



WELCOME TO OUR

HW Monthly Newsletter

we're so glad you're here!

Am I Crazy?

My Journey to Determine If My Memories Are True

In the documentary *Am I Crazy?*, filmmaker Mary Knight takes us on a deeply human journey. One marked by humility, rigor, and an unusual willingness to be wrong. After long-buried memories of sexual harm re-emerge later in her life, Knight does not rush toward certainty. Instead, she turns directly toward doubt.

What follows is not a polemic, but an investigation.

Knight interviews some of the most prominent voices associated with the “false memory” movement: Pam Freyd, the founder of the *False Memory Syndrome Foundation*. Dr. Elizabeth Loftus, a high-profile psychologist who consults with defense attorney in cases such as Harvey Weinstein, Bill Cosby, Michael Jackson, and Ted Bundy. And Eleanor Goldstein, the author of *Confabulations*. She asks them, plainly and earnestly, whether her own memories might be false.

At the same time, the film is anchored by interviews with leading trauma experts, including Bessel van der Kolk, whose decades of clinical and neuroscientific research have helped shape our current understanding of how traumatic memory is stored, fragmented, and sometimes inaccessible until later in life. Knight also speaks with Marilyn Van Derbur, crowned Ms. America in 1957 and one of the earliest public voices to speak openly about child sexual harm at a time when doing so came at enormous personal cost.

What makes *Am I Crazy?* so compelling is not that it “debunks” false memory theory outright, but that it lets the viewer witness something more complex and more human. We hear from Pam Freyd's daughter, Dr. Jennifer Freyd who is herself a survivor of sexual harm and a leading CSA educator and author of “Betrayal Trauma”. We watch as Dr. Elizabeth Loftus struggles to articulate how her own sexual harm at age 6 has *never* impacted her life.

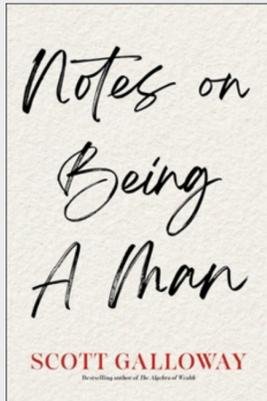
And perhaps most compelling, we watch a painful scene as Eleanor Goldstein, whose daughter has also come out publicly about her own sexual abuse, defensively reveals her own misunderstandings of the impact of sexual harm on a child. The film does an amazing job demonstrating how those champions of denying sexual harm to children are so often non-offending parents, survivors unwilling to face their own harm, or the offenders of harm finding cover behind these theories.

Knight does not mock this pain. She listens to it. And in doing so, the film gently exposes how much of the false memory movement is driven not by solid science, but by the terror of what acknowledging child sexual abuse would demand of us personally, relationally, and socially.

Am I Crazy? models something rare in our current discourse: curiosity without collapse, compassion without denial, and a deep respect for both science and human vulnerability. It invites us to consider that remembering is not an act of betrayal, and that disbelief, while an understandable protector, often comes at a profound cost to those who are already carrying too much.

Notes on Being A Man

By Scott Galloway



In the last issue of the HW Newsletter, we highlighted some of the responses to our previous piece on trafficked young people in Los Angeles, mostly girls being trafficked by men. One of our readers wrote to us that “repeated references to ‘male rape culture’ can feel exclusionary, particularly in spaces where heterosexual men are a minority.”

As the mother of an 18-year-old heterosexual boy, and as the founder of Hidden Water where we have had men in our Green Circles (for those who were sexually harmed as children) and had women in our Purple Circles (for those who have caused harm) from the very inception of this organization, I want to speak directly to that concern.

What many people don't realize is that men and boys are also survivors of sexual harm, even if their experiences are often minimized or overlooked. Research suggests that approximately 1 in 6 boys are sexually abused before age 16, though this likely underestimates the true scale due to stigma and underreporting. [Prevent Child Abuse America](#). In adulthood, about 1 in 33 men in the U.S. report experiencing attempted or completed rape, a powerful reminder that men, too, live with these harms. [RAINN](#)

Perhaps most surprising to some is that many of the men who come into Hidden Water were harmed by women, including mothers or female caregivers, a reality that conventional public narratives rarely acknowledge. Although the majority of child sexual abuse perpetrators are male, research finds that around 10–11% of perpetrators are female, and female-perpetrated abuse can be just as serious and harmful as male-perpetrated abuse. [Canadian Child Welfare Research Portal+1](#)

Moreover, survivors who experienced female-perpetrated abuse report elevated rates of self-harm and psychological distress, highlighting that the impact of sexual harm transcends the gender of the perpetrator. [ScienceDirect](#). These realities are often obscured by a cultural narrative that assumes all child sexual harm fits the stereotype of a stranger male abusing a prepubescent girl. That stereotype is not just incomplete, it can be deeply alienating to male survivors whose experiences fall outside the narrow version of what people expect abuse to look like.

