Men's Family Violence: an Introduction





No to Violence (NTV) is a peak body for organisations and individuals working with men to end family violence in Victoria and New South Wales.

Men's Referral Service provides telephone counselling, information and referrals for men in Victoria, New South Wales and Tasmania. We've supported callers for over 25 years.

1300 766 491

More information: ntvmrs.org.au



Men's Behaviour Change Programs

- Meet state's minimum standards requirements
- Up to 14 participants
- over 40 locations in VIC
- 2 hour weekly sessions for 20+ weeks
- Two facilitators, differing gender
- Family safety contact mandatory
- CALD specific programs



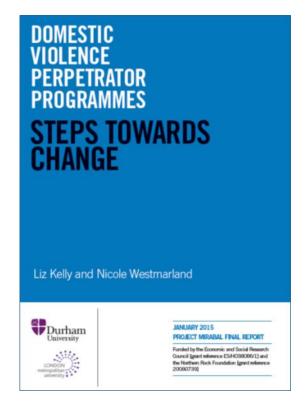
• Gay / queer program run by Thorne Harbour for cis and trans men

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Do behavior change programs work?

Project Mirabal Final Report

- Major research project in the UK, 2009-15
- Looked at whether women felt safer as a result of men's participation in a behaviour change program
- 11 different program providers
- Longitudinal surveys of 100 women
- 5 interviews over 15 months





What leads to change?

"Men who made the most steps toward change had spent considerable time rethinking and remaking themselves as men within their relationships and in terms of their parenting...

Those who chose to take a clear look began to unravel notions of male privilege and entitlement and were more likely to take steps towards change"

Project Mirabal Final Report, p36



Drivers of men's family violence

"The causes of family violence are complex and include gender inequality and community attitudes toward women. Contributing factors may include financial pressures, alcohol and drug abuse, mental illness and social and economic exclusion."

Source: Royal Commission into Family Violence Report 2016 (rcfv.com.au)



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Drivers of men's family violence

- > Condoning of violence against women
- Men's control of decision making and limits to women's independence in public and private life
- Rigid gender roles and stereotyped
 constructions of masculinity and femininity
- > Male peer relationships that emphasise aggression and disrespect toward women



A shared framework for the primary prevention of violence against women and their children in Australia



ANROWS

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PHYSICAL VIOLENCE SEXUAL

POWER

AND

CONTROL

USING COERCION AND THREATS Making and/or carrying out threats

to do something to hurt her • threatening to leave her, to commit suicide, to report her to welfare • making her drop charges • making ECONOMIC her do illegal things.

Preventing her from getting or keeping a job • making her ask for money • giving her an allowance • taking her money • not letting her know about or have access to family income.

USING

ABUSE

USING INTIMIDATION

Making her afraid by using looks, actions, gestures smashing things • destroying her property • abusing pets • displaying weapons.

USING **EMOTIONAL** ABUSE

Putting her down • making her feel bad about herself • calling her names • making her think she's crazy • playing mind games • humiliating her • making her feel guilty.

USING MALE PRIVILEGE

Treating her like a servant • making all the big decisions • acting like the "master of the castle" • being the one to define men's and women's roles

USING CHILDREN

Making her feel guilty about the children • using the children to relay messages • using visitation to harass her threatening to take the children away.

PHYSICAL

USING ISOLATION

Controlling what she does, who she sees and talks to, what she reads, where she goes • limiting her outside involvement • using jealousy to justify actions.

MINIMIZING. DENYING AND BLAMING

VIOLENCE SEXUAL

Making light of the abuse and not taking her concerns about it seriously • saying the abuse didn't happen • shifting responsibility for abusive behavior • saving she caused it.

