

Male Domestic Abuse Awareness Pack



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Introduction

Stockport Without Abuse is a charity which offers support to men, women and children who are affected by domestic abuse. In 2011 Stockport Women's Aid changed its name to Stockport Without Abuse (SWA) in order to become more inclusive towards males and males with children. This reflects the changing landscape of domestic abuse over the last thirty years. SWA has grown considerably and offers a wide range of services available to men, women and children.

We understand that male victims face many barriers when seeking support for domestic abuse. In some cases, you may not even realise that you are experiencing abuse.

If you are a male victim of domestic abuse, you are not alone. No matter what your background, age, job, race or sexuality, we are here to help you.

One in six men will be a victim of domestic abuse in their lifetime:

You are not to blame
You are not weak
You are not alone

For many men, contacting us is the first step they have made in talking to someone else about the problems they face. Whether it is information you need or just someone to listen to you, please get in touch. **We are here to help you.**

Our Men's worker is able to work with men around practical solutions to problems they may face as a result of domestic abuse including how to report incidents, safety planning, police procedures, and other support services.

SWA also have safe accommodation for men and support to access. This is part of our role and also to offer support when you are in the accommodation.

Contact us on: **0161 4774294**

If we are unable to respond at the time of your call you can leave a message and provide us with a safe number to call back and the best time to call you.

Or

You can also email us at: info@stockportwithoutabuse.org.uk . We do not reply to emails for personal safety reasons, due to the risk that any reply may be intercepted by the perpetrator so leaving us a safe contact number is the best option with the best time to contact you.

We are committed to ensure that no victim of abuse should be left to suffer alone. Together we can keep men, women, and children safe from abuse.

What is domestic abuse?

The government definition of domestic abuse and violence includes:

“Any incident or pattern of incidents of controlling, coercive or threatening behaviour, violence or abuse between those aged 16 or over who are or have been intimate partners or family members regardless of gender or sexuality. This can encompass, but is not limited to, the following types of abuse:

- *psychological*
- *physical*
- *sexual*
- *financial*
- *emotional”*

(Home Office, 2013)

The definition also includes both controlling behaviour and coercive behaviour which is defined as:

“Controlling behaviour is: a range of acts designed to make a person subordinate and/or dependent by isolating them from sources of support, exploiting their resources and capacities for personal gain, depriving them of the means needed for independence, resistance and escape and regulating their everyday behaviour.

Coercive behaviour is: an act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten their victim.”

(Home Office, 2013)

This definition also includes so-called 'honour' based violence and forced marriage. 'Honour' based violence is defined as a crime or incident committed to protect or defend the so-called honour of the family or community. Examples of instances that might trigger a so-called 'honour' crime include:

- *someone becoming involved with a boyfriend or girlfriend from a different culture or religion,*
- *wearing clothes or taking part in activities that might not be considered traditional within a particular culture*
- *seeking a divorce.*

(CPS, 2020)

Home Office, 2013. *Information for Local Areas on the change to the Definition of Domestic Violence and Abuse*

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/142701/guide-on-definition-of-dv.pdf

CPS, 2020. *Domestic abuse* <https://www.cps.gov.uk/crime-info/domestic-abuse>

Statistics

One in 6 men suffer from domestic abuse in their lifetime (ManKind Initiative,2020).

For every 3 victims of domestic abuse, 2 will be female, 1 will be male (ManKind Initiative,2020).

It was estimated that 2.3 million adults aged 16 to 74 years experienced domestic abuse in the last year, 757,000 were men (ONS,2020).

In 2018/19, 9.2% of men (equivalent to 2.1 million men) said they had experienced partner abuse (non-sexual) since the age of 16 (ManKind Initiative,2020).

In 2018/19 it was found that 0.5 of men had been sexually assaulted (including attempts) by a partner since they were 16 years old (ManKind Initiative,2020).

The percentage of gay men (3.2%) or bi-sexual men (3.3%) who suffered partner abuse in 2018/19 is more than for heterosexual men (2.8%). (ManKind Initiative,2020)

Whilst broadly speaking, younger people are more likely to be a victim of partner abuse, there is a peak in the 45-54 age range for men and women. In 2018/19, 3.5% of men stated they were victims of partner abuse in that age range (ManKind Initiative,2020).

