

# Silent Suffering: The Unspoken Reality of Male Rape

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## ABSTRACT

Sexual violence is a pervasive issue that transcends gender, age, and sexual orientation. While extensive research has shed light on crimes against women, there remains a significant gap in awareness regarding similar crimes committed against men. The term "man" carries connotations of power, masculinity, and emotional control, perpetuating societal beliefs that men are less emotionally expressive than women. This perception often deters men from disclosing their experiences of sexual violence, as it may be viewed as contradictory to traditional masculine norms. In a male-dominated society, speaking out about such experiences can be stigmatized as "feminine behaviour," further complicating efforts to address and support male survivors of sexual violence. Closing this awareness gap and challenging gender stereotypes are crucial steps towards creating a society where all survivors feel empowered to seek help and support, regardless of their gender.

**Keywords:** Sexual violence, Crimes, against men, Less emotionally expressive, Male survivors.

## INTRODUCTION

Rape is now universally recognized as one of the most heinous of crimes entailing severe punishments on conviction. If we hear about rape, then automatically it comes to our mind that the Female is the victim and the male is the culprit. Although rape is a serious offense, punishable by law, there has not been any consensus regarding a precise and universal definition of rape. But we have never kept males in the place of a victim as society as well as the law thinks that males can only rape. In ancient times too men were not considered as victims. Before the 1960s the legal definition of rape was given in common law as "A carnal knowledge of a woman not one's wife by force or against her will."

Etymologically, the word rape is derived from the Latin word 'Rapere' which means to seize or take by force. In this Latin word and definition there is no sign of a gender-biased definition, but in the time being with the society and codified laws, it has been pushed to the mind of people by the generation that a man is only a culprit if the word rape is used.

Even The Oxford Dictionary itself denotes – "the crime, typically committed by a man,

of forcing another person to have sexual intercourse with the offender against their will.” Equating the violation of a man by a woman, such as in cases of rape, with the violation of a woman by a man is not the intended comparison. Cases of adult women and teachers sexually abusing boys have become a fairly frequent item in the news. It can be said that there has been an increase in this kind of news story in the last 20 years. There are books as well as helping and nonprofit organizations dealing with the trauma of childhood sexual abuse by women and men. Before 1982, Sarrel and Masters highlighted a significant gap in research concerning whether men had encountered instances of sexual assault perpetrated by women. This gap underscored a broader issue within the academic and social discourse surrounding sexual violence, particularly in acknowledging and addressing the experiences of male victims. By bringing attention to this overlooked aspect, Sarrel and Masters emphasized the need for comprehensive studies and discussions to encompass the full spectrum of sexual violence experiences, regardless of gender.

#### MEANING:

- **As per the Merriam-Webster Dictionary, Rape is defined as** “Unlawful sexual activity and usually sexual intercourse carried out forcibly or under threat of injury against the will usually of a female or with a person who is beneath a certain age or incapable of valid consent.”
- **As per the Oxford English Dictionary, Rape is defined as** “The crime, typically committed by a man, of forcing another person to have sexual intercourse with the offender against their will.”
- **As per the Cambridge Dictionary, Rape is defined as** “The crime of forcefully having sex with someone against their wishes.”
- **As per the Black's Law Dictionary, Rape is defined as** “The unlawful

carnal knowledge of a woman by a man forcibly and against her will. Modern statutes have broadened this definition to include sexual penetration of any kind without the consent of the victim, irrespective of the gender of the parties involved.”

- **As per the Nolo's Plain-English Law Dictionary, Rape is defined as** “The act of having sexual intercourse with a person without their consent and against their will, through the use of force, threat of violence, or otherwise taking advantage of a person unable to give consent due to intoxication, mental disability, or unconsciousness.”

As per the definitions mentioned above, there are involvement of non-consensual sexual activity with the use of force or coercion against the person incapable to provide consent for sexual activity irrespective of gender.

#### HISTORICAL ASPECTS:

##### 1. Historical Perspective on Sexual Assault of Men:

The historical perspective on sexual assault of men encompasses various time periods and cultural contexts. Understanding this history helps highlight the evolution of societal attitudes, the persistence of stigmatization, and the gradual recognition of men as victims of sexual violence.