theduluthmodel.org

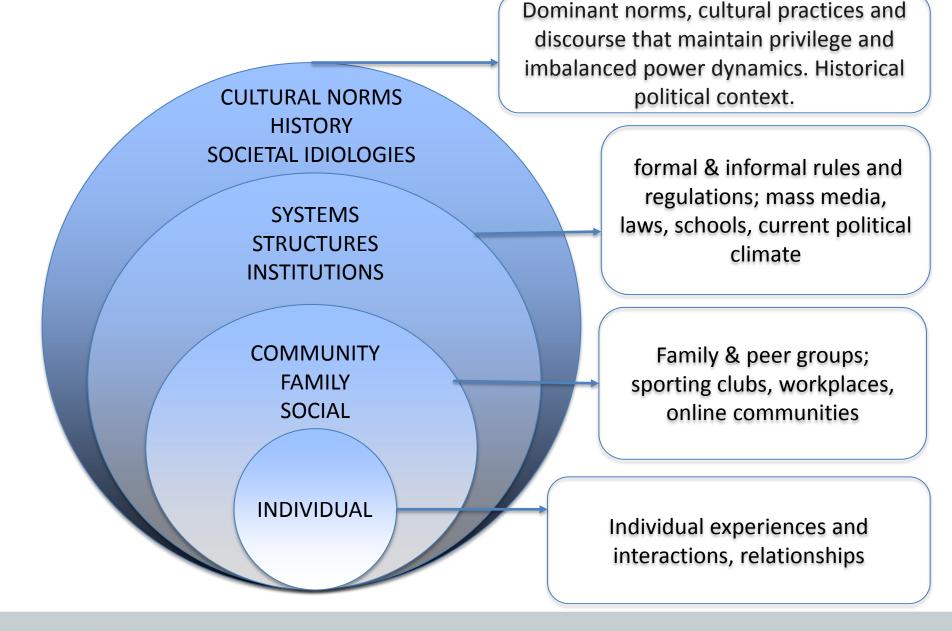
Gendered Stereotypes

- Masculine male
 Feminine female
- Masculine female
 Feminine male

Consider..

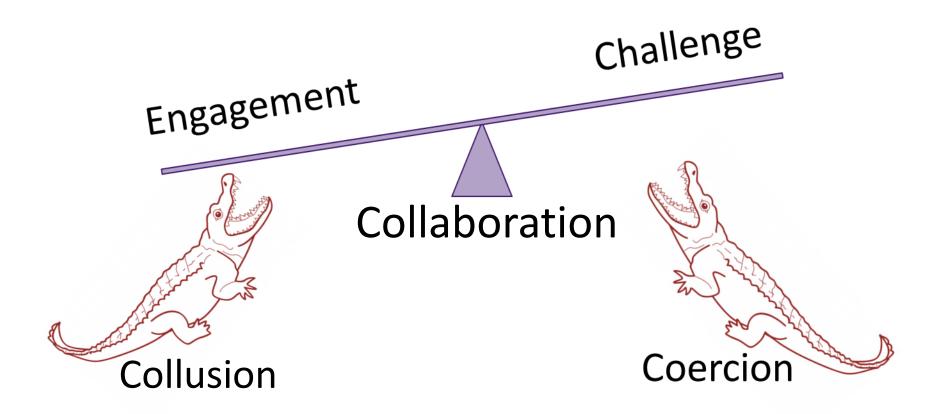
- > Beliefs, Assumptions, Attributes & Expectations
- > Role in relationships, family, community

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Balancing Engagement and Challenge





Collaborative engagement & Active Bystanding

- > Curious
- > Open questions
- > Respectful
- > Invites accountability
- > Creates a space for critical thinking
- Focusses on choices of behaviour and impacts, not judging individuals
- Invites critique of gender rigidity & hierarchy (not perpetuate it)
- > Reflects on own social location, values and beliefs

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Further Reading and Resources

- Men's Referral Service 1300 766 491 ntvmrs.org.au
- Royal commission into Family Violence Rcfv.com.au/Report-Recommendations
- Our Watch ourwatch.org.au
- VicHealth-vichealth.vic.gov.au
- Hollaback! ihollaback.org
- Undercurrent undercurrentvic.com
- The Duluth Model theduluthmodel.org
- Undoing Privilege: Unearned Advantage in a Divided World (Pease, 2010)
- Becoming Ethical: a parallel, political journey with men who have abused (*Jenkins*, 2009)

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ntv.org.au

Join the conversation

