ANSWERING THE CALL TO SERVICE: The Mark Hudson Story

A toolkit for educators, advocates, and viewers seeking resources for men who are victims of intimate partner violence
## Table of Contents

**The Film**

- Introduction ........................................3
- A note from The Sheller Family Foundation ........4
- A note from Karen Hudson .....................6
- Discussion questions ...........................7

**Resources**

- Men & Domestic Violence Factsheet ...............9
- Questions to Ask for Safety Planning .............11
- Personal Safety Plan Checklist ................12
- What to Say to a Survivor .......................15
- Resources for Men in Philadelphia Area ..........17
- Lutheran Settlement House Brochures ............20
Introduction

Lutheran Settlement House, in partnership with Mark Hudson’s family, friends and colleagues, Lunchbox Communications and the Sheller Family Foundation, is pleased to present Answering the Call to Service: The Mark Hudson Story. This documentary aims to tell Mark’s story to help shine a light on the important, and frequently overlooked, issue of men experiencing domestic violence.

You can be a part of the movement to end Domestic Violence. Here is how you can help change the story:

- Host a screening of Answering the Call to Service: The Mark Hudson Story and have a community debriefing afterwards.
- Volunteer with local Domestic Violence service agencies.
- Speak up when you see possible abusive actions, no matter the gender of the person being targeted.
- Talk to your kids, friends, and family about ways to take action, and share the stories of times you have done so.
- Talk to young people about healthy relationships
- Call your government representatives and encourage them to fight for increased funding for all victims of Domestic Violence.
While the devastating effects of domestic violence have gained greater awareness in recent years, the understanding and awareness of men as victims has received less attention and is often misunderstood. When it comes to domestic violence, there is no discrimination between sexes, socio-economic class, race, or stature. To the dismay of many, domestic violence recently took a fine young man’s life in his prime. At just 26 years old, Mark Hudson had accomplished so much and had such a promising future. Not only had he received many honors and distinctions for his service and work ethic, but because of his caring and compassionate spirit and infectious positive attitude he was everyone’s friend. The Sheller Family Foundation committed to improving lives, determined it important to tell this well-respected and revered firefighter/police officer’s story in order to bring greater attention, awareness, and understanding that domestic violence is a serious matter for men as well as women. It is our sincere hope that this documentary will help change the story so any stigma or stereotyping preventing male victims from reaching out will be dismantled; and in addition, there can be a new dialogue and understanding of how friends, colleagues, family, and loved ones can more effectively reach out to male victims in order to prevent more lives being lost.

-Sandy Sheller, The Sheller Family Foundation
My name is Karen Hudson; I am a mother and a professional social worker. I lost my beloved 26 year old son, Mark, a firefighter and police officer, due to domestic violence. Despite him always being a helper to others, on March 28, 2015, Mark’s life was cut short at the hands of his girlfriend. His death has devastated his family, friends, community, and the brotherhoods of Firefighters and Police Officers that all loved him. Despite my being a professional social worker and knowing what I know about domestic violence I was unable to save my son. I will always ask myself, “what could I have done differently?”, “why couldn’t I save my son?”. Several of the most profound lessons I have learned along this journey of grief is that a loss by domestic violence impacts so many people- individuals, families, and communities and that domestic violence can happen to anyone, of any age. I have even heard of older adults that have experienced abuse at the hands of their partners.

As both a man and a helper/first responder, Mark may not fit the usual stereotype of a domestic violence victim. When people think of domestic violence they don’t usually think of men as being victims, yet statistics reveal that in 2010, 308 men were killed by their partners. Mark was not the only man who cared about his partner, yet feared losing his job, his pride, all while disbelieving that his girlfriend could inflict fatal violence. Domestic violence is real- it’s wrong and it should not be ignored, no matter who the victim is. “But when do you know that domestic violence is serious and more than just conflicts in relationships?” Hopefully, this campaign will help to answer this question.

Mark’s girlfriend had previously pulled a knife on him resulting in the police being called to his residence by Mark. Upon arrival the police witnessed the girlfriend make a verbal threat to kill Mark. “What was the role of the police during this intervention?” A protection from abuse order had been filed, and for Mark as both a man and a police officer it was difficult for Mark to follow through with this process. “Why should it be so much more difficult for a man to follow through with this process than it is for a woman?” My questions could go on and on.
Answering the Call to Service: The Mark Hudson Story, cont.

