



RALIANCE

Ending Sexual Violence in One Generation

Obstacles to Help-Seeking for Minor-Attracted Persons

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Purpose of the Study



Prevention

1. *To understand the obstacles to help-seeking*
2. *To understand the treatment needs of MAPs*
3. *To enhance competent, compassionate, and ethical treatment of MAPs*

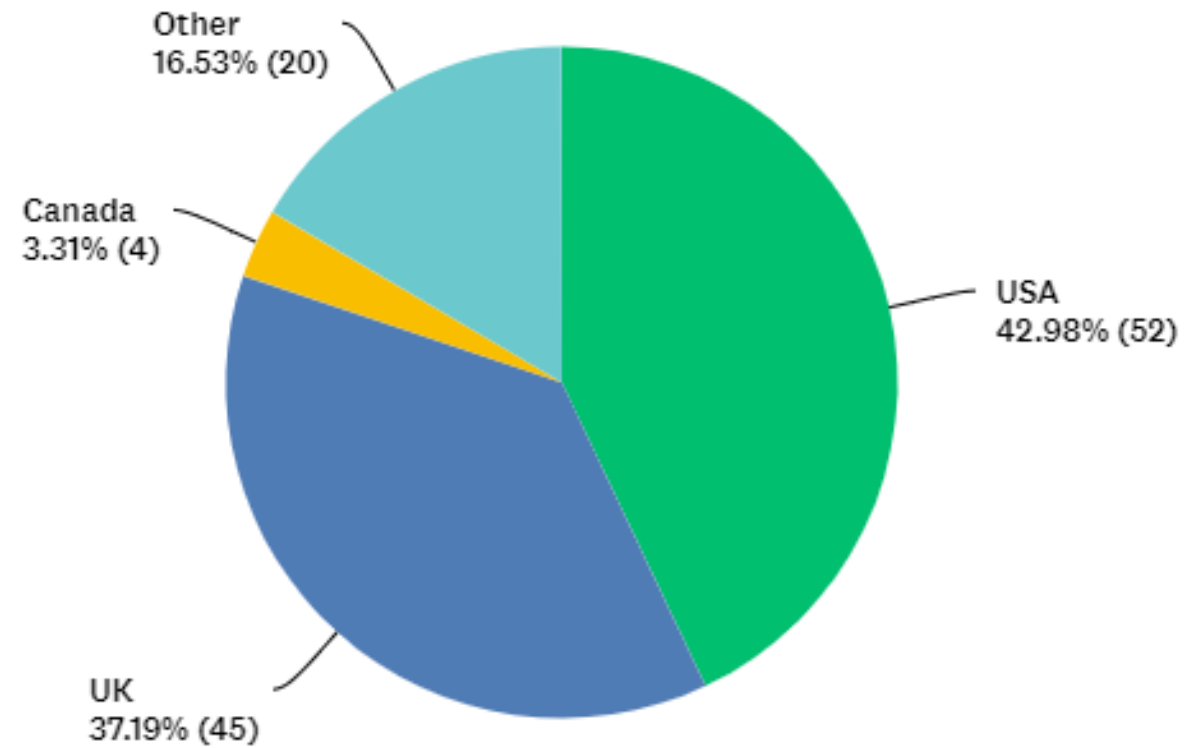
Data Collection & Sample: n = 293 (154 complete)

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- ▶ Online survey
- ▶ Recruitment through
 - ▶ VirPed
 - ▶ Stop it Now! US & UK
 - ▶ Lucy Faithful UK
 - ▶ Snowball sampling through MAP networks
- ▶ Open 2 months (July & August 2017)
- ▶ Anonymous & Confidential
- ▶ 18+
- ▶ 57% college grads
- ▶ 92% white
- ▶ Average age 36
- ▶ 91% male, 5% female, 3% trans or gender non-conforming

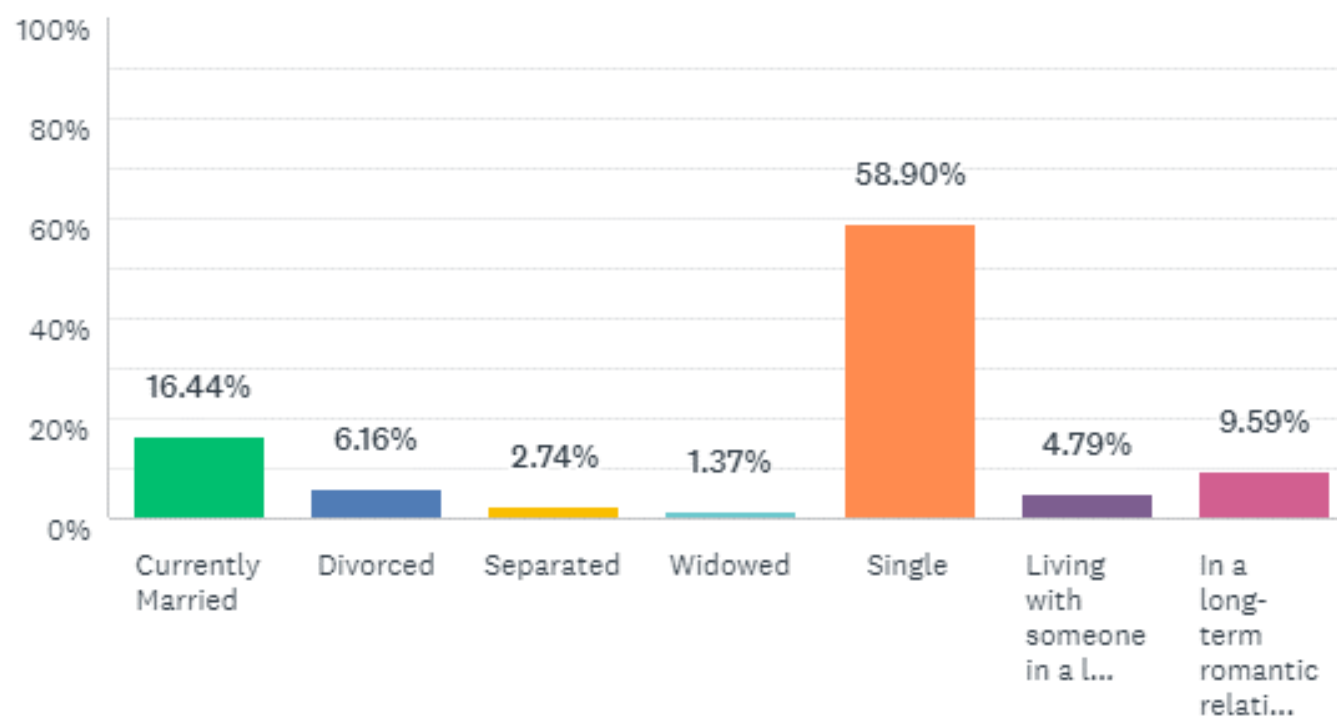
Country I live in:

Answered: 121 Skipped: 172



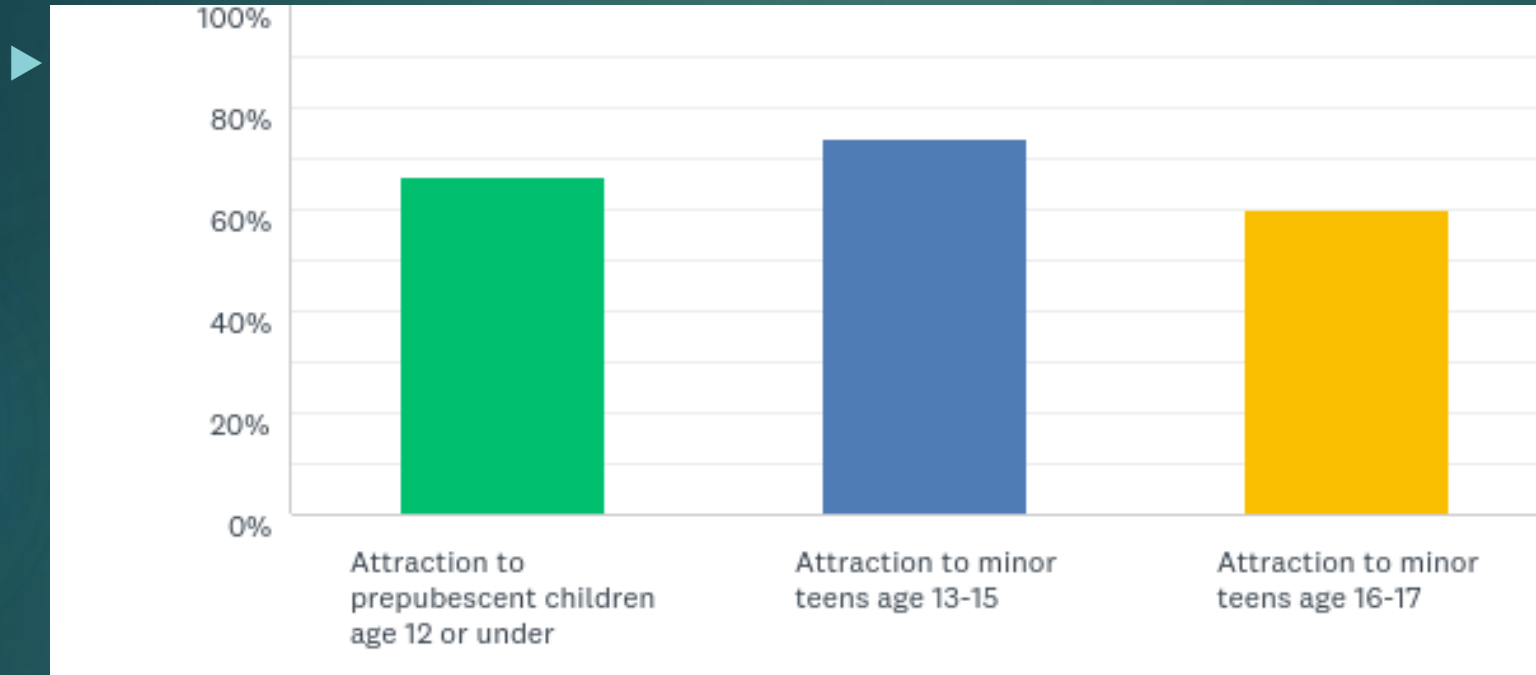
Which of the following best describes your current marital status?

Answered: 146 Skipped: 147



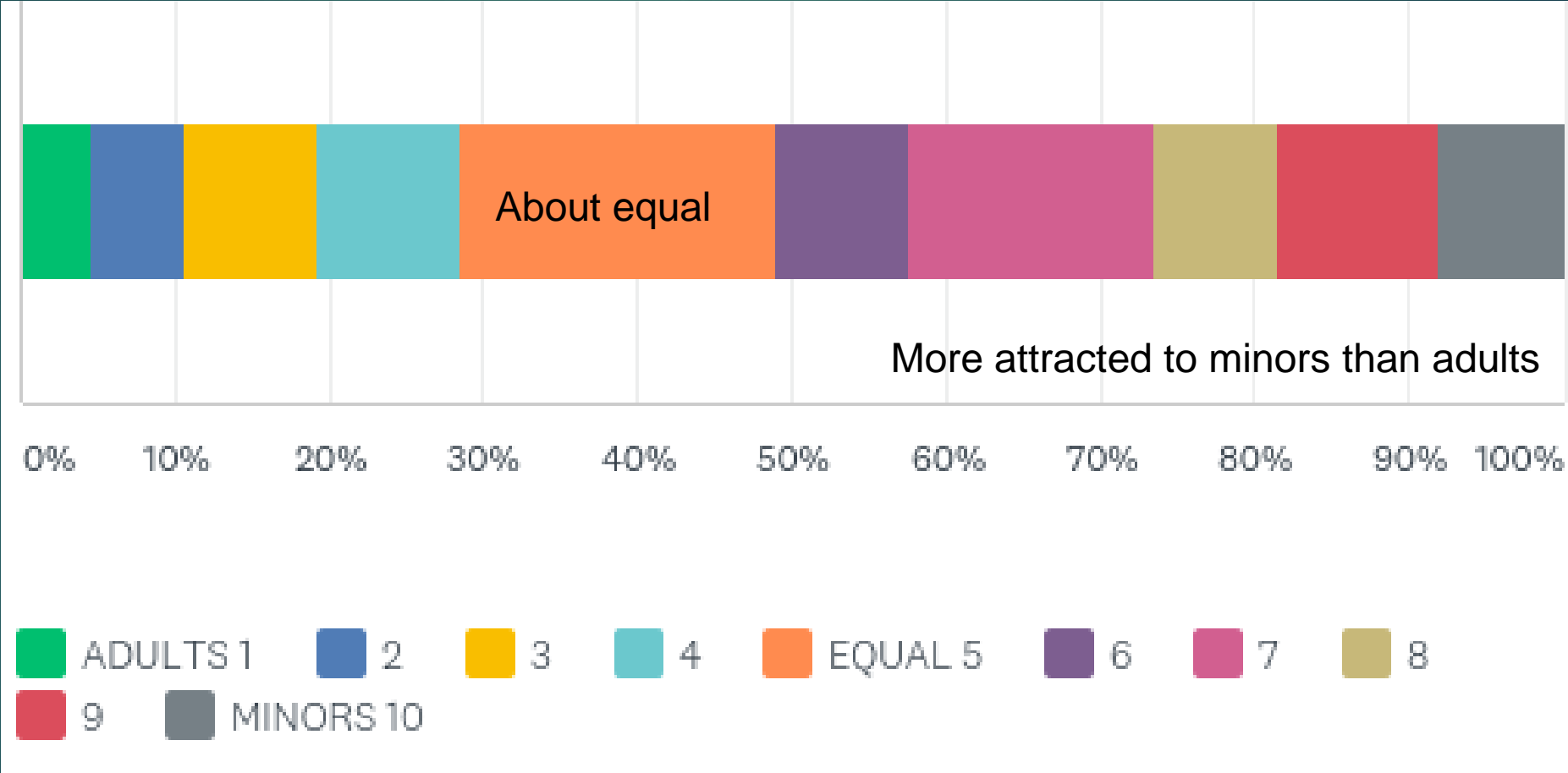
Q3: Please describe your sexual interest in minors. Check all that apply

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On a scale of 1 - 10, with 1 being primarily or exclusively attracted to adults, and 10 being primarily or exclusively attracted to minors, and 5 representing equal attraction to both, how would you rate yourself?

