

AWARNESS ON MEN

Many men think that situation will get better shortly because of this reason too they do not report about the domestic violence that they face. Any type of violence whether physical or mental is the gross violation of human rights. Unreported and unsaid cases of domestic violence can ultimately lead to separations, bitter fights, divorces, depression, and even suicides.

Because of the biased laws in the Indian Penal Statute which favour women, there are plethora of false cases where women falsely alleged a man for rape or for domestic violence and the sad thing is that these biased laws automatically assume that a man can never be the victim. Women do not need to give any sort of evidence to prove their authenticity. They are presumed to be true creatures by the biased laws.

HOW CAN I BREAK THE CYCLE OF ABUSE?

The first thing you can do is to acknowledge that you are in a abusive relationship. The second step is to realise that you can do something about it.

Here are some steps:

>Report it – report the abuse to your lawyer. They will know what your rights are and how to put you in touch with someone who can give you expert advice. Getting help doesn't mean you've failed as a man or as a husband and partner. You are not to blame. The abuser is responsible for choosing to use violence in the relationship.

>Get support – find someone you trust and can talk to about your situation. Telling someone about what’s happening can help with your feeling of helplessness and isolation. You might be able to talk to a friend, a co-worker or a professional counsellor.

>Create a safety plan – A safety plan is a course of action you can take if faced violence or harm not only to yourself, but also to children and pets. Pack an emergency bag that includes items you’ll need when you need to leave, such as important papers, medication, extra clothes, money, etc.

* if possible, keep your phone always charged and accessible and know which numbers to call for help: a friend, family member. If you feel that your life is in danger call police if you believe it is safe to do so.

* try to identify patterns in your partner’s behaviour and level of violence. This can help you to predict when abuse may escalate.

* try to maintain daily routines and make time for physical activity, pray, meditate and sleep. Use relaxation exercises (slow breathing, relaxation) to remove stressful thoughts and feelings.

>Keep a journal – Write down everything that has happened. This may be useful if you are seeking legal protection or help.

Sadly, if the abuse has happened once, it can happen again. Remember that you are not the one to blame for what is happening.

WHAT IF PEOPLE DON'T BELIEVE?

You might worry that people won't believe you if you tell them. That is why it is important to find someone you trust. Sometimes the best people to talk to are professionals, such as doctor or counsellor. They understand that men, as well as women, can be in abusive relationships.

HOW TO DEAL WITH STIGMA?

You might also be worried about stigma and what people will think of you if you talk about the abuse but men have the same right to be safe as everyone else.

Here are some tips that might help:

- > remember that violence is not your fault
- > choose who you tell and what you tell
- > talk to a professional domestic violence service

MEN HELPLINE NUMBER (ALL OVER INDIA)

- 1) 498a – menhilpline.org
- 2) 8882498498
- 3) Nyay Vidhi - **9810359667, 9654650071**