

WHAT YOU SHOULD DO

- * Talk to your doctor about your health and seek medical attention for any injuries. If you are seeking a mental health counselor, tell them about your domestic violence concerns because they may not ask you. Many counselors assume it only happens to heterosexual women.
- * Keep a journal of incidents specified with dates and times. Keep copies of medical and police reports, take photographs of your injuries, and keep your journal and documents in a safe place.
- * Seek and accept legal advice.
- * Insist on a police report. Be sure the report is accurate.
- * Do not remain silent. Seek out counseling, contact official domestic violence and survivors' advocate offices, or tell a friend.
- * Plan for the worst. Have a safe and secret place to go to and have emergency money ready.
- * Do not make excuses for the abuser's violence—get help and leave.
- * Never retaliate with physical or verbal abuse yourself.
- * **Volunteer.** When you are safe, volunteer with Stop Abuse For Everyone™, or the organization that gave you this brochure. You can assist others in similar situations and prevent future tragedies.

SAFE IS RECOGNIZED BY THE NATIONAL CRIME PREVENTION COUNCIL

Stop Abuse For Everyone was selected as one of only 50 promising strategy programs in the nation to prevent domestic violence by the National Crime Prevention Council.



ABOUT SAFE

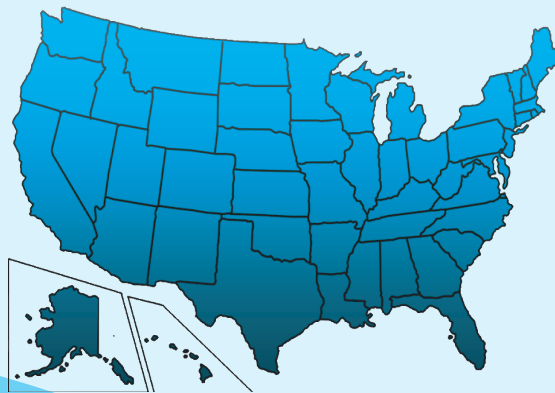
STOP ABUSE FOR EVERYONE is an organization that provides information, resources, a media campaign, educational brochures, an advocacy program, and expert speakers on an array of abuse topics.

We differ from most organizations because we help underserved survivors who have few services available to them.

SAFE views domestic violence as a human rights issue. If you are in an abusive relationship, services should be available to you regardless of your gender, sexuality, or age.

SAFE addresses individual concerns and fills in the gaps in domestic violence services where other organizations do not.

Aside from domestic violence, SAFE also addresses bullying, dating violence, elderly abuse, and sibling abuse.



Check out our National Directory of Service Providers on our website. Consider becoming a member, subscribing to our website, and donating.

Stop Abuse For Everyone™ is a nonprofit 501(c)(3) organization. Your tax-deductible charitable contribution to SAFE is needed and appreciated!

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ARE YOU

(or someone you care about)

A MALE

SUBJECTED TO INTIMATE PARTNER VIOLENCE?



SAFE

STOP ABUSE FOR EVERYONE A HUMAN RIGHTS AGENCY

STOPABUSEFOREVERYONE.ORG
(661) 829-6848

8200 Stockdale Hwy #M10-103
Bakersfield, CA 93311

YES, IT HAPPENS TO MEN!

According to reports by the Centers for Disease Control and Prevention, 35.6% of women and 28.5% of men have experienced rape, physical violence, and/or stalking by an intimate partner. A 2007 survey found that 5.3 million men and 4.7 million women reported physical violence within that past year, in addition to 2.8 million men who experienced sexual violence other than rape. In 2010, the Bureau of Justice Statistics found that 1,191 and 304 men were murdered by an intimate partner. From 2002-2011, about 4% of females and 8% of males were shot, stabbed, or hit with a weapon. During this period, 50% of women were victimized by an intimate partner; 13% of women and 5% of men were left with serious injuries such as broken bones, unconsciousness, or internal injury.

SIGNS OF DOMESTIC VIOLENCE

- * Do you change your behavior because you are afraid that violence might result if you do not?
- * Do you always have the feeling that you are "walking on eggshells?"
- * Do you feel that no matter what you do, you cannot do anything right?
- * Does your partner tell you that you are worthless, unattractive, or that no one would want you?
- * Has your partner ever hurt or threatened to hurt you or your children?
- * Has your partner ever tried to keep you from getting medical help?
- * Do they prevent you from sleeping at night? Are you worried about being attacked in your sleep?
- * Has your partner ever deliberately destroyed or damaged something of value to you?
- * Is your partner extremely jealous? Does your partner accuse you of flirting with others or having affairs?
- * Is it hard for you to maintain relationships with others because your partner does not approve of them?
- * Has your partner ever forced you to have sex or made you do things during sex that made you feel uncomfortable?
- * Has your partner ever bitten you, hit you with a hard object, scratched you, slapped you, hit you with their first, thrown hard objects at you, or threatened you with a gun or knife?
- * Does your partner frequently threaten you with never seeing your child again if you leave because "women always win custody?"

IF YOU ARE EXPERIENCING ANY OF THE ABOVE SCENARIOS, YOU ARE IN AN ABUSIVE RELATIONSHIP.

HOW MEN COPE

- * They take on an "I can handle it" attitude. It is never acceptable to be physically attacked by your partner, even if you believe you can endure the pain. Continuing in an abusive relationship can result in depression, substance abuse, loss of confidence, suicide, and even murder.
- * "Men Don't Tell" is the actual title of a CBS made-for-TV movie about male victims of domestic violence. Keeping silent about domestic violence and not confiding in anyone is a common reaction for both males and females due to embarrassment. However, men face a greater degree of disbelief and ridicule than most women in these situations, which reinforces the silence. They make excuses for apparent injuries to medical personnel and explain them as a result of an accident, such as being hurt while playing a sport with friends.

WHY MEN STAY

- * When domestic violence has occurred, survivors may have a need to self medicate by using drugs or alcohol to help them cope with the overwhelming feelings.
- * **Fear of failure** - men have been told that in order to be a man, they must be a provider and protector. They are told that if they leave their family, they are abandoning their responsibilities.
- * **Fear of losing children** - abusers can threaten to take away the child(ren). Therefore, men fear leaving because they assume the legal system will not grant them custody because of their gender, that visitation in the hands of a controlling

spouse will never be easy, or that they may never see their child(ren) again.

- * **Few resources** - there are demonstrably fewer crisis lines and domestic violence shelters for men and their children, compared to agencies exclusively for women. A California Supreme Court decision found a pattern of gender discrimination in a majority of Los Angeles area crisis lines and shelters. Researchers at Clark University also found wide-spread denial of services to males compared to females. There is, however, a growing trend toward gender-inclusiveness and more services available for men. Although police training has improved in recent years, men may avoid calling the police due to an assumption of gender bias. Victims should always document the incident(s) as best as possible and most importantly, tell a friend, relative, or counselor/physician about the abuse.