▶ Answered: 151 Skipped: 142



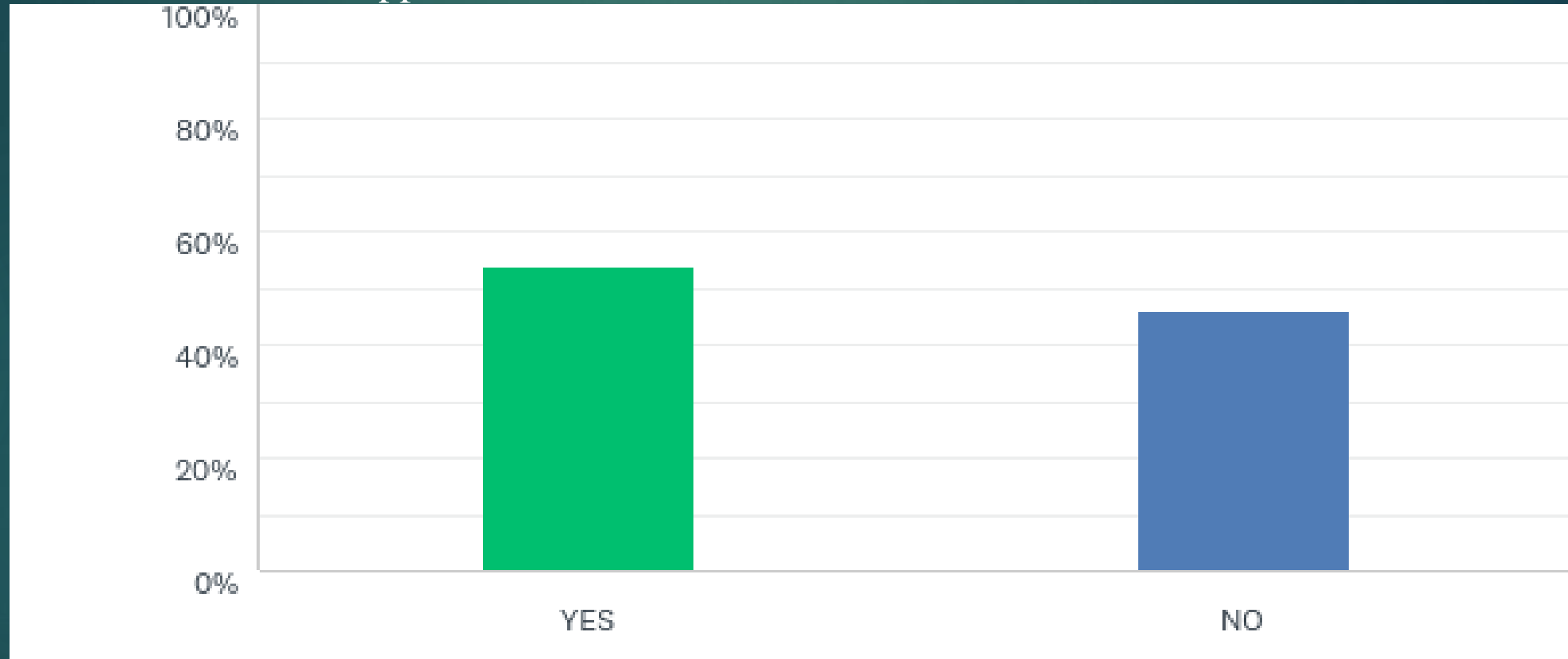


- ▶ MAPs attracted to males have less attraction to adults
- ▶ MAPs attracted to females have attraction to adults
- ▶ (consistent with Bailey et al 2016)

Q4: Have you ever tried to talk to anyone about having sexual interests in minors?

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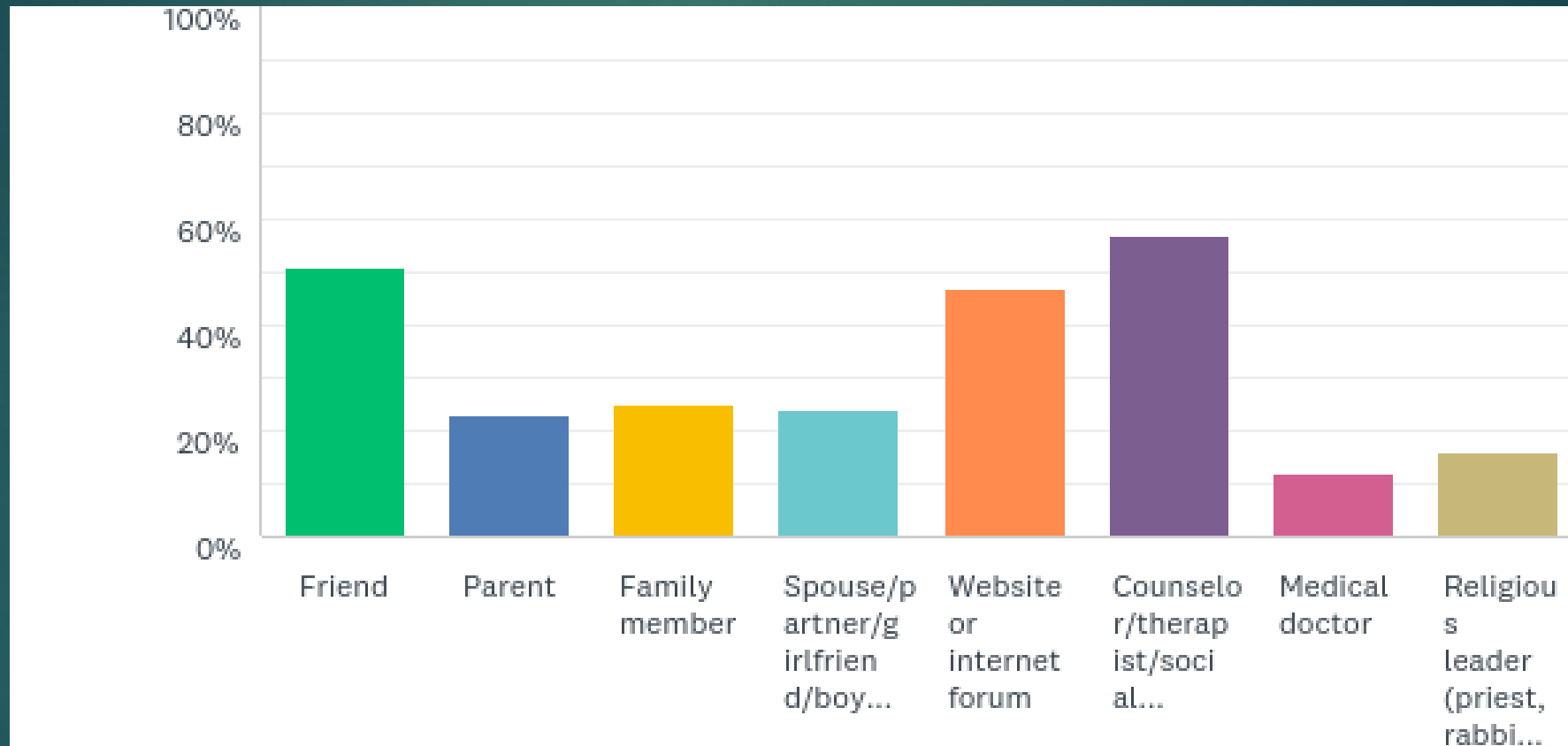
► Answered: 187 Skipped: 106



