



# ManKind Initiative

Supporting Male Victims Of Domestic Abuse  
Marilyn Selwood, Services Associate

# Welcome!

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The ManKind Initiative

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[www.mankind.org.uk](http://www.mankind.org.uk)



# About The ManKind Initiative

We were the first in Great Britain to support male victims. Our expertise derives from directly supporting male victims since 2001, our qualified professionals who manage the charity and our board which also consists of the UK's leading academics and survivors. Our three main activities are based on:

**Direct support to male victims** through a national helpline funded by donations

**Support for organisations and practitioners** who want to better recognise, support and understand male victims. This is through our specialist training, consultancy and support service, [MIDASS](#) and the national community and information network for practitioners that we created, own and manage, [MDAN](#)

**Giving male victims a voice** by engaging with stakeholders such as the government, statutory agencies, politicians, academia and the media.

Our aim is to ensure all male victims of domestic abuse (and their children) are supported to enable them to escape from the situation they are in. We are gender inclusive in our view so we want all female victims (and their children) to escape too.



MEN AND BOYS  
COALITION



We're part of the  
EMPLOYER  
INITIATIVE ON  
DOMESTIC ABUSE

The CPD Standards Office  
CPD PROVIDER: 21475  
2017 - 2019  
[www.cpdstandards.com](http://www.cpdstandards.com)



THE ARMED FORCES  
COVENANT FUND TRUST

NICE National Institute for  
Health and Care Excellence

# 20 Stories



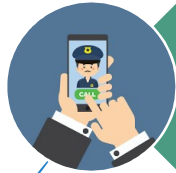
<https://youtu.be/MbH4vZv774g>



# How many men?



ONS data shows that 1 in 6/7 men and 1 in 4 women will be victims of domestic abuse in their lifetime



Over 26% of victims reporting domestic abuse to the Police were men.



ONS data also shows that 1 in 3 victims of domestic abuse are men - c751,000 men and c1.4m women in 2022/23



Only 4.8% (1 in 23) of people being supported by their local commissioned domestic services are male



The percentage of gay men (7.9%) or bi-sexual men (8.4%) who suffered domestic abuse in 2022/23 is more than for heterosexual men (2.9%).

## ...and a few more



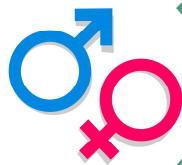
There are only 60 organisations with 436 refuge/safe house spaces for male victims. However, only 128 are solely available for male victims, the other 308 are for either men or women.

11%

6.5% of male victims (2.8% women) have considered taking their life due to partner abuse (2022/23)

