

Welcome to the Dad Allies Provider Learning Series

What Happens when Men are on the Receiving End of Partner Abuse

April 17, 2025

**Washington
Fatherhood
Council**



Fathers and Parenting

We
know
that:

Child and family well-being improve when fathers are positively engaged in their children's lives.

Fathers play a unique and important role in children's development.

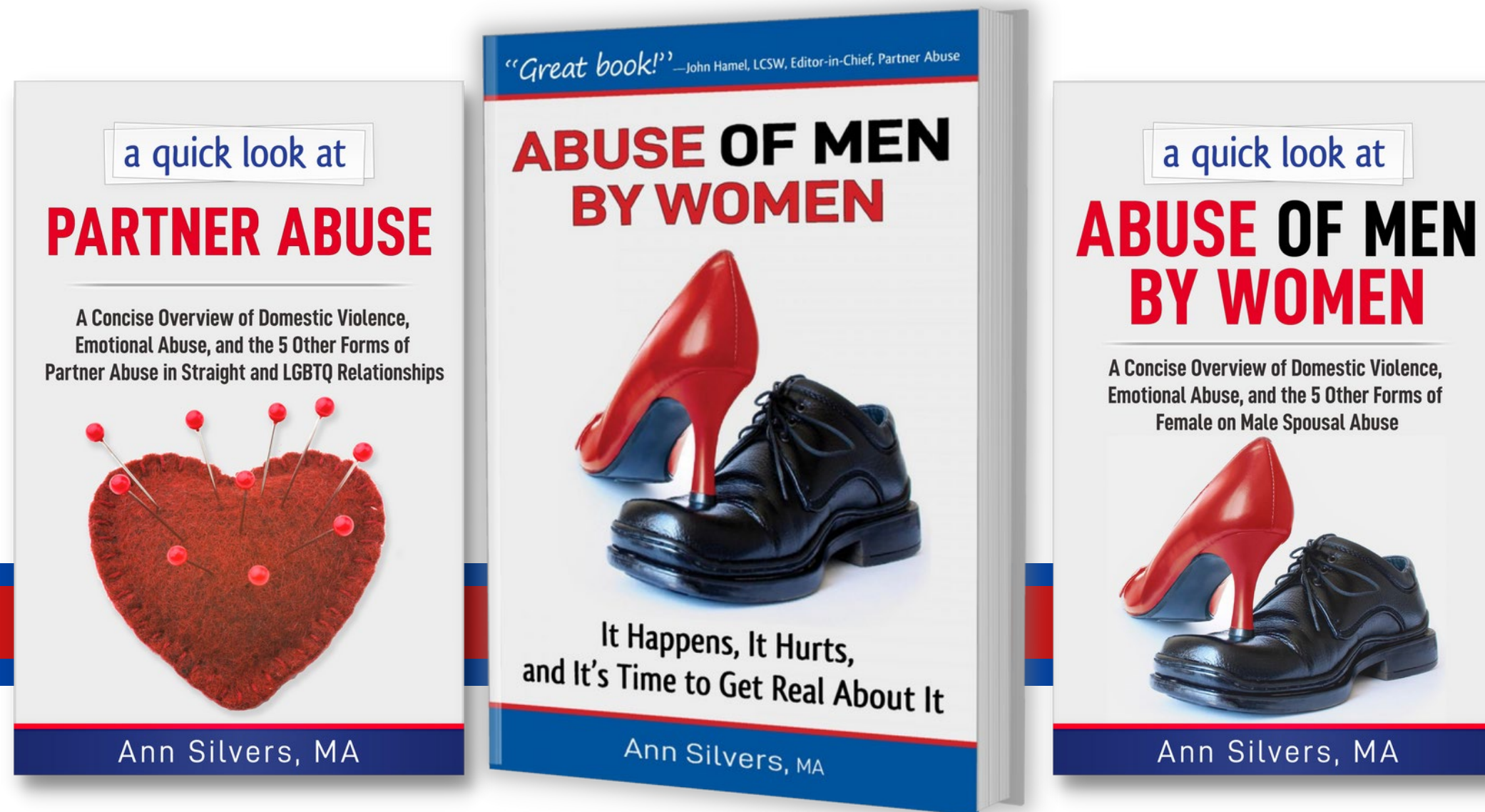
Fathers should have support and resources to become the fathers they aspire to be.