Q5: If yes, who? Check all that apply

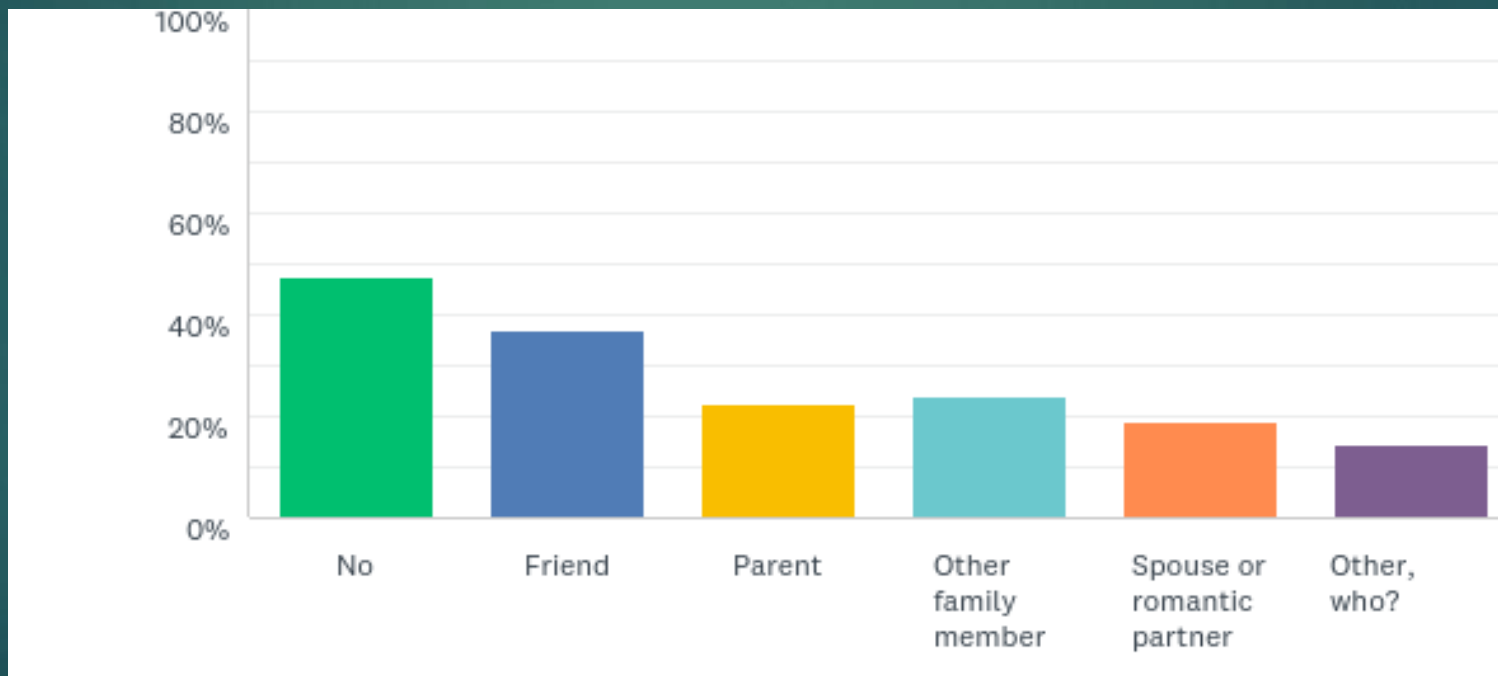
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► Answered: 100 Skipped: 193



Q6: Currently, does anyone in your personal life know about your minor-attraction? (check all that apply)

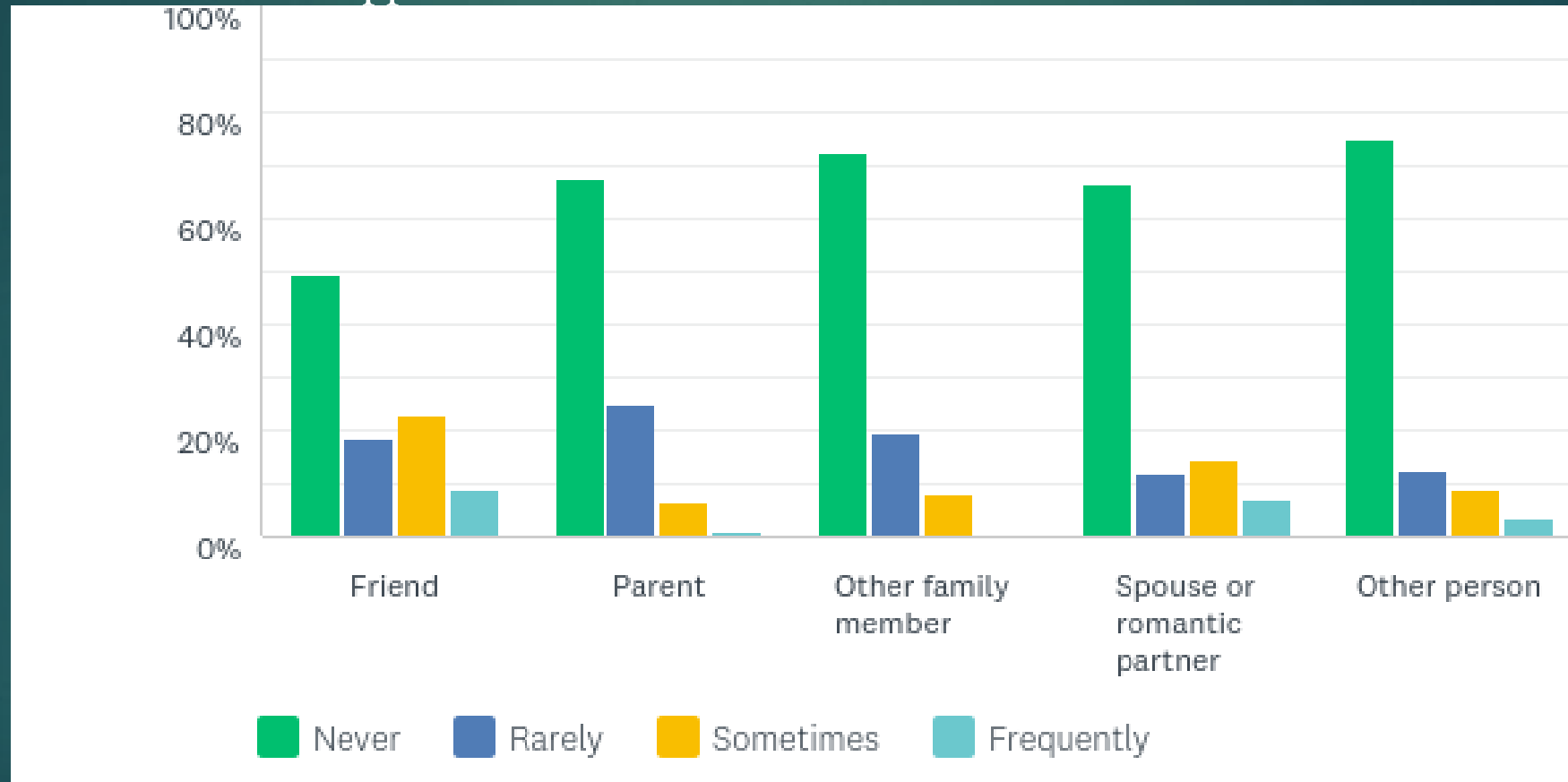
► Answered: 182 Skipped: 111



Q7: How often do you talk to that person(s) about your sexuality?

