

Helping male assault victim

Dear Annie: About six months ago, a friend confided in me that he had been sexually assaulted a year prior by a blind date. After watching an episode of "ER," we were talking about sexually transmitted infections, and he mentioned needing to get tested, which brought up the revelation of his assault. He was very straightforward about telling me and said that he had dealt with everything already and was ready to move past it. He's also had relationships and casually dated people since the assault, and he said things were completely fine.

DEAR ANNIE



Annie Lane
Creators
Syndicate Inc.

I've tried to let him know that I'm here if he wants to talk, but he brushes the concern aside and starts a new topic each time it comes up. He's even joked a few times about hoping it doesn't happen again as he's heading out the door for a date. I'm never sure how to reply to jokes like that. Awkward chuckle? I doubt he needs or wants any pitying glances. His demeanor is very different from that of my female friends who have also been assaulted, and I don't know how to navigate the

conversation without projecting my own emotions — or emotions that I think should be expected — on him. Annie, do you have any recommendations or resources for helping men who've been sexually assaulted or for their friends and family members? — *At a Loss*

Dear At a Loss: I am so sorry your friend went through that. He's not alone. Approximately 1 in 6 men have experienced sexual assault or abuse.

The fact that he opened up to you about his experience means that he sees your friendship as a safe space in which he can be vulnerable. If you can continue providing that space, you'll have done a lot. Ambivalent and complex emotions will arise at times. Know that it's not necessary to "resolve" those feelings; simply sitting with them and with him is often the best thing you can do, even when it feels uncomfortable.

Sometimes survivors use humor as a way to cope with trauma, which may be what he's doing with those jokes. But you don't have to laugh at them. A neutral reaction is fine.

For more tips on supporting him, visit <https://1in6.org>; select the "Get Information" tab and then "For Family and Friends." You can also chat with a trained advocate using the 1in6 website, 24 hours a day, seven days a week.

Dear Annie: Summer is here, and so are summer scams.

Recently, my mother-in-law received a call from my daughter's "friend" telling her that her granddaughter had been driving and caused a wreck resulting in serious injuries to a woman in another car. She insisted that my daughter didn't want to tell us about the accident and asked for money that she would pay back soon. She even said she had a lawyer to represent her and gave a number.

My mother-in-law is a trusting woman. Luckily, she felt she had to talk to her son before she did anything, and of course the fish failed to swallow the hook.

Never provide information or money to strangers, no matter how convincing their script. — *Now Wiser*

Dear Now Wiser: Thanks for sharing your wisdom. Scams can also be reported at <https://www.ftccomplaintassistant.gov>. Stay safe and savvy.

TOMORROW'S HOROSCOPE

By Holiday Mathis, Creators Syndicate Inc.

ARIES (March 21-April 19). Put yourself out there and you'll get ratings both good and bad (because trolls, unfortunately, are a fact of modern life) but mostly good and definitely worth the effort.

TAURUS (April 20-May 20). You won't have to worry about what to say. Egotistical people are easy to talk to. They will go on and on about themselves without prompting, never more than one sentence away from the turnaround.

GEMINI (May 21-June 21). Incurious people have a way of making others feel boring while fascinated people can make their company feel like the most interesting people in the world. Whichever way it goes, don't take reactions personally.

CANCER (June 22-July 22). Of course you can't believe everything you think, but there is a recurring idea you've been having lately that's worth putting to the test. It will open up a new area of study and work.

LEO (July 23-Aug. 22). To expect yourself to constantly generate good energy is asking too much. You need renewal. When you run out of power and you can't shine your light, go where the light is already shining.

VIRGO (Aug. 23-Sept. 22). It's not enough to hear that you are appreciated; you need to see it and feel it from the intention, action and the warmth of others. Settle for nothing less than true respect.

LIBRA (Sept. 23-Oct. 23). You're not one to take risks just for the thrill of it. You'll fully assess the situation, decide on the best course of action and take a chance, all the while bearing the fear and uncertainty entailed.

SCORPIO (Oct. 24-Nov. 21). Lingered emotions could slow you down if you let them. Be willing to feel and you won't get stuck. Release all resistance. Let the emotions flow through you and they'll work themselves out without much effort on your part.

