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Talk To Your Parents!
Talk To a School Counselor!
Tell a Police Officer!
Tell An Adult You Trust!
Tell a Therapist!

REPORT ABUSE
CHILD ABUSE HOTLINE
1-800-4-A-CHILD

SUICIDE HOTLINE
1-800-SUICIDE

Alternatives to Domestic Violence
24 Hour Hotline
1-800-339-7233



*silence a**LOUD**, inc.*

WEBSITE

www.silencealoud.org

EMAIL

INFO@SILENCEALLOUD.ORG

CALL US ANY TIME

951-214-3675

*silence a**LOUD**, inc.*

Shattering the Silence
of the
Sexual Abuse of Boys



YOU ARE NOT ALONE!
STAND UP!
SPEAK OUT!!
www.silencealoud.com

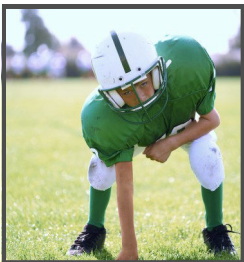
YOU ARE NOT ALONE! STAND UP! SPEAK

What's Up With the Ripple?



Have you ever skipped rocks over a lake or in the ocean? What happens? From the moment that rock hits the water a ripple is created. When someone is hurt so deep by something like being sexually abused it can SEEM like it will never stop.

Silence Aloud, Inc. uses the ripple to symbolize our mission, to stop the ripple effect in the lives of boys, their families, and society as a whole who are affected by sexual abuse. Stop the Silence. Speak LOUD!



1 in every 6 boys will be sexually abused. That means that on every football team almost 4 players have been or will be abused. So how could you be alone? Don't believe the hype!

How to Stop the Ripple?

The Golden Rule #1

Realize that its not your fault. You have nothing to feel guilty about or ashamed of.

Rule #2

FEAR is a Weapon!

The first thing an abuser does is try to make you afraid. They do this by telling you lies! This is their #1 weapon. They depend on you believing those lies. There is no doubt that being abused is a scary thing. But know that abusers will try to make you afraid so you won't tell! Imagine yourself as a super hero—Now! See Rule #3!

Rule #3

Silence is dangerous! Words are powerful! Your tongue is your sword when it comes to sexual abuse. Shatter the silence. Tell someone you trust. Keep talking until someone listens. It will take courage but **YOU CAN DO IT!**



Rule #4

Don't believe the hype!

Who says a boy can't cry or be hurt? That is a silly rule. If that were true boys would have been born without tear ducts in their eyes! So what does that mean to you? To feel pain is to be human. This is a dangerous rule. So many boys stay in pain because they think they don't have a right to feel sad! Think about that and see Rule #1 and Rule #2.

Rule #5

You Are Great & Special

Sounds kind of corny but it is true. You are so much greater than the abuse that was done to you. The abuser stole enough already—Don't let him/her steal your **Belief in Yourself!**

Rule #6

Get active! Stop the Cycle of Abuse! Being abused can make you feel anger, rage, and sadness. Talk to someone you can trust. Play Sports. Write poetry. Bust a rap! **Use your power 4 Good!!**