

What Makes a Woman Violent Against a Man

Here are just some reasons why a partner turns violent against a man.

- The woman is an alcoholic or under the influence of other drugs. As a result, she is not able to control her impulses and gets easily frustrated. If her partner tries to stop her or tries to reason with her, she might get violent and turn against her partner.
- The woman has psychological problems. Personality disorders may cause a woman to commit domestic violence against the man.
- The woman has unrealistic expectations or unrealistic demands in terms of material possessions they feel the man should provide for them. They often want more affection and attention from the man and are frustrated when he cannot provide what she wants. In many cases a woman feels she can change the man to how she wants him to be and cannot accept that this is unrealistic. Women who have unrealistic expectations or demands from their partners or husbands then get frustrated, depressed, anxious or irritable. Such reactions may make them violent. In most cases, the woman finds it difficult to accept responsibility for her behaviour and therefore does not seek counselling, blaming instead her partner for her behaviour.

Advice for Men who are Experiencing Domestic Violence

Domestic violence takes place within an intimate relationship and tends to get more severe and occur more often as time goes on. It can happen to anyone, in all kinds of relationships, regardless of gender, race, sexuality, social standing or age.

If you are being:

- Physically abused by your partner: slapped, pushed, shoved, hit, burned, choked, bitten, etc.
- Emotionally abused: belittled, put down, blamed, degraded, isolated from friends and family, being subjected to unrealistic demands, threatened, having your privacy invaded (e.g. checking your email, text messages, etc.
- Financially abused: made to account for how you spend your money, having no say in financial decisions.
- Sexually abused: being inappropriately touched, being subjected to unwanted sexual activity, forced to have unprotected sex, etc

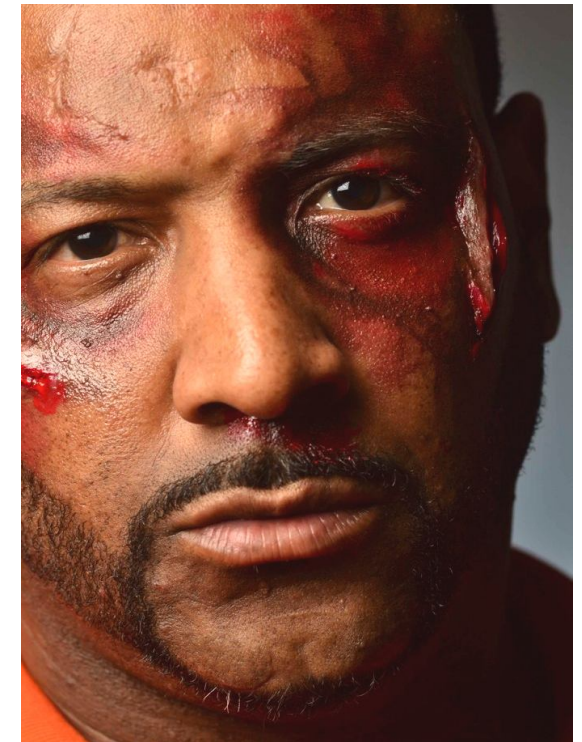
Please talk to someone. Call **The Crisis Centre on 328-0922** or talk to someone you trust.

If your life is in danger, call the **Police on 919 or 911** and follow up with statements and, if necessary, a hospital visit so that any injuries you may have can be documented.



Let's Talk About It

Advice for men in abusive relationships



The Crisis Centre

P.O.Box EE-17910

Nassau, Bahamas

24-Hour Hotline

(242) 328-9022

(242) 322-4999

Fax: (242) 328-7824

Email: bahamascrisiscentre@yahoo.com
www.bahamascrisiscentre.org

Men are also victims of Domestic Violence

Women and children are not the only victims of domestic violence. Men are victims of domestic violence as well. There are many reasons why we don't know more about domestic abuse and violence against men. First of all, the number of incidents of domestic violence against men appears to be so low that it is hard to get reliable statistics. Also, it has taken years to encourage women to report domestic violence whereas nothing has really been done to encourage men to report abuse.

The idea that men could be victims of domestic violence is so unbelievable that most men would not think of reporting the situation.

The first reaction most people would have when hearing a man was a victim of domestic violence is "What did HE do?" or "He must have deserved that!" However, violence is never justified, whether it is done to a man or a woman. Most men are reluctant to make a report for fear of being laughed at and considered "less than a man".



When we think about domestic violence, the image that is often in our minds is that of a battered woman or wife. Rarely do we think about a battered man or husband. To some people, the concept of domestic violence against men is so unbelievable that men often end up choosing to stay quiet if they become victims of domestic violence.

Normally, a woman who is a victim of domestic violence will show more physical effects than a man who is abused. Physical abuse on women is more readily obvious than physical abuse against men.

Even if men report that they are victims of domestic violence, people usually find it hard to believe that the man's black eye or bruises on the face or body were caused by domestic violence (more likely, they will think that the bruises were the results of fights against other men).

As a result, the man will think that nobody will actually believe him and, thus, will just prefer to keep silent.

We should also remember that domestic violence is not always physical and that the scars of verbal or emotional abuse will not be apparent to others. A man who is being verbally or emotionally abused is hardly likely to want to admit to his friends or family that he is hurt or distressed by the abuse.

**The Crisis Centre
24-hour Hotline
328-0922**

Or call 322-4999

What are the signs?

The signs that the men are also victims of domestic violence are much, much similar to the signs of domestic violence against women. Some of the signs are:

- The woman calls the man bad names, insults him (publicly or privately) and tries to put him down every chance she has.
- The woman tries to stop the man from going to work or to public places. She tries to prevent him from seeing his family members and friends. She isolates him.
- The woman is excessively possessive and / or jealous and she tries to control her man in terms of the clothes he wears, how he spends his money and the places he can go to.
- The woman threatens the man with violence and harm, particularly when she is under the influence of alcohol or other drugs.
- The woman hits or hurts the man by kicking, punching, biting, slapping, pushing or choking him. The woman waits until the man is sleeping or resting and assaults him with or without a weapon, when he is in no position to defend himself.
- The woman threatens to leave the man and to take their children with her if he tries to defend himself.
- Despite all of the above, the woman blames the man for her behavior. And, in many cases, so does society.