Despite the intense pain that continues to surround my loss and grief, I have partnered with Lutheran Settlement House, the Sheller Family Foundation and Lunchbox Communications to share my son’s story, so that it may shine the spotlight on domestic violence and the fact that men can be victims too. As a mother, I have suffered an unspeakable loss; as a professional social worker I survive through the hope that by sharing Mark’s story, it will help to change the story of other male victims of domestic violence!

In Mark’s memory, the Mark A. Hudson Memorial Scholarship Fund has been established to support the efforts of those seeking involvement in public service. To donate to the Scholarship Fund, please make checks payable to the: Mark A. Hudson Memorial Scholarship Fund and mail to Sharon Savings Bank, 9 Chester Pike, Darby, Pa. 19023. Please help me have Mark’s story live on.

It is with tremendous gratitude that I thank my family, friends and colleagues for their help and continued support along my journey of healing. I consider it a blessing to have had Mark’s friends - some new and some old- and the brotherhoods of Firefighters and Police Officers, and Chaplains to create a village to help sustain us in our loss. Having this “village” to lean on has been immeasurable. Finally, I’d like to thank my friend, Sandy Sheller and the Sheller Foundation, Lutheran Settlement House and Lunchbox Communications for providing the opportunity to bring Mark’s story to life and in the process help to change the story for others.

To all who view the documentary and review the toolkit, please join us in reaching out to male victims of domestic violence. Hopefully, together our outreach efforts will indeed change many stories.

Thank you!

-Karen Hudson, Mother of Mark Hudson
Documentary Discussion Questions

- Take a moment to process with someone nearby or on your own. What are your initial reactions and feelings?
- At the beginning, it almost seemed like Mark had been killed in the line of duty. How did you feel after it was revealed he died as a result of domestic violence?
- As somebody who helps others it can be hard to ask for help yourself. How might Mark have struggled to reach out for help?
- Traditional ideas of masculinity make it very difficult to access resources. How do you see this playing out in Mark’s story?
- Some people in Mark’s life said things like, “I was totally unaware it was at the level it was at.” This is very common since male victims of domestic violence can be especially careful not to share about their life. What are some potential warning signs that you might want to pay attention to? What are some questions you could ask a man who you think may be experiencing abuse?
- In order to end domestic violence, communities need to come together and change the story. What does a community response to domestic violence look like for your community?
- What will you take away from this documentary? How can you help change the story?
- What other groups can you reach out to and suggest we share this documentary?
Resources
Men and Domestic Violence

_This documentary is not intended to engage in the conversation around who is victimized the most by domestic violence. We know that many men do experience domestic violence at some stage in their lives, and no matter the numbers, their suffering and fear is real. What is important is that anyone experiencing abuse is taken seriously, that support and help are offered when needed and that everyone feel comfortable reaching out for help, regardless of gender._

**Prevalence of Domestic Violence Among Men:**
- 26.6% of Domestic Violence victims are male.  
- 835,000 men are physically assaulted by an intimate partner every year. This means about 2,287 men per day, and almost 1 man every 37 seconds are physically abused.  
- In 2010, 308 men were killed by their partners.  

**Barriers to Reaching Out for Help**
Men experience specific barriers to reach out, in addition to the barriers everyone faces, such as economics, children, love, hope for change, and fear of retaliation.
- Stereotypical notions of masculinity
  - Men are stronger and therefore abuse is impossible or can’t be “that bad”
  - Men should “man up” and deal with problems on their own
- Stigma of being a man who is not in charge or control
- Fear of not being believed
- Reality of not being believed by police or advocacy agencies
- Lack of community resources and shelter for abused men
Men and Domestic Violence, cont.

Special Considerations for Men Experiencing Domestic Violence

- Men frequently struggle to talk about emotions. Be patient as the survivor finds the words to express how he feels.
- Privacy can be a big concern for a male survivor. Offer assurances that you will keep everything confidential.
- Language is very important when talking to a (potential) male victim/survivor. If you are concerned for someone, ask about specific actions you have seen or heard rather than general questions or about his emotional well-being. Direct communication can help men break through the need to always “be ok” and instead address a specific problem.
- As with any identity, men are not all the same and each person will have their own unique challenges and strengths.

