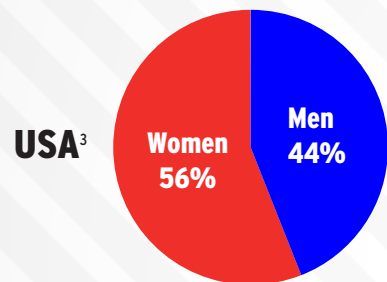
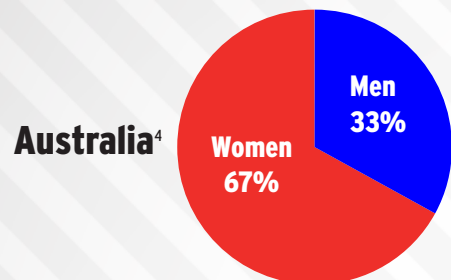


## Victims of Domestic Violence by Gender\*



\* Official Australian figures state 1 in 3 DV victims are male but various issues such as a lack of robust Australian data, bias in the way the questions were asked, & divergence from international data, all suggest that the real number is higher than this, perhaps as high as 1 in 2. Better local research is required.



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## I think I may be in an abusive relationship

Many men who experience domestic and family violence feel a sense of shame about the abuse that they are experiencing. It is important to remember that it is never your fault and that men, like everyone else, are entitled to the full protection of the law when it comes to domestic violence. Unfortunately the support and services that are available to you are extremely limited. However, of the few services that are available to men, the most well regarded are listed below.

### How do I get help?

#### MensLine Australia

Ph: 1300 78 99 78 (24 hours/7 days)

Web: [www.menslineaus.org.au](http://www.menslineaus.org.au)

#### 1800 RESPECT

Ph: 1800 737 732

#### 1 in 3 Campaign

Web: [www.oneinthree.com.au](http://www.oneinthree.com.au)

#### References

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3. [www.cdc.gov/violenceprevention/pdf/nisvs\\_report2010-a.pdf](http://www.cdc.gov/violenceprevention/pdf/nisvs_report2010-a.pdf) (Tables 4.1 & 4.2)
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5. [www.domesticviolence.nsw.gov.au/what\\_is\\_domestic\\_and\\_family\\_violence](http://www.domesticviolence.nsw.gov.au/what_is_domestic_and_family_violence)
6. [www.domesticviolence.nsw.gov.au/what\\_is\\_domestic\\_and\\_family\\_violence/signs\\_you\\_could\\_be\\_in\\_an\\_abusive\\_relationship](http://www.domesticviolence.nsw.gov.au/what_is_domestic_and_family_violence/signs_you_could_be_in_an_abusive_relationship)
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# DOMESTIC VIOLENCE

## The Facts What Every Man Needs To Know



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## Domestic Violence Myths

**MYTH:** Domestic Violence is the leading cause of death and disability in women under 45.

**REALITY:** According to the latest available data (2003), the top 5 causes of death & disability for women 15-44 are<sup>1</sup>:

1. Anxiety & Depression
2. Migraine
3. Type 2 diabetes
4. Asthma
5. Schizophrenia

**MYTH:** DV in Australia has reached epidemic proportions.

**REALITY:** The prevalence of DV remained almost level between 2001 and 2010. In fact, it actually fell slightly in regional areas. Far from increasing, DV rates are actually remarkably stable. A positive trend is that community surveys have found that more people are coming forward to report DV, with male reporting rising much faster than female reporting (a 394% rise compared to a 151% rise in current partner violence experienced during the last 12 months between 2005 and 2012)<sup>2</sup>.

The number of family violence homicides has also fallen considerably and has reached an historic low in recent years<sup>2</sup>. You will often hear people say that one Australian woman is killed every week and, while this is true, what they fail to mention is that one man is also killed every 10 days<sup>4</sup>. Even so, although every death is a tragedy, these are very small numbers.

**MYTH:** Women are the overwhelming majority of DV victims and men are victims only very rarely.

**REALITY:** The National Intimate Partner and Sexual Violence Survey<sup>4</sup> (NISVS) 2010 found that, in the US, almost half (44%) of DV victims are male. Similar results have been found in a number of studies conducted in other western countries such as the UK and Australia<sup>4,7</sup>.

**MYTH:** Women's fear of falling victim to violence is well founded.

**REALITY:** Women are by far the safer gender in our society. Men are almost twice as likely as women to experience violence (8.7% compared to 5.3% during the last 12 months)<sup>2</sup> and are also twice as likely to be homicide victims<sup>8</sup>.

## What is Domestic Violence?<sup>5,6</sup>

A person experiencing domestic or family violence may experience one or more of the following types of abuse.

### EMOTIONAL

This includes, but is not limited to, blaming the victim for all problems in the relationship, constantly comparing the victim with others to undermine self-esteem and self-worth, sporadic sulking, withdrawing all interest and engagement (for example weeks of silence), emotional blackmail, and suicidal threats.

### SOCIAL

This includes, but is not limited to, trying to limit or control your access to your own friends or family, instigating and controlling a move to a location where the victim has no established social circle or employment opportunities, restricting use of the car or telephone and/or forbidding, or physically preventing, the victim from going out and meeting people.

### FINANCIAL

This includes, but is not limited to, complete control of all money through forbidding access to bank accounts, providing only an adequate 'allowance', not allowing the victim to seek or hold employment, coercing the victim to sign documents or make false declarations, spending all money earned by the victim, controlling the victim's pension and/or denying that the victim has an entitlement to joint property.

### PSYCHOLOGICAL

This includes, but is not limited to, driving dangerously, destruction of property, abuse of pets in front of family members, making threats regarding custody of any children, asserting that the police and justice system will not assist, support, or believe the victim or threatening to 'out' the person.

### PHYSICAL

This can include, but is not limited to, direct assault on the body (strangulation or choking, shaking, eye injuries, biting, slapping, pushing, spitting, punching, or kicking), the use of weapons including objects, assault of children, locking the victim in or out of the house, forcing the victim to take drugs, withholding medication, food, or medical care, and sleep deprivation.

### VERBAL

This includes, but is not limited to, swearing and continual humiliation, either in private or public and any attacks following clear themes that focus on intelligence, sexuality, body image or capacity as a parent and spouse.

### HARASSMENT & STALKING

This can include, but is not limited to, following and watching, telephone and online harassment, being intimidating, and constantly checking up on what the victim is doing or where they are going.

### DV IS NOT A GENDER ISSUE

Domestic violence can be perpetrated by, or inflicted upon, a partner, family member, carer, wife, husband, boyfriend or girlfriend. Neither victims nor perpetrators of domestic violence belong to any specific colour, religion or gender.

This is a human issue.

Violent situations are inherently unpredictable and intervening in one could be potentially life threatening. It is not a man's responsibility to put his life at risk in order to protect others.

If you do witness violence against anyone, regardless of gender, you should certainly alert the police and other bystanders, and present yourself as a witness. One of the best things you can probably do if you witness violence in a public space is to record the event on your smartphone/camera as video evidence is generally considered superior to eyewitness testimony. However, you should not feel obligated to intervene in any way that could put your safety at risk.



**Parental alienation or the threat of it is a form of domestic violence.**

**Men are NOT responsible for protecting women from violence**