

BOYFESSIONS



TRANSFORMATIONAL CONFESSIONS FOR
BOYS & EVERYONE WHO LOVE THEM

+

UNDERSTANDING SEXUAL
ABUSE OF BOYS

SOLOMON O. AYODELE

BOYFESSIONS

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BOYFESSIONS

Healthy Confession for Total
Transformation of the Boy Child
+
Understanding Sexual Abuse of Boys.

Solomon O. Ayodele



Published in celebration of the world day of the boy child

Dedication

To every human whose sole desire is to see our Son rise beyond the shackles that held us down. You are seen, loved and appreciated

The Boy-Child Tribe

I was on a radio program sometime in July 2019, when a 50-year old man, named Alex called in to share how he was sexually abused at the age of 15. This man carried the pains of over 35 years, and he was willing to go to the grave with it.

The Boy-Child Tribe is in danger and a very serious one. I understand that the world is quite gifted in whining and analyzing issues, without thinking about a sustainable solution.

There's been a cancerous Theory of Assumption that has churned out irresponsible men over the years and this same idea is still being utilized in raising our Sons today. A subtle gender conditioning that defines the way Men or Boys should act or behave.

Boys will be Boys! Boys will be fine! Boys don't Cry! Boys are strong and would fix themselves! Boys are Men, so they shouldn't be taught and raised deliberately. This isn't a gender toss or war, this is a call to save a crying tribe of children who are imprisoned by societal assumptions.

The theory that teaches Parents not to talk to their Boys about Girls, Sex, Leadership, Power, War, God, Eternity, and Nation Building. These are few amongst the subjects these Boys crave to hear their parents talk about, but No, they are thrown out to learn the same from their peers and social media.

A lot of parents wait until they find their Boys abusing drugs and long gone in different vices. Whilst it is important to check in a lot of Boys into rehabilitation centers, a lot of parents need to be rehabilitated too.

A peculiar generation is upon us already.

A new generation is upon us and this generation won't ask petty or unintelligent questions, because they would understand Artificial

Intelligence, Machine Learning, Robotics and the internet would be their natural habitat from their cradle. This generation would come with questions that would shake the core of our beliefs and our response needs to be logical, or else we would become tools of ridicule in their hands.

As of December 2019, the Boys Quarters Africa team that I lead has had the privilege of directly speaking with 5,517 boys across different cities. The feedback we get around raising the Boy Child hasn't been a good one.

One of the deepest feedbacks we've got shows that over 85% of these Boys would rather keep quiet when they are faced with a challenging situation, rather than talk to their parents.

Boys aren't Men yet and they should be taught, raised and mentored like every other child. Girls cannot be raised deliberately and Boys loosely, yet we expect these Boys to turn out as great and amazing Men.

Enough of the stereotypical stance that positions Boys as the Presidents and Girls as the First ladies. We must be deliberate in raising Boys who understand that leadership or greatness isn't determined by their genital or gender.

It's time to get into a conversation with a Boy today.

It's time to teach them what they need to know.

We mustn't be a people who expect to harvest valuable Men, without nurturing and investing in their Boys.

May our Boys do well and be great.

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Why this Mini-Book?

We've travelled across 12 cities in Africa, bringing to fore the challenges and needs of the boy child tribe. Our flagship project #BoysToo has offered us the opportunity to meet and speak with hundreds of Boys and this mini-book offers an immediate answer to their questions.

As an organization, we believe words aren't just mere sounds. They carry messages and convey the intent of the speaker.

This book seeks to help every Boy Child reshape their minds and reposition the same for their transformation.

The days when the world feels Boys will be Boys are over. Boys will be what they are trained, raised, tutored, and mentored to be.

A bulk of the things we learned as Young people were things we took to heart when we listened to other people speak.

Positive confession should become a part of a Boy's life, if they must become the kind of men we desire. We are hoping this book will bring total transformation in the hearts and minds of every Boy who reads this and confesses it daily.

Guess what?

We have a clarity session on Sexual abuse of the Boy Child. This information is a fall off the feedback we've received, following our engagement with over 5,000 Boys across Africa.

You are now inexcusable. Now is the time to join the Boy Child Transformation train.

Enjoy the read.

The Boy Quarters Africa Team

Background

Sequel to our work at Boys Quarters Africa, we have realized that Sexual abuse of boys is quite common but greatly underreported.