Effects of Domestic Violence on Men

- Many effects are the same as for any victim—shame, fear, guilt, loss of confidence, economic insecurity, lasting physical and behavioral health challenges.
- Feeling alone, like they are the only man experiencing abuse
- Questioning their sense of self-worth, not feeling like a “real man”
- Difficulty gaining custody of children
- Risk of death

__________________

Questions to Ask for Safety Planning

While abusive relationships are very unsafe, it is still important to ensure that the person being abused has the power to make their own decisions. Whether staying or leaving, it is important to have a safety plan in place. When helping to think through a plan consider:

- Staying safe at school, work, home, travel
- Staying safe when spending time with the partner
- Who to ask for help and support
- Ways to feel calm
- Gathering important papers in one place (social security card, birth certificate, prescription copies, etc.)
- Stashing money if possible
- Plans for children’s safety

After a plan is created, continue to check in and update as needed.
Personal Safety Plan — You have a right to be safe!

CHECKLIST-WHAT YOU WILL NEED TO TAKE WITH YOU WHEN YOU LEAVE:

Never let these items come between you and your safety. Prioritize.

IDENTIFICATION
__Driver’s license
__Children’s birth certificates
__Your birth certificate
__Social security card
__Welfare identification

FINANCIAL
__Money and/or credit and ATM cards
__Bank statements
__Checkbooks
__ACCESS card

LEGAL PAPERS
__YOUR PROTECTION FROM ABUSE ORDER
__Lease, rental agreement, house deed
__Car registration & insurance papers
__Health and life insurance papers
__Medical records for you and your children
__School resources
__Work permits/Green card/VISA
__Passport
__Divorce papers
__Custody papers

OTHER
__House and car keys
__Medications
__Small, sellable objects/jewelry
— Address book/Phone card
— Change of clothes for you & kids/toiletries
__Internet passwords, acct. #’s, usernames

FOR MORE INFORMATION ABOUT YOUR OPTIONS AND LEGAL RIGHTS:

National Domestic Violence Hotline
1-800-799-SAFE
1-800-799-7233
www.ndvh.org

National Teen Dating Abuse Hotline
1-866-331-9474
www.loveisrespect.org

Victims Compensation Assistance Program
(800) 233-2339

PHILADELPHIA

Philadelphia Domestic Violence Hotline
1-866-SAFE-014
1-866-723-3014

Women Against Abuse Legal Center
215-686-7082

Mazzoni Center Legal Services
(866)LGBTLAW
(866) 542-8529

WOAR Sexual Assault Hotline
215-985-3333

To access Lutheran Settlement House counseling services, please call 215-426-8610 x1236.

You can create your own personalized safety plan with the help of a domestic violence advocate. Each domestic violence survivor’s safety plan is different.
Personal Safety Plan — You have a right to be safe!, cont.

SAFETY DURING AN EXPLOSIVE INCIDENT

A. If an incident seems unavoidable, try to have it in a room or area where you have access to an exit. Try to stay away from the bathrooms, kitchen, or anywhere else where weapons might be available.

B. Practice how to get out of your home safely. Identify which doors, windows, elevator, or stairwell would be best.

C. Identify one or more neighbors you can tell about the violence and ask that they call the police if they hear a disturbance in your home.

D. Devise a codeword to use with your children, family, friends, and neighbors when you need the police or their help.

E. Decide and plan for where you will go if you have to leave home (even if you don’t think you’ll need to).

F. Use your own instincts and judgement. If the situation is very dangerous, consider giving your abusive partner what he/she wants to calm him/her down. You have the right to protect yourself until you are out of danger.

G. Always remember: you don’t deserve to be hit or threatened!!

SAFETY WHEN PREPARING TO LEAVE

A. Open a savings account and/or credit card in your own name to start to establish and increase your independence. Think of other ways in which you can increase your independence.

B. Get your own post office box. You can privately receive checks and letters to increase your independence.

C. Leave money, an extra set of keys, tokens or parking cards, copies or important documents, extra medicines, and clothes with someone you trust so you can leave quickly.

D. Determine who would be able to let you leave money or stay with them.

E. Keep a domestic violence hotline number close at hand and keep some change or a calling card on you at all times for emergency phone calls.

