## Violence Against Women: A Men's Issue

Eric Parsons, The Friendship Center

Who's in the room?

# Why should men care about violence against women?

- Men commit violence against women.
  - Most men aren't abusers, but most abusers are men.
- It confines us.
  - It's virtually impossible for women to distinguish a "safe guy" from a man who might hurt them. Women approach relationships with men with fear and mistrust.
- We all know survivors.
  - 1 in 3 women have experienced physical violence by an intimate partner.
  - 1 in 5 women in the U.S. has been raped in their lifetime.
- Men can END violence against women.
  - We can challenge behaviors that contribute to domestic violence, sexual assault, and stalking.

# 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 her do illegal things.

**ABUSE** 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

**ECONOMIC** 

#### **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.

#### 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 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

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

ANYSICAL VIOLENCE SEXUAL

### Types of Abuse



### Warning Signs of Abuse

- Constantly putting someone down/name calling/insults
- Extreme jealousy or insecurity
- Explosive temper
- Isolating someone from their family or friends; dictating who they can see or hang out with
- Telling someone what to do or what to wear

- Mood swings (nice one minute and angry the next)
- Checking someone's cell phone, social media or email without permission
- Possessiveness
- Physically hurting someone in any way

Healthy Unhealthy Abusive

### Abuse Culture

- Glamourization of men's violence against women, acceptance of misogynistic language and jokes, belief that it's the job of women and girls to avoid being abused or raped
  - Don't wear short skirts, watch your drink, don't walk alone in the dark, learn to defend yourself
  - Causes shame if someone is victimized
- Sexist and degrading language

"You throw like a girl."

"Stop being a pansy."

"What are you – gay?"

"Don't be soft."

"Hey baby!"

"You're really strong for a girl!"

"Hey gorgeous!"

"You should smile more!"

\*Whistle\*

"Let's settle

this like men!"

"OK, sweetheart"

"Women – can't live with 'em, can't live without 'em!"

"That's not ladylike."

"Hey beautiful!"

"Is it that time of the month?"

"Hey sexy!"

What else contributes to abuse culture?



# The game is

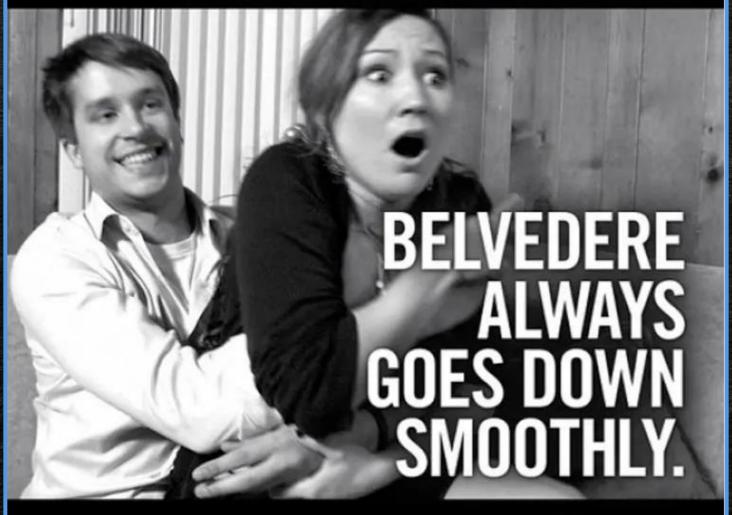


Ring around Rosic. Or Carol. Or Eleanor, etc. Fun. But you can only play if you wear Broomsticks slacks. Hopsacks, twists, twills, flannels in blends of Acrilan® and rayon for permanently pressed good looks. Play styles. Game colors. To help make you a winner. But if you don't want to play our way—take off our pants and go home.



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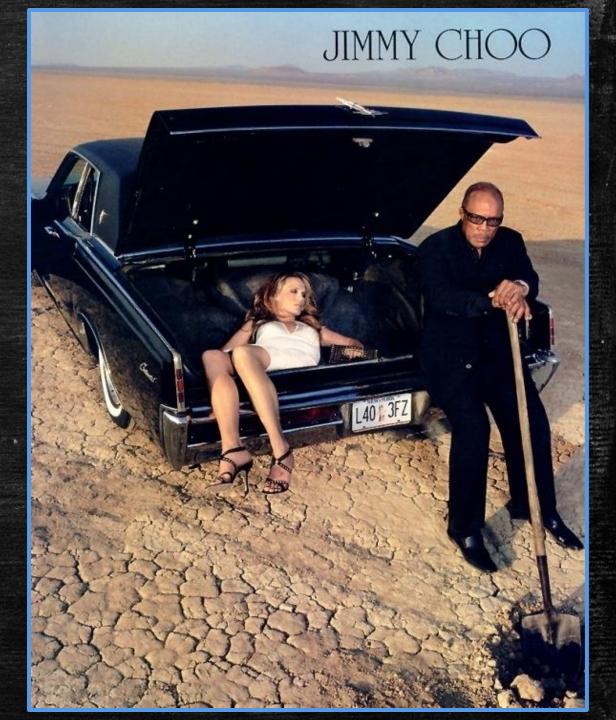
## **UNLIKE SOME PEOPLE**