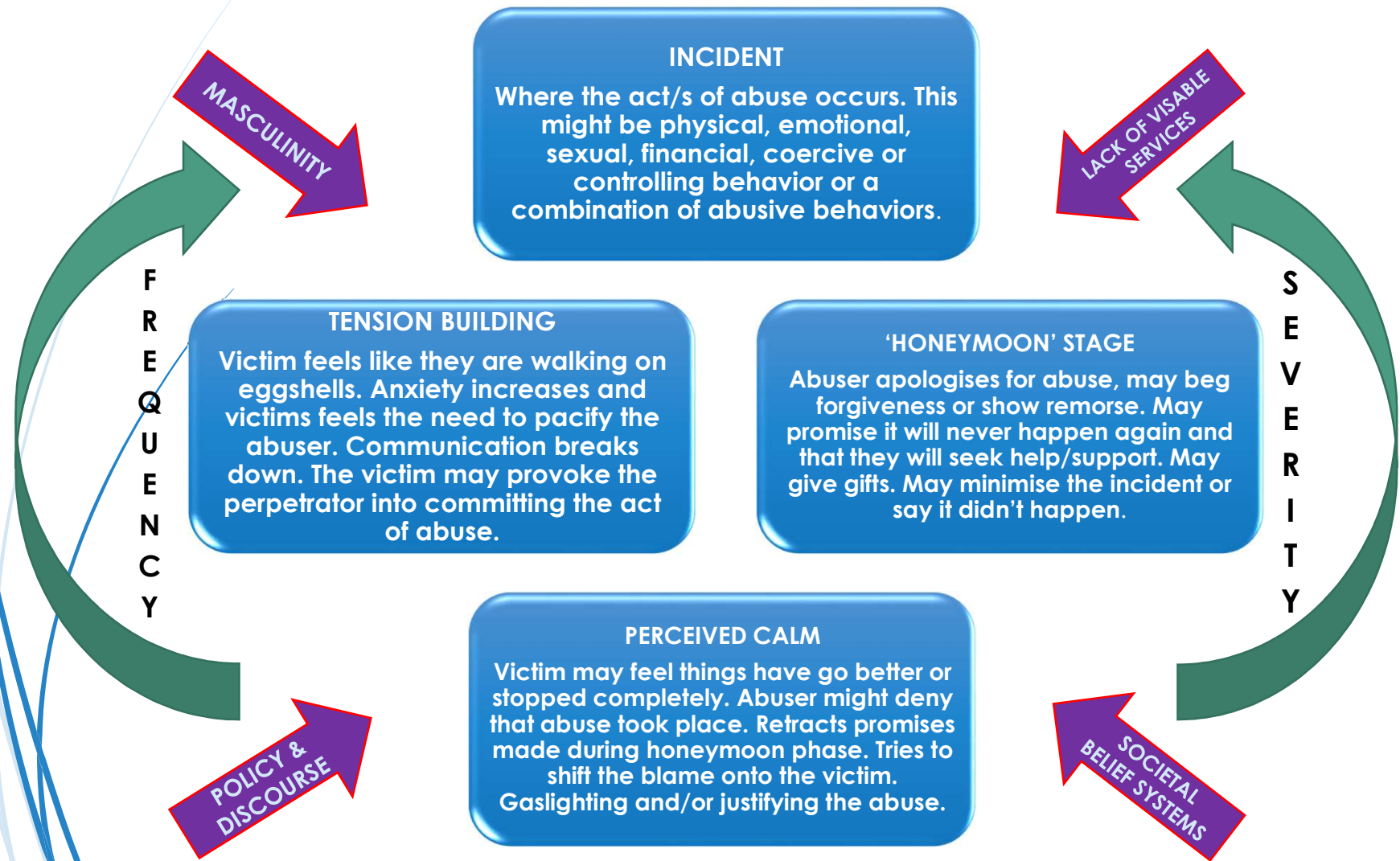


1 in every 4 stalking victims is male AND 1 in every 4 victims of forced marriage is a man



Government position statement lists men & boys as 'male victims of crimes considered in the cross-government Tackling VAWG (Violence Against Women & Girls) Strategy and Tackling DA Plan'

# The Cycle Of Abuse



# Masculinity

- Strong stereotypes exist around what it means to be masculine or to 'be a man'
- Some believe these are representations of 'hard-wired' differences between men and women, others suggest they are learned from the environment from a young age.
- Regardless of where they come from, men (and masculinity) are often represented as being:
- Often men are seen as aggressive, independent, strong, stoic, unemotional, dominant (particularly within relationships), and protective (particularly of family)