F. REMEMBER: LEAVING YOUR ABUSIVE PARTNER IS THE MOST DANGEROUS TIME. Review your safety plan as often as possible in order to plan the safest way to leave your abusive partner.

SAFETY IN YOUR OWN HOME

A. Change the locks on your doors as soon as possible. Buy additional locks and safety devices to secure your windows.

B. Discuss a safety plan for your children for when you are not with them.

C. Inform your children’s school, day care, etc. about who has permission to pick them up.

D. Inform neighbors and landlord that your partner no longer lives with you and that they should call the police if they see him/her near your home.

SAFETY WITH A PROTECTION ORDER

A. Keep your protection order on you at all times. Give a copy to a trusted neighbor, friend, or family member.

B. Call the police if your partner breaks the protection order.

C. Think of alternative ways to keep safe if the police do not respond right away.

D. Inform family, friends, neighbors, and your physician or health care provider that you have a protection order in effect.

continued on the following page
SAFETY ON THE JOB AND IN PUBLIC

A. Decide who at work you will inform of your situation. This could include office or building security. Provide a picture of your abusive partner if possible.

B. Have your phone extension changed and/or have your phone calls screened at work.

C. Have a safety plan for when you leave work. Have someone escort you to your car, bus, or train, and wait with you until you are safely on your way. Use a variety of routes to go to and from your home if possible. Think about what you would do if something happened while going home (i.e. in your car, on the bus, etc.)

SAFETY WHEN USING TECHNOLOGY

A. Use a safe computer that your abusive partner does not have access to.

B. Create a new email account that your partner does not know about.

C. Change your passwords and pin numbers regularly.

D. Turn off location services on your cell phone.

YOUR SAFETY & SEXUAL HEALTH

A. If it is safe, get tested for HIV and STIs regularly and encourage your partner to do so also.

B. Be familiar with your own and your partner’s body. Cuts, sores, and bleeding gums increase the risk of spreading HIV.

C. Get regular check-ups.

YOUR SAFETY & EMOTIONAL HEALTH

A. If you are thinking of returning to a potentially abusive situation, create a new safety plan with someone you trust.

B. If you have to communicate with your partner, determine the safest way to do so.

C. Have positive thoughts about yourself and be assertive with others about your needs. Read books, articles, and poems to help you feel stronger.

D. Decide who you can call and talk freely and openly to so you can get the support you need.

E. Consider individual or group counseling to gain support from others and learn more about yourself and your relationships.
Things You Might Think but **Should Not** Say!

1. **You should leave them.** *What we know about domestic violence is that more people get killed leaving a relationship than at any other time. Leaving is not just about packing a bag. Safety is the number one concern.*

2. **What about your children?** *Many people are aware that their children are witnessing the violence in the home. At times this might be what motivates them to make a change. But on the other hand, this question could make them feel even worse about not being able to protect their children. You are also blaming the victim. It’s okay to ask but watch the way in which you ask.*

3. **Let’s get you into a shelter.** *People in DV relationships do not need to be told what to do. Trust in them. They are the experts in their own life. Ask if they want to go into shelter- don’t ever assume. Our hope is that the survivor will learn to trust their decision-making capability again. They probably haven’t made decisions for themselves in a long time.* *There are NO DV shelters for men!* 

4. **At least it’s not physical.** *What we have heard time and time again from survivors is that the scars heal but it is the emotional/verbal piece that is never forgotten. Also, don’t assume that because it is not physical it is not serious.*

5. **You’re stronger than that.** *This is not about strength, it is about power and control.*

6. **Why don’t you just divorce them?** *Take into consideration cultural and religious backgrounds. Divorce may not be an option. Or it may mean a lot more than just signing a piece of paper. A survivor may be kicked out of their faith/family.*

7. **I would leave if I were you.** *Don’t ever assume that. No one else ever thought they would be in this situation either.*

*continued on the following page*
Things You Might Think but **Should Not** Say!, cont.

