

# Men's Family Violence: an Introduction

# About us

**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](http://ntvmrs.org.au)

# Men's Behaviour Change Programs

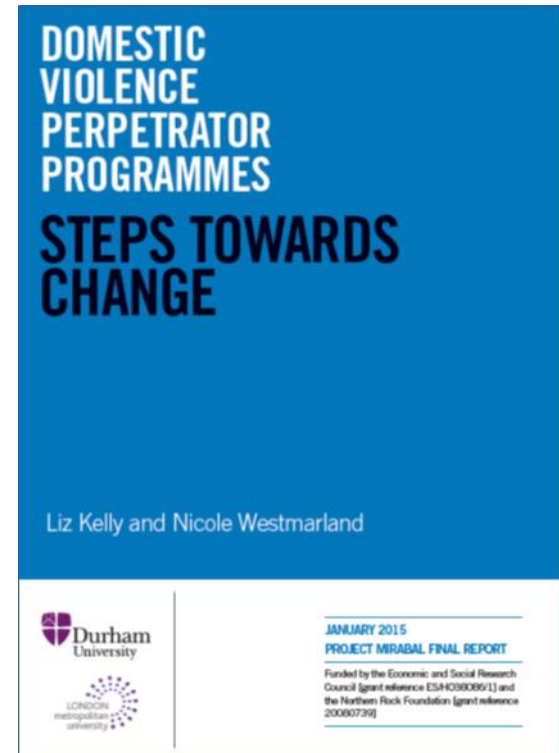
- Meet state's minimum standards requirements
- Up to 14 participants
- over 40 locations in VIC
- 2 hour weekly sessions for 20+ weeks
- Two facilitators, differing gender
- Family safety contact mandatory
- CALD specific programs
- Gay / queer program run by Thorne Harbour for cis and trans men



# 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.**”

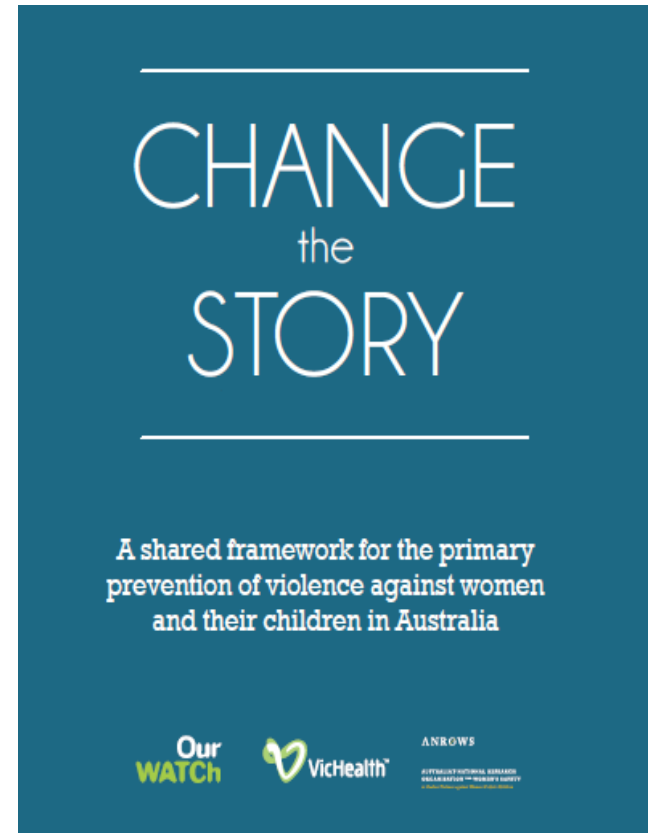
Contributing factors may include financial pressures, alcohol and drug abuse, mental illness and social and economic exclusion.”

