Male Domestic Violence

Help and support for men facing domestic abuse

USDAW EQUALITIES

What Is Domestic Violence?

Domestic violence is defined as an incident or pattern of incidents of controlling, coercive, threatening, degrading and violent behaviour, including sexual violence, in the majority of cases by a partner or ex-partner, but also by a family member or carer.

This can encompass, but is not limited to, the following types of abuse:

- Psychological.
- Physical.
- Sexual.
- Financial.
- Emotional.
- Coercive control.
- Harassment.

Men Can Experience Domestic Violence

Although statistics show that domestic violence is most commonly experienced by women and perpetrated by men, men can also be victims.

It can affect anyone regardless of race, ethnic or religious group, class, disability, sexuality or lifestyle.

Although women are considerably more likely to experience domestic violence than men, controlling and abusive behaviours can be carried out by women against men and they can occur in same-sex relationships. The Union is clear that everyone has the right to live a life free from violence.

This leaflet provides information that can be used to support anyone suffering from domestic violence. We have also provided some sources of help for male victims of domestic violence.

If You Are Thinking of Leaving Your Partner

If you are planning to leave your partner, think about how you can do this as safely as possible. Sometimes this can be the most dangerous time for you.

If your partner knows you are planning to leave, they may become more violent and abusive. Your leaving plan may include some of the following:

- Plan to leave at a time you know your partner will not be around.
- Prepare a bag of clothes, medication and other essentials and keep this in a safe place where you can get to it, or leave it with family or a friend.
- Ensure you have somewhere safe to go, such as friends or family.

If you have already left the relationship and are still being harassed:

- Tell someone you can trust what is going on.
- Try not to isolate yourself. Work out the safest routes to and from home and work and use them. If you cannot do this, try to travel with someone else.
- Make sure your home is safe. Think about getting your locks changed and make sure that all doors and windows are locked.

Why Is Domestic Violence a Workplace Issue?

Domestic violence doesn't just affect someone's home life; it impacts on the whole of their life.

Because domestic violence is so widespread, most workplaces will employ someone who has been affected by it.

Domestic violence can impact on things like punctuality, attendance and performance. All of these could potentially result in disciplinary action in the workplace.

If members take the difficult step of confiding in their rep or employer, this should be treated in confidence and with discretion.

The Union would expect employers to be supportive of people who are going through such a difficult experience.

It is important that reps and employers are aware of support organisations that they can direct men suffering from domestic violence to. Information on the help and support available can be found on the back of this leaflet.

What To Do if You Experience Domestic Violence

If you are a victim of domestic violence, there are some steps you can take to increase your safety:

- Keep a diary of dates and times of all incidents.
- If you are injured, seek medical attention and ensure that you tell your doctor the injuries were due to domestic violence.
- Keep your phone fully charged in case you need to make an emergency call.
- Tell a friend or family member about the abuse.
- Arrange a safe place to go in case you need to leave quickly.
- Keep your passport and copies of important documents in a safe place (possibly with a friend/relative).
- Think about telling your employer or Union rep about your situation, particularly if it is having an impact on your work.
- Always report the violence or criminal damage to the police.
- Do not retaliate – it's not safe and could escalate the situation. Think about ways you can leave when you recognise the signs that your abuser may become violent.
- If you are in danger, call 999.
- Seek further help and support from the organisations listed on the back of this leaflet.

Support from Usdaw

Usdaw can support members who are experiencing difficulties at work as a result of domestic abuse. If you're not already a member, joining Usdaw means you can access advice and support when you need it. Join online at: **www.usdaw.org.uk/JoinUs**

Scan the QR code to join today

Help and Support

Men's Advice Line

Confidential helpline for men experiencing domestic violence from a partner, ex-partner or other family members.

Tel: **0808 801 0327**
(Mon - Fri 10am-5pm)

email: **info@mensadviceline.org.uk**
web: **www.mensadviceline.org.uk**

The ManKind Initiative

A national charity that provides help and support for male victims of domestic abuse and domestic violence.

Tel: **01823 334244**
(Mon - Fri 10am-4pm)

web: **www.mankind.org.uk**

Galop

National Helpline for LGBT+ Victims and Survivors of Abuse and Violence providing confidential support to all members of the Lesbian, Gay, Bisexual and Trans (LGBT+) communities.

Tel: **0800 999 5428**
(Mon - Tues 9.15am-8.00pm;
Wed - Fri 9.15am-4.30pm)

email: **help@galop.org.uk**
web: **www.galop.org.uk**

Survivors UK

Help for men and non-binary people affected by sexual abuse and rape.

email: **help@survivorsuk.org**
web: **www.survivorsuk.org**

AMIS - Abused Men in Scotland

Information and support for men in Scotland who have experienced domestic abuse.

Tel: **03300 949 395**
(Mon - Fri 9am-4pm
and Mon - Wed 6-8pm)

email: **support@amis.org.uk**

The Dyn Project

Confidential helpline for male domestic violence sufferers in Wales.

Tel: **0808 801 0321**
email: **dyn@saferwales.com**
web: **www.saferwales.com**

National Centre for Domestic Violence

The NCDV can help you obtain an injunction to prevent further abuse from your partner.

Tel: **0800 970 2070**
Text: **NCDV to 60777 for a call back**
web: **www.ncdv.org.uk**

Respect Phoneline

Helpline offering information and advice to people who are abusive to their partners and want help to stop.

Tel: **0808 802 4040**
(Mon - Fri 10am-5pm)
web: **www.respectphoneline.org.uk**

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