##### (I-a) Ancient and Medieval Times

- **Ancient Societies:** In many ancient cultures, sexual assault of men was often associated with warfare and conquest. Victors would sometimes use sexual violence against male captives as a means of humiliation and asserting dominance.
- **Medieval Period:** During the medieval era, there are limited records of male sexual assault, likely due to the significant stigma and taboo surrounding the issue. When mentioned, it was often framed in the context of punishment or as an act of violence to demean an opponent.

##### (I-b) Early Modern Period

16th to 18th Century: Legal and religious doctrines during this time typically viewed sexual assault through a heteronormative lens, focusing almost exclusively on women as victims. The concept of male victimhood was largely ignored or denied.

- **Emerging Awareness:** Some records indicate that male victims of sexual violence did exist, but their experiences were often dismissed or unacknowledged by the legal and social systems of the time.

#### (I-c) 19th and Early 20th Century

- **Victorian Era:** This period was characterized by strict gender norms and the idealization of male strength and invulnerability. As a result, the sexual victimization of men was rarely discussed or recognized publicly.
- **Early 20th Century:** Psychologists and sociologists began to explore the concept of male sexual victimization, though these discussions were often limited and controversial. The dominant narrative continued to focus on women as the primary victims of sexual assault.

#### (I-d) Mid to Late 20th Century

- **World Wars:** Both World War I and World War II saw instances of male sexual assault, particularly in prisoner-of-war camps and occupied territories. These acts were used as tools of torture and control.
- **Post-War Period:** The latter half of the 20th century saw a gradual shift in attitudes. The feminist movement brought sexual violence to the forefront, although it primarily emphasized the victimization of women. Slowly, the conversation began to include men as potential victims.
- **1970s and 1980s:** Academic research and advocacy groups started to acknowledge male sexual assault. Studies on prison rape and male childhood sexual abuse contributed to this growing awareness.

#### (I-e) Contemporary Perspectives

- **21st Century:** Today, there is a greater recognition of male sexual assault in

both academic and public discourse. High-profile cases and movements, such as #MeToo, have helped shed light on the issue, although significant stigma and underreporting persist.

- **Legal and Policy Changes:** Many countries have amended their laws to be more inclusive of male victims. Support services and resources are slowly becoming more available, though there is still much work to be done to ensure that men feel safe and supported in reporting sexual assault.

#### (I-f) Societal and Cultural Shifts

- **Changing Masculinity Norms:** As societal understandings of masculinity evolve, there is a growing acceptance that men can be vulnerable and victims of sexual violence. This shift is crucial in encouraging male survivors to come forward and seek help.
- **Media and Pop Culture:** Increased representation of male sexual assault in media and pop culture has also played a role in raising awareness and reducing stigma. Documentaries, films, and news stories highlighting male survivors have contributed to a more nuanced understanding of the issue.

This historical overview underscores the complex and often overlooked reality of male sexual assault. By understanding the past, we can better address the current challenges and work towards a future where all survivors, regardless of gender, receive the support and recognition they deserve.

Societal attitudes and stigma

While statistics on sexual violence against men historically haven't been as widely reported or studied as those for women, research has increasingly shed light on the prevalence of male rape and sexual assault. In our society, there persists a prevailing belief that "men can't be raped." This misconception leads to a lack of acknowledgment and understanding of sexual violence against men. Survivors of male rape often face disbelief and minimal compassion from both family and friends. Tragically, if a man does come forward

about being sexually violated, he may be dismissed as "unmanly," compounding the trauma he has endured. The harmful notion that he "must have enjoyed it" further adds to his anguish. With the absence of robust support systems and societal acceptance, many male survivors feel silenced and their suffering goes unreported. It's imperative for our society to confront the reality that anyone, regardless of gender, can be a perpetrator of sexual violence against men. It's time to foster empathy, support, and acceptance for all survivors, regardless of their gender.

