

Supporting men affected by Domestic Abuse



Domestic Abuse

Domestic abuse is about abuse of power and control within a relationship. It can manifest in any of the following ways:

Physical – any behaviour that leads to physical injury such as spitting, punching, kicking, slapping and pushing.

Sexual – any unwanted sexual behaviour/assault.

Psychological – using threats, causing mental or emotional anguish, humiliation. Verbal or nonverbal conduct such as the 'silent treatment'. Threats to 'out you' or disparaging remarks around gender identity for transgender people.

Economic — withholding money, coercion to borrow money, such as loans in your name and running up debts.

You may be afraid that you won't be taken seriously, or that you may even be ridiculed for 'letting' your partner abuse you. Abused men may be reluctant to leave an abusive relationship for fear of not seeing their children in the future.

We CAN and WILL support you

To be able to live and get my life back on track, was all down to the support I received from DAP Mens Service

Make a Safety Plan

- Keep a record of dates and times of all incidents.
 If you have been injured, get medical attention from A & E or your GP as they will make notes of your injuries.
- Keep your phone fully charged and on you at all times in case you need to make emergency calls. 999 calls are free.
- Tell someone about what's been happening.
- Keep your passport and copies of important documents in a safe place (with a friend or relative).
- Think about telling your employer about your situation.
- Always report the violence and abuse to the Police.
- Always try to avoid retaliating as it is likely that it might escalate things and someone might get seriously hurt.
- Try to leave the situation when you recognise the signs and triggers from your partner and feel that they may become violent or abusive to you.
- If you retaliate and the police are called they may see you as the abuser, particularly if your partner has any injuries caused by your retaliation.



Support for Gay, Bisexual and Transgender men who are affected by Domestic Abuse.

1 in 4 LGBTQ+ people suffer some form of domestic abuse

Using someone's sexuality to abuse

Threats to out – disclosing someone's sexual orientation or gender identity without their consent.

Criticise someone for not being a 'real gay' or 'real bisexual' as they have recently come out or had previous heterosexual relationships.

Abusive partners may manipulate their partners into believing that abuse is a 'normal' part of same-sex relationships.

Withholding medication or preventing treatment needed to express victim's gender identity (e.g. hormones, surgery)

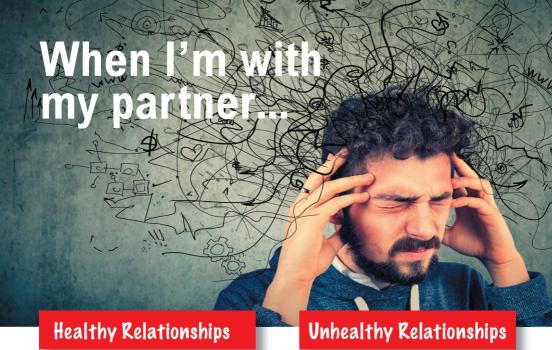
The abuser might convince or manipulate their partner that nobody would believe them because they're transgender.

Why don't LGBTQ+ report Domestic Abuse?

Fear no one will help because someone deserves the abuse.

Belief that agencies such as the police/domestic abuse services are prejudice to the LGBTQ+ community.

Use the support organisation numbers on the push out card and keep yourself safe by making a Safety Plan



- ✓ I feel comfortable
- ✓ I feel safe
- I know I could spend time with others if I wanted
- ✓ I feel I'm listened to
- I know I can keep my independence

✓ I feel nervous and

- on-edge

 ✓ I fear for my safety
- ✓ I feel ignored
- I feel isolated from people
- ✓ I feel controlled

Domestic Abuse can occur in any intimate relationships regardless of gender or sexuality and can also happen between family members.

Domestic Abuse can include one or more of the following types of abuse: psychological/emotional abuse, physical abuse, sexual abuse, financial abuse and abuse committed over social media/technology.

This abuse can be a stand-alone incident or can be a pattern of incidents and can encompass one or more of the above types of abuse.

If you feel you have suffered from any form of domestic abuse and would like to receive help and support from a trained member of staff

Call the DAP Mens Service on 01482 613978

