

## Boys and young men in your life need your help...

The boys in your life need your time and energy. Your son, grandson, nephew, younger brother. The boys you teach, coach and mentor. All need you to help them grow into healthy young men.

Boys need your advice on how to behave toward girls. Boys are watching how you and other men relate to women to figure out their own stance towards girls. So teach boys early, and teach them often, that there is no place for violence in a relationship.

### Here's How:

Teach Early. It's never too soon to talk to a child about violence. Let him know how you think he should express his anger and frustration – and what is out of bounds. Talk with him about what it means to be fair, share and treat others with respect.

Listen. Hear what he has to say. Listen to how he and his friends talk about girls. Ask him if he's ever seen abusive behaviour in his friends. Is he worried about any of his friends who are being hurt in their relationships? Are any of his friends hurting anyone else?

Tell him how. Teach him ways to express his anger without using violence. When he gets mad, tell him he can walk it out, talk it out, or take a time out. Let him know he can always come to you if he feels like things are getting out of hand. Try to give him examples of what you might say or do in situations that could turn violent.

## Please, break the silence!

If you, or someone you know is living with any of type of abuse, please talk about it. Talk to a friend, a relative, or a professional. Whichever is easiest, but please talk to someone... As soon as you can!

### Where to get help:

**If you're abusing a woman:**  
**MOVE: Ennis –065 684 8689**

**If you're being abused by a woman:**  
Domestic abuse is *not* always men abusing women. Women do abuse men. Abuse is always wrong.

**If you are a man experiencing abuse you can contact the AMEN helpline: 046 902 3718.** The line is open from 9am-5pm, after that there is an answer phone with mobile numbers for use in emergency situations. You can find out more about AMEN on their website, [www.amen.ie](http://www.amen.ie).

**Kilrush Gardaí - 065 908 0550**

- The West Clare Women's Forum is concerned by the lack of awareness about the levels of domestic abuse being endured in West Clare.
- West Clare Women's Forum  
c/o EIRÍ  
Community Centre,  
Circular Road, Kilkee, Co. Clare



West Clare  
Women's  
Forum

# DOMESTIC ABUSE INFORMATION FOR MEN IN WEST CLARE

The West Clare Women's Forum believes that all people should have equal opportunity to maximise their potential.



The West Clare Women's Forum believes in the right to challenge inequality in our society.

## Are you abusing a woman? Do you...

- ◆ Try to control what she wears/who she talks to/ where she goes?
- ◆ Yell, scream, throw tantrums?
- ◆ Withhold affection to punish her?
- ◆ Make her think she's crazy anytime she voices concerns about how badly you treats her? (e.g. *"You need to get help. You've got problems."*)
- ◆ Make her feel like everything in your life is more important than her?
- ◆ Put her friends down and/or discourage her from seeing them?
- ◆ Accuse her of flirting or having affairs?
- ◆ Check her texts or caller id?
- ◆ Want to know where she is all the time?
- ◆ Make sure you look totally innocent to friends/ family?
- ◆ Make empty promises?
- ◆ Have double standards? (e.g. *"No, you cannot talk to your ex boyfriend but ,yes, I can talk to my ex girlfriends."*)
- ◆ Make her think problems you're experiencing are all her fault?
- ◆ Never believe she really cares about you?
- ◆ Use her for a place to stay or for money?
- ◆ Flirt with her friends?
- ◆ Stare at women in front of her then say something like, *"I just do that to make you jealous."*?
- ◆ Argue rather than talk?
- ◆ Threaten not to communicate if you do not communicate according to your rules? (e.g. *"Don't you dare cry or I'll leave."* or *"If you don't sit down right now I'm leaving."*)
- ◆ Mistreat pets?
- ◆ Leave her alone when she's sick or hurt?
- ◆ Expect her to read your mind?
- ◆ Often say she's lying?
- ◆ Keep her waiting for hours, but are infuriated if she is even ten minutes late?

- ◆ Tell her how much you love porn after she's explained that she doesn't like it?
- ◆ Constantly run hot then cold?
- ◆ Either hate her deeply or love her deeply? There is NO in between with you.
- ◆ Talk about her to others in front of her but pretend she isn't there?

## Are you married? Do you do these things to your wife?

- ◆ Control her activities.
- ◆ Control the family finances.
- ◆ Call her names, ridicule her.
- ◆ Make her have sex when she doesn't want to.
- ◆ Make her do sexual acts she doesn't want to.
- ◆ Hit her, push her around, kick her...

## What men can do to reduce domestic violence in West Clare...

If you know someone that you think is abusing people in their home;

- ◆ Do talk to the abuser if you feel safe doing so.
- ◆ Do encourage them to be honest.
- ◆ Do encourage them to talk to a counsellor.
- ◆ Don't condone the abuse.
- ◆ Don't get stuck in the middle.
- ◆ Don't reject your friend, just the behaviour.
- ◆ Don't encourage abuse.

The West Clare Women's Forum is Supported by:

Logo of the West Clare Women's Forum, featuring a stylized eye.



HSE Regional Planning Committee

The West Clare Women's Forum have produced a short drama entitled *Break the Silence* depicting several areas of abuse experienced by women and children in the home. We also got funding from the Health Service Executive - Mid West Region to produce a video of the drama and tapes are available for purchase. We have performed the drama on several occasions for various groups around the country. Amongst these was an event hosted by the Carlow Local Network on Violence Against Women. The following is an excerpt taken from their report on our performance:

"Perhaps the lasting legacy of the event will be those 10 minutes when the drama unfolded, in vivid and explosive detail, the reality for so many women and their children of emotional, physical and sexual violence in the home, as well as isolation and financial deprivation. It truly was a remarkable and a thought provoking presentation and will undoubtedly lead to greater awareness and action on the ground."

You can help us in our efforts to reduce domestic abuse in West Clare by inviting us to perform the drama for your work colleagues, your community group, your parish council, your GAA Club, a group of friends, a group of neighbours - any group of people at all, in almost any location. We also have a video of the drama which you can borrow from the EIRÍ office in Kilkee. For more information contact Mary Farren on 065 905 6611.