



Tools to Build African Australian & CaLD Men as Leaders in the Prevention of Domestic Violence Project

EXTRACT

WHAT MEN CAN DO TO HELP STOP DOMESTIC VIOLENCE

<http://www.domesticviolence.com.au/pages/what-men-can-do-to-help-stop-domestic-violence.php>

THE GOLD COAST DOMESTIC VIOLENCE PREVENTION CENTRE WEBSITE

While men are responsible for the majority of domestic violence, it is important that we recognize the majority of men are not abusive in their relationships. Non-abusive men may not realize it but they have the potential to make an enormous difference in helping to stop domestic violence and sexual assault.

Many men will come into contact with domestic violence in their daily lives. This can be through the workplace if they are a magistrate, judge, solicitor, police officer, doctor, nurse, social worker, psychologist, pastor, priest or crisis support worker. Others may come into contact with domestic violence in their personal lives: it might be their neighbour, a friend, a family member or an acquaintance who is affected by domestic violence.

There are many opportunities for men to support female victims by speaking up about other men's violence. Some are listed below:

1. Be a positive role model to other men. If you know somebody who is abusive toward their partner tell them their behaviour is not okay and they need to get help to stop.
2. Be a positive role model to children. If you know a child who is without a positive adult male figure you can help to provide consistent support and help the child to make a safety plan.
3. Speak out against domestic violence. This can have a powerful effect in helping change attitudes and social norms that support and perpetuate abuse.
4. Take on a leadership role in your community, e.g. sports club, university, neighbourhood association or church group, and use this opportunity to speak out against violence in the home.
5. Understand how your own attitudes and actions may perpetuate sexism and violence.
6. Confront sexist, racist, homophobic and all other prejudiced remarks or jokes.
7. Don't buy magazines, movies, music or watch television programs that portray women in a sexually degrading or violent manner.
8. Organise or join a group to raise awareness of and work against domestic violence. This might be at university, TAFE, your workplace or among friends.
9. Reach out and show support to someone you know is experiencing domestic violence. Gently ask her if you can help. Never put the blame on the victim of domestic violence.
10. Participate in local community events to raise awareness of domestic violence and join the white ribbon campaign.
11. Click here for further useful information: <http://whatmencando.net>

White Ribbon website:

<https://www.whiteribbon.org.au/understand-domestic-violence/what-is-domestic-violence/signs-abusive-relationship/>

How to support someone you know

Here are some ways you can support someone you know who has told you they are experiencing or have experienced violence:

- believe the person
- make sure they understand it is not their fault
- listen without judging
- be supportive, encouraging, open and honest
- ask if they need help from a support service and discuss their options
- help them get advice and support by calling 1800RESPECT
- offer to go with the person if they meet with a support service
- keep in touch with the person to see how they are going.

Note that you may be required by law to report disclosures of violence when children are involved. Check with your state/territory police for more information on your obligations.