**DOMESTIC VIOLENCE AGAINST MEN**

Anyone can be a victim of domestic violence irrespective of their Gender. Anybody who is close to you does any kind of violence or abuse that can be really devastating for that person and have a negative effect on his/her mental and physical health.

To know the exact numbers of cases on domestic violence overall is difficult thing since so many cases go unreported, but it's much more difficult to figure out just how many men are suffering abuse. Traditional gender roles in society and the stigma of the perceived weakness of any many who admits to falling victim to a woman is a big reason of suffering of today’s men from domestic violence. Despite some research suggesting that men and women commit domestic violence against each other in equal numbers, the reported victims are about to get equal from last decade.

Part of the reason for the disparity in reported victims might also be because men who ask help from the police to report domestic violence against themselves are usually afraid that they will end up being the ones getting arrested and this is a big reason of disparity in reported victims. When children are involved Domestic violence against men victims can be particularly reluctant because if they leave the children with the woman, it leaves the kids at risk for harm, but even if they attempt to take the children out of the situation risks giving the impression that the man is abducting them. As long as this stereotype thinking persists that men are always the abuser and women are always the victim, it's unlikely that male victims will feel comfortable reporting their abuse.

**How to deal with this Stereotype?**

Men usually gets worried about [stigma](https://www.healthdirect.gov.au/stigma) and what people will think about them if they talk about the abuse but men have the same right to be safe as everyone else. Here are some tips that can help you to face this harassing phenomenon:

* Men must always remember that violence is not their fault
* Men must always choose wisely that who they tell, how they tell and what they tell.
* Men can always take help of domestic violence service and now they are so many organisation’s out there that can help you to fight domestic violence

**Men might be experiencing domestic violence if their partner:**

* Calls you names or insults you
* Prevents you from going to work or stops you from going any place which is not bad for your health or relation
* Stops you from seeing family members or friends
* Tries to control how you spend money, where you go or what you wear
* Acts jealous or possessive or constantly accuses you of being unfaithful
* Gets angry when drinking alcohol or using drugs
* Threatens you with violence or a weapon
* Hits, kicks, shoves, slaps, chokes or otherwise hurts you, your children or your pets
* Forces you to have sexual intercourse or engage in sexual acts against your will
* Blames you for his or her violent behaviour or tells you that you deserve it

Sadly, both women and men are more likely to experience violence at the hands of men. Around 90% victims of domestic violence in the world whether women or men experience violence from a male perpetrator. So therefore men does not get victimised only by women but even from other men also.

Domestic abuse against a man is just as harassing and disturbing as when a woman is the victim. In case of matters regarding domestic violence our primary focus are always female victims. Each victim should be seen as an individual and helped accordingly, therefore through this article we would like to help those men who are facing domestic violence from any men or women. Don’t be ashamed of what society will think and get harassed daily. Raise your voice against this evil practice.