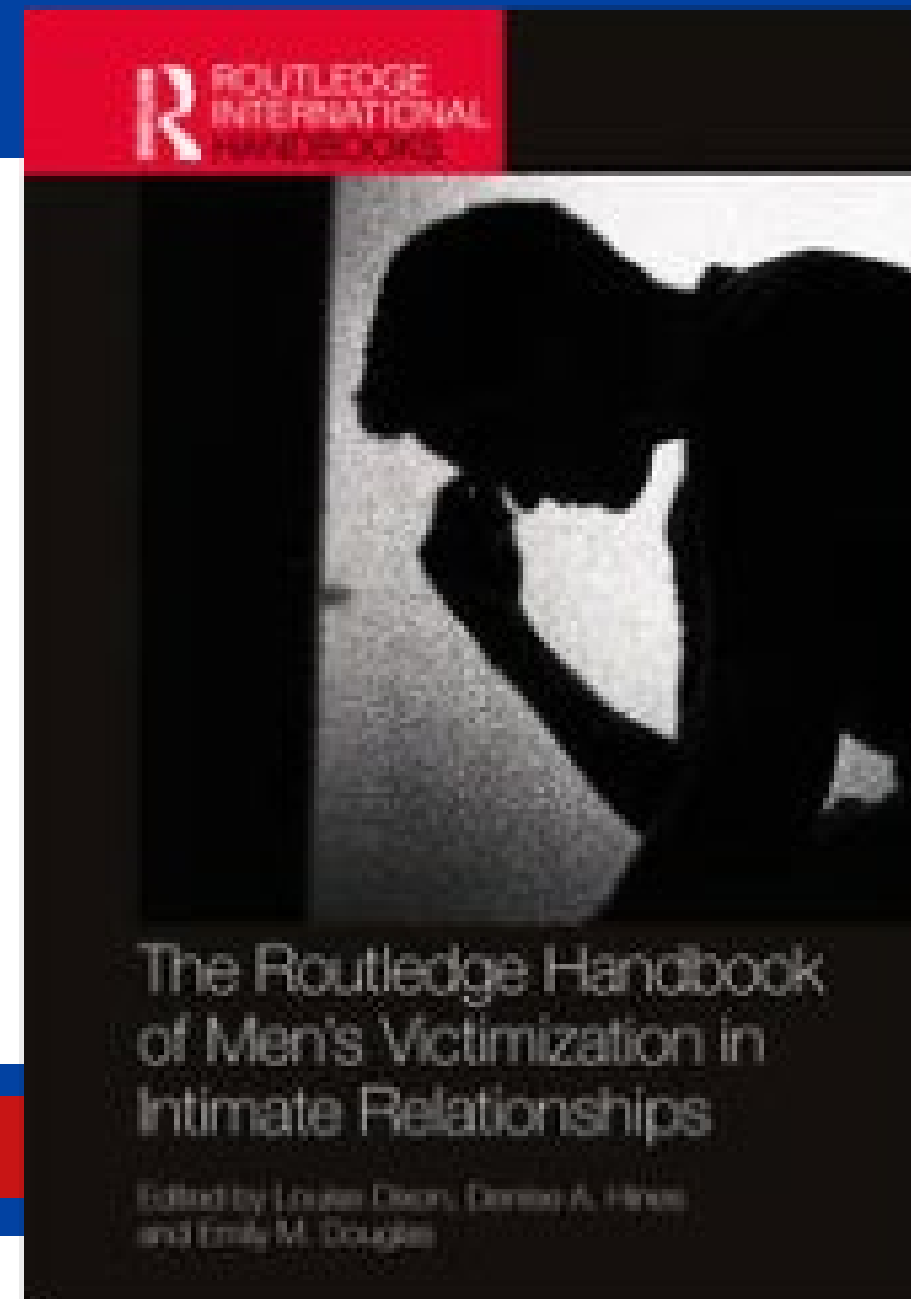
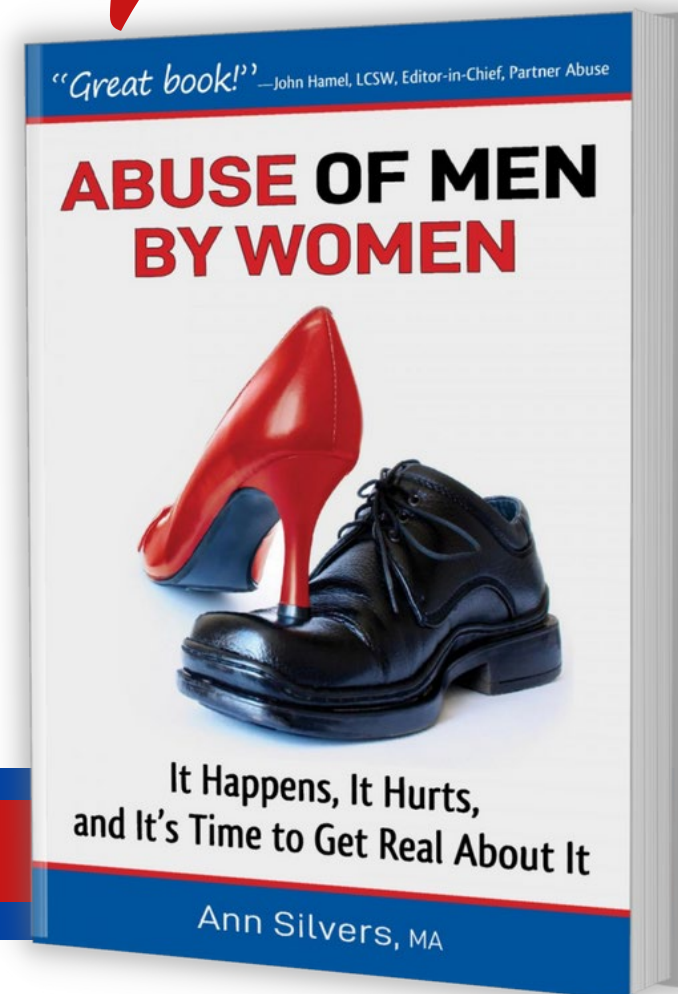
Washington
Fatherhood
Council



Who am I?



Now also available
in Japanese!



Routledge Handbook of Men's Victimization in Intimate Relationships

Chapter 21:
Treating men who have experienced IPV and abuse by women

References & Supplemental Info

The screenshot shows the website for Ann Silvers, MA. The navigation bar at the top includes links for Home, Shop, Services, Blog, Pro's Page, About Ann, Policies, and Contact. A search icon is located in the top right corner. The main content area features a breadcrumb trail: Home / Blog / Abuse OF Men BY Women: Stats, Signs, Stories, and Support. The title 'Abuse OF Men BY Women: Stats, Signs, Stories, and Support' is circled in red. Below the title is a large image of a man with a beard holding a sign that reads 'YOU ARE NOT ALONE'. The text 'Men Abused By Women' is overlaid on the image. The AnnSilvers.com logo is visible in the bottom left corner of the image. On the right side, there is a 'RECENT POSTS' section with five entries: 'Abuse OF Men BY Women: Stats, Signs, Stories, and Support', 'Social Emotional Learning: What It Is and How to Teach It', '18 Cognitive Distortions That Can Twist Your Thinking', 'Positive Affirmations for Kids: Build Confidence & Character', and 'Silver Lining Series of Workbooks, Journals, and Planners'. Below this is a 'CATEGORIES' section with tags for 'abuse OF men BY women', 'affirmations', and 'alcohol'. A red arrow points from the search icon to the title, and another red arrow points from the 'Social Emotional Learning' post to the 'AnnSilvers.com' logo.

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Home / Blog / Abuse OF Men BY Women: Stats, Signs, Stories, and Support

Abuse OF Men BY Women: Stats, Signs, Stories, and Support

Men Abused By Women

YOU ARE NOT ALONE

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RECENT POSTS

- Abuse OF Men BY Women: Stats, Signs, Stories, and Support
- Social Emotional Learning: What It Is and How to Teach It
- 18 Cognitive Distortions That Can Twist Your Thinking
- Positive Affirmations for Kids: Build Confidence & Character
- Silver Lining Series of Workbooks, Journals, and Planners
- Building Resilience: 20 Life Lesson Quotes with Graphics

CATEGORIES

- abuse OF men BY women
- affirmations
- alcohol

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3

Myths: Abuse OF Men BY Women

1

It doesn't happen.

2

It isn't that bad.

3

It doesn't hurt.

MYTH #1 It doesn't happen.



REALITY **#1** It does happen.

National Domestic Violence Hotline **Lifetime #s**

Psychological Aggression
by Intimate Partner (IP)



WOMEN:
1 in 2

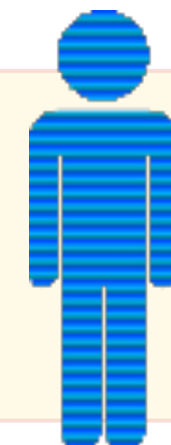


MEN:
1 in 2

Rape, Physical Violence
and/or Stalking by IP



WOMEN:
1 in 3



MEN:
1 in 4

Lifetime Rates Intimate Partner (IP) Abuse: **2022**



1 in 2 Women & 1 in 2 Men



Psychological aggression by an IP

49.4% of women, 45.1% of men

Physical violence by an IP

42.0% of women, 42.3% of men

**Contact sexual violence, physical violence,
and/or stalking by an IP**

47.3% of women, 44.2% of men

What is happening?