Into this context, Scott Galloway's recent reflections on the crisis facing boys and men are especially instructive. In *Notes on Being a Man*, Galloway highlights alarming trends in male wellbeing from educational and social disengagement to mental health crises where men account for a disproportionate share of “deaths of despair,” including suicide. Research underscores that men are about four times more likely than women to die by suicide, a statistic that speaks to the deep cost of unaddressed trauma, isolation, and cultural stigma around help-seeking. [NSVRC](#)

When we talk about preventing harm and promoting healing, we must build a narrative that acknowledges all survivors, regardless of gender or the gender of their harmer. Only then can we create spaces of genuine support where a man who was sexually harmed as a young person by a woman feels that his pain is seen, his experiences are valid, and his path to healing is respected at the same level as the rest.



Justice, Joy & Digital Life

*a conversation with
Kanene Holder*

In our latest episode of the *Hidden Water Podcast*, guest host and Board Chair Jason Craige Harris sits down with award-winning educator, comedian, and AI strategist **Kanene Holder** for a conversation that is as thought-provoking as it is energizing. Kanene shares how her life in art, activism, and technology has been shaped by a deep commitment to joy, freedom, and cultural truth-telling.

Together, they explore the role of artists in naming what society tries to keep hidden, the ways humor can open space for hard conversations, and how digital life and algorithm-driven platforms are shaping young people's safety, agency, and imagination. This episode is a powerful reflection on courage, critical thinking, and what it takes to build cultures rooted in dignity, accountability, and repair. Tune in for a conversation that will leave you seeing—and questioning—the world around you with fresh eyes.

Become a HW Member to listen to the full episode on our exclusive Hidden Water Podcast series.

Learn More about
HW Membership

Círculos en español / Invierno 2026

La próxima temporada de círculos comienza en febrero de 2026. Los círculos se reúnen cada semana durante 12 semanas, aproximadamente. Cada sesión dura entre 75-90 minutos.

Círculo Verde

Para quienes sufrieron daño sexual siendo niños/as o jóvenes.



Círculo Naranja

Para madres/padres/tutores o cuidadores (no ofensores) cuya hija/o fue dañada/o sexualmente o dañó sexualmente a otro/a niño/a, o ambos.

Círculo Azul

Para quienes tienen un vínculo afectivo con alguien que sufrió daño sexual en la infancia o causó daño sexual a un/a niño/a, o con ambos/as.



Los Círculos en Español

Hidden Water es una comunidad que ofrece una respuesta de justicia restaurativa al impacto del abuso sexual infantil.

Apoyamos y defendemos la dignidad de todas las personas afectadas por el abuso sexual infantil: quienes sufrieron daño, quienes lo causaron y se esfuerzan por asumir su responsabilidad, y quienes tienen vínculos afectivos con una o ambas personas.

En los círculos, trabajamos para sanar a personas, familias y comunidades impactadas por el abuso sexual infantil. Nos esforzamos por prevenir futuros daños educando e inspirando la responsabilidad colectiva y cultivando una cultura de límites saludables.

Si tienes interés en participar en los círculos naranja o azul en español, por favor completa la encuesta en "el link" de abajo. **El registro para los demás círculos comienza el 26 de enero en la página de Hidden Water.**

Participar de los
círculos naranja o azul
en español

MARK YOUR CALENDARS

January, February, March: [Safe\(r\) Adult Training](#) (more dates to come)

January 26: Healing Circle Registration Opens. Join the [newsletter](#) for notifications.

February 23: Winter 2026 Healing Circles Begin

March 6-8: Spring In-Person Circle Training with Kay Pranis | [REGISTER](#)

WWW.HIDDENWATERCIRCLE.ORG | 375 GREENWICH ST. NEW YORK | [SUPPORT HW](#)

