

A guide to supporting male victims of violence

WHAT IS DOMESTIC AND FAMILY VIOLENCE?

Domestic and family violence – both terms are now commonly used - is **a pattern of abusive behaviour in an intimate or familial relationship that over time puts one person in a position of power over another, and causes fear.**

There are many forms of family violence including physical, emotional, psychological and spiritual. Family violence can occur in many different kinds of intimate relationships. For example, from one partner towards another, from an adolescent towards a parent.

Although women and children are most often victims of family violence, men can also be victims. **All violence is unacceptable.**

WHAT CAN I DO IF I WITNESS OR OVERHEAR PHYSICAL VIOLENCE OR THREATS?

If you believe there is immediate physical danger and that the victim and any children have been, or are about to be, harmed, call the **police** on **000** immediately.

SUPPORTING A MALE VICTIM OF FAMILY VIOLENCE

Your support can make a difference.

Approach your friend, family member, neighbour or workmate in a sensitive way, letting him know your concerns. Tell him you're worried about him, then explain why.

For example: *I'm worried about you because I've noticed you seem unhappy lately.*

Don't be surprised or offended if he seems defensive or rejects your support. He may not be ready, or may feel ashamed and afraid of talking about it. Men in particular may feel embarrassed about speaking about the abuse as he may be worried about being seen as 'weak' or 'unmanly'.

Don't push the person into talking if they are uncomfortable, but let them know that you're there if they need to talk. Be patient, and keep an ear out for anything that indicates they are ready to talk about the abuse.

SERVICES THAT CAN HELP MALE VICTIMS OF ABUSE

POLICE – Call '000' and ask for the Police for immediate assistance

MENSLINE Australia – 1300 789 978 – National service supporting men and boys who are dealing with family and relationship difficulties. 24 hours, 7 days a week. For more information visit: www.mensline.org.au

1800 RESPECT – 1800 737 732 – National sexual assault, domestic and family violence counselling and advice service. 24 hours, 7 days a week.



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