

TRIPLE JEOPARDY: Protecting At-Risk Refugee Survivors of Sexual and Gender-Based Violence

IMPACT OF SGBV – MALE REFUGEES

1. AIM

This module addresses the impact of SGBV, with a specific focus on refugee men and boy survivors of SGBV. It also identifies the specific needs of male refugees and the challenges they experience. Understanding the nature and extent of the potential consequences of SGBV enables participants to appreciate the urgent need for a holistic and multi-sectoral approach to support services.

2. USE

This module may be used as part of a half-, one- or two-day training (see *Model Agendas*).

TIME	METHODOLOGY	MATERIALS
1 hour, 30 minutes	PowerPoint Brainstorming Discussion Group work Case study	Flip chart Markers Impact of SGBV – Male Refugees PowerPoint Projector and speakers Triple Jeopardy video – Male Refugees

3. GENERAL BACKGROUND

Helpful **definitions** for this and other modules include:

- **Physical Consequences of SGBV:** Changes in the functioning of the body as a result of acts of sexual and gender-based violence.
- **Psychological Consequences of SGBV:** Changes in behavior following an incident of SGBV associated with a person's emotional and psychological functioning. Mental health problems can cover a broad range of disorders, but the common characteristic is that they affect a person's personality, thought processes or social interactions.
- **Psychosocial Consequences of SGBV:** Changes in the ability of the survivor, as a result of acts of sexual and gender-based violence, to manage daily functions, including care of self, social roles within the family, community and society, and mental, emotional, social and spiritual wellbeing.
- **Psychosexual Consequences of SGBV:** Changes in the ability of the survivor of SGBV to perform or enjoy sexual activity due to a psychological impact.

Resources

Triple Jeopardy Report, pp. 27-32.

Inter-Agency Standing Committee (2005) [Guidelines for Gender-based Violence Interventions in Humanitarian Settings: Focusing on Prevention of and Response to Sexual Violence in Emergencies](#).

International Federation of the Red Cross and Red Crescent Societies (2016) [Psychosocial Centre](#).

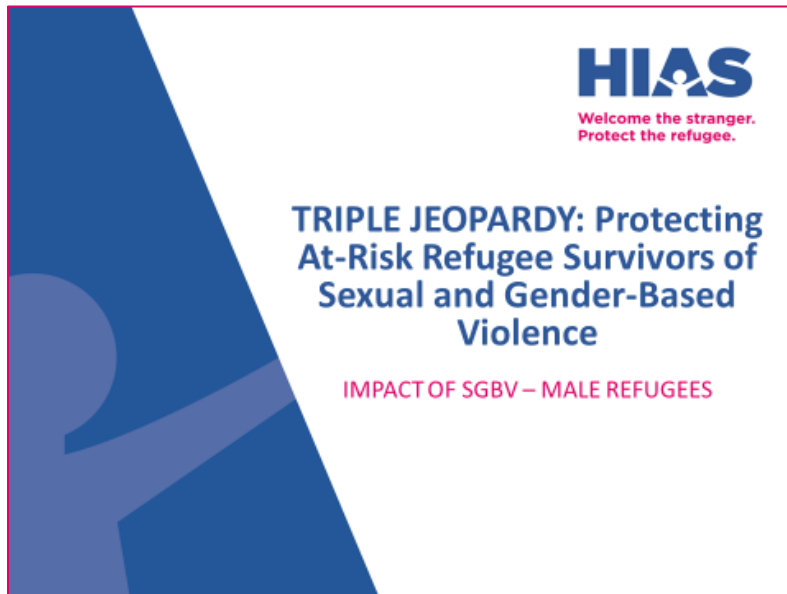
United Nations High Commissioner for Refugees (2011) [Operational Guidance: Mental Health & Psychosocial Support Programming for Refugee Operations](#). United Nations High Commissioner for Refugees (2011) [Sexual and Gender-Based Violence \(SGBV\) Prevention and Response](#).

United Nations High Commissioner for Refugees (2011) [UNHCR Age, Gender and Diversity Policy: Working with People and Communities for Equality and Protection](#). World Health Organization (2014) [Mental Health: A State of Well-being](#).