As a boy child advocate, I have reiterated my displeasure at the way this issue isn't given the right attention, hence, making it difficult for men to speak up and the circle seem to continue.

Sadly, there are a few dedicated or focused research and inquiries done on the sexual abuse of the child tribe, which eventually amounts to a scarce understanding of the facts related to this topic. Hence, we only have assumptions and myths about Sexual abuse, when it comes to Boys and Men.

According to the Prevent Child Abuse report; Underreporting is a result of many issues.

Boys are less likely than girls to report sexual abuse because of fear, the social stigma against homosexual behavior, the desire to appear self-reliant (boys grow up believing that they should not allow themselves to be harmed or talk about painful experiences), and the concern for loss of independence.

What is Sexual Abuse?

Sexual abuse can also be called molestation. It is a situation where someone engages you in a sexual consent through force or by taking advantage of your innocence or weakness.

It is also referred to as a situation where a man or woman uses a Boy or girl younger than the age of consent as a mere sexual stimulation.

A good example is when an older lady asks a 9-year boy to insert his hand into her private part or a grown man inserts his penis into the private part of a girl. - This is simply sexual abuse. The focus of this discussion would be on the Sexual abuse of boys.

Can a Boy be abused?

Yes, Boys can be sexually abused. They can be abused by women or men, and this has nothing to do with their masculinity. Boys can be abused within and outside the confines of their homes.

Sexual Intercourse with women should be pleasurable, but should it be termed abuse?

If an older woman engages in any form of sexual activity with a Boy or a young man below the age of consent, then it is rape.

Regardless if the Boy enjoys it or not.

Often time, Boys have been manipulated into getting involved in these activities and there are effects of these things in their minds.

Even if a Boy gets physically aroused when abused, it still doesn't mean it is right to be abused.

Shouldn't Sexual abuse be harmful to Girls and Women alone?

Abuse is abuse, irrespective of the gender. Sexual abuse has varying effects on both genders, but the proof of the harm may not be similar. For girls and women, it is quite evident, but for boys and men, it isn't.

A lot of Boys go through challenging mental and emotional difficulties, as a result of this sexual abuse.

Who are the victims of Sexual abuse?

Any boy can be a victim of sexual abuse.

Who are the committers?

It is difficult to draw out a list, so as not to create fear and panic in the minds of parents. From our experience, I've drawn out the top 10 committers:

1. Nannies
2. Female Cousins
3. Neighbors
4. God-mothers
5. School teachers
6. Parents
7. Family friends (Female)
8. Religious leaders
9. Boarding School Students
10. Siblings

These perpetrators tend to abuse the child within and outside the home and they repeat the abuse if they can keep the Boy silent.

Females can be the perpetrators (boys are more likely than girls to be abused by a female) and tend to use persuasion rather than force or the threat of force.

Threats of physical force or actual force are more common with male perpetrators.

What are the effects of Sexual Abuse?

Although boys are more likely to be physically injured than girls during a sexual assault, physical signs of abuse may not exist and are usually only found within a short period after the incident.

These physical sequelae may include anal redness, abrasions, lacerations, evidence of sperm, or sexually transmitted diseases (including HIV). Boys younger than 2 years of age are most likely to have physical findings.

Silence about this type of abuse is very common. Many victims feel that they want to forget about the event, want to protect the perpetrator, and fear the reactions by those told about the abuse.

The outcomes of sexual abuse of boys can fall into three main categories:

1. **Psychological Distress** (Posttraumatic stress disorder, major depression, anxiety disorders, borderline personality disorder, antisocial personality disorder, paranoia, dissociation, somatization, bulimia, anger, aggressive behavior, poor self-image)
2. **Substance abuse**
3. **Sexually related problems** (sexual dysfunction, hypersexuality, sexually aggressive behavior, and confused sexual identity)

Studies have indicated that sexually abused boys and girls have significantly more emotional problems, behavioral problems, and suicidal thoughts and attempts than their non-abused counterparts.

In addition, it seems that the experience of sexual abuse has more severe and complex consequences for boys than for girls in respect to emotional and behavioral problems (extreme use of alcohol and drugs, aggressive/criminal behavior, poor school performance, truancy, and sexual risk taking).

It was found that female adolescents tend to engage in internalizing behaviors while males' adolescents engage in externalizing behaviors.

What can be done?

At Boys Quarters Africa, we have employed a three-way approach in teaching the Boys we engaged and fight possible situations.

