

## WHAT MEN CAN DO

Things will not change for the better if you do nothing. Recognising that you are in an abusive relationship is an important first act.

**Always** keep a record of dates and times of incidents in a safe place.

**Always** report the abuse or violence to your doctor and the police—ensure they record your injuries and all details of the abuse, assault or harassment.

**Always** seek medical attention for any injuries - do not cover up the true cause.

**Always** take legal advice. The same laws that are there to protect women are also there to protect men but legal advice is necessary.

**Do** tell your family and friends what is happening to you.

**Do not** be provoked into retaliating.

## MEN'S ADVISORY PROJECT

The Men's Advisory Project can provide confidential counselling, information and referral services for men experiencing domestic abuse or the pressures of a breakdown in a relationship.

We can provide you with information about organizations that can help you, as well as providing you with the support of one of our counsellors.

## MAP'S AIMS IN THE AREA OF ABUSIVE RELATIONSHIPS ARE TO:

Encourage and assist men to seek help, co-operate with other agencies, including women's groups, and promote research.

We are also committed to encouraging perpetrators of domestic violence, male or female, to seek help.

## ANGER MANAGEMENT

The Men's Advisory Project provides Anger Management Counselling in a group setting and on a one-to-one basis for both men and women.

The programme introduces clients to new life skills helping them to understand and manage powerful emotions more effectively.

The programme includes work in the areas of, understanding anger, communicating feelings, assertiveness and dealing with criticism. It also helps develop key skills which will help clients to effect positive change in their relationships at home, at work and in the community.

## GET IN TOUCH

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Company No. NI38175

FOR MEN EXPERIENCING  
DOMESTIC ABUSE  
AND RELATIONSHIP  
BREAKDOWN

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**map**  
mens advisory project

## MEN EXPERIENCING DOMESTIC ABUSE

There is a growing awareness that men can be the victims of domestic abuse and partner violence.

Many men who are abused by a current or former partner find it difficult to get support. It can be hard for men to acknowledge the abuse and talk about their experiences. This silence could be due to a number of reasons, including love for a partner, embarrassment or shame, concern for their children and fear of not being taken seriously or perhaps being blamed.

## DOMESTIC ABUSE IS A CRIME.

Anyone can experience domestic abuse including men regardless of race, age, class, colour, ability, religion or sexuality.

## WHAT IS DOMESTIC ABUSE?

Domestic abuse is the misuse of power and the exercise of control by one person over another, usually within the context of a close personal relationship—usually with a partner or ex-partner. Abuse can be physical, emotional, psychological, sexual or financial.

## HOW DO MEN EXPERIENCE ABUSE?

Each person's experience is unique but you may experience some of the following:

**Physical:** Punching, slapping, nipping, pushing, beating, kicking, burning, hair pulling, throwing cutlery, use of knives, scratching, gouging.

**Psychological:** Constant criticism, humiliating you in public, threats, false allegations, stalking, extreme jealousy, using the children against you, undermining you in front of the children, cruel insults, controlling behaviour.

**Financial:** Depriving you of money or food, putting the family into debt, fraudulently claiming benefits, taking loans in your name.

**Sexual:** Any form of sexual contact that is without consent, using sex to manipulate.

Abuse can leave men feeling isolated, confused, depressed, suicidal, worried, anxious, threatened and afraid.

## HOW DO MEN COPE?

Some men may try to cope by:

- Adopting an 'I can handle it' attitude.
- Keeping silent—perhaps because they are embarrassed or ashamed.
- Leaving home, sleeping somewhere they feel safer such as the shed, car, a hostel or with friends, often without telling anyone the real reason.
- Staying late at work, avoiding going home, or adopting uncharacteristic behaviours.
- Using drugs or alcohol.
- Accepting untrue allegations, going along with unreasonable demands or attempting to cover up the situation.

## MYTHS AND FACTS

### Myths

Men are sometimes put off seeking help because they believe some of the following myths:

- Domestic abuse doesn't happen to many men.
- Men should be able to handle it better than women.
- People will think I am weak and inadequate if I admit to my experience.
- There is no help available for me.

### Facts

These ideas are not supported by research. A significant number of men do experience domestic abuse. No-one should have to live with violence or abuse. Domestic abuse is about the mis-use of power and control in a relationship.

### Help is available.

You can contact the Men's Advisory Project on 028 90 241 929 for confidential counseling and emotional support and we can signpost you to the organisations that can help you with related issues such as medical, housing, legal and financial problems.