## **AIMS AND OBJECTIVES OF THIS RESEARCH**

The primary aim as well as the objective of this research is to find out if men are always accused of physical abuse or rape or not. Society always thinks that if there is any topic of RAPE comes into mind then society serves judgment that the male is the criminal and the female is the victim. Here in this research, I have tried to elucidate that physical abuse like rape is also faced by men, and men are also noted as victims in rape cases either done by female on male or male on male.

## **RESEARCH METHODOLOGY**

In this descriptive research, the secondary data is collected from the sources like books and online resources. While many reputed sources provide only data and news of female rapes and physical abuses on female, in that time I have researched that the National Crime Victimization Survey (NCVS), Centers for Disease Control and Prevention (CDC), World Health Organization (WHO), United Nations International Children's Emergency Fund (UNICEF) also have mentioned about the physical abuses like rape upon male by female, male by male and I have tried to enlighten the part where men are a victim but for the society always declines men as victim because the registered tag on men is "Men cannot be hurt as no one can hurt a man neither physically nor mentally" but as

per the suicidal record men always do suicide as no one is ready to support a male victim as girl as a victim is more supported by the society. Thus, Men are becoming the forgotten gender like men have no problem in their lives where they can be abused physically.

## **TYPES OF SEXUAL OFFENCES AGAINST MEN**

### **1. Technology and Sexual Violence**

Men who experience sexual violence often grapple with emotions similar to those of other survivors, but their feelings are frequently dismissed due to pervasive stereotypes about masculinity. The fear of being ridiculed, taunted, or insulted by those around them often silences men, preventing them from speaking out about the injustices they have faced.

However, with the rise of technology, education, and global access to information, there has been a gradual shift. More men are beginning to understand that sharing their experiences can be liberating-emotionally, physically, and mentally. Movements like #MeToo and #TimesUp, which initially encouraged women to speak out against domestic and sexual violence, have also inspired men to confront their perpetrators and share their stories.

Although these movements have contributed to an 18% increase in the reporting of sexual violence against men, many still face public ridicule when sharing their experiences. They are often dismissed, considered weak, or told to "man up." While technology has played a significant role in raising awareness about such issues, it has also contributed to the rise in sexual harassment cases.

For instance, according to a 2014 Pew Research study, 25% of women and 13% of men aged 18-24 reported experiencing sexual harassment online. A subsequent Pew study conducted in October 2019 among U.S. adults revealed that 37% of online users had refused to engage in sexual conversations, 35% had shared sexually explicit images, 28% had been subjected to

vulgar conversations under fake names, and 9% had received threats of harm.

It is crucial for society to abandon the notion that rape is solely a men's issue or that sexual violence is solely a product of patriarchal structures. Such views only serve to marginalize male victims further, preventing them from receiving the support and recognition they need.

## **2. Sexual Harassment of Men in the Workplace**

When we think of sexual harassment, our minds often jump to the assumption that the victim is a woman and the perpetrator is a man. The workplace is one of the most common environments where sexual violence occurs. Over the years, various laws and guidelines, such as The Sexual Harassment of Women at Workplace Act and The Vishakha Guidelines, have been established to protect women from such violations. However, there are no specific provisions to address the sexual harassment of men in the workplace.

This lack of legal protection does not imply that men are immune to workplace sexual harassment. On the contrary, men can and do experience harassment, often from male colleagues or female supervisors. Men might be subjected to inappropriate requests, such as being asked to lift their shirts or face other forms of quid pro quo situations similar to those women encounter. The crucial difference is that women have legal avenues for recourse, while men are often left to endure these injustices in silence.

It's time to address this inequality by implementing gender-neutral laws that protect everyone, regardless of gender. Men's rights in the workplace should be safeguarded with the same level of seriousness as women's rights. Including men under the Sexual Harassment at Workplace Act 2012 is a necessary step towards achieving true equality.

## **LIMITATION OF LEGAL IDENTITY OF RAPE OF MEN**

We frequently hear about violence against women, including domestic violence, sexual abuse, and rape. Many laws have been enacted to protect women, and society often rallies to support them in the face of these injustices. However, we often overlook that men can also be victims of sexual violence. When we talk about gender equality, we need to ask ourselves—does true equality exist if we fail to recognize and address the suffering of men as well?

