

1in6 Annual Report 2014



SUPPORT FOR MEN
AND THOSE WHO CARE ABOUT THEM

Who We Are

The mission of **1in6** is to help men who have had unwanted or abusive sexual experiences in childhood live healthier, happier lives. **1in6** helps to move these men from isolation and private anguish into active recovery by providing accurate and compassionate information, inspiration, and support. **1in6** offers a dynamic and information-rich web site and other technologies, professional training resources for service providers, and community awareness and engagement programming for a variety of audiences.

Why We Exist

1in6 was founded in 2007 to expand awareness and resources for a serious, largely-unacknowledged and socially-taboo problem – the far-reaching consequences of untreated childhood sexual abuse of boys. Childhood sexual abuse is estimated to have affected at least one in every six¹ adult males in the United States – over 19 million men. In addition to the shame and stigma felt by sexual abuse survivors of all genders, males are less likely to disclose their abuse or seek assistance, which can profoundly impact the lives of the individual men, their families and communities.

Research indicates that most men who have had such experiences don't begin to deal with the negative effects until they are in their late 30s, 40s and 50s. Postponement of the recovery process can result in a life half-lived. Men who do not deal with what happened to them as children are at a significantly higher risk for a host of health issues (substance abuse, self-destructive behavior, chronic health conditions), mental health issues (depression, suicidal ideation, post-traumatic stress disorder) and social dysfunction (failed relationships, impeding of education and career objectives, interpersonal violence). **1in6** believes that reliable information and motivation-enhancing support must be available to help male survivors deal with their earlier sexual abuse and its lingering consequences.

Who We Serve

1in6 services cast a wide net, embracing technology's capacity to reach large numbers of individuals dealing with this issue. Our training resources also serve a cross section of service providers already assisting our target population with health and mental health issues related to their childhood sexual abuse. In the hope that male survivors will start the process of recovery sooner, our technology-based programs and awareness campaigns primarily focus on those between the ages of 18 and 30. However, our services are available to individuals of all ages, and no one seeking assistance is turned away.

What We Do

1in6 is seeking nothing less than a cultural shift – from viewing male childhood sexual abuse as a stigmatized, private problem to an actionable community issue. In eight short years, **1in6** has established itself as a leading voice engaging individuals and organizations to enhance understanding about the far-reaching consequences of untreated childhood sexual abuse for men and for those who care about them. Our tenacity, visibility and careful nurturance of key partnerships has helped to inspire increased services to support men who had unwanted or abusive sexual experiences in childhood to live healthier happier lives; has effectively highlighted a trauma-informed understanding of men's coping strategies in fields as diverse as education, criminal justice, substance abuse, homelessness, child welfare, and mental and physical health, and has enabled us to become a respected participant in national and international conversations about sexual abuse.

¹ Hopper, J., McLean Hospital and Harvard Medical School. <http://www.jimhopper.com/abstats/#boys>. See also Dube, Anda, Whitfield, Brown, Felitti, Dong and Giles. (2005). Long-Term Consequences of Childhood Sexual Abuse by Gender of Victim. *American Journal of Preventive Medicine*. 2005: 28(5).

How We Serve

The **1in6** program model targets change on three levels - individual survivors, service providers, and the larger society – and includes the following program components:

- **Technology-based Information and Services** - Developed by issue experts in the field, the **1in6** website (www.1in6.org) is the most complete resource available in the world today for individuals dealing with male childhood sexual abuse. The website's 365 content-rich pages (in English and in Spanish), contain all the information, encouragement and tools that men might need to get started in dealing with this difficult issue, as well as the resources that loved ones and service providers can use to support these efforts. The website hosts both the 1in6 Online SupportLine (offering live and anonymous support from specially-trained volunteers, 24/7) and the unique 1in6 Online Lending Library, through which those in need can order books and other resources (many of the 75 titles are available cost-free) from the privacy of their own homes. Currently the **1in6** website receives nearly 600,000 visits annually and is cited by many other organizations as a primary resource for male survivors. User feedback indicates that the content has helped over 92 percent of those responding to learn more about the issue; better understand themselves; feel less alone; and/ or seek additional help.

The Numbers in 2014

- The OnlineSupportline served 795 visitors (an average of 66/month), with call times averaging 40 minutes, representing a 6% increase in total hours of service over 2013.
- The Online Lending Library provided free books and other resources to 150 individuals in 2014.
- Overall visits to the 1in6 Website rose by 30% above 2013, averaging 48,186/month, for a total of 578,237 visitors. Of those, unique visitors accounted for an average 22,1176/month, for a total of 266,117 unique visitors for the year, up 45% over 2013.)

- **Educational Information and Training Resources** - **1in6** education and training resources are 1) broadening awareness among health and mental health care providers of the wide-ranging, life-long impacts of childhood sexual abuse on males and 2) improving their capacity to effectively recognize and treat male survivors regardless of the presenting issue. In partnership with RAINN (the Rape, Abuse & Incest National Network) and The Men's Project of Ottawa, and Living Well of Australia, **1in6** has created both a technical assistance toolkit of educational resources and a powerful series of training modules, including community presentations, virtual classroom seminars, webinars, in-person workshops and day-long trainings. Results of post-training surveys consistently show increased knowledge about the topic and available resources; clarifying the potential relationship to other presenting problems and issues; and strategies for engaging men who have experienced abuse and those who care about them.