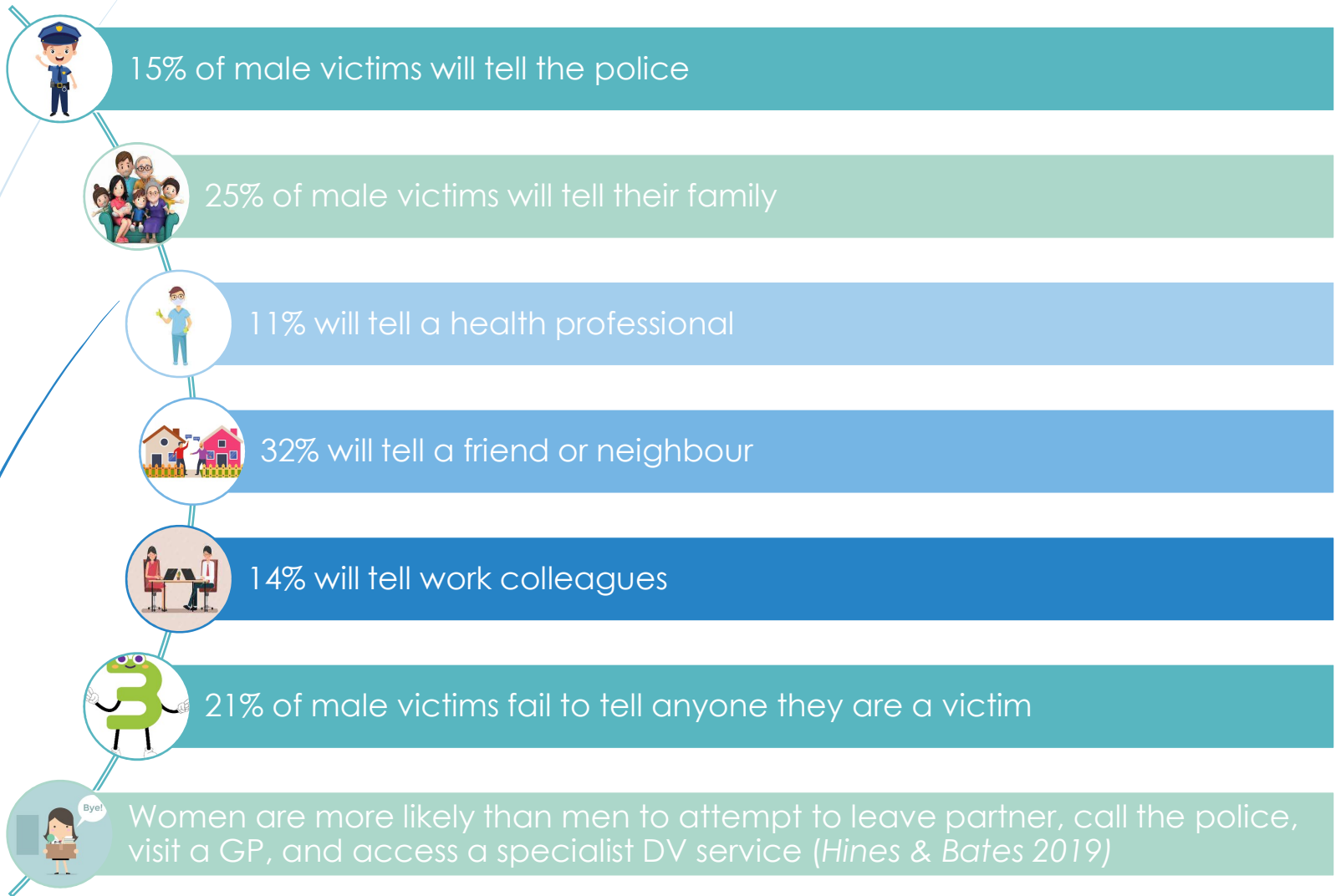


# ‘Masculine’ Outcomes

Because of these stereotypes, male victims:

- Often do not understand or recognise they are a victim (*Hine, 2019*)
- Feel a sense of shame, embarrassment and lack of pride
- Feel they do not have any control
- Do not want to draw attention to problems
- Minimise and try to cope on their own
- Feel they are not strong, resilient or providing security
- See victimisation as a weakness & that they will be stigmatised for getting help
- Will not leave children behind
- Feel alone but hide it