Under Section 375 of the Indian Penal Code, rape is defined in a way that only considers men as the perpetrators and women as the victims. This legal framework is based on the assumption that women cannot rape men, largely due to the requirement of penile penetration for a rape charge to be recognized. This perspective not only ignores the reality that men can be sexually violated, but it also reinforces harmful gender stereotypes that hinder true equality.

The requirement of penile penetration as a condition for rape is often justified by several arguments:

1. The belief that it is physically and biologically impossible for a woman to rape a man.
2. The notion that it is a more severe offense to forcefully penetrate someone than to coerce someone into penetration.
3. The idea that rape is inherently a gendered crime.

However, these justifications are flawed. When a woman engages in sexual relations with a man without his consent, it is still an act of rape, and it should be recognized and punished as such. These misconceptions only serve to perpetuate harmful stereotypes and overlook the reality that sexual violence can be committed by anyone, regardless of gender.

In India, Article 14 of our Constitution guarantees the "Right to Equality." However, this right is often compromised because our legislation fails to address sexual violence against men. The laws



governing rape are written in a way that excludes men entirely. On the other hand, children of all genders are protected under the 'Protection of Children from Sexual Offences Act, 2012.'

Article 15 of the Constitution further states that "the state shall not discriminate against any citizen on grounds only of religion, race, caste, sex, place of birth or any of them." Additionally, Clause 3 of Article 15 allows the State to make special provisions for women and children. This legal basis has justified the women-centric definition of rape under Section 375 of the Indian Penal Code. However, by the same logic, the State has the authority to amend Section 375 IPC to also protect men, as Article 15 envisions.

Introducing gender-neutral rape laws is essential because sexual assault is not about sex or gender-it's about power and violation. To uphold true equality, our laws must reflect this understanding.

Currently, only two laws in India acknowledge that men can also be victims of sexual assault:

1. The "Protection of Children from Sexual Offences" (POSCO) Act, which addresses sexual abuse against both male and female children.
2. The UGC "Sexual Harassment of Women at Workplace Act," which recognizes that men, like women, can also face sexual harassment in the workplace.

While the Indian judiciary and society advocate for equal rights for men and women, the failure to establish gender-neutral laws for sexual harassment and rape highlights a troubling violation of the Right to Equality. The Indian legal system has made significant strides in protecting women from sexual violence, but it is unjust and discriminatory to overlook the experiences of men who also suffer from such violations. True equality demands that the law protects all individuals, regardless of gender.

When Public Interest Litigations (PILs) were filed to make rape a gender-neutral

crime, they faced opposition from various women's groups. International human rights lawyer and activist Vrinda Grover, in an interview with India Times, stated, "There are no instances of women raping men. I do not assume guys are dealing with extreme sexual violence troubles as women." However, this perspective overlooks the fact that approximately two in five victims of domestic violence are men, challenging the common belief that only women suffer violence at the hands of their spouses or families.

In 2017, Advocate Sanjiv Kumar filed a PIL in the Delhi High Court, challenging the constitutionality of the rape laws under the Indian Penal Code (IPC). He argued that "gender neutrality is a simple recognition of reality-men sometimes fall victim to the same or very similar acts as those suffered by women. Male rape is a way too regular to be termed an anomaly or a freak incident. By not having gender-neutral rape laws, we are denying many more men justice than is commonly thought. Recently, Indian courts have begun to acknowledge crimes against men and have started punishing women who make false allegations, thereby defaming and harassing men. Additionally, the Indian government introduced the Criminal Law Amendment Bill, 2019, which proposes to make rape laws gender-neutral. It is time for society to focus on true gender equality. Gender-biased laws that favor women in cases of sexual violence leave many instances of male victimization unreported, denying justice to those men. The Indian judiciary should prioritize the creation of new gender-neutral laws or amend existing ones to ensure equality for all, regardless of gender.

## **INCIDENTS**

On June 16, 2018, a 20-year-old man in Ghaziabad endured a horrific sexual assault by five men who inserted a foreign object into his rectum. Due to the limitations of current laws, the case was filed under Section 377 of the Indian Penal Code (IPC),

which does not specifically address such offenses.