1. Take the boys through practical and in-depth sexual education. Boys shouldn't be taught the intricacies of their sexual make up, hormonal make up and other information in clear terms. Often time, Boys get exposed to abusers in the name of teaching them about Sex.
2. Teach them about Sexual abuse- We have shared quite a lot in this Book. It can be used as a mentoring tool to teach Boys.
3. Create an enabling environment where Boys can speak up if they are currently being abused or are about to be abused.

Additionally, there should be increased awareness for and research in the topic of sexual abuse in boys is needed. Research is specifically needed in evaluation of victims, management strategies for the victims, and in studying women as perpetrators.

In addition, health care professionals should become more educated in this topic and more sensitive to the possibility of sexual abuse in their male patients.

Therapy for the victims include reducing or preventing the negative effects from occurring, helping the victim in achieving normal development for his or her age, and preventing further abuse from occurring or being unreported.

According to the Prevent Child abuse report, the clinicians working with these children and adolescents may use group therapy, cognitive therapy, or behavioral techniques to help the victim come to terms with emotions, be able to manage behavior and life, and to relearn acceptable behavior and normal sexual activity.

It is very important for boys to reassert their masculinity and to re-channel their aggressive behavior into physically healthy activities and proper directions.

Signs you should look out for.

Additionally, it's important for parent to identify some signs that parents must look out for in their kids. These clues may be subtle, and they are also not cast in stone.

1. Sudden Negativity – if your usually polite child suddenly displays rudeness or some unpleasant actions.
2. Crying – Watch out when your child cries continuously when you leave them or drop them off with a certain people.
3. Dramatic drop in school performance
4. Lack of attention – You notice when your child is no longer paying attention.
5. Sexualized play
6. Inappropriate touch or sexual behavior
7. Sleep issues
8. Refusal to bath
9. Sudden change of appetite
10. Fear of nudity
11. Lack of interest
12. Pain or irritation
13. New or unusual vocabulary

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Boyfession of Esteem & Confidence

I am a deliberate product of God's intentional action. My birth is not by mistake. I wasn't born because my parents got married.

I was born because God needed to send a special kind of being to the earth, for such a time as this.

It does not matter the situation around my Birth, I am ordained for greatness before I was formed in my mother's womb.

I am not a result of wrong decisions or accidental mating.

My Destiny was carefully crafted before the foundation of the world. I am not an Error or a product of error.

I was carefully framed to be here, at this time, for a specific purpose.

I am not a result of bad decisions or unguarded emotions. I am a guided-missile, sent from Heaven to impact my world.

I truly believe in the beauty of my imperfections. I like the way I look and appreciate the excellence in my creation.

I am not too short, too tall, too dark, too light-skinned, or too much. I am a complete bundle of God's ingenuity.

My life can never be defined by my Father's mistake, my Mother's error, or the mess in my environment.

My portion is sure, and my inheritance is based on God's provision and not human's direction.

I am enough, complete, and well rounded.

I am a Child of God and I am loved unconditionally. I take a stand against the error of religion and the darkness of my continent.

I am a global citizen and a champion.

The measure of my life is based on God's standard. Nothing more. Nothing less.

My life is planted in the hands of the Creator of the heavens and the Earth. I cannot die by mistake, by error or by accident.

My goal is to love God and touch humanity.

I desire to live all of me and die as an institution.

My grandchildren would read of my great exploits.

I am an amazing Father in the making. I deliberately learn how to tend my home.

There is a great husband within me. I choose to see Girls the right way.

I acknowledge I am not a Superhuman and girls aren't lower than I am.

I can love Pink or Blue, play with Dolls or Toys, play football or choose to cook.

I am of the tribe of Boys who will end the biases against Women and Girls.

I walk in purpose and my light shines.

I explore all my creative gifts and I give to the world like I've been given.

I am a Solution sent to the World now, for a Specific reason.

Boyfession of the Mind

I am an avid reader, lifelong learner, and an eternal lover of knowledge.

I am NOT of them who gather knowledge without application. I apply knowledge.

I refuse to allow my mind to remain in dark places or permit dark contents within the walls of my heart.

I take charge of my emotions. I am not led by how I feel only.

I cannot control what people do, but I take charge of how I react to them.

I am not angry! My nature isn't made of anger.

I am not envious!

I refuse to be a carrier of any form of hate or jealousy.

I rise above the water of past experiences. I am not shaped by them.

I pay forgiveness forward. My mind is cleared of any bitterness and rage.