8. *I can’t believe you went back.* *Keep supporting the victim. Come back to the thought that they know their life better than you do and knows when the time is right.*

9. *Why are they like this? What are you doing that makes them so angry?* *The one absolute in this is that you can’t control the abuser’s behavior.*

10. *A person who gets into these relationships is so helpless.* *They are not helpless.*

**Things That You ****Should** Say!**

1. You don’t deserve to be treated like that.
2. You deserve to feel safe in your home/neighborhood.
3. What do you want to do?
4. What would be helpful today?
5. Thank you for trusting me enough to tell me what’s going on for your family.
6. It is not your fault.
7. There is nothing you did to “make” them hit you.
8. There is help available.
9. It takes a lot of courage to talk about this.
10. It must be a full time job to keep yourself and your children safe.
Domestic Violence Resources for Men in Philadelphia Area

Philadelphia:

Shelter/Housing:
No domestic violence shelter for men
Office of Homeless Services (215-686-7150)
- Men with children go to 1430 Cherry St.
- Single men go to 802 North Broad

Counseling:
Lutheran Settlement House (215-426-8610)
Free and Confidential services from a domestic violence agency*
Congreso (215-763-8870)
Free and Confidential Services from a domestic violence agency*
Mazzoni Center (215-563-0652)
Sliding Scale Individual, couples and family therapy for the LGBT+ community
Women Organized Against Rape (215-985-3333)
Free and confidential counseling for victims of sexual assault.

Menergy (215-242-2235)
Treatment and Counseling for people who are acting abusively.

Men’s Resource Center (215-564-0488)
Counseling Services for Men going through transitions.

Children:
CHOICE Day Care Line (888-461-5437)
Information and referrals for childcare in Philadelphia

Baring House Crisis Nursery (215-386-0251) and
Sally Watson House (215-844-6931)
Free, voluntary program for children who are at risk of abuse or neglect whose parent need to attend to a crisis situation in their lives. Also available for respite from the stress of parenting.

Women Against Abuse Legal Help (215-686-7082)
Legal advocates for help with custody.*

Victim Services:
Victim Compensation (800-233-2339)
Financial compensation for crime victims and their families who meet set criteria -- crime occurred in Philadelphia, reported to police/Protection from Abuse Order filed in 72 hours, incurred at least $100 in expenses among others

Medical:
Philadelphia City Health Centers (215-685-6790)
http://bit.ly/1KSh0BD
8 City health centers that provide medical care to Philadelphia residents.

Federally Qualified Health Centers (215-567-8001)
http://bit.ly/1U3XGBI
38 health centers that provide care for low income families

Lutheran Settlement House Medical Advocates
- CHOP
- St. Christopher’s
- Einstein
- Aria
Domestic Violence Resources for Men in Philadelphia Area, cont.

**Delaware County:**

**Shelter/Housing:**

Domestic Abuse Project*
(610-565-4590)
Men are eligible for short-term vouchers, but not allowed in the shelter.

Homeless Services Coalition of Delaware County
(610-713-2365)

**Counseling:**

Domestic Abuse Project
(610-565-4590)
Free and Confidential counseling from a domestic violence agency*

---

**Children:**

Child Care Information Services
(800-870-2323)
Hub for child care information in Chester County.

**Victim Services:**

Victim Compensation
(800-233-2339)
Financial compensation for crime victims and their families who meet set criteria -- crime occurred in Delaware county, reported to police/Protection from Abuse order filed in 72 hours, incurred at least $100 in expenses among others.

---

**Medical:**

ChesPenn Health Services
(610-859-2059)
Information regarding Free and Low Cost Health Clinics is subject to change; call in advance to schedule an appointment.

---

**Bucks County:**

**Shelter/Housing:**

Bucks County Homeless Shelter
(800-810-4434)
Emergency shelter and case management

**Counseling:**

A Woman's Place
(800-220-8116)
Free and confidential services from a domestic violence agency

---

**Children:**

Bucks Child Care
(800-371-2109)
Resource and referral program and subsidized child care

**Victim Services:**

Network of Victims Assistance
(215-343-6543)
Access to resources for victims of crime, including victims compensation services

---

**Medical:**

Ann Silverman Community Health Clinic
(215-345-2260)
Free health clinic in Bucks County
Domestic Violence Resources for Men in Philadelphia Area, cont.