12

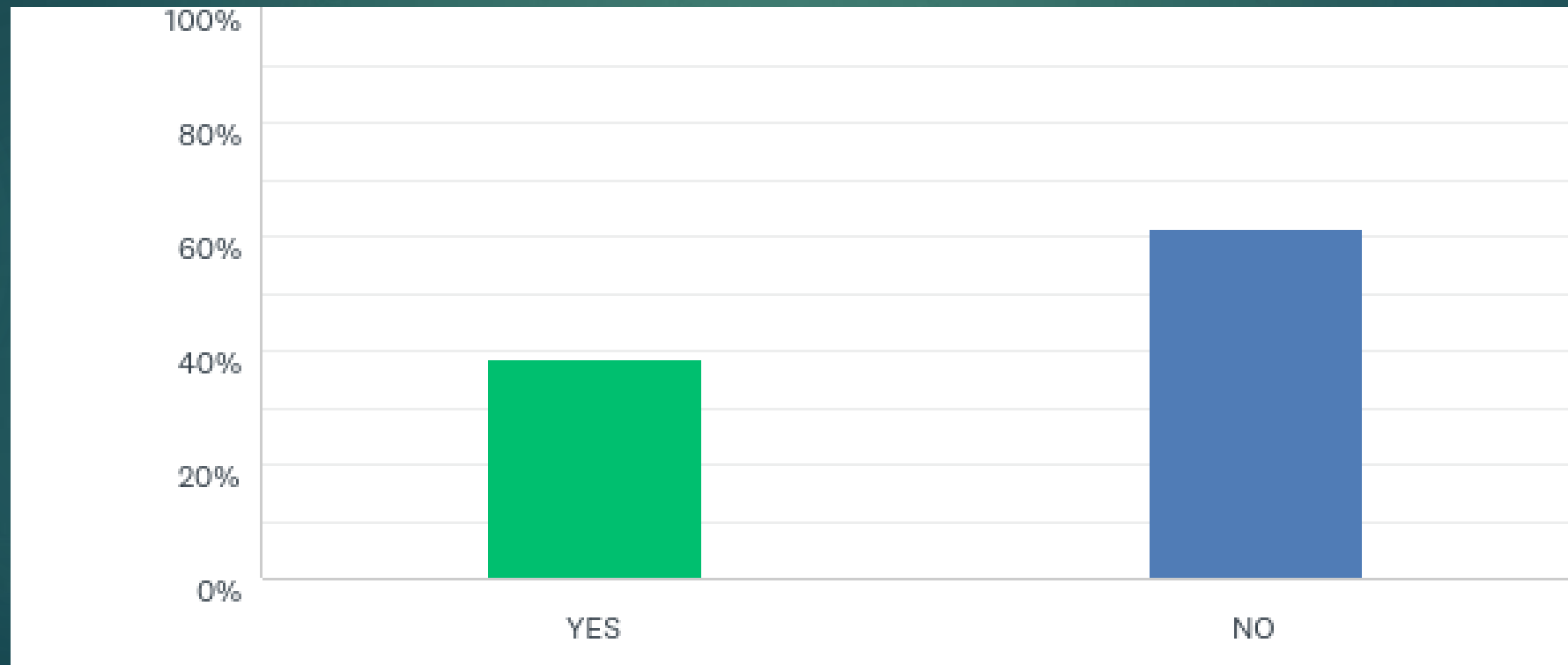
► Answered: 150 Skipped: 143



Q8: Have you ever sought help from a professional to talk about your sexual interests?

► Answered: 186 Skipped: 107

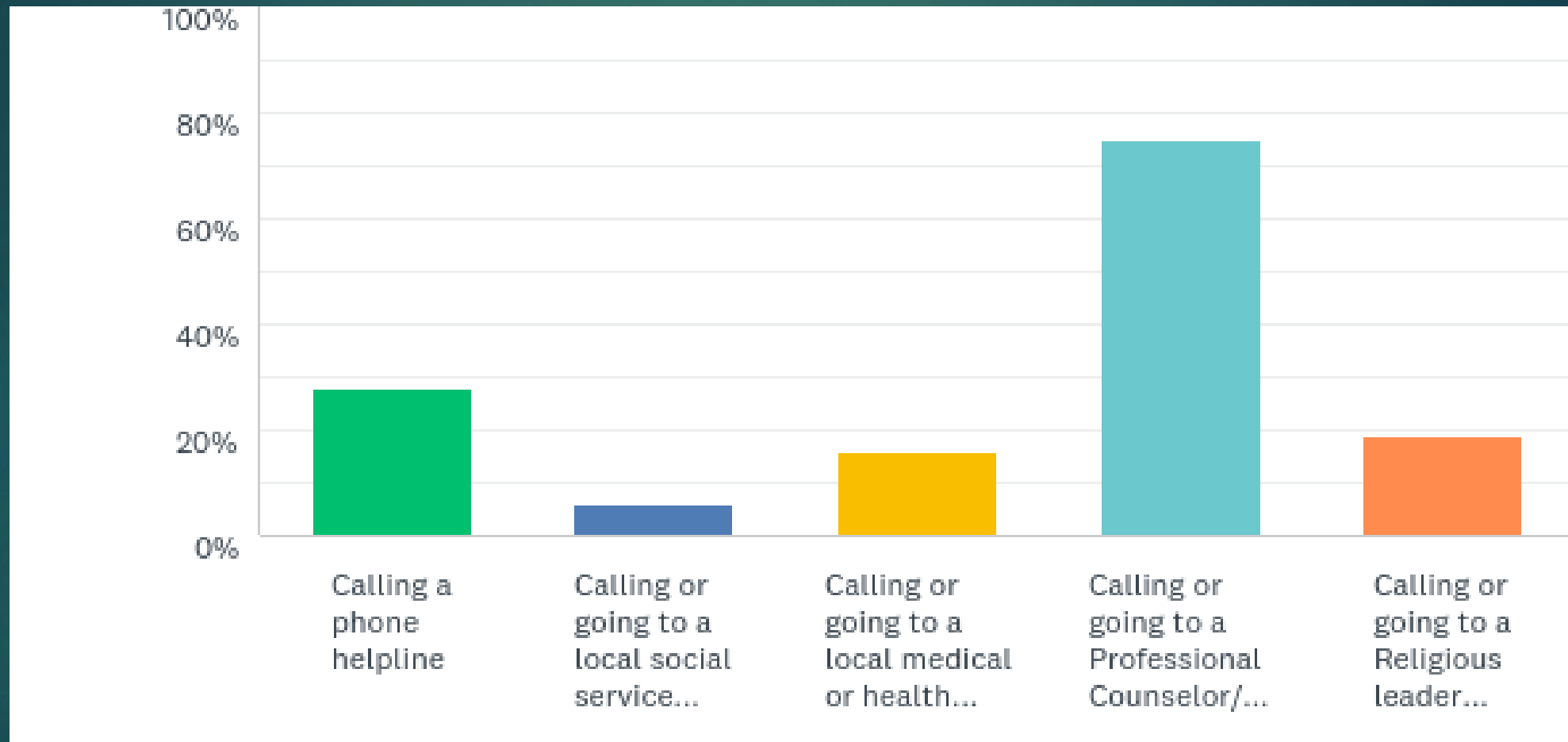
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Q9: If yes, who? Check all that apply