Intimate Partner Abuse is

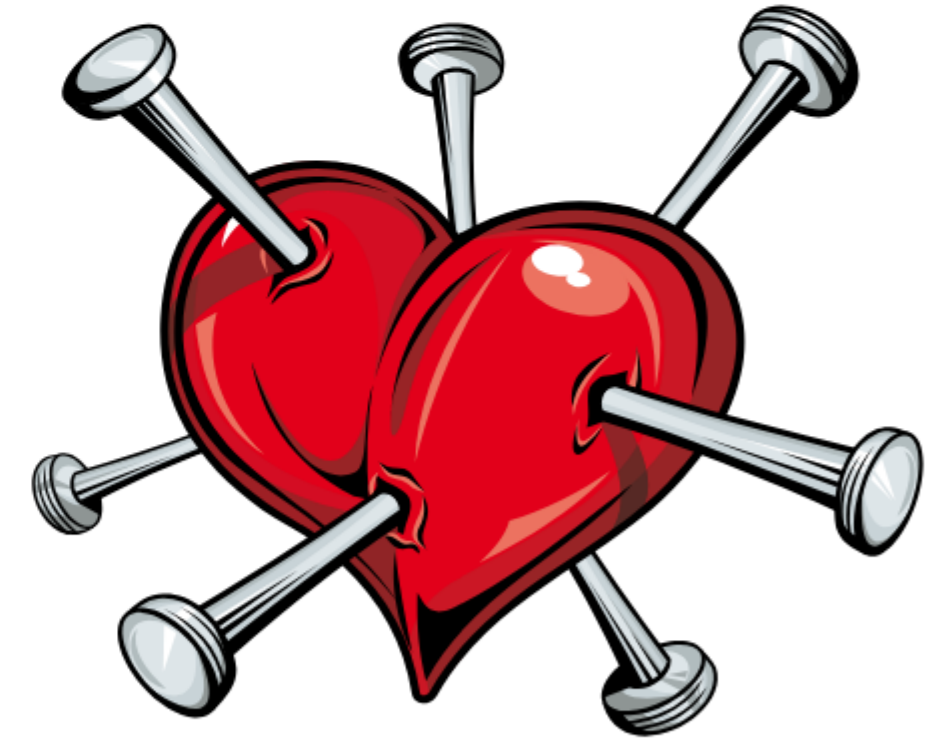
a pattern of behaviors
& attitudes that are
controlling,
demeaning, and/or punishing



7

Forms of Partner Abuse

1. Physical
2. Sexual
3. Verbal
4. Financial
5. Spiritual
6. Legal or administrative
7. Emotional/psychological



Physical Abuse

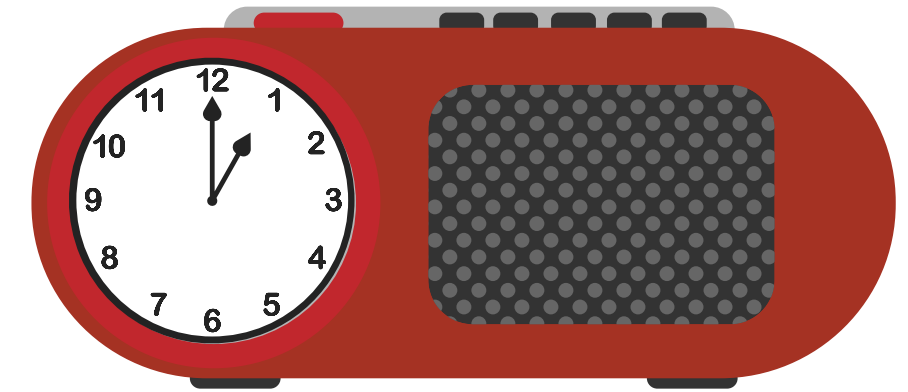
Control. Demean. Punish.

- Throwing or breaking things
- Scratching
- Kicking
- Biting
- Hair-pulling
- Burning
- Shoving
- Blocking exits
- Interfering with sleeping or eating
- Poisoning
- Hitting with open hands or fists
- Hitting with objects
- Forcing him out of the house
- Attacking, or threatening to attack, animals
- Attacking, or threatening to attack, others
- Assaulting with knives, guns, or vehicles

Overcoming Size Disadvantage

Women who physically abuse men can overcome their strength disadvantage in many ways, including:

1. Surprise attacks
2. Use of objects either as direct weapons or projectiles
3. Striking when their prey is in a vulnerable position
(driving, asleep, drunk, has his back turned...)
4. Counting on their partner to not strike back
5. Soliciting the help of others to attack him