SAGITTARIUS (Nov. 22-Dec. 21). Fitting in will be part of the deal, but there's really no need to pretend that you're in the know when you're not. Saying "I don't know" is perfectly acceptable — maybe even preferred. Only smug people know everything!

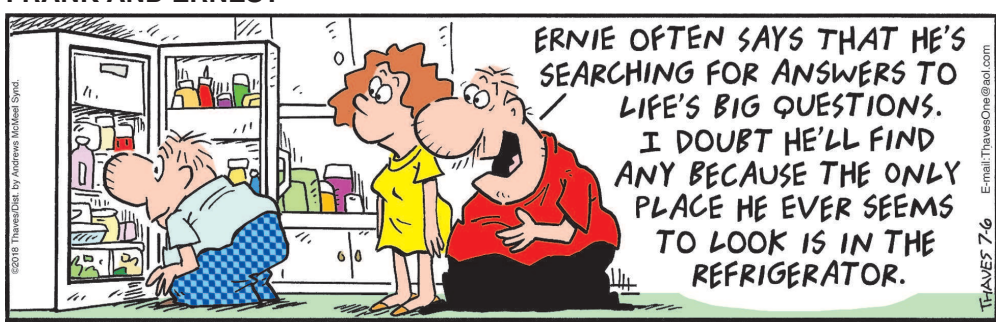
CAPRICORN (Dec. 22-Jan. 19). To look forward to the offerings of the day without expecting or demanding any particular outcome — that's a recipe for happiness, and a very achievable one.

AQUARIUS (Jan. 20-Feb. 18). You won't get immediate proof that this course of action is worth taking, but keep at it awhile in good faith. You'll be luckier as you continue along in the belief that good things are coming.

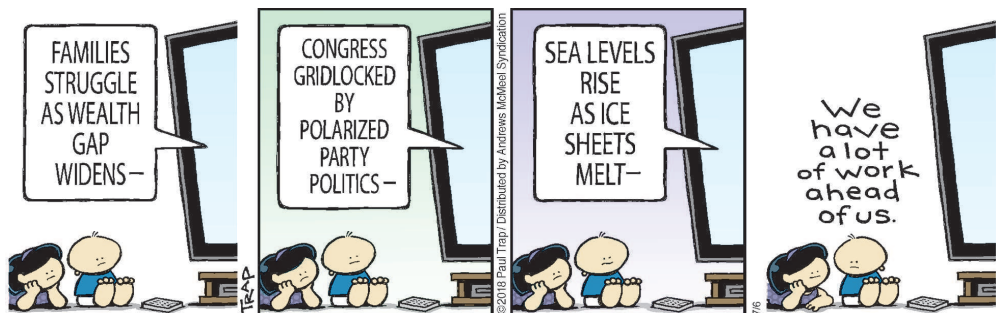
PISCES (Feb. 19-March 20). Being attractive will have pluses and minuses. You enjoy the attention, but only when it comes at you in a certain way. Even then, you can only take so much before you need peace, quiet and solitude.

TOMORROW'S BIRTHDAY (July 7). Keep an open mind, because if you stay flexible, your plans will give way to something bigger. A well-matched collaboration will yield results within 10 weeks. The money flows easy in October. Beautiful scenery and fun activities close out 2018. Your social graces will catapult you to leadership in 2019. Scorpio and Capricorn adore you. Your lucky numbers are: 43, 20, 14, 7 and 32.

