

# FACTSHEET

## Men can be victims too

### Understanding female perpetrators of domestic violence



Men can and are victims of domestic violence perpetrated by women. Studies show this could be as high 50% of Domestic Violence cases.

It is hard to believe that men can be victims of domestic violence when you watch mainstream media, where the man-hating feminists (not all feminists) have a strong hold on the content. However studies which highlight the issue of men as victims of violence in the home are available but not publicised to the same extent as female issues.

When you remove the cloak of gender and instead consider domestic violence in terms of 'power' and 'conflict resolution tactics' you find that you get a clearer picture of what is occurring in the home. Violence between two people does not occur in isolation and can occur when two people hold conflicting personality traits which lead to heated arguments, displays of vengeance and separation.

*"We need to consider domestic violence from a humanistic perspective not just as a gender issue"*

*Dr Fiona Girkin, Cancelled Domestic Violence Lecturer*

### Taking Action

#### As a Partner or Husband

- You can be a victim of abuse as a man
- If you have concerns, keep private notes where she is unable to find them. Include days times and the situation.
- If you are concerned about your safety tell someone, a friend or family member and even the police.
- Many men are reluctant to call police out of shame and fear of not being believed. Gathering evidence can help.
- You have a right to feel safe, this is not about gender but about power and control and it can be covert and not always physical.
- Consider writing a personal safety plan for what you will do if things escalate.

#### As a Friend or Family member

- Be supportive and listen
- Do not judge the man for being a victim he most likely already feels anxious about his circumstances
- Suggest appropriate services and men's groups in your area but given these are few, consider online services and support.
- Keep notes of what he tells you so that if he needs these later in court you have them on hand. Suggest he do the same.

*"If we believe all women we are bound to catch some women who lie for personal gain. Evidence should never be overlooked"*

### Things to Consider

#### Behaviours to look for:

- Name calling, eye rolling and degrading language
- Crying and claiming to be a victim to get what she wants
- Threats of harm to hurt or break something you like
- Throwing objects
- Isolating you from your mates and family
- Double standards
- Controlling and manipulative behaviour

#### Consequences:

- You may feel depressed and not want to go home
- You may have a reduced self-esteem
- You may be afraid that you will lose access to your children if you leave
- Thoughts of suicide
- Not being believed by police and instead being identified as a perpetrator.

*Are needing assistance with a toxic workplace issue?*

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