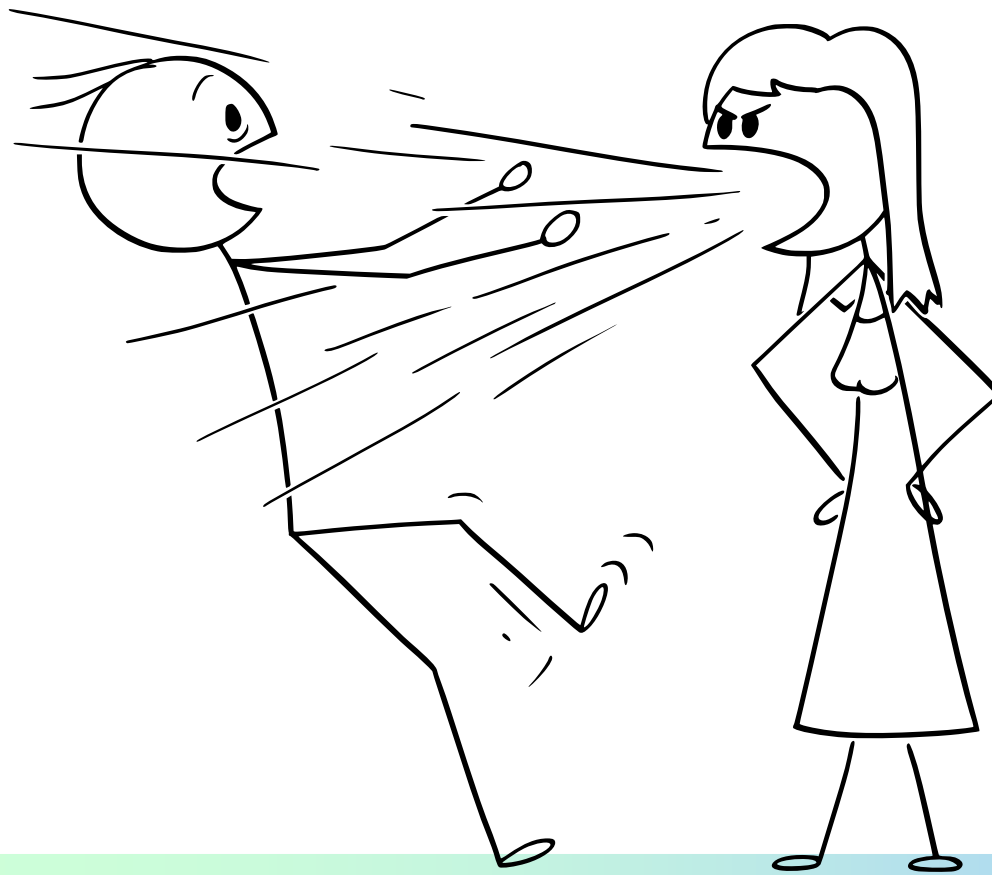
Sexual Abuse

Control. Demean. Punish.

1. Forcing or pressuring him into sexual activities (inc'g forced penetration)
2. Flirting or having affairs with other men
3. Using sex as a manipulation tool
4. Using sex to lure and trap
5. Sexual teasing & seduction
6. Withholding sex
7. Belittling sexual performance
8. "Accidental" or coerced pregnancy
9. False accusations of rape/sexual abuse

Verbal Abuse

Control. Demean. Punish.
Words, Tone and Body Language



Financial Abuse

Control. Demean. Punish.

- Controlling the finances
- Restricting access to financial info
- Getting him to buy her things
- Demanding he make more money
- Misuse of funds
- Stealing from him or the family
- Ruining his credit
- Keeping the family financially burdened
- Refusing to contribute financially to the family
- Limiting his ability to work
- Destroying his property



Spiritual Abuse

Distortion, Extortion, or Extraction

The abusive person:

- **Distorts** spiritual or religious beliefs and practices so that they can be used to control, demean, or punish
- Uses spiritual beliefs, communities, or leaders to **extort compliance** through force or threats
- Uses the communities or leaders to **extract punishment** for attempting to defy the abusers abuses or **extracts the abused partner** from their religious community.

Legal/Administrative Abuse

A woman might falsify information in order to manipulate the legal system so that she can:

- Play the victim
- Get an unwarranted restraining/protection order
- Deprive him of access to his children
- Exaggerate her need for child support
- Secure undeserved spousal support
- Create havoc in his life



**Control.
Demean.
Punish.**

Emotional/Psychological Abuse

All other categories of partner abuse have an emotional/ psychological component.

21 Behaviors on my list, including:

- Manipulation, harassment, stalking...
- Isolation from friends, family, or other supportive people
- Parental Alienation
- False accusations of abuse (of her or the children)
- Character assassination
- Sabotaging his ability to have another relationship

**Control.
Demean.
Punish.**

MYTH #2 It isn't that bad.



REALITY #2 It is bad.

National Domestic Violence Hotline **Lifetime #s**

Severe Physical Violence
by IP



WOMEN:
1 in 4



MEN:
1 in 7

■ ■ ■ from 2010 National Intimate Partner and Sexual Violence Survey (NISVS), CDC Report

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What is Severe Physical Violence by an IP on the NISVS?

- Hit with fist or something hard
- Kicked
- Hurt by pulling hair
- Slammed against something
- Partner tried to choke or suffocate them
- Beaten
- Burned
- Partner used a knife or gun



2022 CDC Report

LIFETIME
Severe Physical Violence
by IP



WOMEN:
1 in 3



MEN:
1 in 4

12-MONTH
Severe Physical Violence
by IP



WOMEN:
1 in 33
3.1%



MEN:
1 in 33
3.0%

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■ ■ ■ from 2022 National Intimate Partner and Sexual Violence Survey (NISVS), CDC Report

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2022: Subjected to Coercive Control