# Disclosure - who do men tell?



# Lack of Visible Services

## Problems:

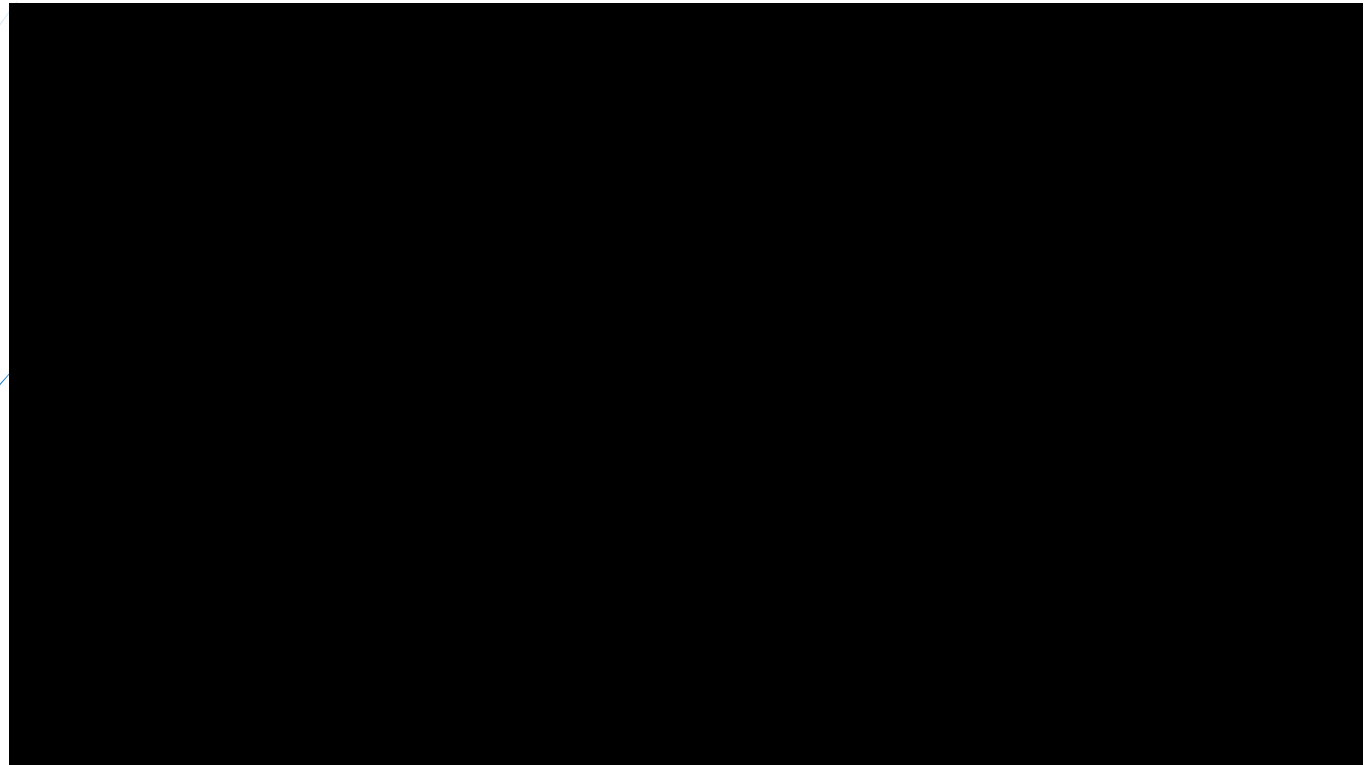
- Lack of voice means lack of people speaking up for services
- Limited services mean men feel nowhere to go to and when they do disclose, where can they be helped / referred to? (Wallace et al., 2019)
- One of Britain's last great taboos – the main population do not 'want' to talk about it – so need leadership

## Requirements:

- Need political and service leaders to be leaders for all victims
- Need strong awareness campaigns
- Need good literature and websites
- Need visible services



# #Violenceisviolence



<https://www.youtube.com/watch?v=u3PgH86OyEM>

At least 20 million hits on 50 sites around the world

# Funny...or not so funny?



# Belief Systems & Societal Outcomes

Stereotypes about men and women also influence specific stereotypes about abuse

The “domestic abuse stereotype” presents abuse as perpetrated only by men, towards women *(Dutton & White, 2013; Hine, 2019)*

This encourages thinking that:

- Men cannot be victims
- Men need less help
- Male victimisation is funny, and that men should be blamed or must have done something to deserve it
- Violence against a man is more acceptable
- Women cannot be perpetrators
- Male victims are often told it's “just a domestic”
- GBT victims not identified as it is seen as ‘mutual abuse