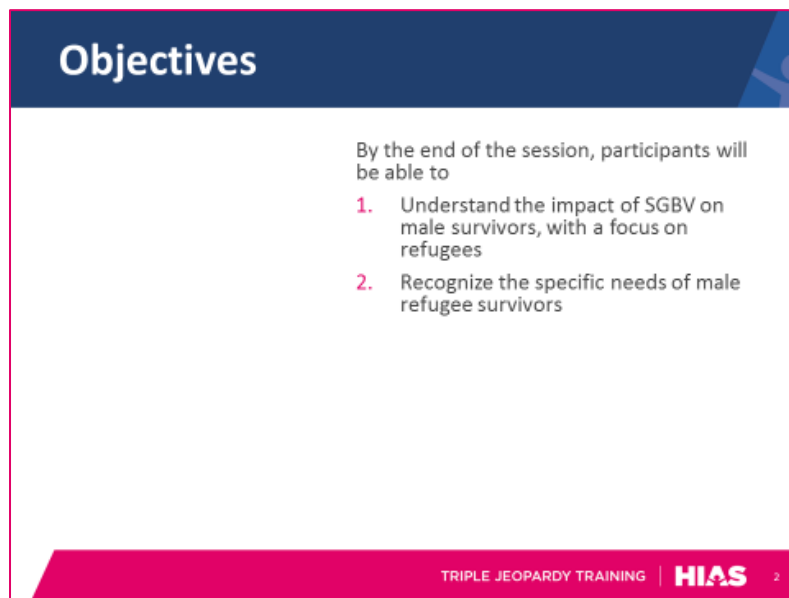
4. SLIDES

This section provides you background and resources for each PowerPoint slide in the module. It also gives you instructions to facilitate group discussions and exercises.

SLIDE 1: COVER



SLIDE 2: OBJECTIVES



Objectives

By the end of the session, participants will be able to

1. Understand the impact of SGBV on male survivors, with a focus on refugees
2. Recognize the specific needs of male refugee survivors

TRIPLE JEOPARDY TRAINING | HIAS 2

Background

- The impact of SGBV on men and boy survivors, their families and their communities can be severe, and varies greatly.
- The first objective seeks to identify the different types of consequences for male survivors of SGBV.
- Explain that later slides will address categories of consequences, including those that are physical, psychological, psychosocial and psychosexual.
- The second objective highlights specific needs of men and boy refugee survivors of SGBV.

Resources

Inter-Agency Standing Committee (2015) [Guidelines for Integrating Gender-Based Violence Interventions in Humanitarian Action: Reducing Risk, Promoting Resilience and Aiding Recovery](#).
United Nations High Commissioner for Refugees (2012) [Working with Men and Boy Survivors of SGBV in Forced Displacement](#).

Consequences and Impact of SGBV

Group Brainstorming

- What are the consequences of SGBV on
 - A male survivor?
 - His family?
 - His community?

TRIPLE JEOPARDY TRAINING | HIAS 3

Materials

Flip chart and markers

Group Activity (20 minutes)

- In advance of the session, write “Survivor - Man,” “Survivor – Boy,” “Family” and “Community” on the top of four separate flip chart pages. Place 2-3 markers on participants’ tables.
- At the start of the session, explain that participants will brainstorm about the consequences and impact of SGBV on the men and boy survivors, their families and communities.
- Post the four flip charts on the wall, with enough space between them for a few people to gather.
- Invite participants to approach a flip chart page of their choice and write down relevant consequences of SGBV on men, boys, their families and their communities -- remind the participants not to write again something that is already stated.
- Encourage diverse participants to respond.
- In plenary, review and discuss each response on the flip charts.

