

Are **YOU** affected by

Male Domestic Violence?

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- What is domestic violence?
 - Men can experience domestic violence.
 - What to do if you experience domestic violence.
 - Where can I find help and support?

Usdaw

*Union of Shop, Distributive
and Allied Workers*

www.usdaw.org.uk



What is domestic violence?

Domestic violence is defined as any incident or pattern of incidents of controlling, coercive or threatening behaviour, violence or abuse between those aged 16 or over who are or have been intimate partners or family members regardless of gender or sexuality.

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

- Psychological.
- Physical.
- Sexual.
- Financial.
- Emotional.

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, the union recognises that controlling and abusive behaviours can be carried out by women against men and that they do 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.

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 and topped up in case you need to make an emergency call.
- Tell a friend or family member about the abuse.



Domestic violence can affect anyone ...

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.

- 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.

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.

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, 9am–5pm
email: info@mensadvice.org.uk
Web: www.mensadvice.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 and 7pm–9pm
Web: www.mankind.org.uk

Broken Rainbow UK

National Domestic Violence Helpline providing confidential support to all members of the Lesbian, Gay, Bisexual and Trans (LGBT) communities.

Tel: 0300 999 5428, Mon/Thurs 10am–8pm; Tues/Weds 10am–5pm (1pm–5pm Tuesday is a Trans specific service)
email: help@brokenrainbow.org.uk
Web: www.brokenrainbow.org.uk

AMIS – Abused Men in Scotland

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

Tel: 0808 800 0024, Mon/Wed/Fri 12pm–3pm; Sun/Tues/Thurs 7pm–10pm
Email: contact@amis.org.uk
Web: www.abusedmeninscotland.org

The Dyn Project

Confidential helpline for male domestic violence sufferers in Wales.

Tel: 0808 801 0321, Mon/Tues 10am–4pm; Weds 10am–1pm
email: support@dynwales.org
Web: www.dynwales.org

Survivors UK

Helpline for male victims of sexual abuse and rape.

Tel: 0845 122 1201, Mon/Tues 7pm–9.30pm; Thurs 12pm–2:30pm
email: info@survivorsuk.org
Web: www.survivorsuk.org

National Centre for Domestic Violence

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

Tel: 0844 8044 999 (Deaf and hard of hearing: 18001 08009 702070)
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 9am–5pm
email: info@respectphoneline.org.uk
Web: www.respectphoneline.org.uk

Contact Usdaw

Usdaw
188 Wilmslow Road
Manchester M14 6LJ

To join Usdaw call: 0800 030 80 30
You can also join online by visiting our website: www.usdaw.org.uk/join

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