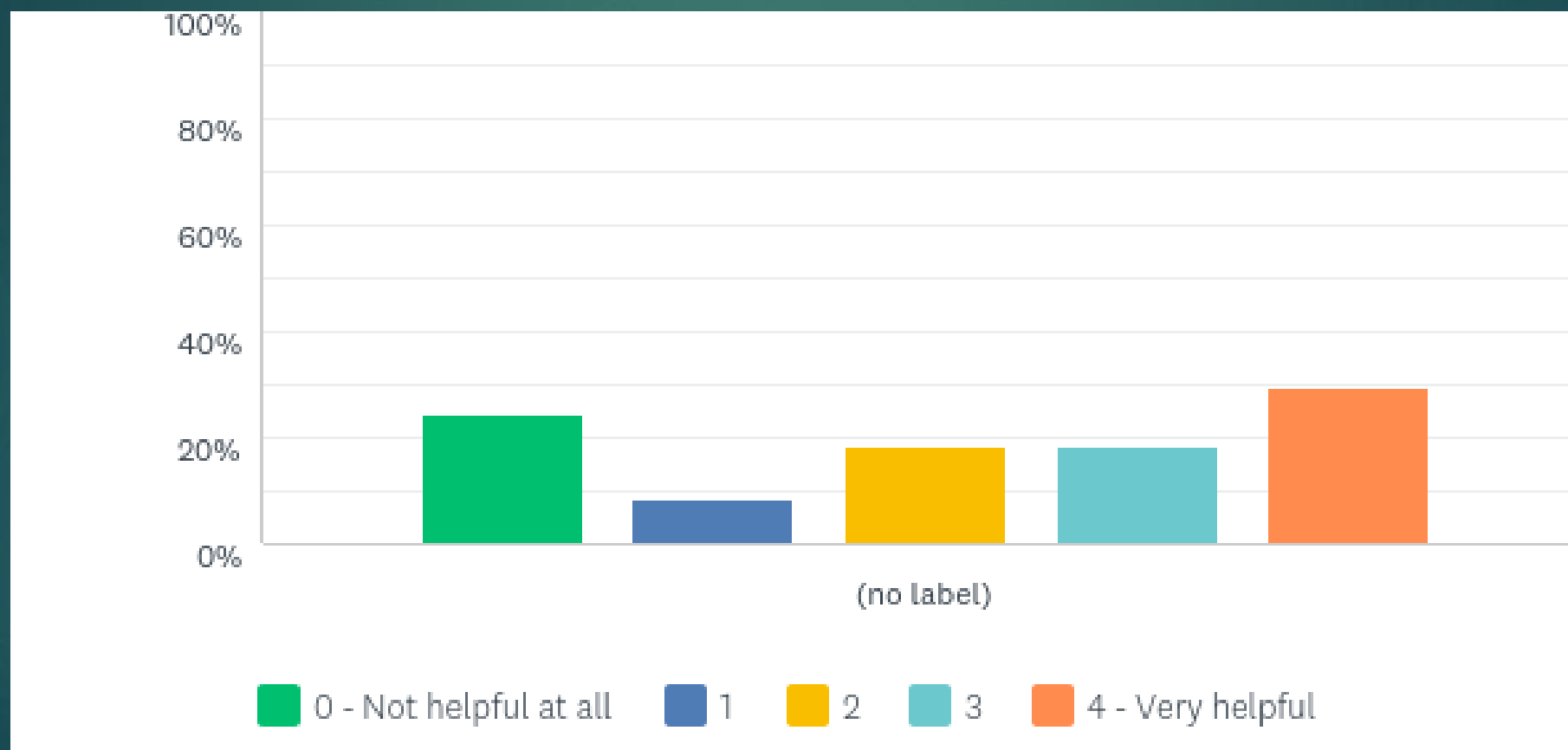
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► Answered: 68 Skipped: 225



Q10: If you did seek help from a professional to talk about your sexual interests or related concerns, on a scale of 0-4, how helpful (on average) would you rate your experience?

► Answered: 81 Skipped: 212



Q11: If you did seek help from a professional to talk about your sexual interests or related concerns, what was most helpful?

Check all that apply. ▶ Answered: 62 Skipped: 231

ANSWER CHOICES	RESPONSES	
I felt like the professional listened and understood	64.52%	40
I felt like they did not judge me	70.97%	44
I felt like they were interested in my well being	69.35%	43
I felt like they offered some hope that I could cope with my feelings about my sexuality	58.06%	36
I felt like they offered some practical assistance to help me cope with my feelings about my sexuality	54.84%	34
Total Respondents: 62		

Q14: If you did seek help from a professional to talk about your sexual interests and related concerns, what was LEAST helpful?

Check all that apply. ▶ Answered: 45 Skipped: 248

ANSWER CHOICES	RESPONSES	
I felt like the professional did not try to listen and understand	26.67%	12
I felt like they seemed to judge me	31.11%	14
I felt like they were not interested in my well being	35.56%	16
I felt like they were unfamiliar or uncomfortable with the topic of minor attraction	48.89%	22
I felt like they were unable to offer practical assistance to help me cope with my feelings about my sexuality	53.33%	24
I felt like they were focused only on my sexuality and were unable to view me as a whole person with other issues as well	42.22%	19
Total Respondents: 45		

Q15: If you chose not to seek help from a professional to talk about your sexual interests or related concerns, what were the reasons?