12% of men who were victims of partner abuse suffered three or more incidents in 2014/15. 1% of men had suffered 50 or more incidents (ManKind Initiative,2020).

In 2017/18, 41% of men who suffer partner abuse were found to have emotional and mental problems (ManKind Initiative,2020).

Over three-quarters of domestic abuse-related Crown Prosecution Service (CPS) prosecutions were successful in securing a conviction (78%) (ONS,2020).

Nearly half of male victims fail to tell anyone they are a victim of domestic abuse (only 51% tell anyone) (ManKind Initiative,2020).

“Why doesn’t he just leave ?”

As previously stated nearly half of male victims fail to tell anyone they are a victim of domestic abuse (only 51% tell anyone) (ManKind Initiative,2020). This is one of the main barriers that victims face as they do not contact support which is available. Speaking out will take great strength and courage. Leaving an abusive situation can be very dangerous and it is important that you plan a departure safely and with the advice of a professional.

There are many physiological and physical barriers to leaving an abusive situation. Examples include:

Safety: The male may be fearful of what the abuser will do to him and the children if they leave or attempt to leave

Lack of self-confidence: The male may believe that it is his fault and that he deserves the abuse, and may fear he would never find anyone else if he left

Denial: He convinces herself that “it’s not that bad”

Shame: He is embarrassed about people finding out

Guilt: The abuser makes him believe that he is to blame for their actions

Financial dependence: The male may not be able to support himself and his children independently.

Loyalty: He may be loyal to the abuser regardless of their actions

Hope: He believes that things will improve with time. He believes she can make them change

Lack of support: He doesn’t know who to turn to

Pressure: Family and friends pressurise him to stay and ‘make it work’

Religious/community beliefs: He is under pressure not to break up the family

Love: Despite the abuse, he still loves them

Jekyll and Hyde: The abuser switches between charm and rage; the abuser thinks, ‘they are not always like this’

Intimidation: The abuser threatens to take the children or pets away

Immigration: If the male has insecure immigration status, he may fear being deported

Refuge, 2020. Barriers to leaving <https://www.refuge.org.uk/our-work/forms-of-violence-and-abuse/domestic-violence/barriers-to-leaving/>

Key resources

There are many support services available to help, but in an emergency always contact the emergency services: 999

Helplines

Stockport Without Abuse

Telephone: 0161 4774294

Website: <http://www.stockportwithoutabuse.org.uk/>

ManKind Initiative

Telephone: 01823 334244

Website: <https://www.mankind.org.uk/>

Mens Advice Line

Telephone: 0808 8010327

Website: <https://mensadvice.org.uk/>

National Domestic Abuse Helpline (Refuge)

Telephone: 0808 2000274

Website: <https://www.refuge.org.uk/>

End the fear

Telephone: 0161 6367525

Website: <http://www.endthefear.co.uk/>

Housing

Citizens Advice:

Telephone: 03444 111444

Website: <https://www.citizensadvice.org.uk/>

Shelter

Telephone: 0808 8004444

Website: <https://england.shelter.org.uk/>

Stockport Homes

Telephone: 0161 2176016

Website: <https://www.stockporthomes.org/>

Solicitors

Ayres and Walters (Family Law)

Telephone: 0161 4805229

Website: <http://www.familylawyer.org.uk/>

Alfred Newton (Housing, Family and Employment Law)

Telephone: 0161 4896551

Website: <http://www.alfrednewton.com/>

Drug and Alcohol

Change Grow Live (CGL) (Stockport)

Telephone: 0161 4741343

Website <https://www.changegrowlive.org/>

Alcoholics Anonymous

Telephone: 0800 9177650

Website: <https://www.alcoholics-anonymous.org.uk/>

Narcotics Anonymous

Telephone: 0300 9991212

Website: <https://ukna.org/>

Mental Health

Mind

Telephone: 0300 1233393

Website: <https://www.mind.org.uk/>

If you need someone to talk to

Samaritans

Telephone: 116 123

Website: <https://www.samaritans.org/>

Support and information regarding crimes

Victim support

Telephone: 0808 1689111

Website: <https://www.victimsupport.org.uk/>