Similarly, in Muzaffarnagar, a 10-year-old boy was sexually assaulted in a case of sodomy—the only act under Section 377 that offers some protection to men against male-on-male rape. According to the complaint, the accused lured the boy to a secluded area and committed the assault. The traumatized boy managed to return home and told his parents what had happened.

Many are unaware of the case of Reynhard Sinaga, known as "Britain's most prolific rapist." On 2020, Sinaga was sentenced to a minimum of 30 years in prison. What makes this case particularly shocking is that Sinaga targeted men, predominantly in Manchester, England. The Indonesian student would wait outside nightclubs and bars, approach intoxicated men, and lure them to his apartment, often under the pretext of offering help. Once there, he would drug his victims and sexually assault them while they were unconscious. Police have evidence that Sinaga targeted at least 190 men, with 159 sexual offenses confirmed against 48 identified victims, while 70 remain unidentified. Despite the severity of these cases, there has been little effort by authorities to bring justice to victims like the boy in Muzaffarnagar, leaving perpetrators free to continue their crimes.

This highlights the urgent need for legal reforms to ensure that justice is served for all victims of sexual violence, regardless of gender.

## STATISTICS

**IN U.S.A.** - According to data from the U.S. Department of Justice's National Crime Victimization Survey (NCVS) and the Centres for Disease Control and Prevention (CDC), here are some key findings:

1. **NCVS Data:** The NCVS collects data on nonfatal crimes, including sexual assault. In 2019, the NCVS estimated that about 27,000 men (aged 12 or older) experienced rape or sexual assault in the United States. However, it's important to

note that this figure likely underestimates the true prevalence due to underreporting and other factors.

2. **CDC's National Intimate Partner and Sexual Violence Survey (NISVS):** The CDC conducts the NISVS to assess the prevalence of sexual violence, stalking, and intimate partner violence. The 2015 NISVS found that approximately 1 in 71 men in the United States reported being raped at some point in their lives. This includes completed or attempted rape. Nearly 1 in 38 men have skilled finished or tried rape in the course of his lifetime. About 1 in four male rape sufferers skilled it for the primary time among 11-17 years old. About 1 in four male rape sufferers stated that it befell earlier than age 10. The Centre for Disease Control and Prevention (CDC) in the United States conducted a study in 2010-2012 and found that 1 in 17 men reported being forced to penetrate at some point in their life. Among male sufferers who have been raped through being compelled to penetrated, 13.5 percentage said that the perpetrators have been female.
3. During their lives, 1 in 33 men have experienced an attempted or completed rape; 75% occurred before the men were 18, and 48% before age 12 (Tjaden & Thoennes, 2000). By age 18, 1 in 4 girls will be sexually assaulted; by age 18, 1 in 6 boys will be assaulted (Finkelhor, Hotaling, Lewis & Smith, 1990)
4. **Global Estimates:** Internationally, the World Health Organization (WHO) reports that men and boys can also be victims of sexual violence, including rape. Global data suggests that rates of sexual violence against males vary across countries and cultures, with underreporting being a common challenge.
5. **Underreporting and Stigma:** Like female survivors, male survivors often face significant barriers to reporting

sexual violence, including fear of not being believed, stigma, shame, and misconceptions about masculinity. As a result, many cases go unreported and may not be reflected in official statistics. While these statistics provide some insight into the prevalence of male rape and sexual assault, it's important to approach them with sensitivity and recognize the complexities involved in studying and addressing this issue. Additionally, ongoing efforts are needed to improve data collection methods, increase awareness, and provide support services for all survivors of sexual violence, regardless of gender.