Physical Consequences of SGBV

- Broken bones
- Organ damage
- Bleeding
- Hemorrhoids
- Functional impairments and permanent disabilities
- Damage to the anus and loss of control over feces
- Death
- Sexually transmitted infections
- Sexual physiognomic dysfunction
- Infertility

TRIPLE JEOPARDY TRAINING | HIAS 4

Background

- Explain that the physical consequences of SGBV include changes in body functioning as a result of the violence.
- They can be temporary or permanent, depending on the level of physical force used or the emotional impact on the survivor.
- Physical impact can vary in severity, and may include death.
- Tying of the male genitalia obstructs blood-flow and can cause tissue damage of the genitalia.
- Rectal damage can include fissures and resultant incontinence. Failure to address rectal damage with timely treatment can result in permanent scarring that makes subsequent medical interventions more difficult.
- In some instances of rectal damage, victims avoid eating to minimize further damage, and as a result, experience malnutrition.
- In addition to immediate physical damage, there is also exposure to a range of sexually transmitted infections, such as urinary tract infections, gonorrhea, chlamydia, hepatitis, syphilis, HIV, genital warts, etc., as well as infections resulting from the lack of treatment of open wounds.
- In many cases, victims experience prolonged sleep disorders, chronic pain in the back, head, abdomen and rectum, chronic fatigue and gastro-intestinal difficulties.
- Ask a volunteer participant to read aloud a few of the physical impacts on the slide that were not listed on participants' flip charts in the previous exercise.

Resources

Triple Jeopardy Report, pp. 27-28.

Health-Genderviolence.org (2011) [Strengthening Health Systems Responses to Gender-Based Violence in Eastern Europe and Central Asia](#). Tewksbury, Richard (2007) [Effects of Sexual Assaults on Men: Physical, Mental and Sexual Consequences](#). United Nations High Commissioner for Refugees (2012) [Working with Men and Boy Survivors of Sexual and Gender-Based Violence in Forced Displacement](#).

SLIDE 5: QUOTE FROM A MALE REFUGEE SURVIVOR

Quote from a Male Refugee Survivor

'When I do long distance travel, it is a problem for me, according to the state of the road. For example, when I have a program in town in the morning, I have to take something small [to eat]...it is my habit not to eat something in the morning when I am going somewhere.'

Male Refugee Survivor, Nairobi, Kenya, 29 January 2014.

TRIPLE JEOPARDY TRAINING | HIAS 5

Background

- Ask a participant to read the quote provided by a male refugee survivor living in Kenya.
- Anal rape of men and boys may result in a loss of control of the anal sphincter, leading to incontinence. This can force survivors to refrain from eating, leaving home, working or participating fully in communal activities.

Resources

Triple Jeopardy Report, pp. 27-32.

Psychological Consequences of SGBV

- Feelings of shame, humiliation, anger, fear, isolation, low self esteem
- Suicidal thoughts, suicide attempts, self harm
- Anxiety disorders and panic attacks
- Post-traumatic stress disorder (PTSD) including nightmares, recurring distressing thoughts, depression and sleeplessness
- Medically unexplained psychosomatic complaints

TRIPLE JEOPARDY TRAINING | HIAS 6

Background

- Ask a participant to define “psychological consequences.” Then read aloud the definition set out in the introduction to this module.
- Explain that the impact of SGBV, whether perpetrated by the use of physical force or sexual, verbal or psychological violence, may lead to a change in the emotional well-being and behavior of the survivor.
- Psychological effects tend to be serious and enduring, including acute stress disorders (particularly in the first three months after the incident) and post-traumatic stress disorders (PTSD), which can last for a long time after the actual event.
- Depression, low self-esteem, emotional numbing, anxiety disorders, such as hyper-vigilance, hyper-arousal, panic attacks, phobias and suicidal ideation, frequently occur, with correspondingly higher than average levels of substance abuse.
- Evidence from the sexual abuse of children suggests that compulsive behaviors in adulthood, such as overspending, gambling, sexual obsessions, post-traumatic stress disorders, suicidal thought and underperformance at school, can be responses to abuse.
- Sexual violence among men can result in feelings of shame, humiliation, anger and fear, leading to self-isolation.
- Psychological consequences can also include the development of psychosomatic symptoms, which are physical conditions triggered or aggravated because of stress or interactions between the mind and body.
- Some survivors, particularly men, may question their gender identity or sexual orientation as a result of SGBV. Others may have difficulty in continuing with sexual relations with partners.

