

Although females are the largest population of victims of domestic violence, it is important not to overlook the fact that males are also victims of domestic violence.

Each of Nebraska's 21 domestic violence/sexual assault programs serve male victims of domestic violence, sexual assault, intimate partner stalking and dating violence.

The cause for the use of domestic violence against males is the same as it is for females; to establish and maintain power and control over a person's intimate partner. The tactics and behaviors used by an abuser against a male victim may look different though. As just with female victims of domestic violence, a male victim of domestic violence should never be expected to "stop" their abuser or make their abuser quit abusing.

Statistics

- 16% of adult men who reported being physically assaulted and/or raped were assaulted by a current or former spouse, cohabitating partner, boyfriend/girlfriend or date. (National Coalition Against Domestic Violence)
- Men account for approximately 15% of victims of intimate partner violence. (Bureau of Justice Statistics Crime Data Brief, IPV, 1993-2001, Feb 2003)
- It is estimated that 835,000 men are physically assaulted by an intimate partner annually. (NCADV)
- In a male perpetrated assault, the male victim is more likely to be strangled, beaten with closed fists, and threatened with guns or other weapons. (NCADV)
- In a female perpetrated assault, the male victim is more likely to be kicked, slapped, or have objects thrown at him. (NCADV)

Reasons a Male Victim May Stay

- Fear that no one will believe him
- Does not want to leave
- Perceptions of society (i.e.; males can't be victims)
- Perceived as a failure because of male stigmatization
- Doesn't know there are resources that can help
- Denying there is anything wrong with the relationship
- Believes what his partner has told him (i.e.; he's a failure, no one will help, etc)
- Fear of what his abuser will do to him
- Ashamed he is being abused

In responding to male survivors we are reminded that, "In male dominated societies like America, men may further receive messages to suppress weakness or feelings associated with victimization (Kimmel, 2006). David Lisak explains that male victims may deny the need for help so they will not feel more vulnerable. They may also mask the emotions they are going through, such as fear, sadness and powerlessness. Yet, just as with female survivors, every male survivor will have different experiences, be impacted differently, have different needs and want/choose different outcomes. According to NCVC, men experience some of the same psychological reactions to violence as women including; guilt, shame,

humiliation, anger, anxiety, depression, withdrawal from relationships. Some of the best tools to support the survivors are the easiest out there; ask, believe, listen and support.

- As you work with male survivors be aware of their reactions and recognize them as you listen and interact with the male survivors.
- Help the male survivor gain a sense of control
- Provide education on domestic violence, trauma and resources
- Assist in navigating positive support system options
- Actively listen to the survivor

If you are a male survivor of domestic violence:

- If you need immediate help call 911
- Reach out to your local dv/sa program for confidential and free help
- Talk with an advocate at your local dv/sa program about what domestic violence is, what your options are and for support
- Know somewhere safe you can go in case you need to leave immediately
- Know that the domestic violence is not your fault, ever.