FRANK AND ERNEST



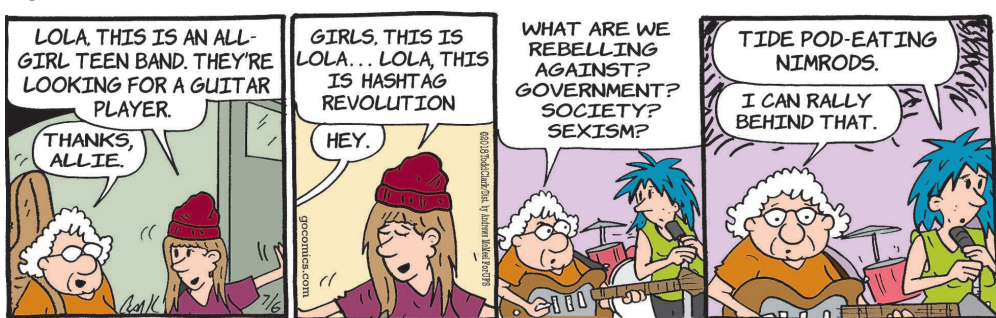
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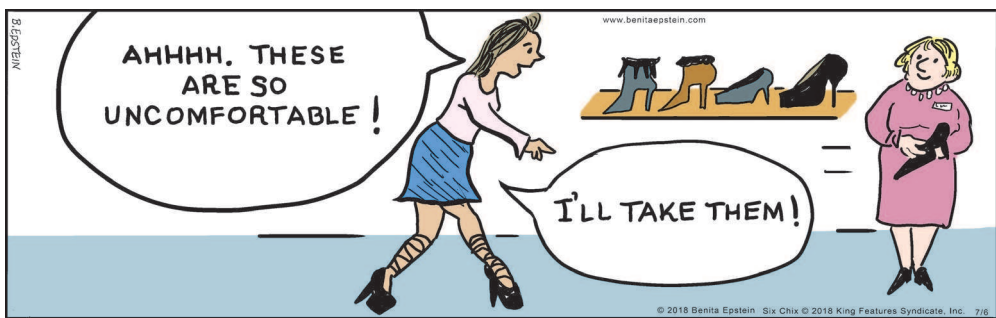
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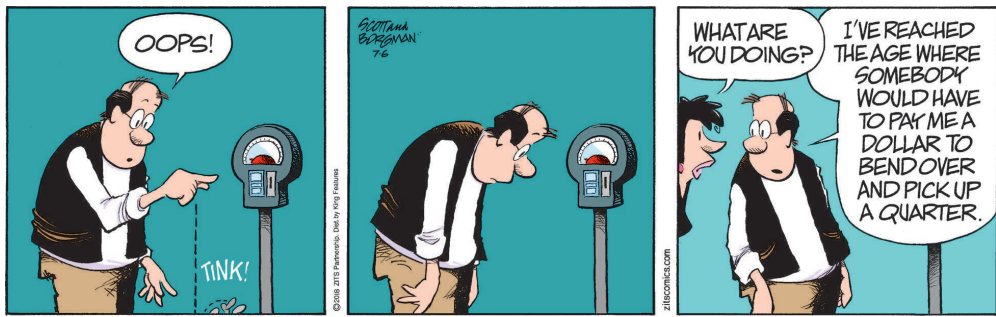
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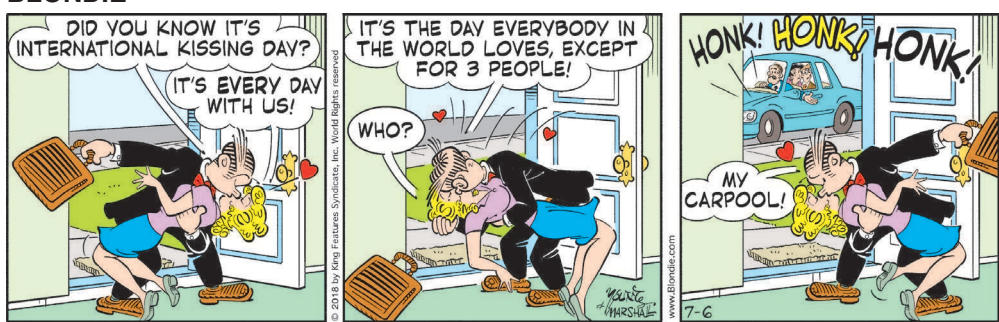