Resources

Triple Jeopardy Report, pp. 27-32.

American Psychological Association (2013) [When Symptoms are a Mystery](#). McDonald, S. and Tijerino, A. (2013) [Male Survivors of Sexual Abuse and Assault: Their Experiences](#). National Institute of Mental Health (2016) [Post-Traumatic Stress Disorder](#). Russell, Wynne (2007) [Sexual Violence Against Men and Boys](#). Yuan, Koss, & Stone (2006) [The Psychological Consequences of Sexual Trauma](#).

Psychosocial Consequences of SGBV

- Social stigmatization, marginalization, hostility and rejection
- Loss of social support networks
- Withdrawal from social and economic activities
- Self-exile
- Secondary gender-based violence due to transgressing the concepts of masculinity and femininity
- Rejection by spouse or family

TRIPLE JEOPARDY TRAINING | HIAS 7

Background

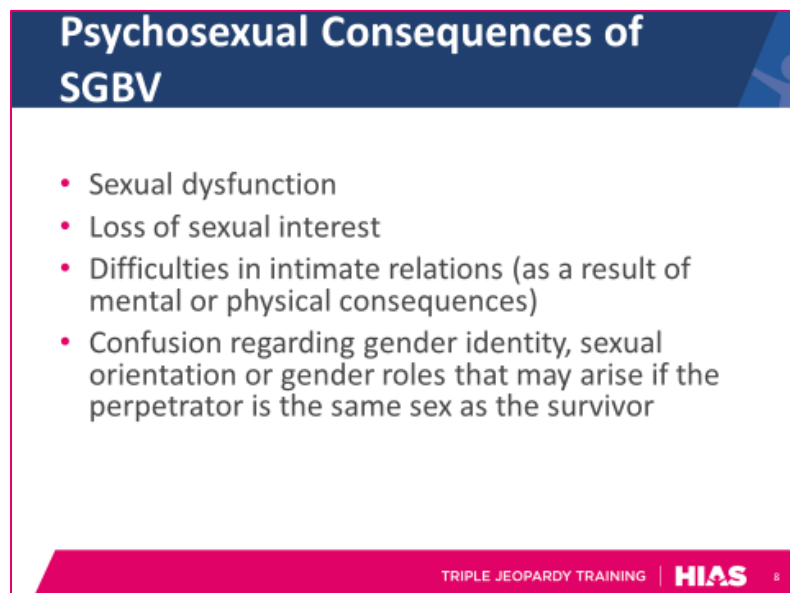
- Ask a participant to define “psychosocial consequences.” Then read aloud the definition set out in the introduction to this module.
- Most psychological and emotional aftereffects of SGBV should be viewed as normal human responses to horrific, terrifying, extreme events.
- In some cases, when the survivor is unable to cope, intervention is required (some people are able to cope).
- The psychosocial impacts for male victims of sexual violence are often related to the psycho-sexual impacts.
- Explain that social support networks and a sense of welcoming by the community are extremely important in the recovery process.
- Clarify that a change in social conditions leading to marginalization, stigmatization and isolation following SGBV may trigger mental health-related stresses and impact not just the social well-being of a person, but also his emotional, mental and even physical well-being.
- SGBV may also trigger a change in the behavior of the survivor due to fear of further victimization, including withdrawal from social, family and community activities and responsibilities.
- Men who had been raped in the context of the Democratic Republic of Congo’s civil war report difficulties sustaining their pre-SGBV relationships with their spouses because some view themselves or are viewed by the spouse or community members as feminized or even women. In some cases, this may lead to the separation of families initiated by the wives of survivors. In other cases, men who had been raped and see themselves as women as a result of the forced intercourse impose self-exile on themselves because of the shame and the perception that “two women cannot live together.”
- The physical damage resulting from sexual violence frequently prevents survivors from engaging in any form of physical labor and seriously jeopardizes their capacity to earn an income and support their families, which serves to undermine another key component of the patriarchal norm of the man as the provider for women and children.

