

Spreading the Good News

Volume 1 Issue 3

Men and Domestic Violence

February 2020

Men and Domestic Violence Did you know?

According to the NCAADV, the National Coalition Against Domestic Violence;

- **1 in 7 men age 18+ in the U.S. has been the victim of severe physical violence by an intimate partner in his lifetime.**
- **1 in 10 men has experienced rape, physical violence, and/or stalking by an intimate partner.**
- **There are likely many more men who do not report or seek help for their abuse. ■**

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WHY Don't Men Report Their Abuse?

The National Coalition Against Domestic Violence

- **Men are socialized not to express their feelings or see themselves as victims. (True)**
 - Young boys are taught not to express their emotions, to “suck it up” and “be a man” “the man box.” This can be extremely detrimental to boys as they age, especially if they find themselves in an abusive relationship. They feel like no one will believe them.
- **Pervading beliefs or stereotypes about men being abusers, women being victims. (True)**
 - The majority of domestic violence stories covered by the media are about male perpetrators and female victims who are typically in heterosexual relationships. This might make many victims feel like they don't have the space or the support to speak out about their own experiences and seek help.
- **The abuse of men is often treated as less serious, or a “joke.” (True)**
 - All victims deserve support and resources to help them feel safe.
- **Many believe there are no resources or support available for male victims. (True)**
 - It can seem like the majority of shelters and services for domestic violence victims are women-focused. However, services for male victims do exist. Most federal funding sources require that DV services be provided to all victims of abuse. ■

Equality

Everyone deserves to be in a healthy relationship where both partners are treated like equals, all the time. In an abusive relationship, one partner uses abusive tactics to gain power and control over the other. This type of relationship is extremely unbalanced, unhealthy and unmanageable. Below are some questions that could help clarify the dynamics:

Are you able to openly and safely express your feelings and opinions to your partner?

Does your partner listen respectfully to your needs and concerns and treat them as equally important to their own?

Does your partner try to control shared financial resources or make financial decisions without your consent?

Does your partner try to control your parenting decisions?

Does your partner put you down, treat you like a lesser in the relationship, become violent, call you names? Those are RED FLAGS.

Do both sides get heard in an argument or are you constantly “cut off” when trying to express your thoughts?

Do you both compromise and negotiate respectfully?

Do you both feel comfortable with the financial balance in the relationship?

If you have children together, do you and your partner have equal weight in parenting decisions?

Do you feel safe with and respected by your partner?

IF YOU ANSWERED YES TO ALL OF THESE QUESTIONS, CONGRATULATIONS: IT SOUNDS LIKE YOUR RELATIONSHIP IS PRETTY EQUAL. IF YOU ANSWERED NO TO ONE OR MORE QUESTIONS, YOU AND YOUR PARTNER MIGHT WANT TO WORK ON CREATING MORE BALANCE IN THE RELATIONSHIP, OR YOU MIGHT WANT TO ASSESS FOR RED FLAGS, UNHEALTHY AND ABUSIVE DYNAMICS IN THE RELATIONSHIP.■

FEMALE BATTERERS, MALE VICTIMS

-BY ZUR INSTITUTE

Despite what the general population may believe, research has begun to identify a growing trend of women as victimizers in their relationships. The belief that women who physical lash out is only in self-defense. (False)

Approximately 835,000 men are battered each year by their partners.

80% of women who murder their husbands have histories of violence and often have extensive criminal records.

Research suggests that women commit domestic violence because they think that they can get away with it.

Men do not perceive violent acts committed against them by female partners as “Domestic Violence.”

Women are more likely to use weapons in their violent acts.

By inducing shame, male victims hide their feelings about being victimized.■

PERSONAL STORIES

I was dumbfounded from the very start of the incident," the man says. "I was getting struck by this woman while I was holding my daughter and I was the one who called the police.

I know the terror that comes from domestic violence, in this case perpetrated by my mother.

-- A Seattle man

I was in a hellish marriage with a woman who had difficulty controlling her rage, which would frequently erupt with her hitting, verbal abuse, and screaming. If fighting with her did occur, it was self-defense; if she threw a punch or kicked, I defended myself. In one particular case, after she initiated a fight by kicking and throwing punches, she called the police to report me as the violent abuser! When they responded, I was seen as the bad guy, she was the victim.

ANTWONE FISHER WAS BORN IN A WOMAN'S PRISON AND HIS LIFE GOT MUCH WORSE BEFORE IT GOT BETTER.