My mind is clear like clear waters. I am true.

I think clearly and I act wisely.

I choose to do the right things, always, and as quickly as possible.

I am not ruled by the mammon of money or the demon of fame.

I refuse to allow my erection to determine my actions.

I live my life by the dimensions of integrity, humility, excellence, and love.

Whatever I do must be done well.

I cannot be a tool in the hands of mediocrity or an instrument in the field of ignorance.

I know what to do, when to do it and how to do it.

I seek wisdom with aggression, and I keep learning until my dying day.

I hate gossip, backbiting, backstabbing, small talks, cheap popularity, abuse, corruption, immorality, and ungodliness.

My heart is filled with Creative ideas and my legs are ready to run.

I have a seeing eye, ears that hear, and a bridled tongue.

I believe Girls and Women should be protected.

They should be protected against any and every form of abuse.

I refuse to remain in an abusive relationship or become abusive myself.

My emotions are guided.

My thoughts are patterned.

Boyfession of Transformation

I know Leadership isn't defined by Gender or my genital.

I will serve my way to the top and continue serving whenever I can lead.

I am not power or office-drunk. I am led by the wisdom that teaches me to follow the way of adding value and making sacrifices.

I support girls and women who are better, and I am not puffed up.

I am a Man on a Mission and a carrier of a Divine destiny. Therefore, I face my fears with faith and fight my battles with hope.

I am Responsible and Reliable. I say No when I should, regardless of how I feel.

I understand that leading isn't about my Sex. My penis doesn't make me a superhuman.

I am Honorable and Humble, regardless of who is involved. I am a Man of Honour, and I seek to daily Honor every Man.

My judgment isn't guided by my emotions only and my decisions are true.

I am Resourceful and Noble. My life is guided by truth and Integrity.

I am not a Leader because I've been told to lead. I am a leader because I have been granted an opportunity to add value.

I am led by Love and I walk in peace.

I am a Global resource and not a problem for my society.

My impact reaches eternity and my wealth spreads across the globe.

I am wealthy! I am healthy! I am Strong and powerful!

My heart is directed by Wisdom and my thoughts are pure and noble.

Everything I touch turns to Gold and Excellence is the least I can ever offer.

I am immune to the sickness of my days. I carry the Spirit of Distinction.

I am an Influential Man!

I submit to the process of my rising and choose to go through the path of hard work.

I won't cut corners, avoid the curve, or opt for a fast-food option to succeed.

I cannot be little in life and I won't play small.

My words carry authority, I won't utter them carelessly.

I am not an ordinary Boy, nothing is permitted to be ordinary about me and around me.

I am a Righteous Man. I am a Warrior!

I rise above the slavery of Money, Fame, and popularity.

I am Purpose-driven, Vision-driven, God-driven, Love-Driven, and Peace-Driven.

I am not just a Superstar. I am a Star Role Model.

The world shall come to learn and lend from Me.

They shall also gather to learn of me.

I shall lead my home with the purity of my heart. I shall protect my friends, girls, and women against every form of oppression and inequality.

I am a man, I am a god!

When I cry, I am not weak. When I rise, I am not proud.

I won't give up until I become all of God's intent for my life.

I won't sit back until I achieve my goals.

I won't rest until I hear my maker say to me, WELL DONE.

Questions with Uncle Jeddy

Following our flagship project on the abuse of the Boy Child and our social media campaign called 'Questions with Uncle Jeddy', I took out time to treat few questions and possible answers, as it relates to the Boy Child tribe. These questions speak to both parents and Boys.

Here we go!

I feel somehow when my Mom dresses in front of me. What should I do?

This is a two-way question. I will try to share my thoughts with the parents first, then the Boys.

I read the thought of Dr. Lisa Moses about this question and I thought it would be quite useful. She said the question isn't at what age parents should stop being naked in front of their kids, but how they are naked in front of their kids. It is not the nudity in and of itself that's the main issue, but the social implications and attitudes about nudity.

The most important issue here is having good boundaries, meaning not putting children in uncomfortable or inappropriate situations.

There's a difference, for instance, between a kid seeing a parent get dressed for work and a kid being around a parent who might be showing off his or her nudity or using it in a sexualized manner.

Younger children are more likely to be curious about naked bodies because they are still learning about their own, but once children hit puberty it's more likely that they will view a parent being naked as more of a violation of privacy.