# Belief Systems & Societal Outcomes

Decision making at policy level is often reflective of these views, reflecting the opinion that:

- Men are less deserving of help
- Men should just “man up”
- Men should change and use current service provision
- Men have more money so can easily escape
- Men do not need safe houses/refuge accommodation
- Men do not have children to care for
- Men can physically & emotionally bear more risk





# What do we offer?



National Helpline



Training



MDAN Practitioners Portal & Group



Consultation



ACORN Recovery Programme



Armed Forces Intervention



Campaigning & Research



Engagement & Survivor Voice



# Mankind Helpline

- Our national helpline is available for victims, survivors, friends, family and professionals Mon – Fri 10:00 – 16:00.
- It offers a listening and signposting service by trained and experienced staff.
- The helpline does not receive any government funding and is run purely on grants and donations received by the charity.
- The helpline usually receives in excess of 2500 calls per year from victims, survivors and those supporting them.
- The helpline number is [0808 800 1170 \(Freephone\)](tel:08088001170) OR [01823 334244 \(local rate\)](tel:01823334244)

# Training for Professionals



We offer various different training courses which are now available both face to face and online;

- eLearning – 90-120 mins online
- Face to face full day – 7 hrs
- Virtual full day – 2 x 3 hr sessions



We also provide consultations and deliver presentations at Health & Wellbeing events, Community Safety events and other awareness raising opportunities.

# Training for Professionals

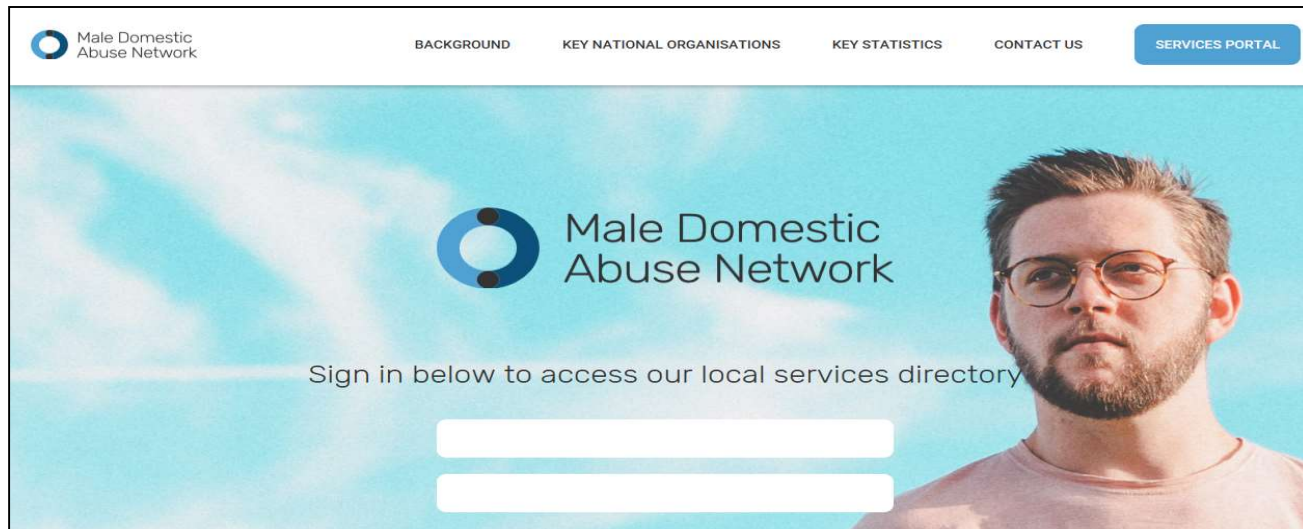


For more information on training you can visit our website;

<https://www.mankind.org.uk/for-professionals>



# MDAN - Practitioners Portal



Practitioners can find out what services there are for men locally and nationally by joining the ManKind online portal [www.MDAN.org.uk](http://www.MDAN.org.uk)

The portal also has a secure area where professionals can access live Refuge/safe house information.