Resources

Christian, M., Safari, O., Ramazani, P., Burnham, G. & Glass, N. (2012) [Sexual and Gender Based Violence against Men in the Democratic Republic of Congo: Effects on Survivors, their Families and](#)

[the Community. Medicine, Conflict and Survival](#). Inter-Agency Standing Committee (2007) [IASC Guidelines on Mental Health and Psychosocial Support in Emergency Settings](#). South African Medical Research Council (2011) [Care and Support of Male Survivors of Conflict-Related Sexual Violence](#). United Nations High Commissioner for Refugees (2012) [Good To Know Guide: Working with Men and Boy Survivors of Sexual and Gender Based Violence in Forced Displacement](#).

SLIDE 8: PSYCHOSEXUAL CONSEQUENCES OF SGBV



Psychosexual Consequences of SGBV

- Sexual dysfunction
- Loss of sexual interest
- Difficulties in intimate relations (as a result of mental or physical consequences)
- Confusion regarding gender identity, sexual orientation or gender roles that may arise if the perpetrator is the same sex as the survivor

TRIPLE JEOPARDY TRAINING | HIAS

Background

- Ask a participant to define “psychosocial consequences.” Then read aloud the definition set out in the introduction to this module.
- Psychosexual impacts vary between men and women. Symptoms of sexual dysfunction for men may involve an inability to maintain an erection, problems in ejaculation or an inability to become aroused.
- Loss of sexual interest due to a traumatic sexual event can inhibit a survivor’s sexual desire and may also lead to a negative view of one’s body, low self-esteem and a reduced ability to open up to a romantic or sexual partner.
- Explain that during the *Triple Jeopardy* research, some men who had been raped by other men felt de-masculinized, lost confidence in their sexual performance and were looked upon by their spouses or female partners as “not men.”

Resources

Triple Jeopardy Report, pp. 27-32.

Christian, M., Safari, O., Ramazani, P., Burnham, G. & Glass, N. (2012) [Sexual and Gender Based Violence against Men in the Democratic Republic of Congo: Effects on Survivors, their Families and the Community. Medicine, Conflict and Survival](#). Mount Sinai Hospital (2011) [Psychosexual Dysfunction](#).

SLIDE 9: LONG-TERM IMPACT OF SGBV ON THE SURVIVOR

Long-Term Impact of SGBV on the Survivor

- Deterioration in physical and mental health
- Exclusion from employment; inability to work
- Social stigmatization and exclusion
- Dependency or isolation
- Risk of substance abuse
- Risk of violent and aggressive behavior
- Low self-esteem
- Self-exile
- Risky survival behavior

TRIPLE JEOPARDY TRAINING | HIAS 9

Background

- Stigmatization relating to SGBV, together with xenophobia, gender, age and ability bias, renders male SGBV survivors vulnerable to future incidents of SGBV because their gender identity and roles are being challenged. Marginalization, stigma and shame form barriers to accessing physical and mental health services, leading to deterioration in survivors' physical and mental states. Many medical service providers state that male survivors reach clinics only months or even years after their experience when physical or mental symptoms are already acute and much more difficult to treat.
- In countries where homosexuality is a crime, many male survivors may remain isolated and not seek help for fear of being branded as gay. Isolation often may be self-inflicted due to feelings of shame and guilt, and can lead to self-exile, as well.
- Emphasize that the social stigma around survivors of SGBV may lead to rejection by society, community members, family members and spouses, leaving survivors without a social network essential for both physical and emotional recovery.
- Explain that without a social support network, some survivors may turn to substance abuse as a way to disengage from their daily emotional and physical pain.
- Isolation and exclusion of the survivors and family members may lead to a lack of access to educational and financial opportunities, deepening realities of poverty.

Resources

Triple Jeopardy Report, pp. 27-32.

Christian, M., Safari, O., Ramazani, P., Burnham, G. & Glass, N. (2012) [Sexual and Gender Based Violence against Men in the Democratic Republic of Congo: Effects on Survivors, their Families and the Community. Medicine, Conflict and Survival](#). Russell, Wynne (2007) [Sexual Violence Against Men and Boys](#).

