male Helpseeking

Ali Serrantino '20 – (Sponsors: Dr. Nicole Overstreet & Gia Gambardella)



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INTRODUCTION

- Rape myths are incorrect assumptions or beliefs about rape, rape victims and rapists, however much of our knowledge around rape myths excludes beliefs about male victimization
- Gender norms in the U.S. perpetuate the beliefs that men should be tough, independent and dominant
- A man being sexually assaulted and seeking help violates these social norms, resulting in increased stigmatization
- Men seek help less frequently than women following sexual assault
- Literature Review Research Question: How do gender stereotypes and male rape myths affect male helpseeking following sexual victimization?

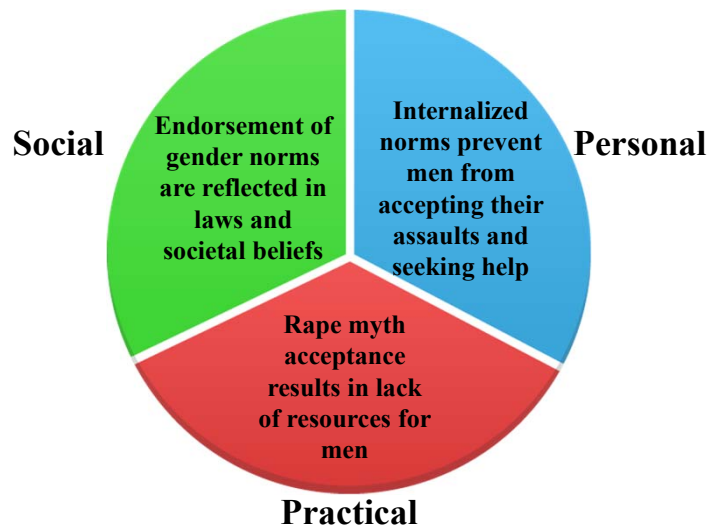
METHODS

- 14 articles were used in the review
- All articles were found on PsychINFO and Google Scholar, as well as from references of related articles
- Keywords: male victimization, male survivors, sexual assault, rape myths, stereotypes, help seeking
- Majority of articles were from mid-2000s to early 2010s

RESULTS

- Common stereotypes portray men as independent, sexually insatiable, assertive, unemotional and able to protect themselves
- Male gender stereotypes are linked with how men are blamed following their assaults, as well as their acknowledgement of their own assaults
- Common male rape myths: male rape cannot happen; men are able to defend themselves from assault; men are not affected by their assaults
- Male rape myths are regularly accepted in society, especially by heterosexual men

BARRIERS TO HELPSEEKING



SUGGESTIONS FOR POLICY AND PRACTICE

- Increase training of law enforcement, healthcare workers and other support services in how to better care for male survivors
- Increase awareness regarding male sexual assault in order to reduce stigmatization
- Investigate the effects of intersectional identities with regards to racial/ethnic and sexual minorities on stereotypes and barriers to helpseeking

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