**Montgomery County:**

**Shelter/Housing:**

- Your Way Home
  - (877-646-6306)
  - A multi-agency partnership of homeless shelters and services

**Counseling:**

- Laurel House
  - (800-642-3150)
  - Free and Confidential services from a domestic violence agency*

**Children:**

- Montgomery County office of Child Day Care Services
  - (800-281-1116)

**Victim services:**

- Victim Services Center
  - (888-521-0983)
  - Free comprehensive support services for victims of a crime in Montgomery county

**Medical:**

- Montgomery County Health Clinics
  - www.montcopa.org/1048/Clinics

**Chester County:**

**Shelter/Housing:**

- Family Service of Chester County
  - (800-935-3181)
  - Assessment program that provides resources and recommendations for those facing homelessness or housing insecurity.

**Counseling:**

- Domestic Violence Center of Chester County
  - (888-711-6270)
  - Free and confidential from a domestic violence agency

**Children:**

- Child Care Information Services
  - (800-870-2323)
  - Hub for child care information in Chester County

**Victim services:**

- Crime Victims Center of Chester County
  - (610-692-7420)
  - Free and Confidential services to victims and their families in Chester County. Specialize in supporting sexual assault survivors, and provide services for victims of any crime.

**Medical:**

- ChesPenn Health
  - (610-380-4660)
  - Federally Qualified Health Center in Chester County.

- La Comunidad Hispana
  - (610-444-7550)
  - Federally Qualified Health Center in Chester County
DOMESTIC VIOLENCE

Is a pattern of behaviors by which a person seeks power and control over his or her intimate partner or ex-partner. Domestic violence can affect people of all races, income levels, religions, genders, sexual orientations, and ages. The effects of domestic violence can last long after the abuse has stopped.

Lutheran Settlement House exists to empower individuals, families, and communities to achieve and maintain self-sufficiency through an integrated program of social, educational, and advocacy services.

Lutheran Settlement House services include: Education and Employment, Senior Services, Bilingual Domestic Violence Services, Homeless Services, and Children and Youth Services.

For more information about

- FREE and confidential counseling services for survivors of domestic and dating abuse, please call (215) 426-8610 x 1236
- Education and training about domestic and dating abuse, please call (215) 426-8610 x 1240
- Volunteer opportunities, please call (215) 426-8610 x 1242

DONOR CHOICE # 00079

1340 Frankford Ave • Philadelphia, PA 19125
Phone: 215-426-8610 • Fax: 215-426-0581
www.lutheransettlement.org

EMOTIONAL ABUSE
NAME-CALLING, ISOLATION, THREATS

SEXUAL ABUSE
ANY SEXUAL CONTACT AGAINST A PARTNER’S WILL

ECONOMIC ABUSE
CONTROL OF MONEY
NOT ALLOWING A PARTNER TO WORK

PHYSICAL ABUSE
PUSHING, RESTRAINING, PUNCHING
A SAFE PLACE TO GET HELP...

Our Services
The Bilingual Domestic Violence Program provides free, quality counseling services for victims and survivors of domestic and dating abuse regardless of gender or sexual orientation: female, male, transgender, lesbian, gay, bisexual, or heterosexual. Our services include: a safe space for in-person and over-the-phone crisis counseling, individual and group counseling, court accompaniment, and education and training. All our services are offered in English and Spanish. All counseling services are confidential and free of charge.

Hotline 1.866.SAFE.014
The BDVP collaborates with other domestic violence programs and the City of Philadelphia to operate the Philadelphia Domestic Violence Hotline which provides the following for victims of domestic and dating abuse:
- Crisis intervention counseling
- Safety planning
- Referrals for domestic abuse services and other needs, including those in multiple languages. The hotline is toll free and is answered by a trained counselor 24-hours a day.

Counseling
The BDVP provides FREE and confidential counseling services in Spanish and English for victims and former victims of domestic and dating abuse including:
- Individual counseling, crisis intervention, and advocacy
- Support groups onsite and throughout the city
- Specialized groups for incarcerated women
Childcare can be available during counseling sessions upon request.

Legal Advocacy
The BDVP provides court accompaniment and advocacy at the Criminal Justice Center, Family Court, and the Philadelphia Adult Probation and Parole Department.

Education and Training
The BDVP offers education on domestic and dating abuse for youth, community members, workplaces, congregations and professionals. Trainings are available in English and Spanish.

