

## Male Victims of Domestic Abuse

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### 1 in 5 men are victims of DA.

#### For every 3 victims, 1 is male.

It can happen with partners, ex-partners and in family settings - to men from any race, religion, sexual orientation, age and occupation.

#### Safelives 2019 key findings found:

- **80%** said their mental health was affected
- **64%** of survivors felt suicidal or had suicidal thoughts
- **58%** received no help
- **54%** were physically hurt
- **33%** self-harmed
- **26%** were ashamed/embarrassed

## Key findings

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The Crime Survey for England and Wales estimated that 712,000 men experienced domestic abuse in the year ending 2024. See [figure 1](#) for a breakdown of the types of abuse experienced by males.

**With male suicide rates in England and Wales remaining consistently high,** professionals should be alert to information which suggests that male victims often feel overlooked or invisible by family, friends and professionals. **Disabled men were more than twice as likely to have experienced domestic abuse than non-disabled men.**

Abused men face a shortage of resources, lack of understanding from family/friends, are more likely to 'hide' abuse. Another challenge is legal obstacles, especially when they are a father trying to gain custody/co-parent children with an abusive co-parent.

## The impact on men

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- Loss of confidence
- Anxiety, shame, embarrassment
- Fear of not being taken seriously/being arrested
- Loneliness and isolation
- Denial or not recognising they are a victim
- Religious beliefs minimising or justifying acts of violence
- Society's view of masculinity can impede males reporting abuse or seeking help.

**Studies** focused on male victims of abuse found poor mental health, higher prevalence of binge drinking, and PTSD were identified as long-lasting consequences.

## Spot the signs

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Changes in:

- behaviour or demeanour
- physical appearance and clothing
- contact pattern
- work attendance/behaviour

**Psychological control:** anxious, always agreeing with partner, parental alienation, threatened with false accusations

**Physical abuse:** frequent accidents, missed social occasions, wearing clothes to hide bruising

**Verbal abuse:** belittling, humiliating in front of others

**Isolation:** from friends/family, never seen on their own, limited access to money/car, unable to go to work, possessive

## What can I do as a professional?

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Professionals should be alert to hearing stigmatising language that can prevent people from seeking help.

Adopt a holistic approach, looking for inconsistencies, signs of coercion, and indicators of harm or vulnerability in the individual's statements and overall circumstances. Use person-first language to encourage engagement; emphasising their identity first.

Keep perpetrators visible in your work and documentation and continue to gather evidence of patterns of behaviour to support the victim/survivor and/or child.

**Man Kind Initiative** offer a range of training opportunities to further develop your understanding and support for male victims of domestic abuse.

## What tools are available to me?

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- Use the **Duluth Post Separation Wheel** in your practice. Look for control and coercion, and economic abuse.
- Use a trauma informed approach, create a **safety plan**, be professionally curious and consider the impact on any children. Offer a referral into the NIDAS service.
- If the abuse is perpetrated by an intimate partner, help the non-abusing parent to navigate complex post separation legal processes. Organisations have produced helpful guides that can be accessed on the internet.
- Complete the DASH/DARA Risk Assessment and consider MARAC Referral where High Risk.
- Consider your duty under The Care Act 2014 and **make a safeguarding referral** where necessary.

## Further information

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- **RESPECT Toolkit – Working with Male Victims of Domestic Abuse**
- **RESPECT Male Victims Standard**
- **HELP GUIDE – Domestic Violence Against Men**
- **Norfolk DARDR – Val** – Dual allegations
- **Norfolk DARDR – Simon** – Male LGBT+
- **Further national DARDR reports**
- **NIDAS** have a dedicated male IDVA
- **MANKIND Initiative** – Spot the Signs
- **MANKIND Initiative** – Emergency Housing
- **SAFELIVES: What does healthy look like?** and **SAFELIVES: Conversation Starters** for engaging children and young people
- **SAMARITANS** – Supporting someone you are worried about
- **Father Inclusive Practice Learning Modules** - NSCP
- **Safe Accommodation** - NCC