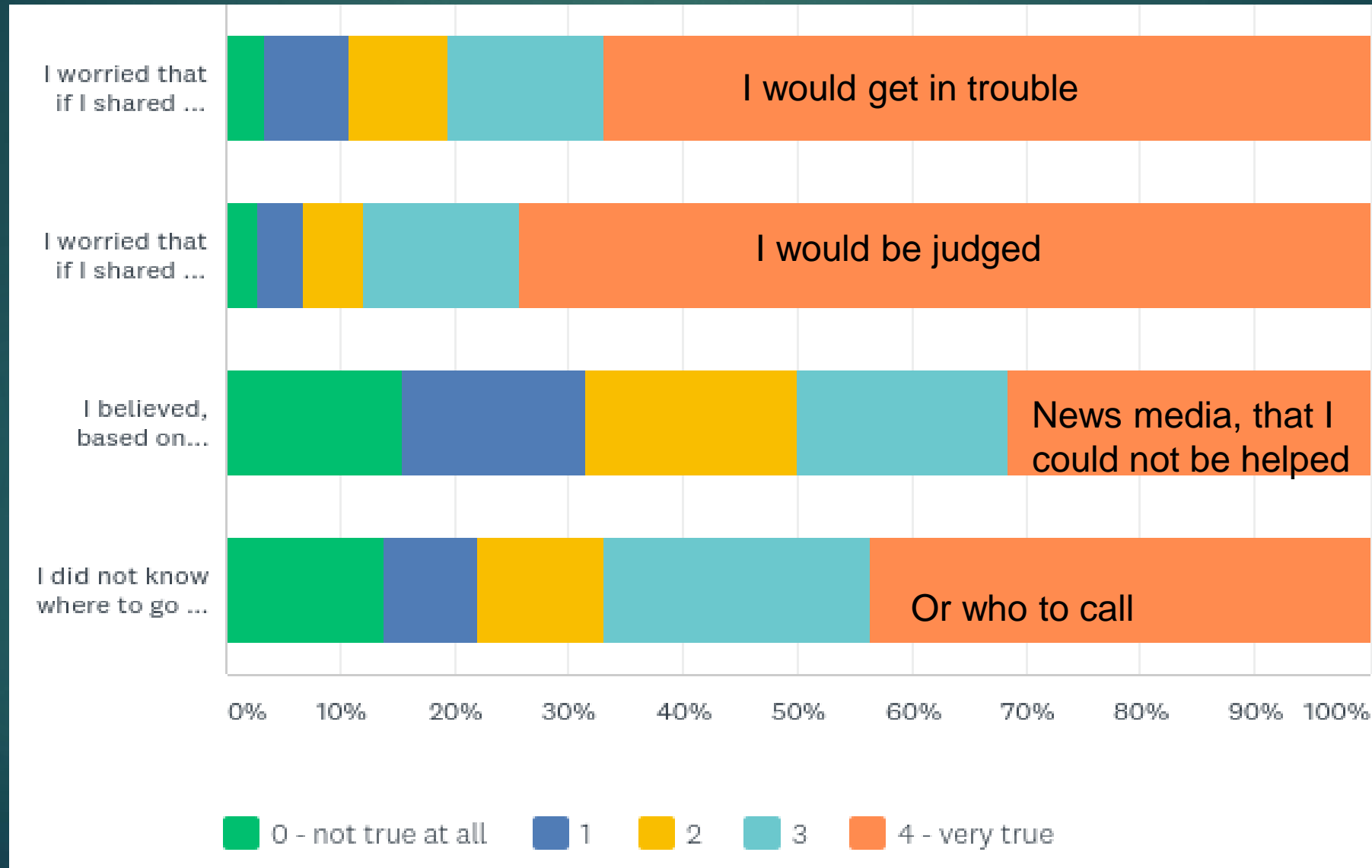
► Answered: 135 Skipped: 158

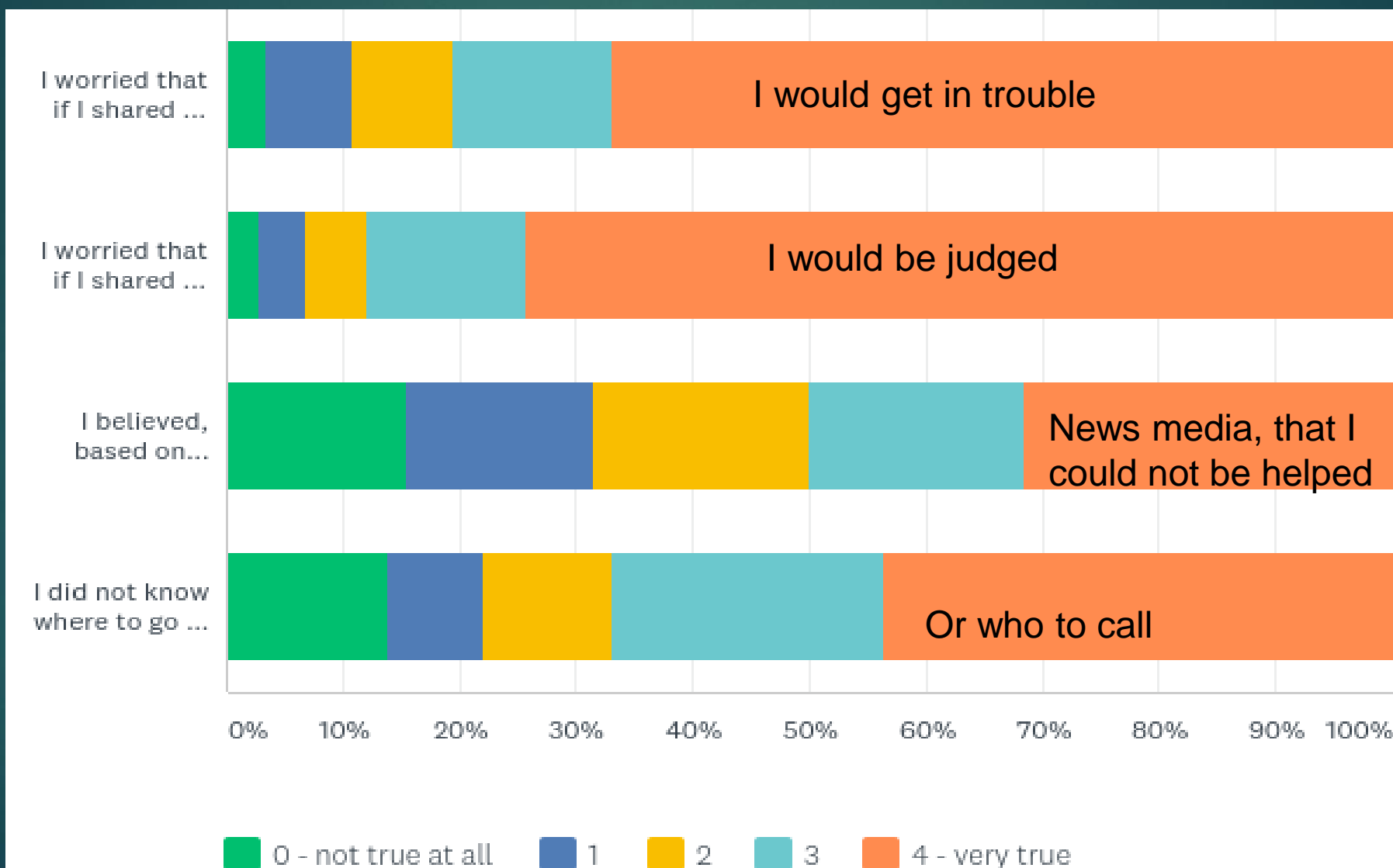
ANSWER CHOICES	RESPONSES	
Fear of negative reaction	68.89%	93
Concern about being reported to police or other authority	71.85%	97
Concerned that my confidentiality would not be protected	66.67%	90
Unsure how to find a knowledgeable professional	46.67%	63
I was a minor and did not want my parents to know	19.26%	26
Financial obstacles	22.96%	31
Geographical or transportation obstacles	12.59%	17
I believe I can control my behavior and not act in illegal or abusive ways	55.56%	75
Total Respondents: 135		

Q16: Reasons for choosing not to seek help....

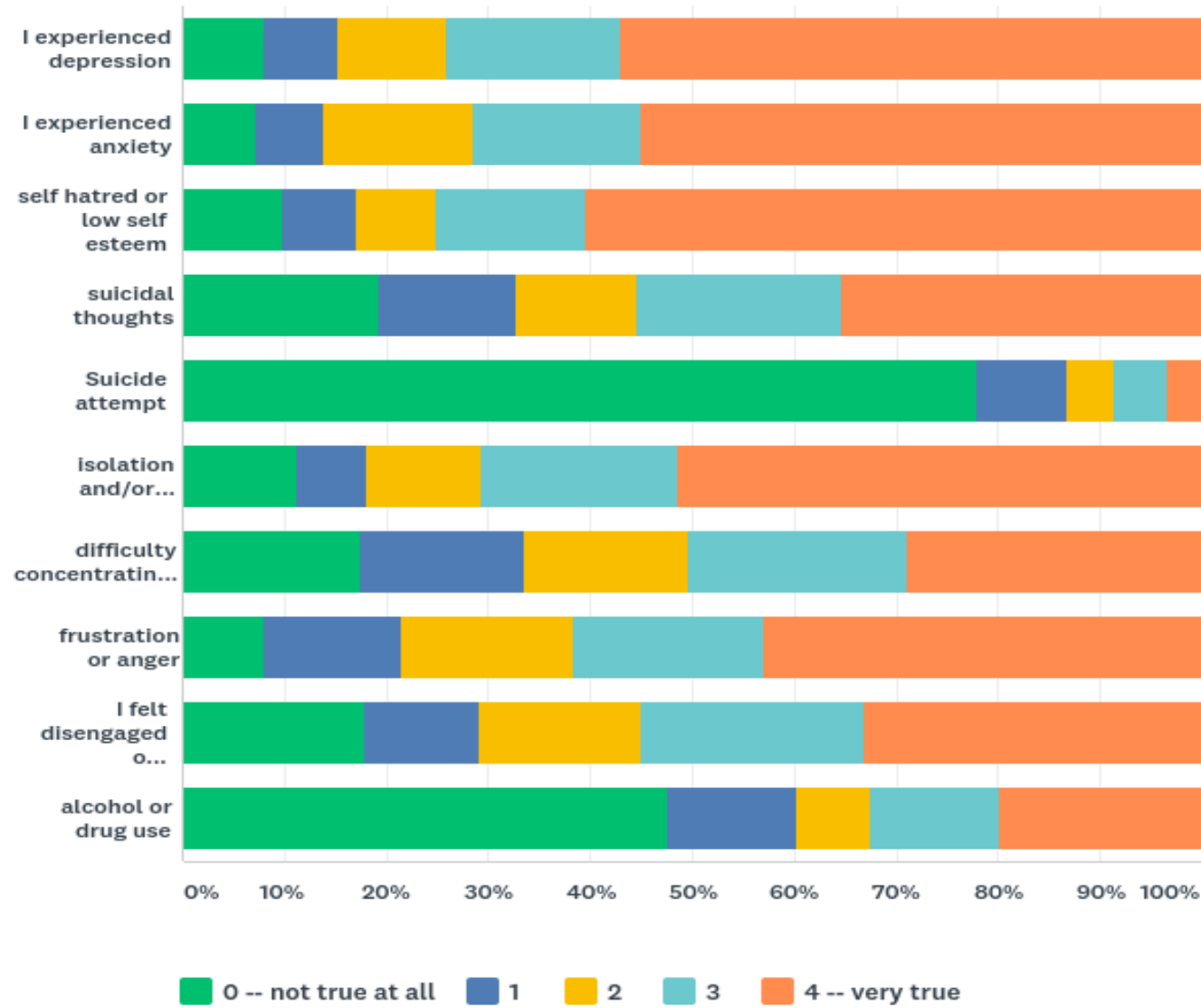
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► Answered: 177 Skipped: 116