You will be invited to our monthly webinars and receive regular newsletters, research, information and campaign updates. You will also have access to our Service Standards.



# MDAN Webinars



Those that sign up to the free MDAN portal are invited to attend our monthly webinars.

We host guest speakers, have topical discussions and share important information and data.

They are held on the last Friday of each month between 1-2pm via Zoom.



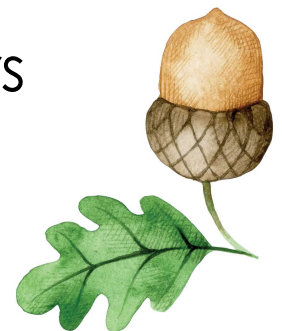
# The ManKind Initiative ACORN Recovery Programme for Male Survivors



Helping men grow healthy futures

# Aims of the course

- Identifying & understanding abuse
- Dealing with emotions following an abusive relationship
- Strengthening child/parent relationships
- Breaking the cycle of abuse for them and their children
- Provide a safe environment to discuss male specific issues
- Promote healthy futures for survivors



## How it works

- For men aged 18+ who are no longer experiencing abuse
- Delivered online via Zoom weekly
- 90 mins each week inc. health & wellbeing check-in/out
- SafeLives Qualified male IDVAs who are also both survivors
- Up to 10 men in each group
- Trauma informed and peer reviewed by Associate Professor Elizabeth Bates





# Course Modules

1 - What is abuse?

2 - The Male Experience

3 - Recognising The Signs

4 - Controlling & Coercive Behaviour - Not Just Physical

5 - Sexual Abuse – It's unspoken

6 - Domestic Abuse – The Impact On Children

7 - Keeping Safe

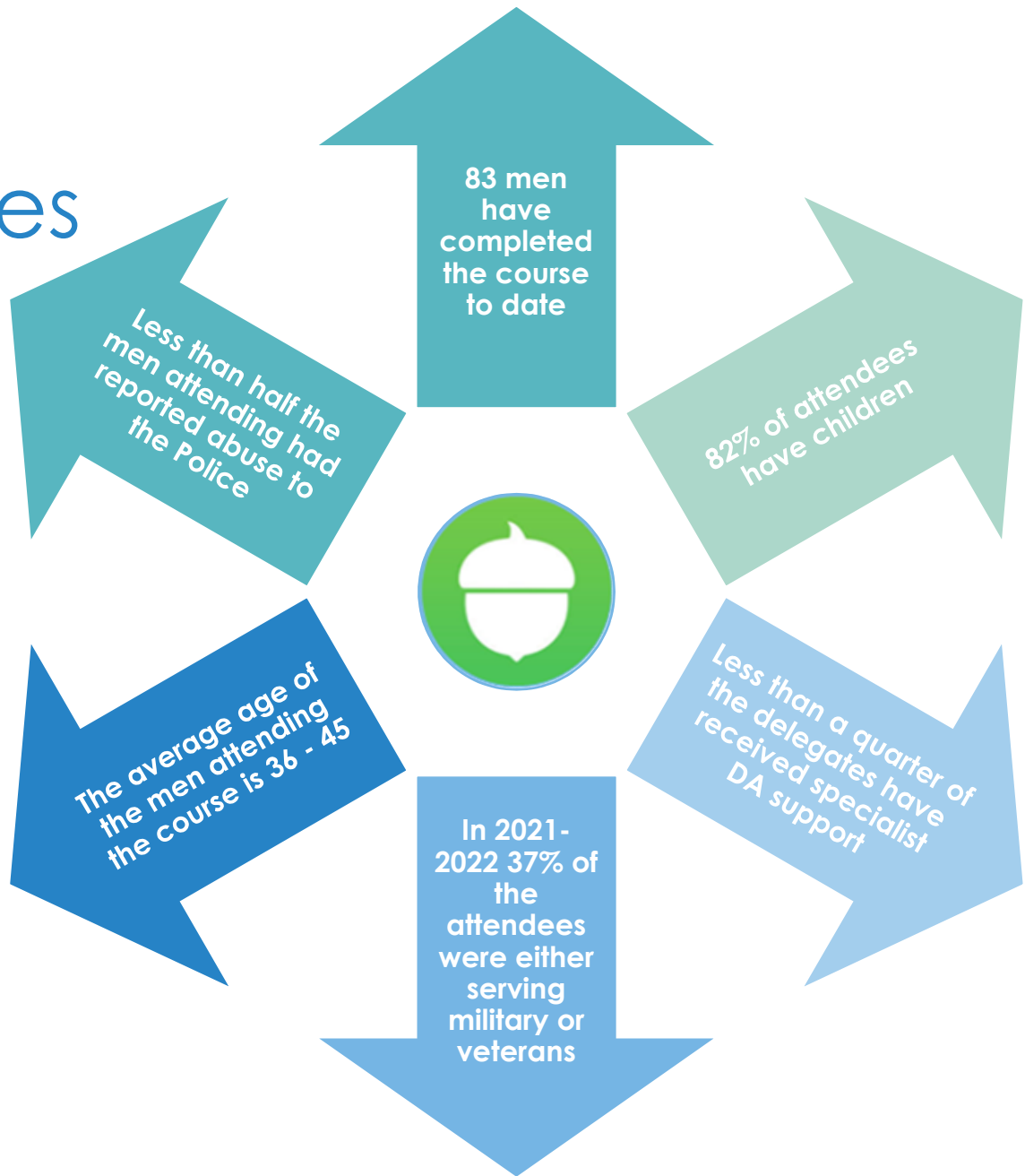
8 - What Is A Healthy Relationship?

