

## What is Domestic Violence?

Domestic violence is a pattern of behavior used to establish power and control over another person through fear and intimidation, often including the threat or use of violence. Abuse happens when one person believes that they are entitled to control another. Both men and women are targets as well as perpetrators of domestic violence.

## Being a Male Victim

Domestic violence is not about size, strength, or gender. It does not discriminate based on race, religion, age, socioeconomic status, marital status, sexual orientation, or age. There is no rule that states that women are always the victims. Unfortunately though, society often acts as though there were such a rule. Male victims of domestic violence are often faced with disbelief and ridicule when reporting abuse. A man reporting abuse may be labeled “a wimp,” be accused of being too controlling because he must be “giving his partner a reason to act like that,” or he is assumed to be abusive too. These reactions, coming from law enforcement and medical professionals, as well as friends and family, make it that much more difficult to seek help and support.

## What you can do

- Keep a record of abuse
- Seek medical attention for any injuries and be truthful about the cause of the injuries.
- Take pictures of any injuries
- Keep in contact with family and friends, isolation is a tool abusers often use
- Do not let yourself be provoked into physical retaliation

## Domestic Violence Warning Signs

The following signs often occur before actual abuse and may serve as clues to potential abuse:

- Did they grow up in a violent family?
- Do they tend to use violence to "solve" problems?
- Do they abuse alcohol or other drugs?
- Do they have strong traditional ideas about male and female roles?
- Are they jealous of your other relationships?
- Do they expect you to follow their orders?
- Do they have rapid, violent mood swings?
- Do they have access to guns, knives, or other weapons?
- When they get angry, are you afraid of them?

## Abuse Checklist

### Does your partner . . .

- Embarrass you or ridicule you in public?
- Use intimidation or threats to get their way?
- Tell you that you are nothing without them?
- Say that no one else would want you?
- Threaten suicide if you were to leave or tell you that you will never see the children again?
- Treat you roughly—grab, pinch, shove, or hit you?
- Blame you for how they feel or act?
- Pressure you sexually?
- Prevent you from doing things you want?
- Try to keep you from leaving after a fight, or leave you somewhere to “teach you a lesson”?

### Do you . . .

- Feel scared of how your partner will react?
- Make excuses for your partner's behavior?
- Try not to do anything that will cause conflict?
- Always do what your partner wants you to do?
- Stay with your partner because you are afraid of what your partner would do if you left?

If any of these things are happening in your relationship you may be experiencing abuse.

## Why is it Difficult to Leave?

- The good times are difficult to give up despite the abuse. Most victims still care about their abusers and worry about them.
- Self esteem may be low due to the constant insults from the abuser. Victims sometimes think they deserve the abuse or that it is their fault.
- Men often feel that they should be able to handle the situation. They may feel shame when asking for help.
- Fear of losing rights to visit the children or the desire to protect the children from the abuser.
- The abuser may control all of the family's bank accounts and finances.
- Isolation caused by the abuser makes it difficult to know where to turn for help.

**ATVP services are free and provided to clients without discrimination on the basis of race, color, religion, political beliefs, sex, disability, age, national origin, sexual orientation, or marital status.**

# Facts About Male Victims of Domestic Violence

- Approximately 835,000 men are victims of physical violence by an intimate partner every year (Tjaden & Thoennes, *National Violence Against Women Survey*, November 2000).
- Every 37.8 seconds, somewhere in America a man is battered (Tjaden & Thoennes, November 2000).
- Approximately 371,000 men are stalked annually in the United States (Tjaden & Thoennes, November 2000).
- 440 men were killed by an intimate partner in the year 2000 (U.S. Department of Justice, Report on Intimate Partner Violence, February 2003).

## Other Resources:

- The Domestic Abuse Helpline for Men 24-Hour Service at 1-888-743-5754 or online at [www.batteredmenshelpline.org/](http://www.batteredmenshelpline.org/)
- Domestic Violence: Another Perspective [www.menstuff.org/issues/byissue/domesticviolence.html](http://www.menstuff.org/issues/byissue/domesticviolence.html)

# ATVP

## Celebrating 25 Years of Survivors' Strength in 2005

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**24-Hour Hotline**  
Collect Crisis Calls Accepted

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# Male Victims of Domestic Violence



## Alternatives to Violence of the Palouse

Help for victims and survivors of domestic violence and sexual assault

24-hour Crisis Hotline  
**(509) 332-HELP**  
Or  
**(208) 883-HELP**