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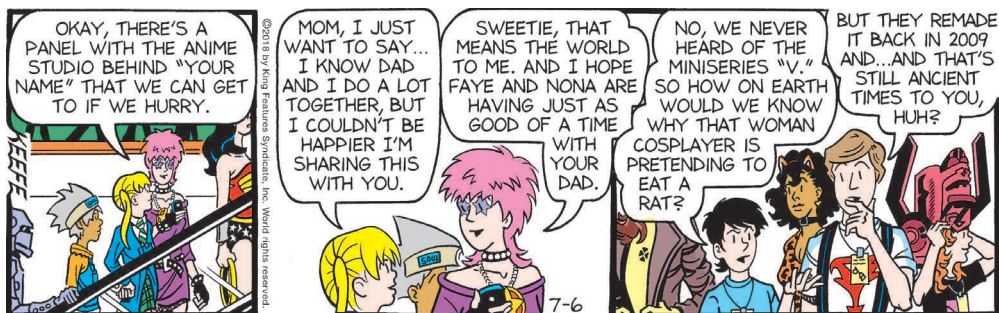
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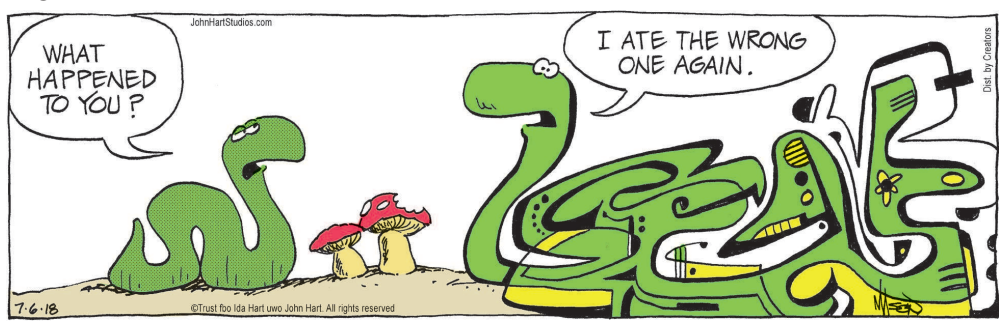
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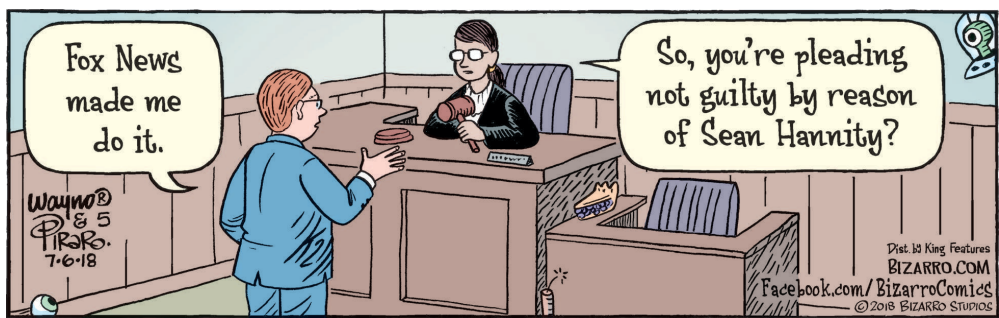
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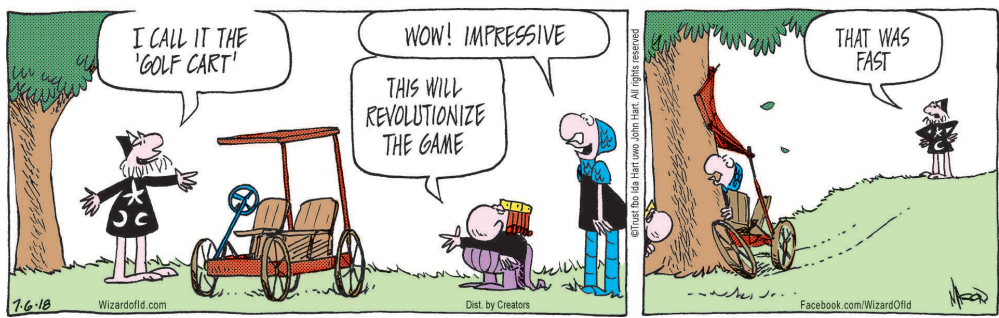
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