## II. IN INDIA

When it comes to suicide, the rate among men is significantly higher than that among women, with Indian married men being twice as likely to take their own lives. This troubling statistic underscores the immense pressure and challenges that men face, often in silence. In terms of sexual violence, nearly 1 in 5 women (18.3%) and 1 in 71 men (1.4%) have been raped at some point in their lives, which includes attempted forced penetration, completed forced penetration, or alcohol/drug-facilitated penetration. While the statistic for women is undeniably higher, affecting almost 20% of the female population, the figure for men is not insignificant and should not be overlooked. A 2007 survey performed via way of means of the Indian authorities discovered that amongst youngsters who said extreme sexual abuse, along with rape or sodomy, 57.3% have been boys, and 42.7% have been girls. This data challenges the common misconception that only girls are victims of such abuse. More recently, a survey by the Delhi-based Centre for Civil Society found that approximately 18% of Indian adult men reported being coerced or forced into sexual relations. Of these, 16% identified a female perpetrator, and 2% identified a male perpetrator. These statistics highlight the urgent need to address the issue of sexual violence against men and boys, recognizing that they too are

vulnerable and in need of protection and support.

The survey of Insiya Dariwala which surveyed 1500 male out of which 71% of men surveyed said they were abused, 84.9% said they had not told anyone about the abuse and the primary reasons for this were shame (55.6%), followed by confusion (50.9%), fear (43.5%) and guilt (28.7%).

Surveys conducted by Save Family Foundation and My Nation Foundation, between April 2005 and April 2015 surveyed almost 1,00,000 men during that one year over the internet. From which they found out that about 98.2% of men had faced serious domestic violence from their wives and in-laws. Some of the violence men face are physical, verbal, economical, sexual, mental, emotional, and financial abuse are the violence that men face -

1. 34.3% of men were affected by economic violence
2. 28.6% of men were affected by physical violence
3. 27.5% of men were affected by emotional violence
4. 20.4% of men were affected by sexual violence
5. The lowest violence that all the men surveyed faced was verbal abuse

## CAUSES OF SEXUAL ASSAULT OF MEN

Rape against men in India is a complex and often underreported issue. male rape refers to any non-consensual sexual activity in which a male is forced or coerced into sexual acts against his will. This form of sexual violence can take various forms, including penetration, oral sex, or other sexual acts, and can occur in a variety of contexts, including intimate relationships, acquaintanceships, or stranger assaults. While there is limited official data available specifically on male rape, several factors contribute to the underreporting and lack of visibility of this form of sexual violence:

1. **Stigma and Shame:** Similar to other societies, Indian culture often associates



masculinity with strength and dominance, making it difficult for male survivors to come forward and report their experiences due to fear of stigma, shame, and emasculation.

2. **Legal Definitions:** The legal definition of rape in India traditionally focused on penile penetration, which excluded many forms of sexual violence against men. While legal reforms have broadened the definition to include gender-neutral terms, societal perceptions and law enforcement attitudes may still lag behind.
3. **Social Attitudes and Stereotypes:** Deep-rooted gender stereotypes and societal attitudes often downplay or dismiss the idea of men being victims of sexual violence. This can lead to disbelief, victim-blaming, and reluctance to support male survivors.
4. **Lack of Support Services:** There is a dearth of dedicated support services and resources for male survivors of rape in India. Existing support systems primarily focus on female survivors, leaving male survivors with limited avenues for seeking help and healing.

Despite these challenges, there have been cases reported in the media and anecdotal evidence suggesting that male rape does occur in India. Advocacy efforts are gradually increasing awareness about this issue, pushing for more inclusive policies, and advocating for support services tailored to the needs of male survivors. However, there is still much work to be done to address the stigma, improve reporting mechanisms, and ensure access to justice and support for all survivors of sexual violence, regardless of gender.

## SUGGESTIONS

Addressing sexual assault of men is crucial for several reasons, spanning individual well-being, societal health, legal equity, and cultural understanding. Here are key points that highlight the importance of recognizing and responding to this issue:

### 1. Individual Well-being

- **Psychological Impact:** Male survivors of sexual assault often suffer from significant mental health issues, including depression, anxiety, PTSD, and suicidal ideation. Providing appropriate support and recognition can facilitate their healing and recovery.
- **Physical Health:** The physical repercussions of sexual assault can be severe, including injuries, sexually transmitted infections, and chronic pain. Ensuring access to medical care is essential for the well-being of survivors.
- **Emotional Support:** Addressing the issue helps break the isolation and shame that many male survivors feel, encouraging them to seek support from friends, family, and professional counselors.