Long-Term Impact of SGBV on the Family

- Trauma
- Emotional, social and economic stress
- Feelings of guilt
- Social stigmatization by the community
- Isolation
- Tensions around gender roles and responsibilities
- Reduced income
- Vulnerability to mental health-related problems
- Potential for family breakup

TRIPLE JEOPARDY TRAINING | HIAS 10

Background

- In conflict areas, male members of the family may be forced to commit sexual acts with spouses, daughters or even mothers. The traumatic impact on the family is extreme and may lead to suicides and family breakup.
- Lack of resources, accompanied by temporary or long-term loss of ability to work by the survivor, may put family members at risk of poverty, hunger and dependency.
- Social stigma around survivors of SGBV may lead to rejection of the survivor's family by society, community members, other family members and spouses.
- Isolation and exclusion of survivors and their family members may create barriers to employment and education, deepening poverty.
- Even where the couple stays together, some men report alienation within the family, ranging from spouses belittling them verbally or physically, to their own withdrawal from their children.
- The impact on the family when a son or father experiences SGBV is overwhelming. It may lead to changes in gender roles, and as a result tension and even further SGBV.
- Where the wider community has knowledge about the sexual violence, the stigmatization of the survivor is often experienced by the survivor's family, as well. Singly or in combination, these stresses can result in domestic violence and/or the disintegration of the family unit, unless appropriate support can be provided, including counseling for the individual and the family.
- Where stigmatization by the wider community is an issue, a survivor and his family may seek to relocate.

Resources

Triple Jeopardy Report, pp. 27-32.

Christian, M., Safari, O., Ramazani, P., Burnham, G. & Glass, N. (2012) [Sexual and Gender Based Violence against Men in the Democratic Republic of Congo: Effects on Survivors, their Families and the Community. Medicine, Conflict and Survival](#). Russell, Wynne (2007) [Sexual Violence Against Men and Boys](#).

Impact on Family

'I was going with him for surgery and I asked if the wife knew. When we spoke with the wife, she said, 'Did you say my husband was raped?' She just walked away. She switched off her phone and went home and picked up her children and disappeared. The husband wanted to commit suicide.'

Service Provider, Kampala, Uganda, 20 January 2014

Background

- Ask a participant to read the quote.
- Ask group participants to explain the reaction of the survivor's wife to the news of him being an SGBV survivor.

Case Study: Byamungu

1. Physical and Medical Consequences
2. Psychosocial Consequences
3. Economic and Psychosexual Consequences
4. Consequences Affecting the Family

TRIPLE JEOPARDY TRAINING | HIAS 12

Materials

Flip chart and markers, video and projector

Group Activity (20 min)

- Explain that the group will watch a short video based on research conducted for the *Triple Jeopardy* report. The video was produced in Uganda and features the testimony of a male survivor and the views of service providers.
- Before screening the video, divide participants into four groups.
- After the film, assign each group a question to answer based on the documentary information. Explain that they will have five minutes as a group to discuss and write down:
 - Group 1: Physical and mental health consequences
 - Group 2: Social consequences
 - Group 3: Economic consequences
 - Group 4: Consequences for family members
- Ask each group to read their answers out loud.
- Open up to all participants for discussion.
- Potential answers:
 - Physical and mental health consequences: Pain in the rectal area, low back pain, bleeding from the rectum, inability to sit for long periods of time, depression, nightmares, isolation, feelings of hopelessness, inability to fulfill gender roles and to provide for the family.
 - Economic consequences: inability to work due to pain when seated, which contributes to poverty, inability to provide proper education and basic needs to the family.
 - Family consequences: separation and rejection by family, abuse and ridicule by partner, domestic tension, emotional, social and economic stress.

