

Male Victims of Domestic Abuse

Abuse is a control issue – abusers believe they have the right to manipulate, control and humiliate another person, and this belief is not only held by some men but also by some women.

Men can be victims too!

Not only Women are victims of Domestic Abuse. Men can be victims of abuse in the home, either at the hands of their female or their male partner, father, brother or any other family member.

Although research shows that domestic abuse affects mainly women, current statistics show that **one in six** men will be affected at some point in their lifetime.

Forms of abuse can include:

Emotional or Mental Abuse:

These can include Intimidation, withholding affection, turning your children and friends against you, constantly being insulted, belittled or humiliated, excessive contact, for example stalking, threats and blackmail, using social media sites to intimidate you (such as Facebook and Twitter).

Sexual Abuse:

This can involve sexual harassment/pressure, forcing sex after physical assaults, sexually degrading language and rape.

Threatening/Violent behaviour:

The threat or use of violence including hitting, kicking, punching, spitting. The threat of use of violence against family members or pets, destroying personal items.

Men have exactly the same rights and protection by the law as women.

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**For all victims of abuse,
the message is the same...**

- You are not alone
- It is not your fault

Whoever you are, being hurt by someone you love and trust can be devastating.

You may feel bewildered and confused.

You may wonder if it's your fault.

You may feel too ashamed or embarrassed to tell anyone.

If you do tell, you may find that you are not believed or that your abuse is trivialised.

Citizen's Advice Bureau
Rayleigh 01268 770782/779847
Rochford 01702 545552

Mens Advice Line
01823 334244

**Rape and Sexual Abuse
Support Centre**
08451 221 331

**Essex Police Domestic Abuse
and Hate Crime Unit (Southend)**
01702 423151

Broken Rainbow
Support for lesbian, gay, bisexual
and transgender
08452 604460

South Essex Victim Support
0345 456 5995

**For help and advice contact the
Police. In an Emergency always
call 999**

**If you would like this information in large print,
Braille or another language phone us on 01702 546366**



Rochford District Council
Council Offices South Street
Rochford Essex SS4 1BW
Phone: 01702 546366
Fax: 01702 545737
Website: www.rochford.gov.uk

**Domestic Abuse Reduction Officer
Community Safety Team**

01702 546366 ext 3517
07920 264610