Lifetime #s



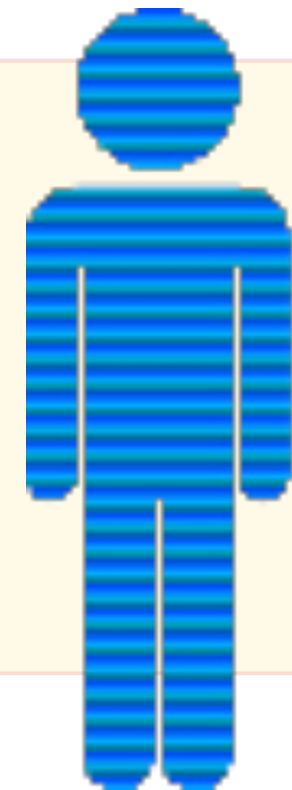
1 in 2 Women

**WOMEN:
46.2%**



1 in 2 Men

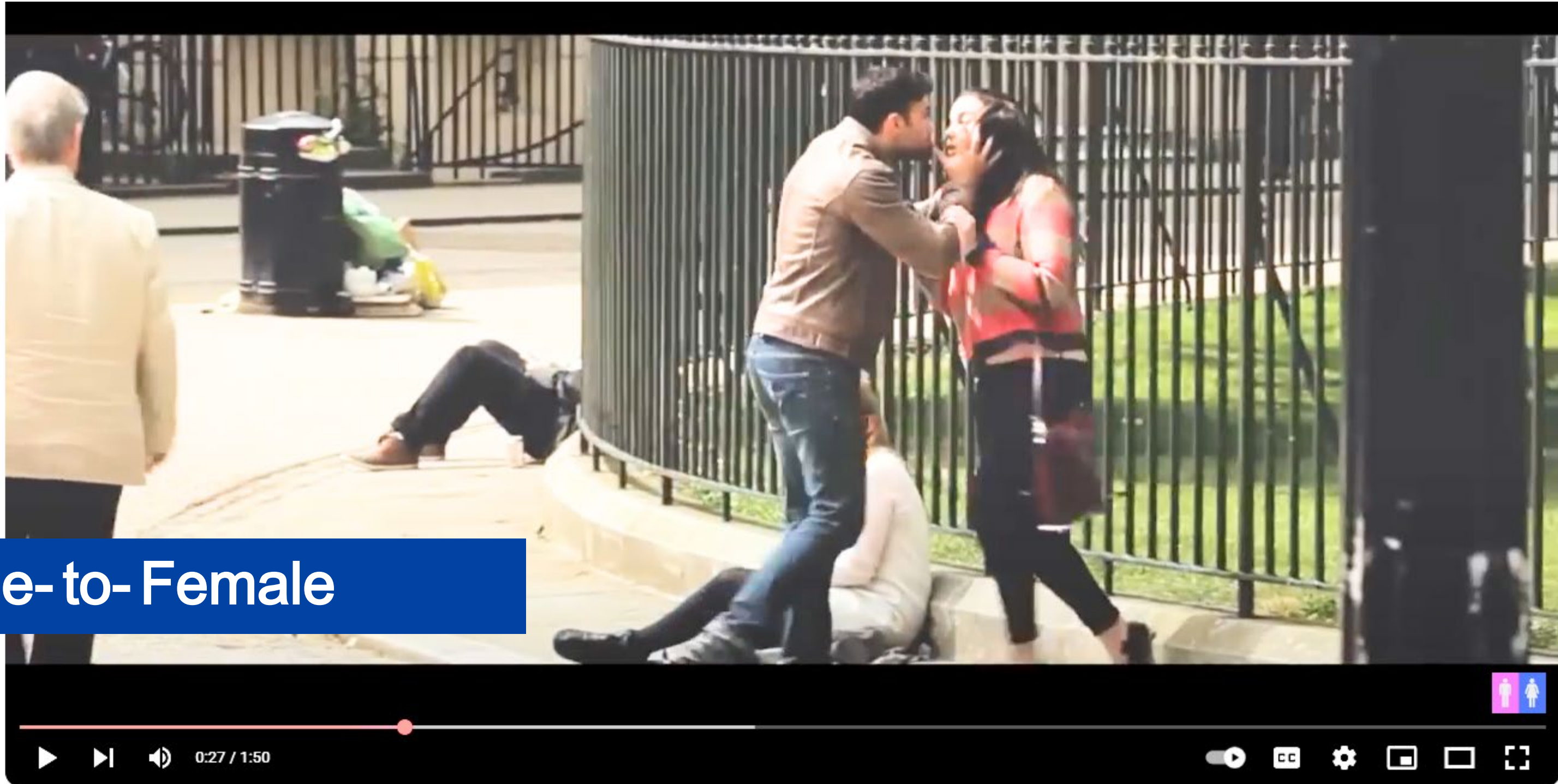
**MEN:
42.8%**



MYTH #3 It doesn't hurt.



ManKind Initiative, 2014, London



Male-to-Female

Social experiment: Domestic Violence in PUBLIC! Violencia domestica en PUBLICO!



People Intervene



0:48 / 1:50



Flip the Genders

What Happens?





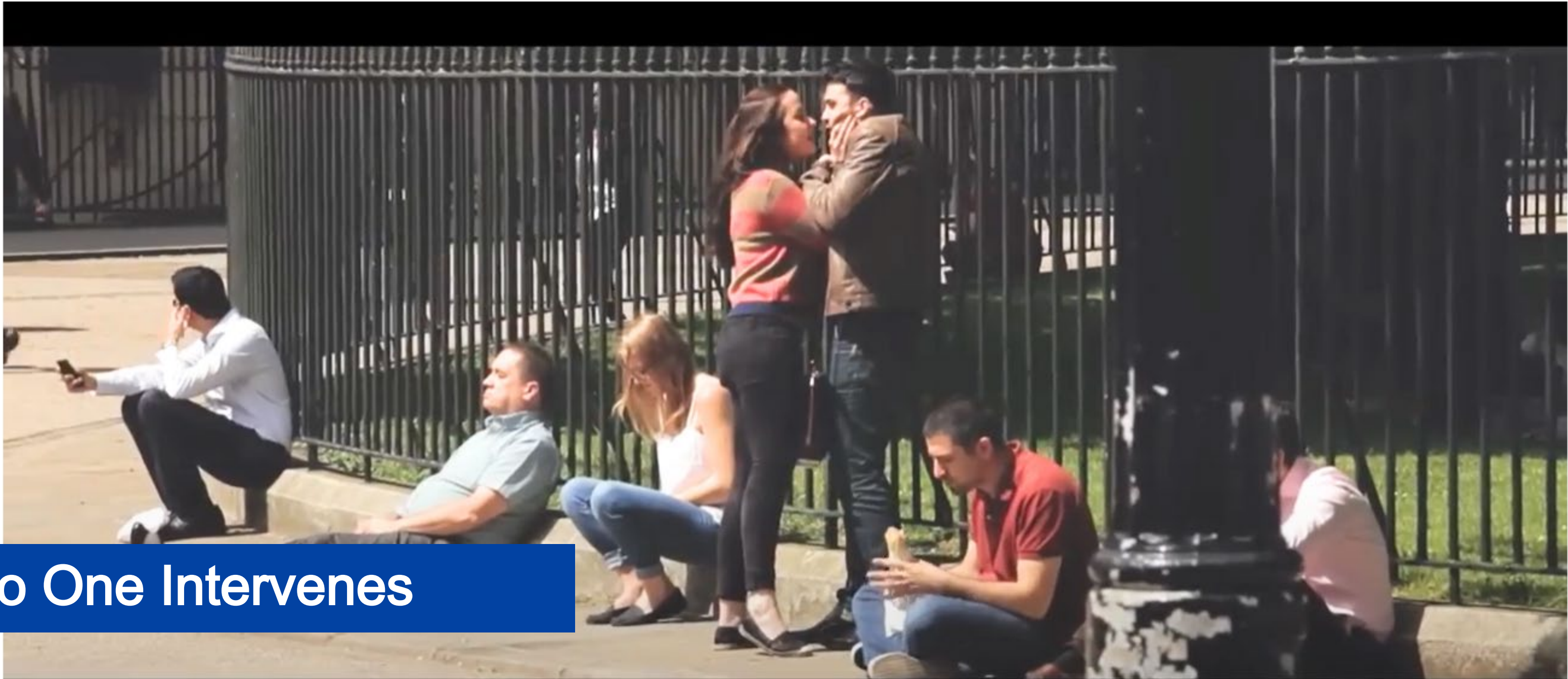
Female-to-Male



1:23 / 1:50







No One Intervenes







**“women’s violence
against men has a trivial
effect on men”**

2 Surveys of 1K Psychologists, 100 Scenarios

- 1 Husband-to-wife
- 2 Wife-to-husband

Would you consider this abusive?: Yes. Maybe. No.

■ ■ ■ Diane Follingstad, et.al. (2004). Psychologists' judgments of psychologically aggressive actions when perpetrated by a husband versus a wife. *Violence and Victims*, 19(4), 435-452.

2 Surveys of 1K Psychologists, 100 Scenarios

1 Husband-to-wife

2 Wife-to-husband

Would you consider this abusive?: Yes. Maybe. No.

