

MSSAT Better Blokes works to help men and children recover from childhood sexual trauma. We offer one to one peer support, group peer support and residential peer support workshops. Peer support is a powerful tool for men who are grappling with issues associated with childhood sexual trauma.

- At a one to one peer support meeting a man gets together with an experienced peer supporter, a person who has been through it and can help the man to chart a course forward.
- A peer support group is a weekly meeting with 6 – 8 other men to share whatever is going on.
- Residential workshops are weekends with other men who have had similar experiences.

Peer support is not therapy and each man is of equal status to all other men. Men re-learn what it feels like to be powerful and reclaim the personal autonomy that was taken from them as children. This increase in trust and self-esteem enables men to build more caring and loving relationships with their children, partners, family and friends.

Any man who feels like they would like to talk, can phone the manager of Better Blokes on:

021 174 9252 in total confidence.

MYTHS

BOYS AND MEN CAN'T BE VICTIMS

Boys are children, they cannot fight back. The perpetrator has greater size, strength, and knowledge. This power is exercised from a position of authority, using resources such as money or other bribes, or outright threats - whatever advantage can be taken to use a child for sexual purposes.

ONLY MEN ABUSE CHILDREN

Coerced sex by women in a position of power over a boy, causes confusion at best, and rage, depression or other problems in more negative circumstances. To be used as a sexual object by a more powerful person, male or female, is always abusive and often damaging.

BOYS WHO ARE SEXUALLY ABUSED GO ON TO SEXUALLY ABUSE OTHERS

Again, the majority of victims do not go on to become adolescent or adult perpetrators; and those who do perpetrate in adolescence usually don't perpetrate as adults if they get help when they are young.



www.betterblokes.org.nz

BETTER BLOKES

Ph: 021 174 9252 manager@betterblokes.org.nz
MSSAT Auckland, PO BOX 104289 Lincoln North, Waitakere 0654, NZ

OTHER CONTACTS

Man Alive: 0800 TANE ORA
0800 826 367
Essentially Men: 09 376 2386

POLICE CONTACTS

Waitemata: 09 839 0600
Auckland: 09 302 6400
Counties Manukau: 09 261 1300



Good
Men
Keep
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