

# A Guide to supporting Male Victims of Violence



## WHAT IS DOMESTIC VIOLENCE?

Domestic violence is a pattern of abusive behaviour carried out by a family member or other significant relationship (e.g. de-facto partner or parent-child relationship) that is threatening or harmful to other members of the family or relationship. It involves the use of power and control by one person over another or others, and results in fear, distress and often isolation.

There are many forms of domestic violence including physical (hitting, pushing), psychological (belittling, humiliation), financial (controlling your money), social (preventing you from seeing friends and family), and spiritual (preventing you from keeping your religious obligations or expressing your spiritual identity).

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 DOMESTIC 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 he is uncomfortable but let him know that you're there if he needs to talk. Be patient and keep an ear out for anything that indicates he is ready to talk about the abuse.

Do not attempt to counsel, give advice, mediate or investigate. Just listen and encourage him to:

- 1) Seek safety and
- 2) To get appropriate help

## SERVICES THAT CAN HELP MALE VICTIMS OF ABUSE

POLICE – Call '000' for immediate assistance

1800 RESPECT – 1800 737 732

A National sexual assault, domestic violence counselling and advice service. 24 hours, 7 days a week.

MENSLINE Australia – 1300 789 978

A 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](http://www.mensline.org.au)

## FOR NON-ENGLISH SPEAKERS

Call 131 450 for an interpreter

## CATHOLICCARE

Call 1800 324 924

*'As people of faith, we cannot remain silent in the face of violence. We reject any behaviour which erodes the human person and diminishes their unique identity and dignity.'*

**Most Rev Anthony Randazzo, 2020**