EXAMPLES

- Threatened to deny spouse financial support
- Would not let spouse socialize with family/ friends
- Made spouse account for whereabouts at all times
- Threw tantrums, breaking things in house
- Threatened to take children away from spouse
- Forced spouse to eat from a bowl on the floor

■ ■ ■ Diane Follingstad, et.al. (2004). Psychologists' judgments of psychologically aggressive actions when perpetrated by a husband versus a wife. *Violence and Victims*, 19(4), 435-452.

“Psychologists . . . more likely to consider actions of a husband toward his wife to be abusive than when a wife engaged in the same behaviors toward her husband”



Diane Follingstad, et.al. (2004). Psychologists' judgments of psychologically aggressive actions when perpetrated by a husband versus a wife. *Violence and Victims*, 19(4), 435-452.

REALITY #3 It does hurt.

For both **women & men**, **physical IPV** is associated with increased risk of:

- Poor health
- Depressive symptoms
- Substance use
- Chronic disease
- Mental illness
- Injury

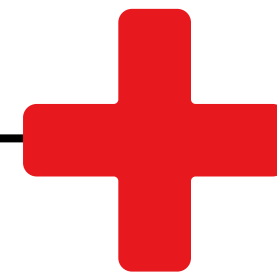


■ ■ ■ Ann Coker, et.al. (2002). Physical and mental health effects of intimate partner violence for men and women. *American journal of preventive medicine*, 23(4), 260–268. REPUBLISHED in 2021.

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For both **women & men**, **physical IPV** is associated with increased risk of:

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psychological IPV → negative impact on physical & mental health for abused **women & men**

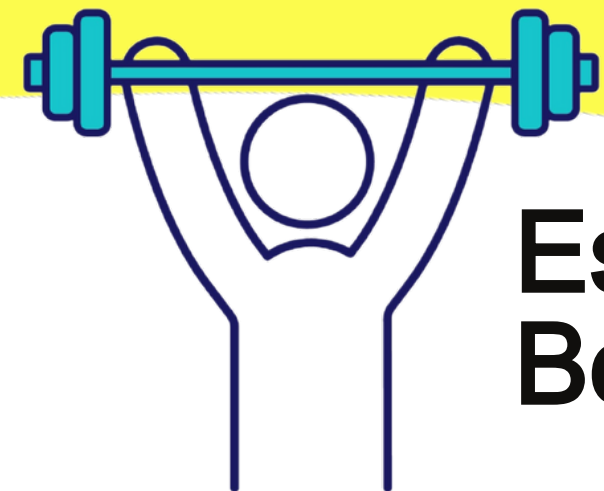
■ ■ ■ Ann Coker, et.al. (2002). Physical and mental health effects of intimate partner violence for men and women. *American journal of preventive medicine* 23 (4), 260–268. REPUBLISHED in 2021.

Sometimes male depression looks different

Increased Active Emotion Suppression



Anger & Aggression



Escapist Behavior



Physical Symptoms



SUICIDE RATES

Men:

4 times more likely to suicide
than women



SUICIDE RATES

Men:

4 times more likely to suicide
than women

Divorced Men:

Over 8 times more likely to suicide
than divorced women

Tomorrow Needs You



Call or
Text

988

National Suicide Helpline

Negative Consequences of the Myths

- Men —difficulty recognizing what's happening to them
- Cultural acceptance of mistreatment
- “Support system” sometimes doesn't support
- Victim blaming
- Injuries perceived as less dangerous
- Don't call police
- Helpers don't help —and often hurt

Secondary Abuse

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“Helpers” who hurt

Ignore Minimize Excuse Abuse





What Does REAL Support Look Like ?

C
A
R
E



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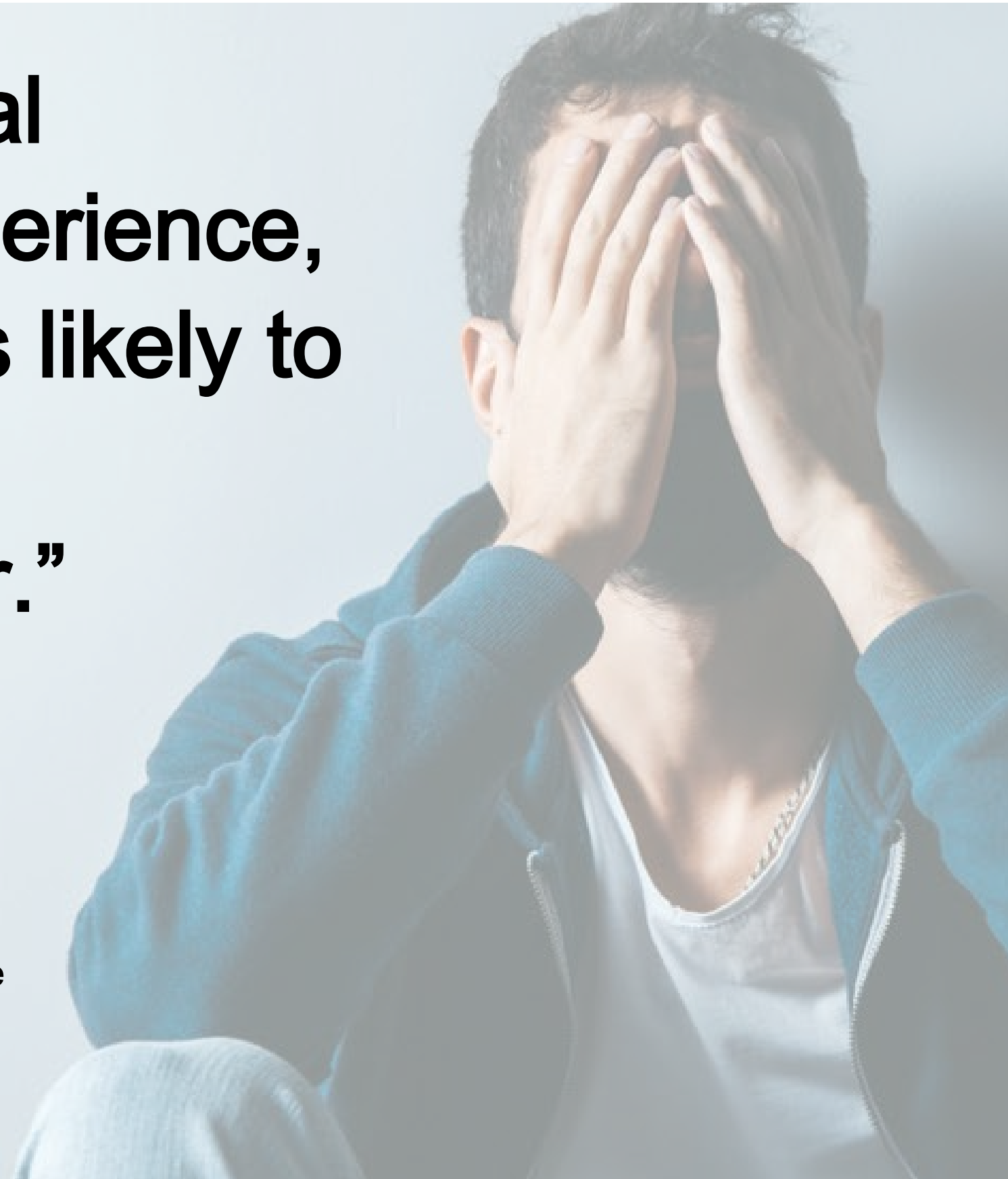
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“For each additional positive helpseeking experience, men were about 40% less likely to abuse alcohol in the previous year.”