It is safe to create a healthy boundary especially when the Son is approaching age 5, 6, and 7. Parents should stop being naked in front of them, as you may not be aware of your Son's level of provocativeness and excitation around their personalities.

For the Boys, learn to excuse yourself. Your body naturally reacts to the things you subject it to.

As some sort of further clarity, Dr. Walfish explains that some of your toddlers can be titillated and even eroticized by bathing naked with their mommy and intentionally or accidentally touching their nipple.

Parents must stop being naked in front of their kids and repeatedly communicate a boundary and reiterating that 'No one should see your private part except you'

My Uncle inserts his private part into my anus. Should I tell my Mum?

Yes, you should. This uncle is an abuser and a rapist. Keeping this secret to yourself doesn't make you strong or macho. When you speak up, it means you are strong and you now an edge over the abuser.

I have 'wet dreams' and I'm confused. What should I do?

First off, you need to know that there is nothing wrong with having wet dreams. They are a normal part of your life when you are growing up as a man and there is nothing you can do about it. Some guys have wet dreams a few times a week. Others may only have a couple of wet dreams during their entire life.

Medical Doctors call 'wet dreams' Nocturnal emission. Nocturnal means night and emission means to release something. Whenever you have this midnight emission, it doesn't mean you have a problem and it is not peculiar to you alone. It only means you are becoming a Man.

This emission is mostly caused when you go through puberty and your body begins to produce the male hormone called – **Testosterone**. Immediately your body produces testosterone, you will be able to release sperm.

This simply means you can get a girl pregnant, if you have sex.

Here is a simple analogy, you saw a girl you admire in class, but because you read the Boyfession by Uncle Jeddy, you now know your erection shouldn't make you act. So, you return home, had your lunch and you went to bed.

Just because you had an erection and the picture of the beautiful girl is still up in your head, you dreamt about a girl and you wake up to see that you've released semen (that is the fluid that contains sperm) from your penis.

You may not even remember these dreams, but they come in different forms and manner.

What should you do when you have a wet dream? Once you wake up, clean up yourself- this includes washing your penis and testicles with soap and water, including the area underneath your testicle.

My Aunt once asked that I lick her private part. What should I do?

You must have read the detail on Sexual abuse and you should know that the Aunt asking you to lick her private part is a committer and an abuser.

No one should see your private part except you. You must immediately report this Aunt to your parent, or anyone around that you respect and can confide in.

Parents must create an enabling environment where their Boys can speak and express their minds freely. This is key!

My Aunty would usually ask that I come into the Bathroom with her. What should I do?

Tell your Mom about this Aunty. Remember, no one should see your private part except you. And as a Boy, you should know that your body reacts to the condition you subject it to. So, the aunty asking you to come to the bathroom with her should be reported to your Dad, Mom or anyone you can confide in.

I usually have erection in class, when I see my female class mate. What do I do?

There is nothing unlawful, terrible, or unusual about having erections. Remember I mentioned that as a Boy when you start producing 'testosterone', it means you are now sexually active.

As a Boy, you ensure your actions aren't totally guided by emotional or hormonal reactions.

You must be able to master your emotions by confiding in someone you trust and who is more experienced.

In the event of abuse-related issues, please reach out to us and we are available to connect you with any of our partners across the country.

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Check out our Projects – www.boysqafrica.com
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Thank you!

About Me

My name is Solomon Oluwatobi Ayodele; I am very particular about the O in between my first name and surname. I am an unrepentant Afrophile who is passionate about Jesus and the Boy Child Tribe.

As a Digital Transformation Enthusiast, I've got a few years of experience ranging from Project Management, Business Analysis, IT Business Control, Business Development, and Executive Support.

I have a degree in Political Science from the Prestigious Adekunle Ajasin University and currently studying for a master's in business administration, from Herriot Watt University (Edinburgh Business School)

I am the Founder/Lead Execution Officer of Boys' Quarters Africa, one of Africa's foremost boy child transformation movements in Africa and I lead a team of over 100 volunteers across five cities in Africa, in driving the strategic pillars of the organization – leadership, empowerment, education and advocacy.

I am deeply passionate about helping boys deliberately transit from boyhood to manhood.

I am the convener of the Boys Too Project, The Exchange Academy, and the International Boy-Child Summit. My deepest desire is to position and harness all my gifts in ensuring every soul I encounter comes into the best of their days. I know you may be interested in reaching me after reading this book.

You can follow me on social media or contact me for speaking engagement

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