



## Men & Domestic Violence

In the U.S., 15% of domestic violence victims are men. That is over 45 million victims each year.

If you are one of these victims, it is time for you to get the help you deserve.

Domestic violence against men is rarely discussed in mainstream society due to the assumption that men perpetrate domestic violence and women are the victims. However, according to our records and local police reports, men account for 10% to 15% of domestic violence victims in Indianapolis.

## Why Don't Men Report Domestic Violence?

While domestic violence is one of the most under-reported crimes in the nation, it is particularly under-reported among male victims. There are a variety of reasons for the lack of reporting. Firstly, society teaches men that being a victim of domestic violence makes them weak. In addition, law enforcement officials and those in the criminal justice system often hold biases against male victims whether knowingly or unknowingly. There is also a pervasive misconception among those who serve victims that domestic violence does not happen to men.

Even if you feel that you are not ready to leave your relationship, The Julian Center can offer valuable advice on safety planning and other options. The Julian Center Outreach Program serves clients who are not in need of shelter but need other services or information.

### **JULIAN CENTER IMPD ADVOCATES**

**Downtown: (317) 281-2549**

**Southeast (Spanish Speaking): (317) 281-1744**

**Southwest: (317) 281-4977**

**North (Spanish Speaking): (317) 361-6176**

**Northwest: (317) 339-1522**

**East: (317) 538-2469**

Visit [www.juliancenter.org/outreach](http://www.juliancenter.org/outreach) for more information.

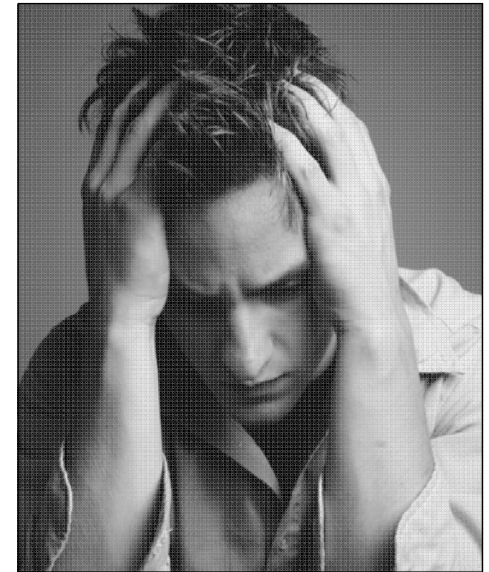
**CALL TODAY AND START A BETTER FUTURE FOR YOU AND YOUR FAMILY—YOU DESERVE IT**



The Julian Center  
2011 N. Meridian St.  
Indianapolis, IN 46202  
[www.juliancenter.org](http://www.juliancenter.org)  
Administration 317.941.2200  
Reuben Counseling Center 317.924.7010  
Shelter 317.920.9320  
Fax 317.941.2209

*Working today for a safer tomorrow*

## Men & Domestic Violence



The Julian Center  
2011 N. Meridian St.  
Indianapolis, IN 46202  
[www.juliancenter.org](http://www.juliancenter.org)  
Administration 317.941.2200  
Reuben Counseling Center 317.924.7010  
Shelter 317.920.9320  
Fax 317.941.2209

*Working today for a safer tomorrow*

## Are YOU in an Abusive Relationship?

Please consider the questions below:

- Does your partner berate, belittle, or criticize you in front of others?
- Does your partner often accuse you of cheating with little or no reason?
- Does your partner go through your cell phone, wallet or other personal items?
- Has your partner threatened to falsely accuse you of a crime?
- Has your partner withheld your children or threatened that you would never see them again?
- Has your partner damaged any of your personal property during an argument?
- Has your partner pushed, hit, slapped, punched, kicked, bitten or strangled you?
- Has your partner ever used a household item as a weapon (i.e. kitchen utensils, keys, lamp)?
- Has your partner ever threatened to harm you, your children or pets if you were to leave?

If you answered YES to any of these questions, you may be with an abusive woman. Please consider seeking help through The Julian Center or another domestic violence program.

## What Should I Do if I am a Victim?

**REMEMBER YOU ARE NOT ALONE** and help is available for male victims. Always call the police if you are in immediate danger, but there are other options available if your physical safety is not at risk. Seeking assistance does not make you less of a man—it makes you a man who knows that you have the right to live free from violence. Domestic violence is NOT acceptable in your home or in front of your children.

## But She's Never Actually Hit Me. . .

Domestic violence is NOT always physical violence. In fact, many abusive relationships may never escalate to physical violence. Other types of violence are very common and can be just as damaging to the victim and children.

## Other Types of Domestic Violence

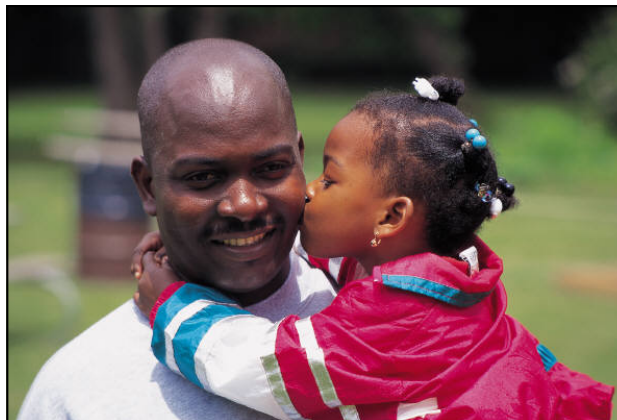
**Emotional/Verbal:** constant insults, criticisms or putdowns—this type of violence also includes any kind of threats to you, your children or pets

**Sexual:** unwanted sexual contact, sexual humiliation, refusal to use contraception, knowingly exposing you to HIV/STDs, infidelity

**Financial:** control of finances, denying you access to money that you earned or may need, denying you or children basic needs such as food or medical care

**Substance abuse:** encouraging substance abuse or addiction and then controlling your access to the substance or using the addiction as a means of control or coercion

**Violent behaviors which may include:** destruction of your personal property or belongings, harming pets, punching walls, throwing objects



## Help is Available for You and Your Family. . .

The Julian Center offers a variety of confidential services at little to no charge to men who are victims of domestic violence and their families.

### **Services include:**

- Non-criminal legal assistance
- Financial assistance
- Emergency food/hygiene products
- Relocation assistance
- Protective Orders
- Counseling



*Working today for a safer tomorrow*