

Things to consider when supporting male victims...

TOGETHER WE CAN END
DOMESTIC VIOLENCE &
SEXUAL ASSAULT



#UKSAYSNOMORE

Believe what the victim is telling you

We understand that many men find the impact of their experiences especially hard due to the societal pressure placed on men. Men are stereotypically expected to be physically and emotionally strong and keep their emotions 'bottled up'. When they are comfortable disclosing their experience to you, it is important to not share your shock, as it could be interpreted as disbelief.

Listen without judgement

With male victims, many people often assume their physique is enough to defend themselves from any violent encounters. This type of stigma is often the main reason why men remain silent. If the individual experiencing a violent relationship feels they are being judged by their friend or they dismiss the behavior as an excuse, they may remain in the relationship and no longer look for specialist support.

Signpost to support

All IDVA services should work with men and women, although some provide specialist male workers. For a list of these organisations, please visit uksaysnomore.org/supportingmen. If you suspect someone you know may be in danger, *Bright Sky* can help you. This personal free smartphone application allows you access to information to help you determine if you are witnessing a violent relationship. Search *Bright Sky* in your app store today.



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For more information, please visit:
[UKSAYSNOMORE.ORG](https://uksaysnomore.org)