Emily Douglas & Denise Hines

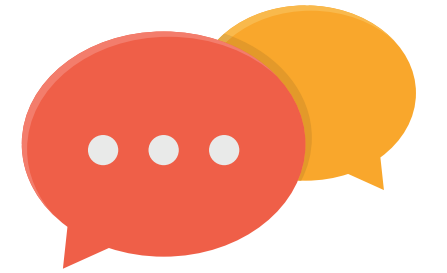


(2011) The Helpseeking Experiences of Men Who Sustain Intimate Partner Violence: An Overlooked Population and Implications for Practice. *Journal of Family Violence* 26(6), 473–486.



What Does REAL Support Look Like ?

Compassion



Assessment



Resources

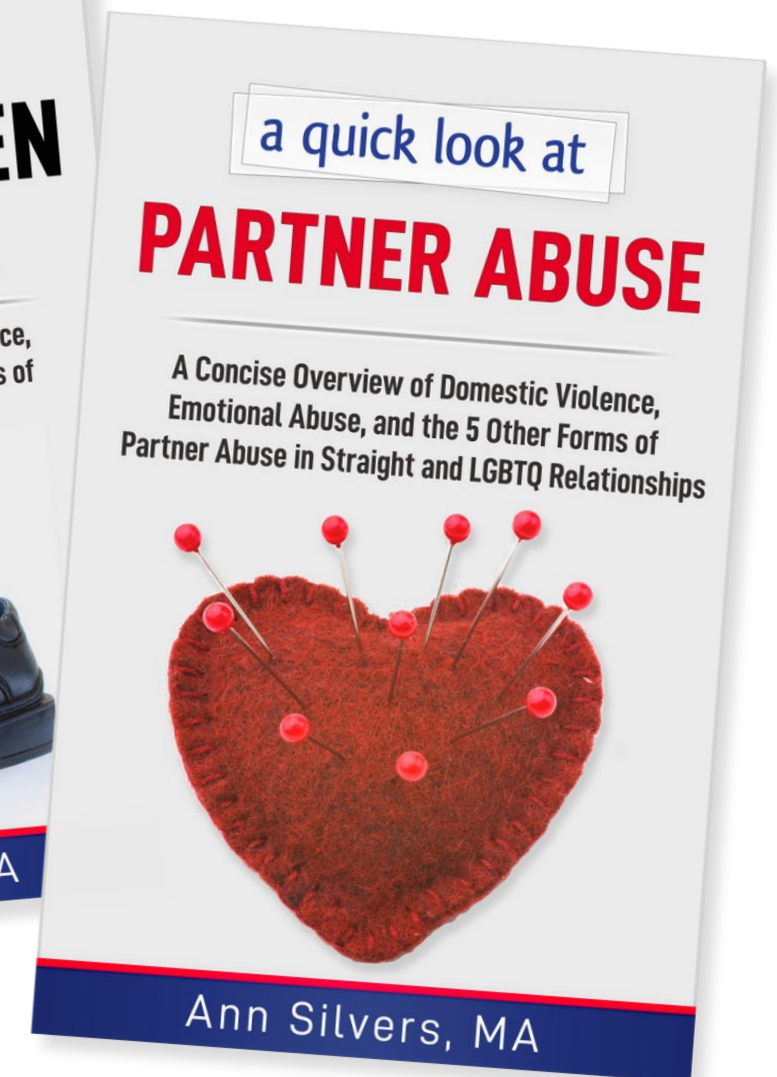
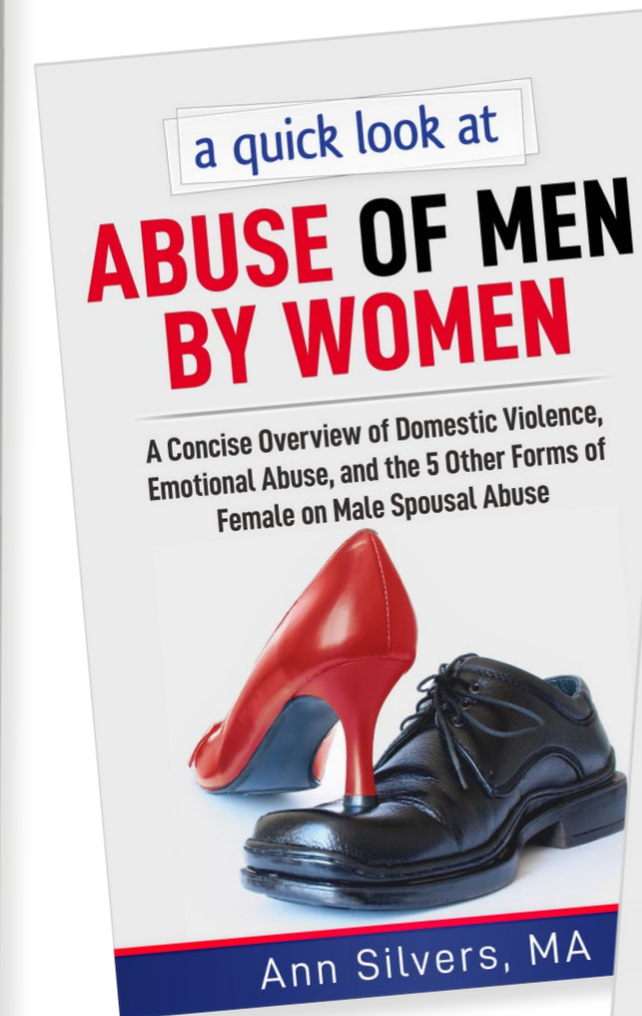
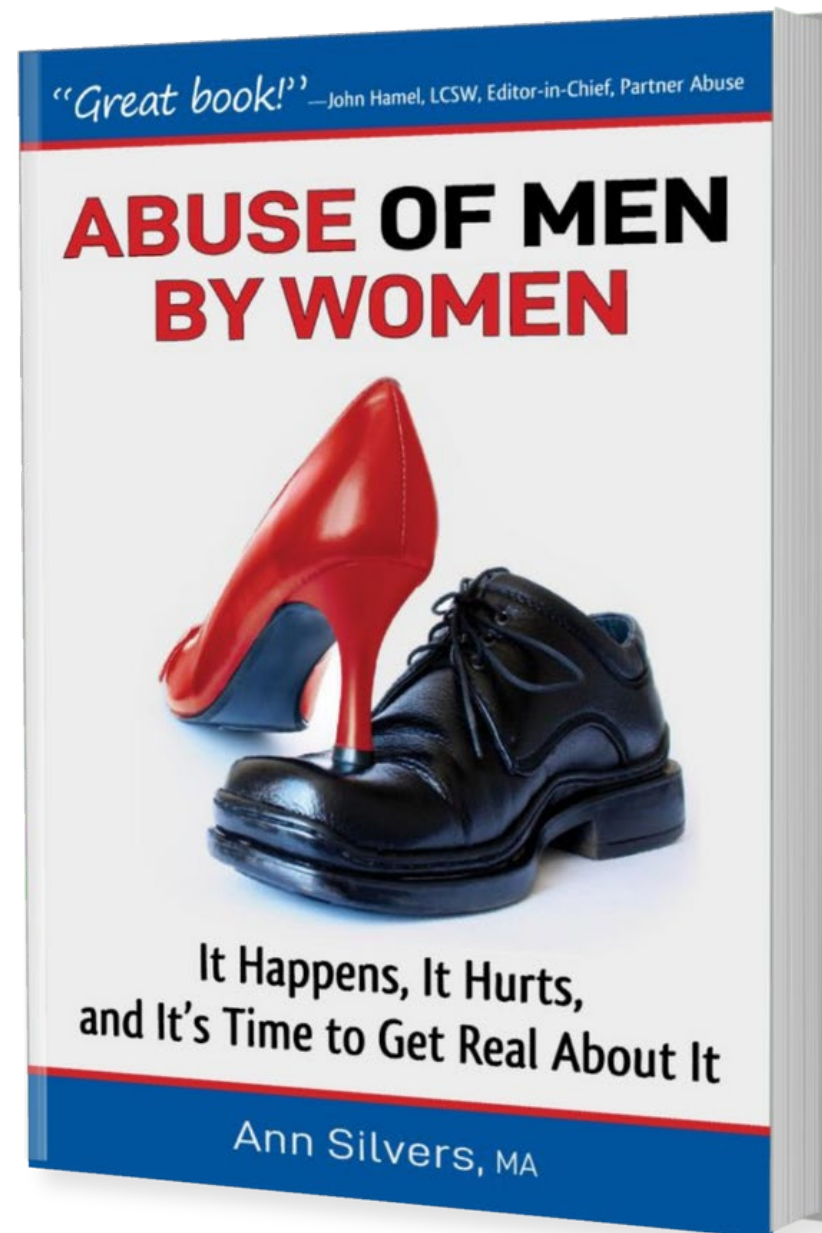
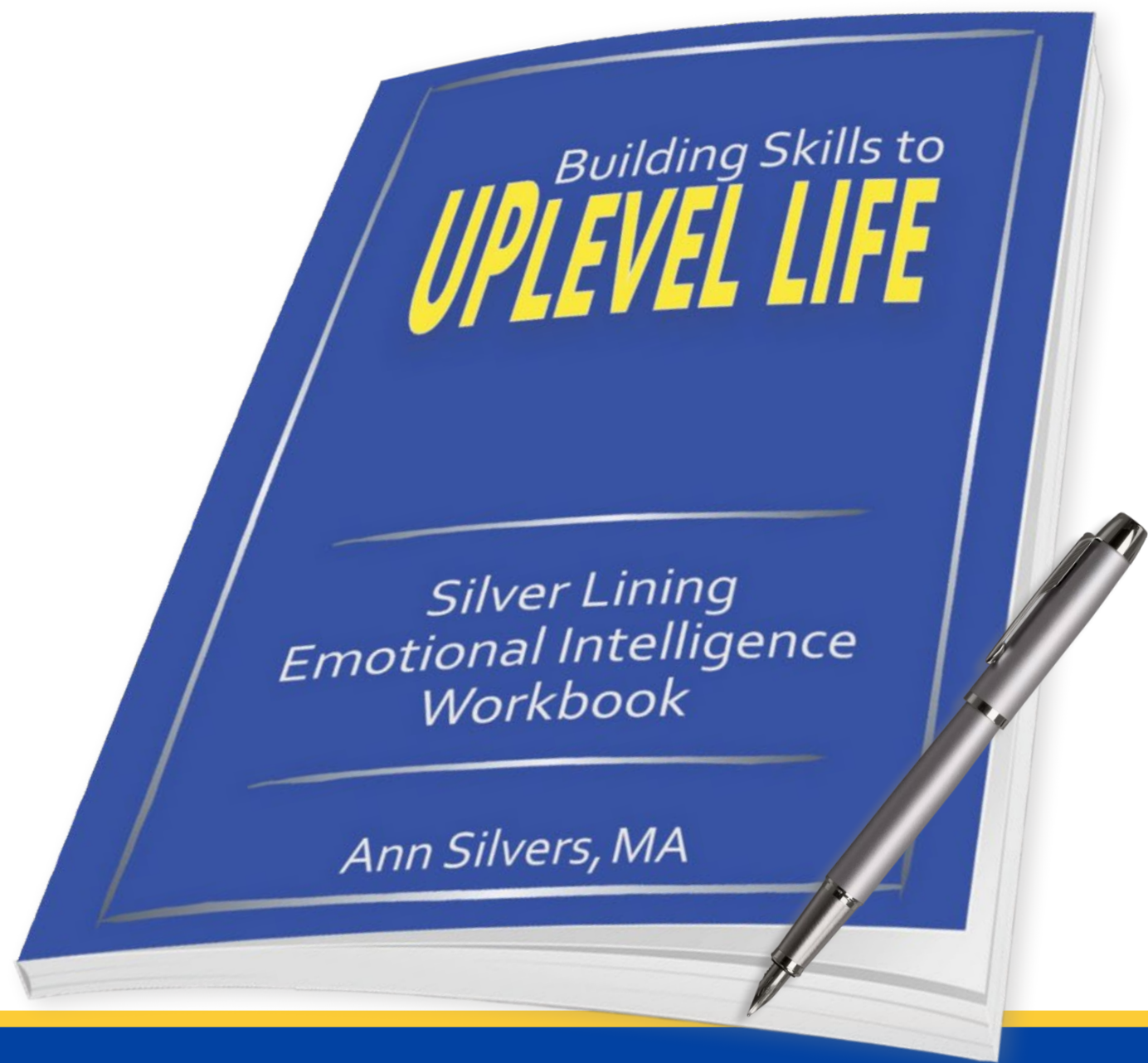


Education



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