Resources

HIAS Video, [Triple Jeopardy – Special Focus on Male Survivors of SGBV](#)

Challenges to Recovery for Men and Boy Survivors

- Medical professionals and service providers are unable to recognize or treat the medical needs of male survivors of SGBV
- Lack of appropriate services targeting male survivors
- Lack of legislation criminalizing unconsented sexual relations against men
- Criminalization of homosexuality
- Intersectionality: refugees, sexual minorities, people with disabilities, older people, underage people

TRIPLE JEOPARDY TRAINING | HIAS 13

Background

Several challenges to recovery for men and boys lie in the environments in which they live, including:

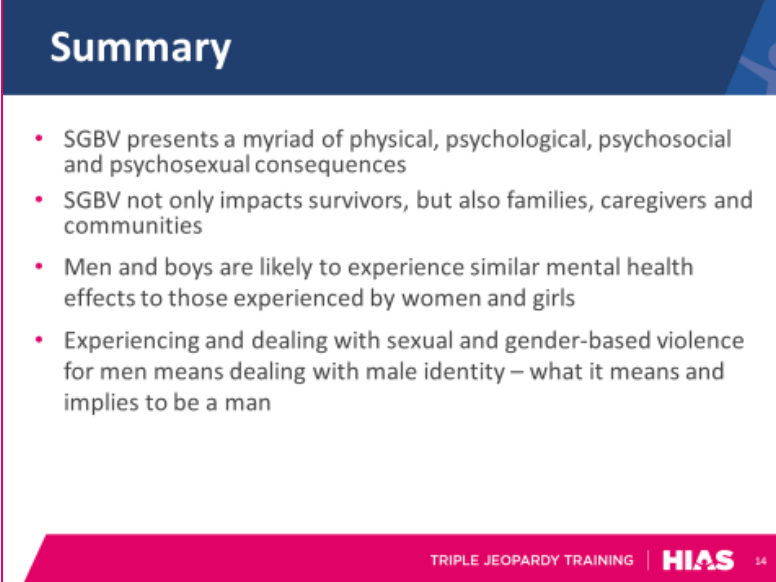
- Medical professionals and service providers untrained to recognize or treat medical and psychosocial needs of male refugees. This is a result of gender-based bias and the lack of awareness that men and boys can be sexually abused.
- Most medical facilities for victims of rape and sexual assault target women, leaving male survivors with nowhere to turn.
- In many countries, there is no criminalization of sexual abuse by men against other men.
- The criminalization of same-sex relations and homosexuality, which exists in more than 70 countries worldwide, leads to the uninformed perceptions that all male survivors are gay and that these survivors should be punished, creating another barrier preventing men from disclosing incidents of SGBV.
- Intersectionality: Male refugee survivors may experience increased challenges in accessing response and proper recovery services if they are living with a disability, are older, underage or undocumented.

Resources

Triple Jeopardy Report, pp. 27-32.

Christian, M., Safari, O., Ramazani, P., Burnham, G. & Glass, N. (2012) [Sexual and Gender Based Violence against Men in the Democratic Republic of Congo: Effects on Survivors, their Families and the Community. Medicine, Conflict and Survival](#). Dolan, Chris (2014) [Into the Mainstream: Addressing Sexual Violence against Men and Boys in Conflict](#). United Nations High Commissioner for Refugees (2011) [Sexual and Gender-Based Violence \(SGBV\) Prevention and Response](#). United Nations High Commissioner for Refugees (2011) [UNHCR Age, Gender and Diversity Policy: Working with People and Communities for Equality and Protection](#).

SLIDE 14: SUMMARY

The slide features a dark blue header with the word "Summary" in white. The main content area is white with a list of four bullet points. The footer is a solid magenta color containing the text "TRIPLE JEOPARDY TRAINING | HIAS" and a small number "14".

Summary

- SGBV presents a myriad of physical, psychological, psychosocial and psychosexual consequences
- SGBV not only impacts survivors, but also families, caregivers and communities
- Men and boys are likely to experience similar mental health effects to those experienced by women and girls
- Experiencing and dealing with sexual and gender-based violence for men means dealing with male identity – what it means and implies to be a man

TRIPLE JEOPARDY TRAINING | HIAS 14

Background

- Present the summary points.
- Ask participants for any questions or requests for clarification.