

## OFFICIAL QUOTES

*"The Government is working to dispel the myth that men are perpetrators and women the victims of domestic violence."*

**10th March 2004**

*"I can say that emotional and mental abuse can indeed cause as much suffering to an individual as physical abuse. There is evidence that in many cases, emotional abuse can lead to post traumatic stress disorder, which in the very worst cases can lead to suicide."*

**21st March 2005**

**Baroness Scotland of Asthal QC  
Minister of State, Home Office**

*"This Government takes the issue of domestic violence very seriously: the Domestic Violence, Crime and Victims Act was designed for all victims of domestic violence and we expect both male and female victims to be taken seriously by all services, particularly the criminal justice agencies."*

**14th August 2006**

**Meg Munn MP, Department for  
Communities and Local Government**

## MEN'S AID

Men's Aid is a registered charity which provides advice and support to men who have been abused or discriminated against in any way.

We also provide free advice to fathers who are seeking to maintain a meaningful and responsible relationship with their children after family break down or divorce.

We aim to assist these fathers in their endeavours to achieve equal and just treatment in the Family Courts and from their associated services.

We recognise the value of fatherhood and support the concept of equal parenting where parents work together for and in the best interests of their children.

Men's Aid is a registered UK charity which relies on membership and donations. If you would like to help support Men's Aid please send your cheque payable to "mens aid" to:

**Men's Aid  
57 Cornwall Grove,  
Bletchley,  
Milton Keynes,  
MK3 7HX**

**Men's Aid**  
Campaign for Equality



## Domestic Abuse

Men can be victims too  
Don't suffer in silence

**087 1223 9986**

[www.mensaid.com](http://www.mensaid.com) [help@mensaid.com](mailto:help@mensaid.com)

Registered charity No. 1116309

## THE TRUTH ABOUT DOMESTIC ABUSE

One of the main reasons why so many men stay in abusive relationships is to protect their children. Unlike female victims, however, who can seek refuge and have an excellent chance of winning custody of the children, victimised men frequently find that their partners are given residence of the child/ren and then deny them contact.

In January 1999 the UK Government's Home Office published the results of a survey into domestic violence. It was the biggest ever carried out anywhere in the world and involved more than 10,000 men and women.

It was called Study 191 and it stated, quite categorically, that 4.2% of men and 4.2% of women perpetrate the crime of domestic violence. In other words they had discovered that men and women are equally violent.

The persistent claim that the overwhelming majority of victims of domestic violence are women is not supported by any impartial research, either in the UK or elsewhere.

The results of all reputable gender-neutral studies of domestic violence in couple relationships, published to date, indicate that there is an almost equal numerical culpability between men and women.

Domestic violence is not a sex issue, it is a social issue, and until both sides of the problem are acknowledged and addressed by those who claim to be concerned about the matter, no cure will be found.

## WHAT IS DOMESTIC ABUSE

Domestic abuse is a social issue and not a gender problem. The Government define abuse as "The violation of an individual's human and civil rights by any other persons"

Domestic Abuse can take many forms, including:

- **Physical** - Can include pushing, slapping, kicking, stamping, burns and scalds, strangulation, being attacked with weapons such as knives or household objects.
- **Neglect** - such as with holding food or medicine.
- **Psychological** - Includes threats of violence, criticism of the victim saying they are ugly, ignorant or worthless, using the children as ammunition, family life and mood being dictated by the abuser, continual questioning or humiliation in public.
- **Sexual** - Will include rape, sexual assaults, forced prostitution, forced sexual practices.
- **Financial** - An abuser may refuse to pay bills, may steal money belonging to the victim or children, may deliberately spend money on themselves or sell the family possessions and furniture.

## PRACTICAL ADVICE

- Keep a diary of all events including times and dates.
- Report any injuries to your doctor and give details of how you came by them.
- Get photos of any injury, close up and full body.
- Do not leave the home unless yours or others safety is at risk.
- Do try to tell friends and/or family what is happening to you.
- Try not to provoke or retaliate.
- Keep all important documents where you can get at them quickly i.e. driving license, passport, national insurance number, child benefit book, birth certificate, bank books, contact numbers in case you need to leave the home in a hurry and are refused re-entry.
- Visit [www.mensaid.com](http://www.mensaid.com) for more advice and information.

**You are not alone**  
**Call Men's Aid Now**  
**087 1223 9986**

*or visit*

**[www.mensaid.com](http://www.mensaid.com)**