The Numbers in 2014

1in6 provided trainings and participated in professional convening with local organizations, national and statewide sexual assault coalitions including events in California, Massachusetts, Pennsylvania, Tennessee, South Carolina, Florida and Georgia. We provided 17 in-person trainings to nearly 1,700 individuals, and 10 webinars with an average of 37 participants each. An additional 1,200 professionals directly received information and materials about 1in6 and another 2600 conference attendees were exposed to 1in6 messages, outreach materials and information.

- **Community Awareness and Engagement** - **1in6** is also working to address the silence and stigma surrounding male childhood sexual abuse, facilitate the development of appropriate societal responses, and encourage male survivors and those supporting them to actively seek assistance. Through coalition building, **1in6** is raising awareness of our issue and developing allies among professionals and the general public. This includes presentations at national conferences and partnership with agencies in related fields including the Joyful Heart Foundation (a leader in the development of the NO MORE campaign against sexual and domestic violence); RAINN; Big Voice Pictures; CalCASA (the California Coalition Against Sexual Assault); Peace Over Violence (a pioneer in the intervention and prevention of sexual assault and domestic violence); The Men's Project of Ottawa (1in6 Canada) and Living Well (an Australian support agency for male survivors).

1in6's Community Awareness and Engagement programming is designed to increase issue awareness and use of available community resources, including collaboration with campus-engagement programs and a comprehensive, community-engagement campaign that can be replicated in communities across the United States. Our awareness materials include electronic and printed brochures and flyers, and our 1BlueString and Bristlecone campaign materials.

The Numbers in 2014

- In 2014, 1in6 distributed over 25,000 pieces of awareness and engagement materials to universities and community agencies nationwide. An additional 15,000 individuals had access to 1in6 materials and resources through campus and community events, newsletters, and virtual classroom presentations.
- Our social-media presence continued to expand in 2014, with 5600 Twitter followers for 1in6 (a 60% increase) and 1,027 1BlueString followers (up 70% over last year).
- 1in6 received 1087 Facebook "likes" while 1BlueString had 1,315.
- YouTube views for 1BlueString-related videos totaled 7,500.
- The 1BlueString Website saw 24,981 visitors including 9,228 unique visitors.
- The number of men participating in Bristlecone: Portraits of Male Survivors doubled in 2014 and now has a total of 42 participants.

Where We Are Headed

In a remarkably short time **1in6** has made considerable progress in increasing the support resources available to male survivors (and those who care about them); raising public awareness of the extent and nature of the issue; and spurring dialogue and action to develop a societal response to better meet the needs of this underserved population. In addition to the public recognition for the issue **1in6** has garnered, the agency receives a tremendous amount of feedback from the men, loved ones and service providers who access the website and other **1in6** programs. This feedback makes clear that there is a critical need for our services on a national and even global scale. In response, we are simultaneously working to enhance existing programs locally (in our pilot community of Los Angeles County) and expand them throughout the United States and globally with our international partners.

- **Technology-based Information and Services - 1in6** will continue to add new and innovative content to its website that responds to the needs expressed in site user feedback. We expect to launch our new Online Support Group in collaboration with RAINN. We will strengthen our already-close collaborative relationships with our international partners, 1in6 Canada and Living Well in Australia to increase the sharing of new content among all three organization's websites. For example, in 2014 we were able to provide access to a self-care, smartphone app developed by Living Well; and to a pocket-sized self-care, Living Well booklet, which we modified and adapted for U.S. populations. In exchange, Living Well and 1in6 Canada adapted the concept and existing materials of our 1BlueString campaign to launch similar campaigns in their respective countries. In each instance, the costs of development of duplicate programming was avoided, and the shared branding of the material actually gave each effort greater overall impact. Future plans include adding real-life success stories/videos; a greatly-expanded Well-being section; and innovative elements such as interactive assessment and intervention tools being developed by **1in6**, to further enhance self-understanding and the motivation to seek assistance.
- **Educational Information and Training Resources - 1in6** will offer its series of training modules to a growing number of communities, through expanded use of webinars and virtual presentations, as well as continued in-person trainings and participation in national conferences.
- **Community Awareness and Engagement -** By forming respectful, strong collaborations with other national organizations in the field, including the Joyful Heart Foundation, NSVRC, RAINN, the Office on Violence Against Women, Big Voice Pictures and State Coalitions Against Sexual Assault, we have been invited to participate in a number of initiatives which have heightened the awareness of the issue and effectiveness of our work. These have included an invitation to sit on the Advisory Committee of the NO MORE campaign, where we helped develop public service announcements that included men and boys as survivors of childhood sexual abuse and sexual and domestic violence; participation on an Office on Violence Against Women (OVW) expert panel on making services available to male survivors of sexual abuse; and an OVW-sponsored roundtable on trauma-informed services for sexual abuse and domestic violence. **1in6** will continue to expand its college campus engagement program (currently involving representatives from more than 35 campuses nationally) and our 1BlueString and Bristecone public awareness campaigns in collaboration with campus and community groups across the country to provide community organizations tools to sponsor local engagement events.

Our ongoing commitment to leveraging our existing technological resources, training and awareness programming; sharpening our focus, and developing new programming internally and in collaboration with our national and international partners, will enable us to continue to increase our visibility, expand the reach of our resources and the impact of our services at a sustainable level into the foreseeable future. For more information contact Steve LePore, Founder/Executive Director, at steve@1in6.org