9 - Moving On.....Life After Abuse



# Data & Outcomes

**100% of delegates stated they felt better after completing the course!**



# Delegate Feedback



It's very different when you have an advocate validating your experiences, and compounding the knowledge with examples and also being able to discuss and interact with others with similar (trauma informed) approaches and responses.



Many aspects of the course I found relatable to my own experiences, especially the cycles and processes which occur in and after an abusive relationship.

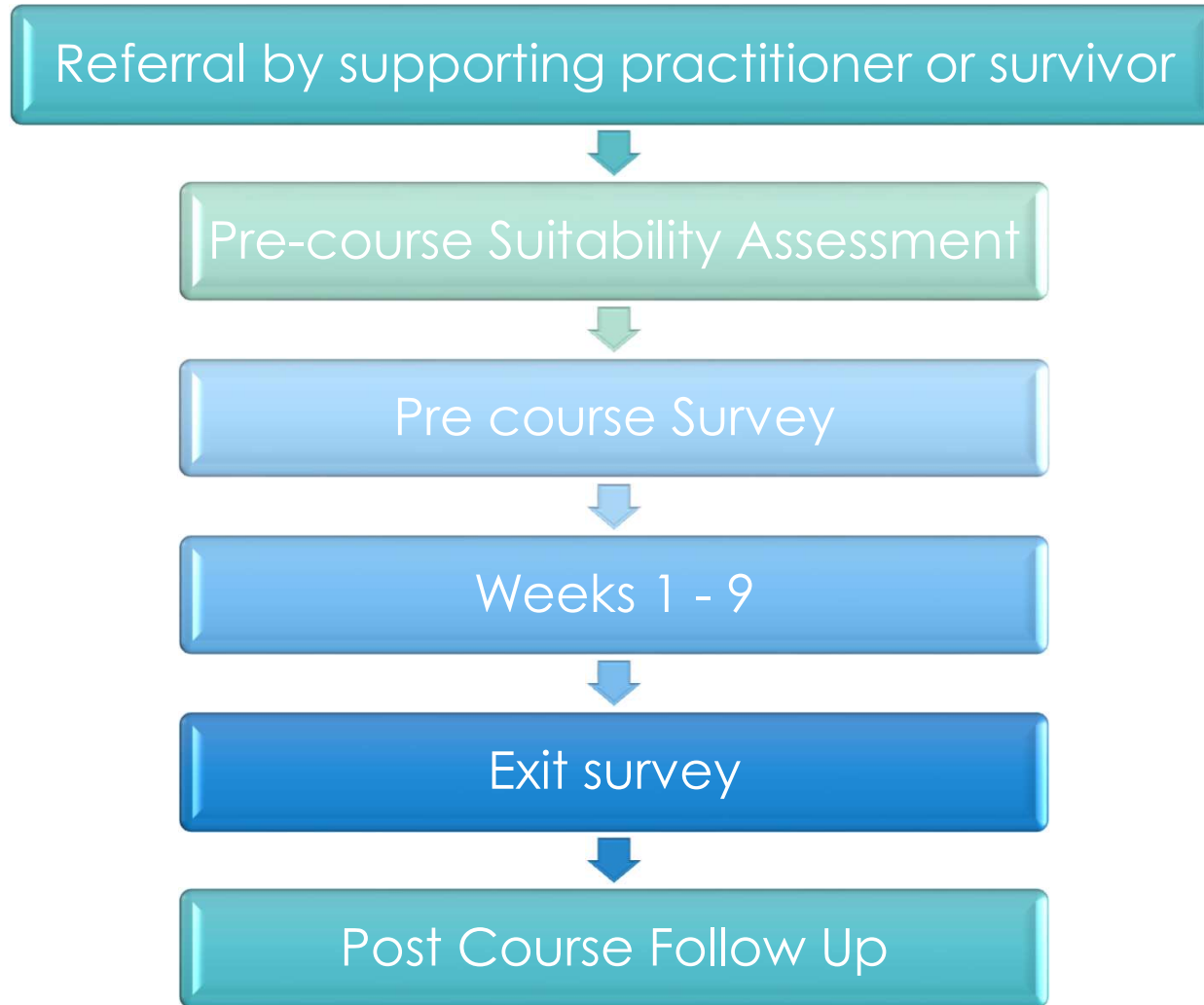


Moving forward, I really feel the course will be beneficial for me in ensuring that I see the potential signs of an abusive partner before I am become involved in a high risk situation again.



The whole course was great - the ease, it was comfortable, great reads and informative slides sent out and contact for help and support afterwards.

# Referral Pathway





The ACORN Recovery Programme is currently being delivered nationally for serving military personnel and veterans of the British Armed Forces, and also in Dorset and Avon & Somerset. It can also be delivered 1:1 on a self funded basis.

If you would like more information about the programme contact our Services Associate and Project Manager Marilyn on [acorn@mankind.org.uk](mailto:acorn@mankind.org.uk)