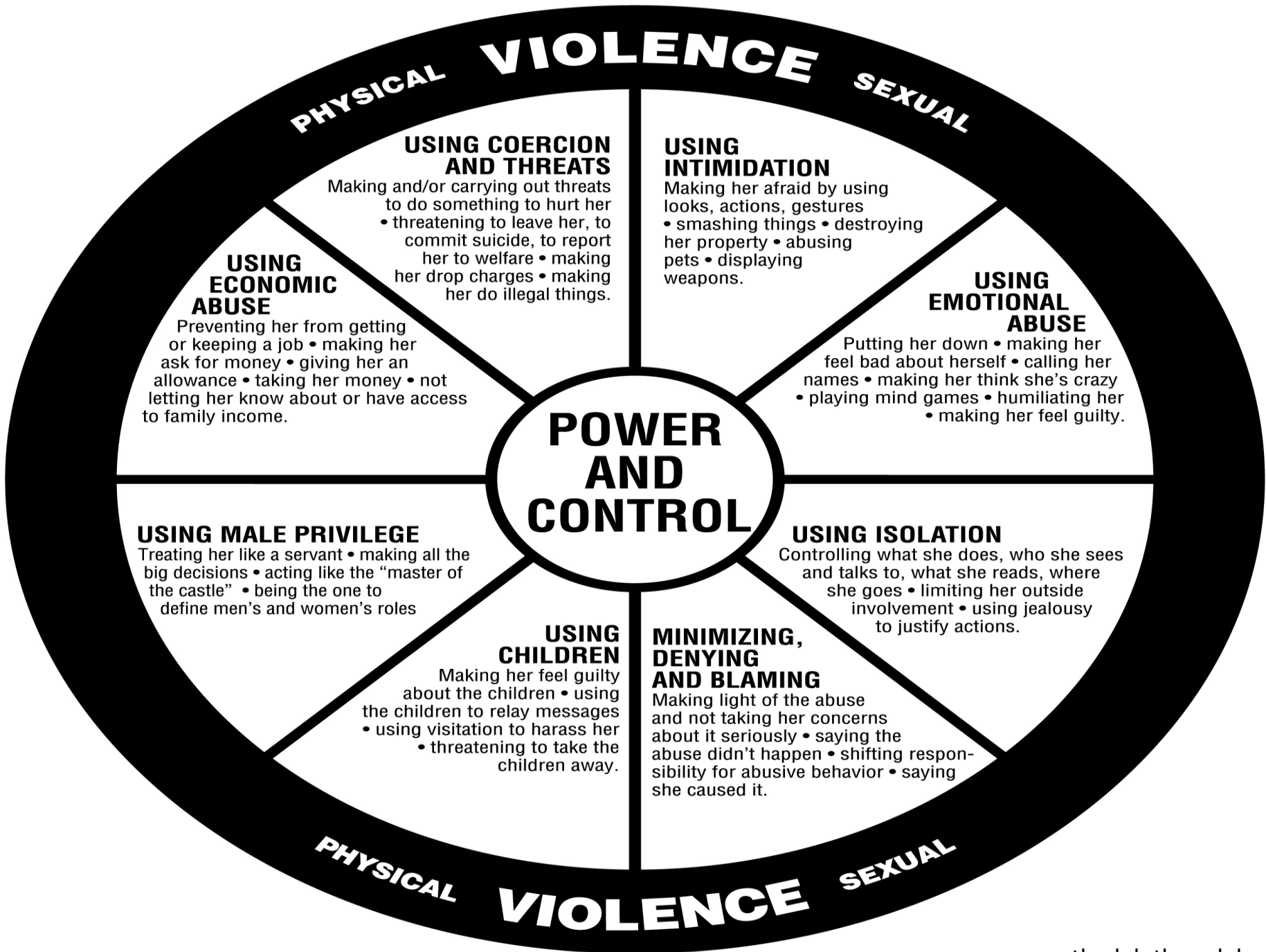
Source: Royal Commission into Family Violence Report 2016 ([rcfv.com.au](http://rcfv.com.au))



