

MIKIWAN TOOLKIT
FACT SHEET

**VIOLENCE
AGAINST
MEN**

WHAT IS

While the majority of news stories and studies focus on violence against women and girls, it would be wrong to ignore the reality of violence against men. It can happen just as often but is not reported nearly as much as violence committed against women.

Violence against men consists of any form of abuse or neglect that a male adult experiences from a member of their family. They can experience violence with someone with whom they have an intimate relationship, including same-sex couples.



One of the most consistent reasons cited by men as to why they chose not to report an act of family violence against them was a overwhelming feeling of shame and guilt.

KEY THINGS TO KNOW

- In 2013, Canadian men's reported rates of family violence were highest among those between the ages of 15 and 19
- Family violence among men aged 25 to 34, was around four times higher than the rate for men aged 65 and over (2013)
- 85% of male victims were physically assaulted as opposed to 74% of female victims. (2013)
- 65% of male victims of intimate partner violence had experienced common assault and a further 20% were victims of major assault (2013)
- In 2013, only 46% of charges were laid in incidents family violence against a male victim as opposed to 61% for female victims
- In previous years, senior women registered higher national rates of family violence than senior men, while in some provinces or territories, it was senior men who were in greater danger
- In 2013, there were a number of provincial and territorial jurisdictions where the rates of family violence for senior men were higher as opposed to those for senior women

FORMS OF VIOLENCE AGAINST MEN

While there are many forms of violence against men, these are the most common:

- **Physical abuse:** causing injury or the death of an adult
- **Sexual abuse:** forcing unwanted sexual activity on an adult
- **Emotional, Psychological or Spiritual abuse:** using hurtful words or actions to control or frighten an adult, or to attempt to destroy their own self-respect
- **Financial abuse:** control, or misuse of a person's money or property
- **Neglect:** denying a person basic needs such as food, clothing, shelter

WARNING SIGNS

While there a number of signs that can make you aware of violence against men, here are some of the most significant ones:

- She/he puts you down, insults and humiliates you
- She/he checks up on you all the time, even at work or with friends
- She/he tries to suggest he is the victim and acts depressed
- She/he tries to keep friends away from you
- She/he acts as if they own you like piece of property

HIGH RISK SIGNS

A number of high risk signs include:

- He/she has access to a weapon such as a gun or a knife
- He/she has previously hit you, choked you
- He/she has a history of abuse with you and/or others as well
- He/she has threatened to harm or kill you if you try to leave
- He/she has made threats to harm your children, pets or property

IF YOU ARE A MALE WHO IS BEING ABUSED:

Here are some support services for you:

- The Directory of Services and Programs for Abused Men in Canada is a resource that contains services contacts nationwide:

http://nsfamilylaw.ca/sites/default/files/video/_sites_webphac_htdocs_archives_male-dir-services-progs-eng.pdf

- The Men's Project is a counselling agency that has been providing support services to men and their families since 1997. They provide counselling, a specialized healing program for men, anger management, emotional intelligence and fathering. All programs are open to straight, gay and bisexual men .

www.themensproject.ca

Toll-Free Ontario: 1-

877-677-6532

If you need help or someone to talk to please contact the National Office for Victims Services Center, toll free at: **1-866-525-0554** or Kids Help Phone, toll free at: 1-800-668-6868, www.kidshelpphone.ca

To obtain more information regarding the CAP Family Violence Prevention Awareness Toolkit, please contact the Congress of Aboriginal Peoples at www.abo-peoples.org or call 1-613-747-6022.