Answered: 152 Skipped: 141



23% made at least 1 suicide attempt

Therapy Goals	4-Very Important
To understand the causes of my attractions	69%
To see if I could reduce my attraction to minors	69%
To figure out how to have a healthy and satisfying life	64%
To learn to manage coping behaviors such as using pornography	58%
To discuss and deal with my shame and stigma	56%
To talk about how to have more genuine and authentic relationships	55%
To learn to manage sexual feelings that I was concerned about	55%
To talk about how to have close relationships with others	54%
Concerns about having romantic relationships, getting married, or having a family	54%
To see if I could increase my attraction to adults	52%
To talk about how society's view of my attractions impact my sense of identity	51%
To improve my self esteem	49%
Disclosure issues	49%
To talk about my depression or anxiety	44%
To deal with sexual frustration	41%
To talk about some unhealthy ways I've been coping, like using alcohol or drugs.	35%
To talk about things that are unrelated to my sexual interests	34%
Loss of my sexual self because I have few or no opportunities for sexual gratification	29%

Themes

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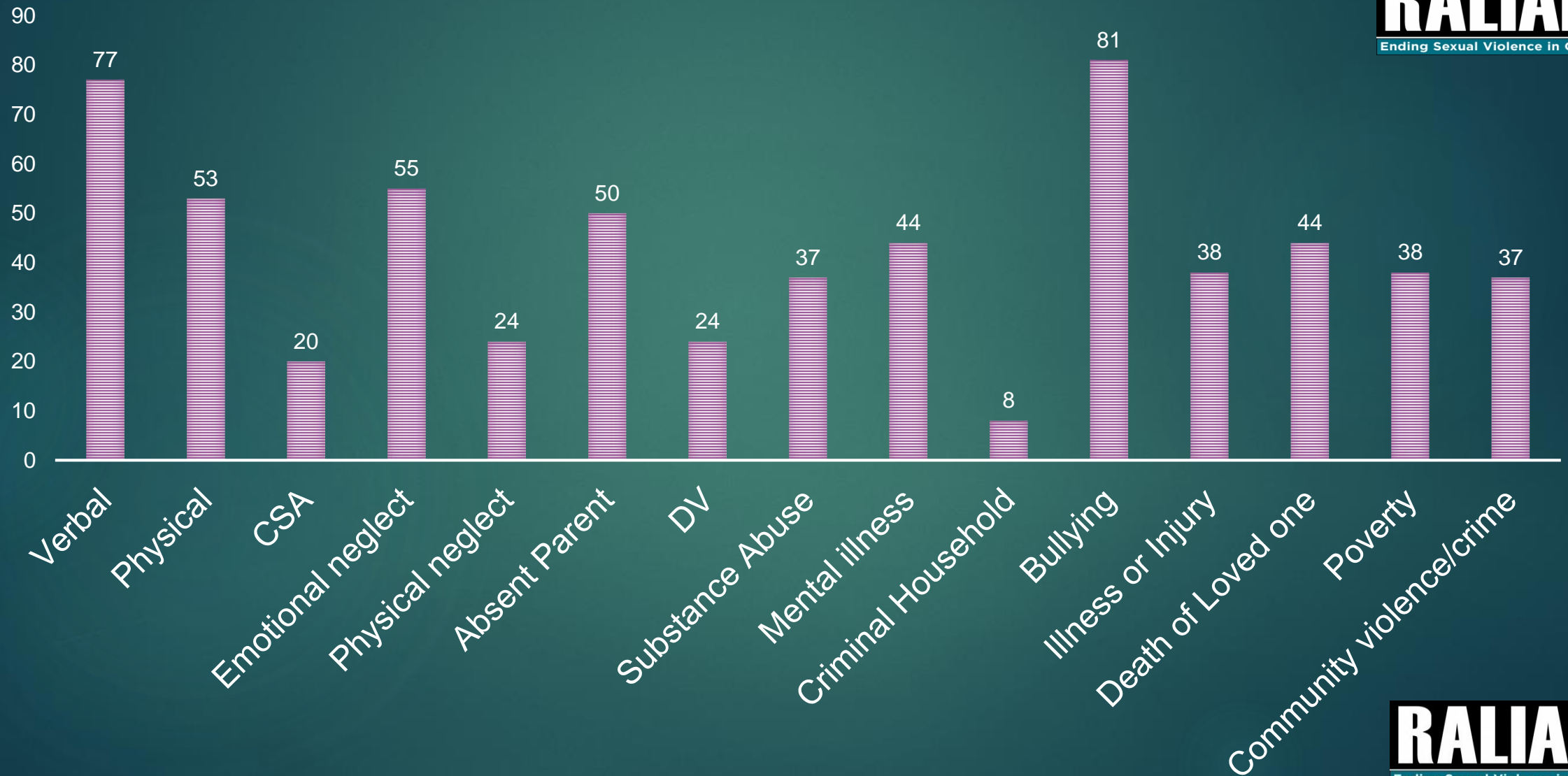


Need for Trauma-informed Care

ACES

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Themes

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One Generation

Theme	Frequency (%)
Stigma	87
Normalizing	63
Shame	50
Lack of understanding	50
Community	45
Alternative coping	35
Judgement	31
Being reported	31
Self-control	31
Lack resources	27
Desire to change	26
Self-acceptance	24
Being discovered	19

Theme	Frequency (%)
Comorbidity	17
Relationships	16
Fear of harm	16
Nonsexual connections	16
Faith based support	15
Supportive partners/family	14
Isolation	13
Self-regulation	12
Trauma history	11
Maturity	10
Financial	8
Avoidance	8
Self-care	4

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Themes Top 5

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Stigma

- ▶ Identification that there is significant stigma surrounding MAPs

Normalizing

- ▶ Belief that attraction to minors is normal and unfairly stigmatized

Shame

- ▶ Expression of shame that their attraction makes them bad either explicitly, or by identifying it as a source of shame or low self-esteem

Lack of Understanding

- ▶ Professionals often misunderstand MAPs and they are not equipped to provide useful therapeutic care

Community

- ▶ Mentions of MAP community support as helpful, whether online or in-person, and whether informal support groups or through building informal support system with other identified MAPs

“We aren't bad people. Many are like me and feel we have no where to turn to get help. Most of us want to fix what's wrong with us, truly. But with a stigma so intense, we find it hard to find help. It feels as though everyone is out or get us when all we want to get is help”

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Themes Top 5

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"...my attraction is normal, but society is wrong,"

"You assume a MAP needs help which is a little blind and irritat[ing].."

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Themes Top 5

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“It feels unreal that I, me of all the people got this god forbidden curse.”

“Being put to shame or treated as less than human makes it more difficult to seek help.”

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Themes Top 5

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“If I tried to bring up anything about my concerns with my sexuality or quality of life in that area... she would change the subject or be harsh with me.”

“I mostly felt that she was more concerned about trying to protect society from me rather than my quality of life.”

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Themes Top 5

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“We know the internal and external torments we go through, and are supportive of each other in the fight to stay safe and do well at liberty in our community.”

“Talking anonymously on the internet is about the only help I've gotten.”

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George: Observations and Gaining a new perspective

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- ▶ Reluctance
- ▶ Diverse Population
- ▶ Challenges
- ▶ Guide

Shelley: Implications for Clinical Practice

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From a Trauma Informed & Holistic Perspective:

- Providing support with accepting one's reality
- Addressing and working through the internalized shame
- Creating opportunities for improved self concept

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