### 2. Societal Health

- **Public Health Perspective:** Sexual violence is a public health issue that affects communities at large. By addressing sexual assault of men, we can develop more comprehensive public health strategies that include prevention, education, and intervention.
- **Breaking the Cycle of Violence:** Many male survivors of sexual assault may struggle with aggression or perpetration of violence if their trauma is not addressed. Providing support can help break this cycle and promote healthier behaviors.

### 3. Legal and Policy Implications

- **Equality Before the Law:** Legal systems often focus on female victims, leading to gaps in protection and justice for male survivors. Addressing male sexual assault ensures that laws are equitable and inclusive, providing justice for all victims.
- **Policy Development:** Inclusive policies that recognize male victims can lead to better resource allocation, including funding for support services, research, and prevention programs.

#### 4. Cultural and Societal Attitudes

- **Challenging Gender Norms:** Traditional gender norms often dictate that men should be strong, stoic, and invulnerable. Addressing sexual assault of men challenges these stereotypes and fosters a more inclusive understanding of masculinity.
- **Reducing Stigma:** By openly discussing and addressing the issue, we can reduce the stigma associated with male victimhood, encouraging more survivors to come forward and seek help.

#### 5. Comprehensive Support Systems

- **Resource Availability:** Addressing the issue leads to the development of more comprehensive support systems, including counseling, legal aid, and medical care tailored to the needs of male survivors.
- **Training and Awareness:** Increased awareness among professionals, such as law enforcement, healthcare providers, and social workers, ensures that male survivors receive appropriate and sensitive care.

#### 6. Research and Data Collection

- **Improved Data:** Addressing male sexual assault encourages more research and data collection, leading to a better understanding of prevalence, risk factors, and effective interventions.
- **Informed Interventions:** With better data, interventions can be tailored to address the specific needs of male survivors, leading to more effective prevention and support programs.

#### 7. Human Rights Perspective

- **Recognition of Rights:** Every individual has the right to live free from sexual violence. Addressing sexual assault of men is a matter of upholding basic human rights and ensuring dignity for all individuals.
- **Global Implications:** Addressing this issue contributes to global efforts to combat sexual violence in all its forms,

promoting a more just and equitable world.

In summary, addressing sexual assault of men is essential for fostering a healthier, more equitable, and inclusive society. By recognizing and responding to the unique needs of male survivors, we can ensure that all victims of sexual violence receive the support, justice, and care they deserve.

#### CONCLUSION

Addressing the sexual assault of men is a vital, multifaceted issue that demands comprehensive attention and action. Historically overlooked and stigmatized, male victims of sexual violence have long suffered in silence, their experiences marginalized by societal norms and legal frameworks that predominantly focus on female victims. Recognizing and addressing the unique challenges faced by male survivors is essential for promoting individual well-being, advancing public health, and fostering a more just and equitable society.

The psychological and physical impacts of sexual assault on men are profound, necessitating tailored support systems and resources that can facilitate their healing and recovery. Breaking the cycle of violence and ensuring that all survivors receive appropriate care is crucial for the health and safety of communities. Legal and policy reforms must be inclusive, providing equal protection and justice for male survivors, while challenging traditional gender norms that hinder open discussion and recognition of male victimhood.

Cultural and societal attitudes must evolve to reduce the stigma associated with male sexual assault, encouraging more survivors to come forward and seek help. Comprehensive support systems, increased awareness among professionals, and improved data collection are pivotal in addressing this issue effectively. Furthermore, from a human rights perspective, ensuring that all individuals can live free from sexual violence is a fundamental imperative.

In conclusion, addressing the sexual assault of men is not only a matter of individual care but also a societal responsibility. By recognizing the prevalence and impact of this issue, and by implementing inclusive policies and support systems, we can move towards a future where all survivors of sexual violence, regardless of gender, receive the recognition, support, and justice they deserve. This holistic approach will contribute to a healthier, more equitable, and compassionate society for all.

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