Transitional Housing
The BDVP’s transitional housing program, the Sheila Brown Women’s Center, serves homeless women and their children who are survivors of domestic and dating abuse.

Volunteers
Trained volunteers are an integral part of the BDVP and provide hotline counseling, education and outreach, individual & group counseling, and clerical support.

Medical Advocacy
The BDVP partners with local hospitals to provide onsite domestic and dating abuse services for patients and their families and trainings for health care providers.
WHEN DEALING WITH YOUR ABUSIVE PARTNER

- Leave if possible. Be aware of any signs that may trigger a violent response from your spouse or partner and be ready to leave quickly. If you need to stay to protect your children, call the emergency services. The police have an obligation to protect you and your children, just as they do a female victim.

- Never retaliate. An abusive partner will often try to provoke you into retaliating or using force to escape the situation. If you do retaliate, you’ll almost certainly be the one who is arrested and/or removed from your home, particularly if your partner is a woman or is smaller than you are.

- Get evidence of the abuse. Report all incidents to the police and get a copy of each police report. Keep a journal of all abuse with a clear record of dates, times, and any witnesses. Include a photographic record of your injuries and make sure your doctor or hospital also documents your injuries.

- Keep a mobile phone, evidence of the abuse, and other important documents close at hand. If you have to leave instantly in order to escape abuse, take with you evidence of the abuse and important documents, such as passport and driver’s license.

- Obtain advice from a domestic violence program or legal aid resource about getting a restraining order or order of protection against your partner and, if necessary, seeking temporary custody of your children.

5 DIFFERENT TYPES OF ABUSE

1. Economic
2. Physical
3. Emotional & Psychological
4. Technological
5. Sexual

MEN CAN Experience Domestic Violence

Resources
Support is available anytime for male victims, survivors & family members through the 24 Hour Philadelphia Domestic Violence Hotline 1-866-722-5814.

Lutheran Settlement House provides FREE and confidential counseling services for survivors of domestic and dating abuse. For more information please call 215.426.8610 x1296

Education and training about domestic and dating abuse, please call 215.426.8610 x1246

Volunteer opportunities; please call 215.426.8610 x1274

1340 Frankford Avenue Philadelphia PA, 19125
P 215.426.8610
F 215.426.0581
lutheransettlement.org

Free and Confidential Help is Available

LUTHERAN SETTLEMENT HOUSE
**FINDING SUPPORT**

Domestic violence and abuse can have a serious physical and psychological impact on both you and your children. The first step to stopping the abuse is to reach out. Talk to a friend, family member, or someone else you trust, or call a domestic violence helpline.

Admitting the problem and seeking help doesn’t mean you have failed as a man or as a partner. You are not to blame, and you are not weak. As well as offering a sense of relief and providing some much-needed support, sharing details of your abuse can also be the first step in building a case against your abusive partner and protecting your kids.

Joe told his best friend that he had been abusive and needed help.

215.426.8610
lutheransettlement.org

---

**HELP FOR ABUSED MEN**

An abused man faces a shortage of resources, skepticism from police, and major legal obstacles, especially when it comes to gaining custody of his children from an abusive mother.

**POWER CONTROL**

Domestic violence is a pattern of abusive behaviours used to gain power and control over an intimate partner or an ex-partner.

If you’re a man in an abusive relationship, it’s important to know that you’re not alone. Figures suggest that as many as one in four victims of domestic violence are male.

Men are often reluctant to report abuse by women because they feel embarrassed, or fear they won’t be believed, or worse, that police will assume that since they’re male they are the perpetrator of the violence and not the victim.

---

**IF YOU ARE GAY, BISEXUAL, OR TRANSGENDER**

Domestic violence can affect people of all races, income levels, religions, genders, sexual orientations, and ages. The effects of domestic violence can last long after the abuse has stopped.

You can experience domestic violence if you’re in a relationship with someone who:

- Threatens to tell friends, family, colleagues, or community members your sexual orientation or gender identity
- Tells you that authorities won’t help a gay, bisexual, or transgender person
- Tells you that leaving the relationship means you’re admitting that gay, bisexual, or transgender relationships are deviant
- Justifies abuse by telling you that you’re not “really” gay, bisexual, or transgender
- Says that men are naturally violent

Source: Mayo Clinic