# 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





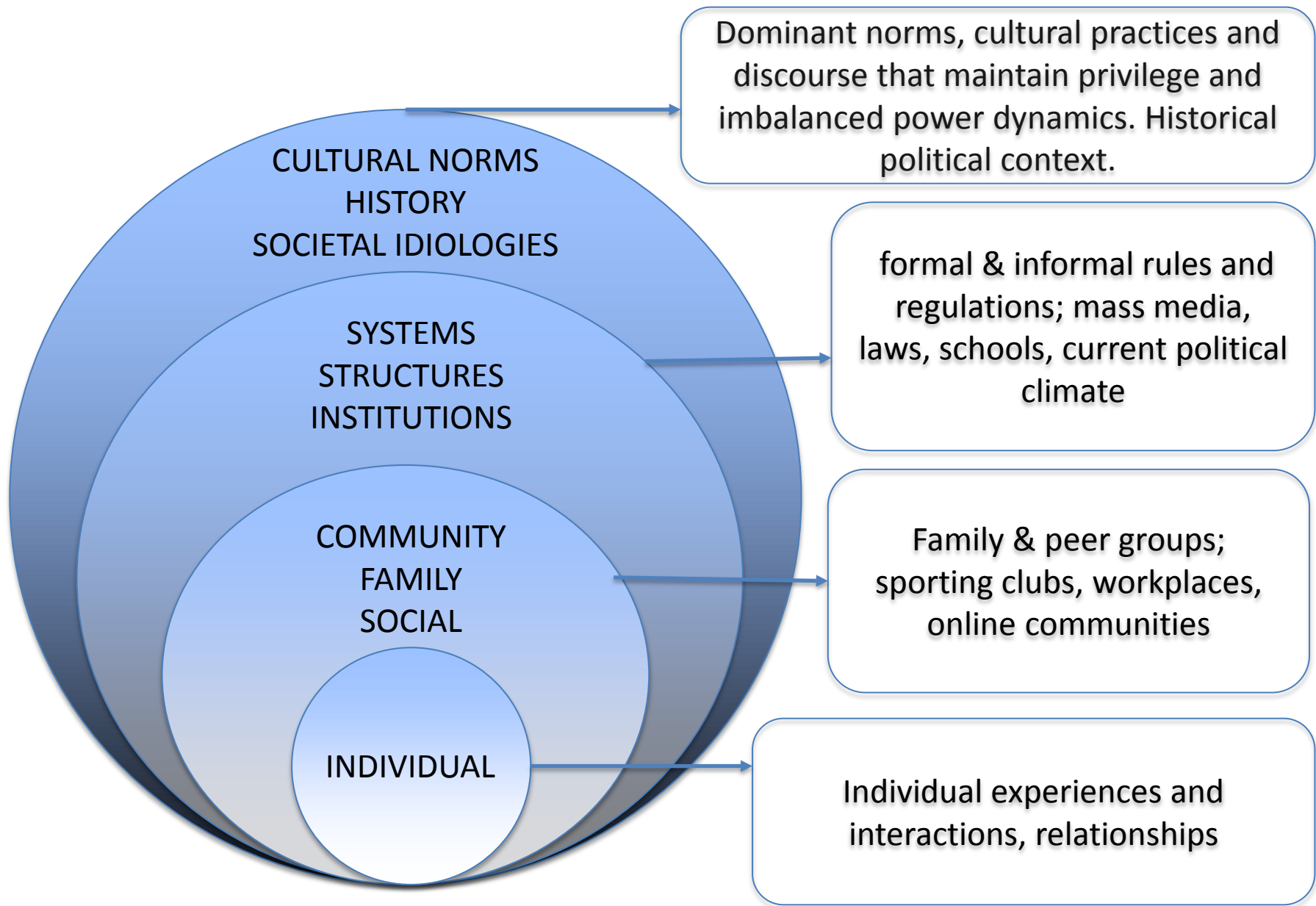


# Gendered Stereotypes

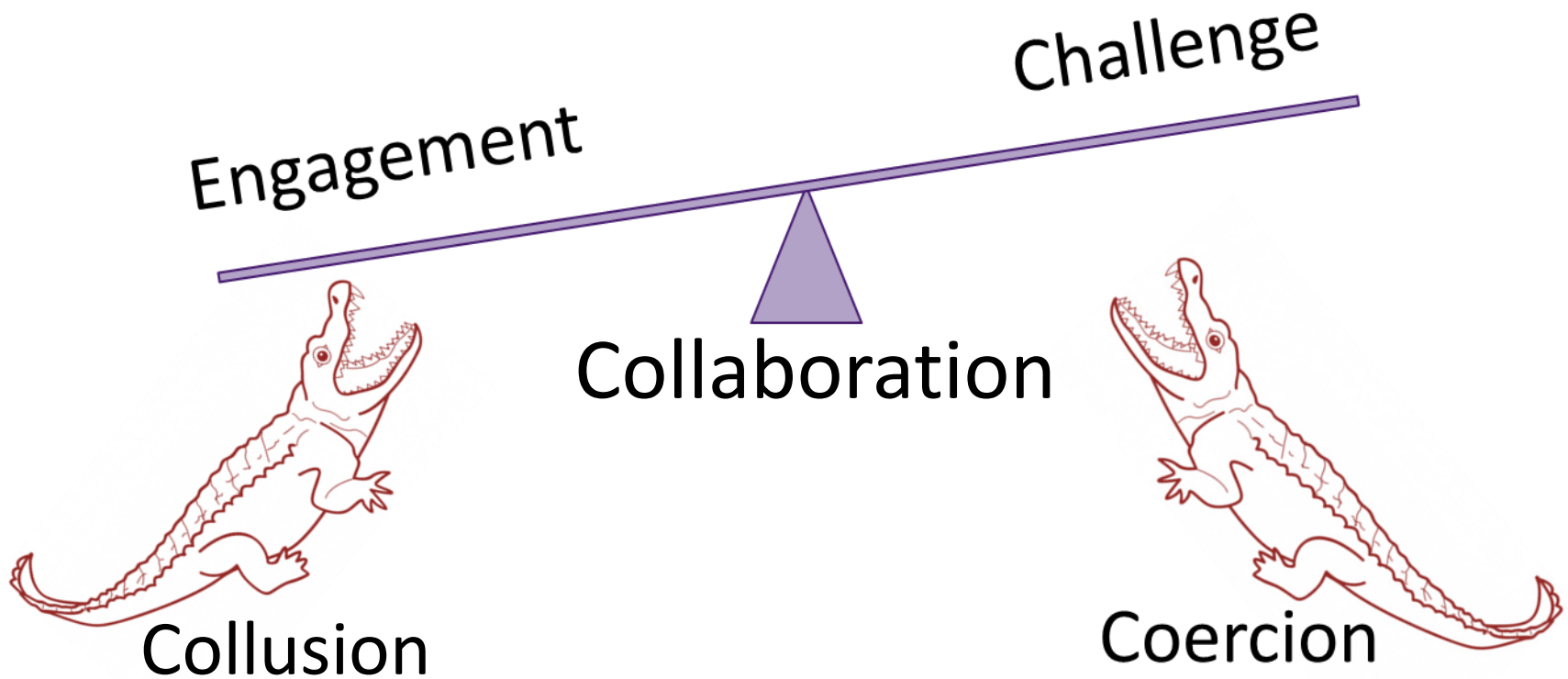
- › Masculine male
- › Feminine female
- › Masculine female
- › Feminine male

## Consider..

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



# 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

# Further Reading and Resources

- Men's Referral Service - 1300 766 491 - [ntvmrs.org.au](http://ntvmrs.org.au)
- Royal commission into Family Violence  
[Rcfv.com.au/Report-Recommendations](http://Rcfv.com.au/Report-Recommendations)
- Our Watch - [ourwatch.org.au](http://ourwatch.org.au)
- VicHealth— [vichealth.vic.gov.au](http://vichealth.vic.gov.au)
- Hollaback! – [ihollaback.org](http://ihollaback.org)
- Undercurrent – [undercurrentvic.com](http://undercurrentvic.com)
- The Duluth Model – [theduluthmodel.org](http://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)

# ntv.org.au

Join the conversation