As part of this funded project we also attend Health & Wellbeing events, deliver training and presentations; and provide training for Unit Welfare Officers and Military Police.

If you'd like to know more please do get in touch by emailing [ACORN@mankind.org.uk](mailto:ACORN@mankind.org.uk)



## Ask Yourself

The Government Domestic Abuse definition is gender neutral meaning male and female victims are equal under the law, guidance and equalities act.

*Ask yourself “Do I (and my organisation) give the same level of support to a man or woman with same level of risk and need?”*

The Equalities Commission previously used:

*“Men. Women. Same. Different.”*



# Questions?

Thank you for attending this session and please feel free to ask questions...

*Marilyn Selwood*

**Service Associate (IDVA/DVSM)**

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[www.mankind.org.uk](http://www.mankind.org.uk)

 <https://x.com/mankindinit>




 [www.facebook.com/pages/ManKind-Initiative](http://www.facebook.com/pages/ManKind-Initiative)

 <https://uk.linkedin.com/company/mankind-initiative>





# Contact us

- For Training [training@mankind.org.uk](mailto:training@mankind.org.uk)
- ACORN Recovery programme [ACORN@mankind.org.uk](mailto:ACORN@mankind.org.uk)
- For MDAN portal & service standards; [www.MDAN.org.uk](http://www.MDAN.org.uk)
- Visit our website; [www.mankind.org.uk](http://www.mankind.org.uk)
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