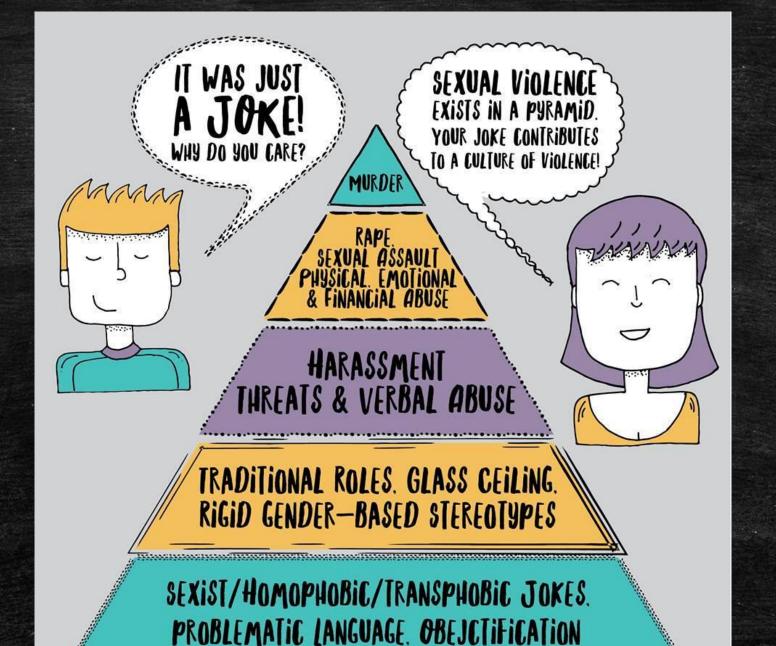


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### Dominant Stories of Prevention:



How are women taught to avoid being raped or sexually assaulted?

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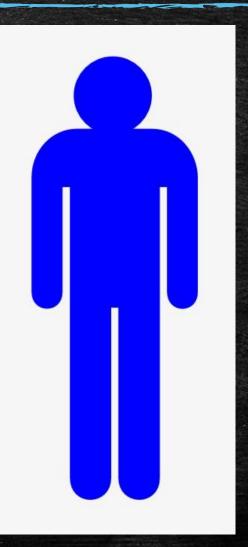


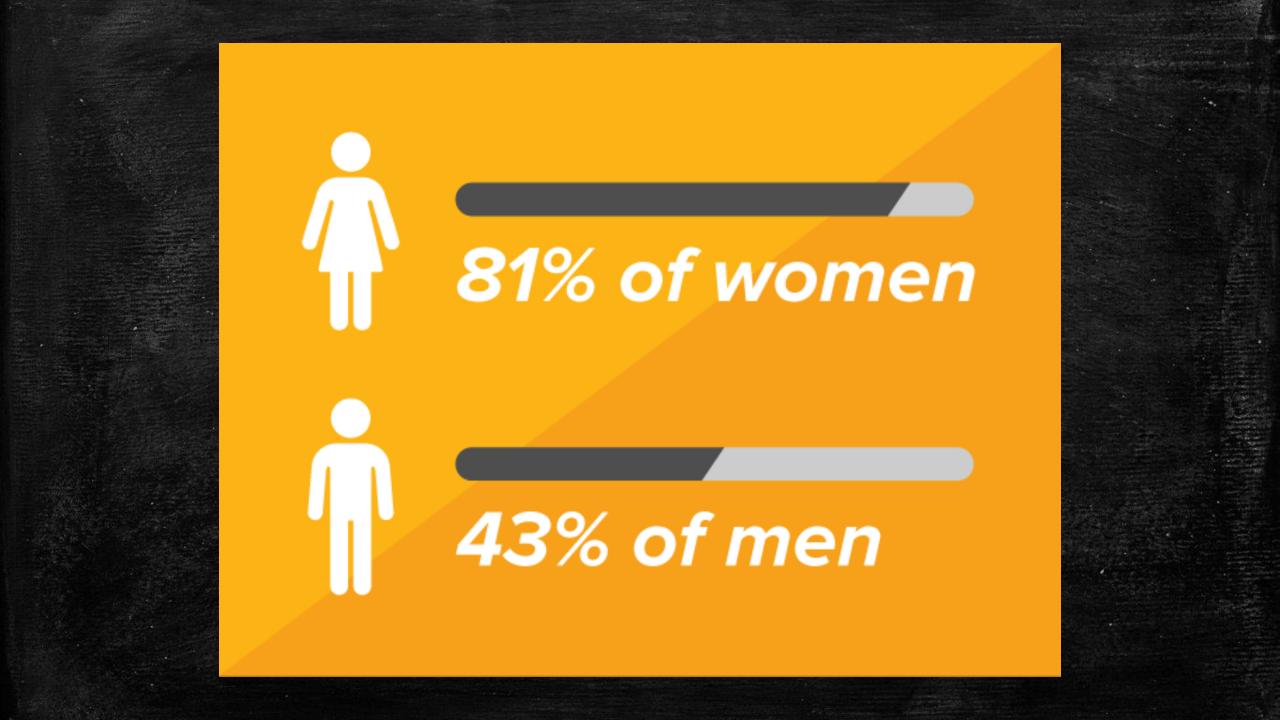
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### Dominant Stories of Prevention:

How are men taught to avoid being raped or sexually assaulted?





### How to Challenge Behaviors That Contribute to Abuse Culture

- Don't use language that degrades or objectifies other people.
  - Women and girls
  - Minorities
  - LGBTQIA+
  - People with disabilities
  - Immigrants/people with limited English
- When you hear someone use demeaning language, say something.
  - It takes courage to stand up for something you believe in, and people will respect you for that.
  - No one wants to live in a world where people are being assaulted, raped, and/or murdered. Speak
    up when someone says something that contributes to violence.
- Don't trivialize jokes about rape or intimate partner violence.
  - These are serious issues. Remind whoever made the joke that it's not funny.
- Talk to your friends, peers, and family members about abuse culture and victim blaming.
  - Discuss how the language we use contributes to violence in our communities.

## We have a choice to make.

What kind of world do you want to live in?

### Connect With Us



(406) 442-6800 (24/7) eric.p@thefriendshipcenter.org