"AT FIRST, SHE DISCOURAGED ME FROM SEEING OLD FRIENDS, ESPECIALLY FEMALE FRIENDS. SHE THREATENED TO USE VIOLENCE AGAINST THEM. FOR EXAMPLE "IF SO AND SO VISITS HERE, I'LL BE PUTTING A KNIFE IN HER GUTS." SHE WOULD FLIRT WITH MY FRIENDS, BUT THEN TELL ME THAT THEY WERE TRYING TO SEDUCE HER BEHIND MY BACK. THIS LEFT ME FEELING DISTRUSTFUL OF MY FRIENDS. LATER ON, I FOUND OUT THAT SHE HAD BEEN TELLING THEM THAT THEY SHOULDN'T COME ROUND BECAUSE I WAS INSANELY JEALOUS. ALL THIS HAD THE EFFECT OF DAMAGING MY SOCIAL NETWORK."

TYLER PERRY IS ONE OF THE MOST POWERFUL PEOPLE IN BLACK HOLLYWOOD NOW BUT GROWING UP, HIS FUTURE DIDN'T LOOK SO BRIGHT. THE FILMMAKER ADMITTED THAT DIFFERENT ADULTS HAD SEXUALLY ASSAULTED HIM AS A CHILD.

RAPPER DMX AKA DARK MAN X FATHERED 12 CHILDREN WITH BOTH HIS WIFE AND OTHER WOMEN OUTSIDE OF THE MARRIAGE. BUT THE "GET AT ME DOG" RAPPER REVEALED THAT ONE OF HIS BABY MAMA'S ALLEGEDLY SEXUALLY ASSAULTED HIM. "SHE RAPED ME," DMX SAID. ■

MALE ABUSE (OTHER COMPONENTS)

Many young boys at early ages are mentally conditioned and define for themselves what is to be a man by use of such messages and phrases as "act like a boy" "Man up" "Brush it off" "Don't be a cry baby" "Momma's Boy" "Punk" "Snitch" etc. etc. etc.

Those same young boys do whatever in their power to not live up the labels that defined what they are being taught about manhood. They eagerly want to please the adult men and older male siblings. The unfortunate results of feedback they receive sets the stage for the suppression of their true human emotions.

In addition, many boys witness abuse in the home by male adults who live in the home. Thus this behavior becomes the norm.

Many young men don't realize that they have not been given permission to express emotions and feeling and therefore possess pent up frustration and stress that is release through violent abusive acts. The list as follows are demonstrations of abusive behavior toward one another:

- RAPE
- MURDER
- EGO TRIPPING
- ARMED ROBBERY
- ASSAULT
- VERBAL DEGRADATION
- POWER AND CONTROL
- PUT DOWNS
- LACK OF RESPECT
- CROSSING BOUNDARIES

When dealing with men who have experience in these type of behaviors, check to see what they need in order to address some behaviors by understanding that there is help out there especially for them. ■

WHERE YOU CAN GET HELP

The National Domestic Violence Hotline

24/7/265

PHONE: 1-800-799-7233

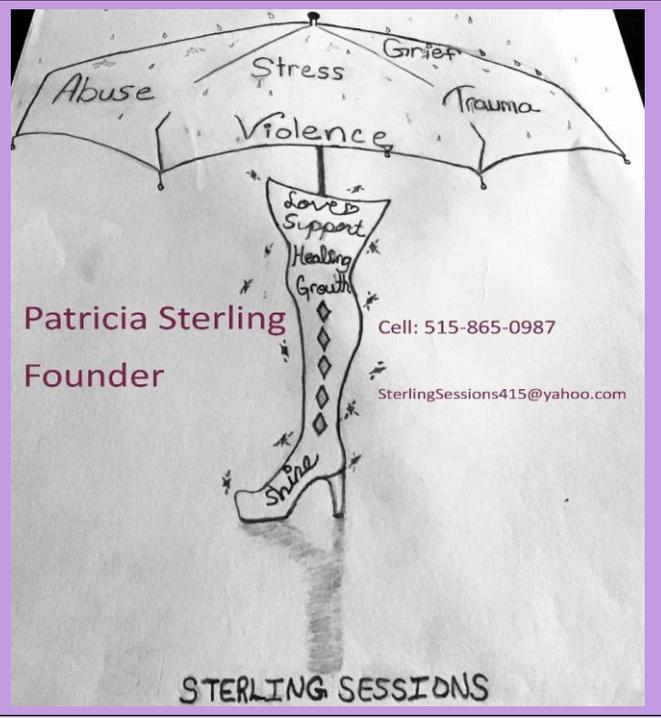
TTY: 1-800-787-3224

**ONLINE CHAT AVAILABLE – CHAT NOW
BUTTON**

HELP FOR FAMILY AND FRIENDS

Prayers for the abused/Oppressed

Luke 11:46, 17:2, 18:1-8, John 8: 1-11, Luke 8:43,
John 4:1-42 –Taken from restoredrelationships.org



You can reach me at
Website: sterlingsessions.com
Facebook: Sterling Sessions
IG: [sterlingsessions2019](https://www.instagram.com/sterlingsessions2019)
Email: [SterlingSessions415@yahoo.com](mailto: SterlingSessions415@yahoo.com)

