

Abuse can occur whether you are together or separated, whether you live together or apart, and can be carried out in person, via 3rd party, or even via social media.

One in  **every six men**

will be a victim of domestic abuse in their lifetime.

 Over **500,000 men every year** suffer abuse from their partner.

One man per fortnight is **killed** by a current or ex-partner.



“ Finally getting support has been the biggest turning point...I didn't know where to turn and how to get out of this until I was trapped...now I see things differently, I'm more confident that everything is going to be OK. ”

HOW WE CAN HELP YOU

If you are a victim of domestic abuse or domestic violence, you are not alone, we are here to help.

No matter what your background, age, job, race or sexuality, we are here to give all the support we can.

For many men, contacting our services is the first step they have made in talking to someone else about the problems they face.

Whether it is information you want or emotional support, please get in touch with us.

Rhondda Cynon Taf

01443 494190

PontypriddSafetyUnit@rctcbc.gov.uk

Merthyr Tydfil

01685 388444

Mobile/Text Service - 07539 170396

Teulu.mac@smt.org.uk

Bridgend

01656 766139

info@calandvs.org.uk

Live Fear Free (24 hour helpline)

0808 80 10 800

**ANY
MAN
CAN...**
BE A VICTIM OF DOMESTIC ABUSE



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Support for male victims of domestic abuse or domestic violence



**ANY
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ACCESS
SUPPORT

Rhondda Cynon Taf

01443 494190

Merthyr Tydfil 07539 170396

Bridgend 01656 766139

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0808 80 10 800

www.ctmsb.co.uk

WHAT IS DOMESTIC ABUSE?

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, and emotional.

CONTROLLING BEHAVIOUR

A range of acts designed to make a person subordinate and/or dependent by isolating them from sources of support, exploiting their resources and capacities for personal gain, depriving them of the means needed for independence, resistance and escape and regulating their everyday behaviour.

COERCIVE BEHAVIOUR

An act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish or frighten their victim'. (includes honour-based violence (HBV), and forced marriage, and is clear that victims are not confined to one gender or ethnic group).

EXAMPLES OF ABUSE

Physical

- Being kicked, punched, pinched, slapped, bitten, strangled, choked, drowned, suffocated, and burned.
- Use or threats of use of weapons.
- Violence against other family members or pets.
- Using or threatening to use extended family members or associates to harm you.

Sexual

- Use of pressure, threats or force to obtain sex, including rape, sexual assault, unwanted touching, prostitution, involvement of 3rd parties, involvement of violence/weapons.
- Intentional transmission of STIs/HIV.
- Forcing unprotected sex.
- Making you feel uncomfortable about your sex, gender identity and/or sexual orientation.

Verbal

- Yelling and shouting.
- Constantly being insulted, laughed at, criticized, belittled, and humiliated in private or in public.
- Being given the silent treatment.

Emotional/Psychological

- Intimidating behaviour, including damaging the home.
- Restricting your movements.
- Isolation, including stopping you seeing friends/family/children, or turning friends/family/children against you.
- Making malicious complaints.
- Withholding affection.
- Keeping you awake.
- Denying, minimising or blaming you for their behaviour.

Harassment

- Excessive contact which makes you fearful and distressed, including calls, texts, letters, emails, or via social media.
- Stalking, including loitering and uninvited visits to the home or workplace, including the involvement of others in the behaviour.
- Destroying or vandalising property.
- Threats of violence and harm to you and/or other family members.
- Threats of suicide.
- Pursuing you after separation, including non-compliance with protective orders.

Financial Abuse

- Having complete control over the/your household income.
- Making you ask permission to spend any money.
- Denying access to employment/benefits.

ANY MAN CAN...

- Be physically harmed by a loved one.
- Be controlled by a loved one
- Feel alone and isolated
- Feel invisible and silenced

You Are Not Alone

