

Men stay with an abusive partner for many of the same reasons why people stay in any kind of unsatisfactory or unhealthy relationship, but there are some unique issues present.

### **Shame**

What will my friends, family, colleagues and neighbors think? Men feel embarrassed that their partners are controlling and abusing them, since our society says men are supposed to be able to “handle” or “fix” problems. They may feel like they aren’t “real” men because they aren’t in charge of their relationships. Remember, abuse doesn’t discriminate, and being abused does not mean that there is something wrong with you.

### **Fear**

Who would believe that a man can be abused? Men may fear that others won’t believe them when they describe the abuse, or will think that the abuse can’t be that bad. They may be afraid to leave their partner because they lack a supportive social network. Remember, an abuser may be using all kinds of abuse, including physical, psychological, verbal, financial, and sexual violence. It doesn’t have to be physical to be real and scary.

### **Isolation**

I feel like I’m the only guy this is happening to. Abusive partners often control who their partner has contact with. This means that victims of abuse are isolated from friends, family, and coworkers. Men may also feel that domestic abuse support centers are only for women. Feeling alone and without support, it can feel like help isn’t available. Remember, though, that there are support groups, shelters, and crisis lines specifically for men like you. You are not alone.

## Resources for Support

- Crisis line for men: The Battered Men's Helpline in Harmony, ME 1.888.7HELPLINE (email: help@noexcuse4abuse.org)
- Website: www.safe4all.org For heterosexual men, gay men and lesbian victims of abuse.
- Website: www.ncadv.org National Coalition Against Domestic Violence- 1.800.799.7233
- Support group: Online chat group for heterosexual male victims of domestic abuse. <http://health.groups.yahoo.com/group/batteredhusbandssupport/>

24 Hour Toll Free Hotline for NH:  
**1.800.854.3552**

## **You are not alone.**

You don't have to be in crisis to call us.

***For the deaf and hard of hearing only***  
*Call 711 and give them the number you wish to call*  
There is an option of being called back via TTY 24/7

### **Local Hotline Numbers**

Portsmouth Hotline: 603.436.7924

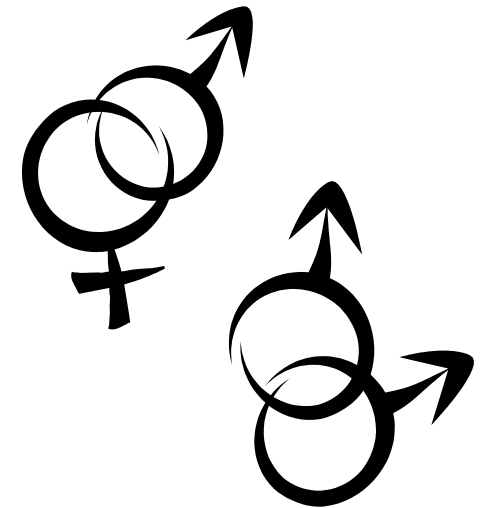
Rochester Hotline: 603.330.0214

Salem Hotline: 603.890.6392

*Collect calls accepted*

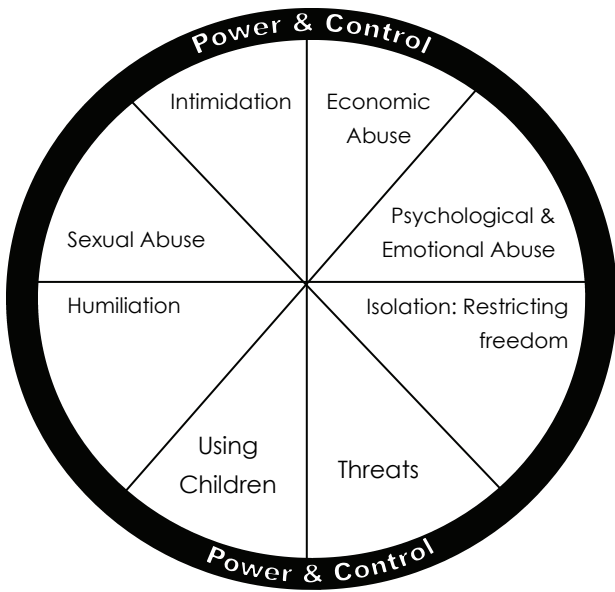
All services are free and confidential to survivors of domestic abuse and stalking, regardless of gender, age, health status (including HIV positive), physical, mental or emotional disability, socioeconomic status, race, national origin, immigration status or religious and political affiliation.

# For Male Survivors of Intimate Partner Abuse



**a safe place**

The mission of A Safe Place is to break the cycle of domestic abuse by providing crisis intervention, support services, education and advocacy to survivors, their families, and the community.



### Signs of Abuse

- \* Is your partner extremely jealous— accusing you of flirting with others or having affairs? Does your partner constantly question you about friendships with others, or prevent you from seeing them?
- \* Has your partner used physical violence like slapping, biting, punching, strangling, or using/threatening to use objects or other weapons?
- \* Has the abuse increased in frequency and intensity over time? Have the threats escalated in intensity as well?
- \* Has your partner ever deliberately destroyed personal objects or items that have special sentimental value?
- \* Do they deprive you of important basic needs like food, sleep, shelter, medication, and so on?
- \* Has your partner ever forced you to have sex or forced degrading or uncomfortable sexual acts?

If any of the above has happened to you, you are experiencing domestic abuse. A Safe Place offers an array of support services, including safety planning.

### What Can You Do?

**Know that you are not alone, and that it isn't your fault.** People from all walks of life are abused by the people who love them.

**Take the abuse seriously.** If something doesn't feel right, then it's probably not. Trust your gut instincts. Although a female partner may not be using physical tactics, the abuse doesn't have to be physical to be real and scary. Her threats to hurt you and other manipulative tactics are meant to control you, and abuse is never okay.

**Talk to someone.** Although it can feel embarrassing to ask for help, the abuse is not your fault. A Safe Place advocates can help you safety plan and understand your options. We won't tell you what to do; however, we will listen and help you decide what's right for you.

**Keep a record.** It's important to record dates and times of incidents and keep copies or medical and police records. Keep these documents in a safe place. It can be useful in any legal proceedings you may choose to pursue.

**Make a safety plan.** Advocates can help you with this. If you are in immediate danger, call 911.

Some things to keep in mind are:

- \* Keep an extra set of keys hidden somewhere safe.
- \* Identify the fastest way out of the house.
- \* We can help provide shelter or other options to you if you decide to leave.
- \* Contact A Safe Place for a 911 cell phone to store in your car or another safe location.

**24-hour hotline  
1.800.854.3552**

### Why Do People Abuse??

Oftentimes individuals and society make excuses for why a person is abusive to their partners. In the end though, there really is no excuse for domestic abuse.

Some common excuses are:

- \* **Substance abuse problems.** Alcohol and drugs don't cause abuse. A person chooses to abuse, and if they abuse while under the influence then they need to not drink or use. There are also people who never do drugs or drink alcohol that choose to abuse their partners.
  - \* **Anger management problems.** Inability to control anger means that a person unleashes their anger on their boss, their friends, and even total strangers. An abusive person doesn't usually behave abusively with everyone in their life.. They save that abuse for their partner.
  - \* **Abusive childhoods.** Abuse is a learned behavior that can be difficult to unlearn. Some children who grow up in abusive environments will be in abusive relationships as adults. However, not all abusers witnessed abuse as children, and not all children who witness abuse are abusive adults.
  - \* **Mental illness.** If someone has a mental illness that contributes to a aggressive behavior, it is their responsibility to get treatment and maintain their treatment. Keep in mind that most people who choose to abuse their partner don't have a mental illness.
- Remember, abuse is the systematic pattern of abusive or coercive behaviors used by one person in a relationship to gain power and control over another person.**