

MGH Men Against Abuse

See it... Step up... Stop it.

HISTORY of MGH MEN AGAINST ABUSE:

MGH Men Against Abuse was started in August 2005 out of the efforts of the MGH Domestic Violence Working Group.

Our motto is simple: **See it...Step Up...Stop it.** This motto promotes the theme that men at the MGH should identify men's violence towards women when it has occurred, speak out against it and assist in stopping it.

Our commitment is simple as well: **"We pledge to never commit, condone or remain silent about men's violence against women. We will respect, listen to and share power with the women in our lives."**

DOMESTIC VIOLENCE:

Jane Doe, Inc. says the following about domestic violence: "When an estimated one of every three women in the world will be beaten, raped, or otherwise abused during her lifetime, the safety of all women and the stability of their families and communities are put at risk. Violence against women, sometimes also referred to as gender-based violence, specifically perpetuates male power and control, either by intention or effect. Violence against women is sustained by a culture of silence and denial of the seriousness of the abuse, its consequences on the personal and social level, and its use as a tool of domination. Ultimately, violence against women is a human rights violation that creates obstacles to efforts for peace and gender equality in the United States and around the world."

FACTS on DOMESTIC VIOLENCE

Twenty people per minute become the victims of intimate partner violence.

Nearly 1 in 3 women in MA experienced physical violence, rape and/or stalking by an intimate partner.

Nearly 1 in 2 women in MA experienced sexual violence victimization other than rape.

More than 1 in 7 women in MA were raped.

81 % of women who experienced any form of intimate partner violence also suffered from PTSD and/or physical injury as a result.

Women who experienced sexual or physical violence were more likely to have asthma, diabetes and irritable bowel syndrome than women who did not.

Women who experienced sexual or physical violence were more likely to experience headaches, chronic pain, difficulty sleeping, activity limitations, poor physical health and poor mental health than women who did not.

The majority of victimization starts early on in life.

(information and statistics provided by Jane Doe, Inc. and the Centers for Disease Control and Prevention)

www.mghmenagainstabuse.org



MASSACHUSETTS
GENERAL HOSPITAL

WHAT is a HEALTHY RELATIONSHIP

Ultimately, those who are involved in relationships are the best judges to determine what is or is not healthy in those relationships. Communication and boundaries are considered two major components of healthy relationships.

Communication:

Allows you and your partner to have a deep understanding of each other and to be able to connect with each other.

- Treat each other with respect
- Speak openly
- Feel heard when expressing feelings
- Listen to each other and compromise
- Do not criticize each other
- Feel supported to do things you like
- Celebrate each other's accomplishments
- Celebrate each other's successes

Boundaries:

Knowing what your partner is comfortable with and what they are not comfortable with lends toward healthy relationships. Allow each other to spend time with friends and family. Don't check up on your partner. Trust each other. Don't pressure them to do something they don't want to do. Do not constantly accuse your partner of infidelity.

Consent:

- Consent is ongoing
- Consent is not a free pass
- Consent is not automatic
- There's no such thing as implied consent
- It's not consent if you're afraid to say "No"

WARNING SIGNS of ABUSE

Below is a list of warning signs that, when clustered together, may indicate that you, or someone you know, are in an abusive relationship. Answering these questions will help you assess your safety.

Are you with someone who...

- is jealous and possessive
- won't let you have friends
- checks up on you
- won't accept breaking up
- tries to control you
- is very bossy and makes all decisions
- is scary
- threatens you
- owns or uses weapons
- has a history of violence
- loses their temper easily
- brags about mistreating others
- pressures you for sex
- attempts to manipulate you
- says, "If you really loved me, you'd..."
- abuses drugs or alcohol and forces you to
- blames you when they mistreat you
- says you provoked them
- believes that men should be in control
- believes that women should be submissive
- has hit you
- has choked you
- has restrained you
- has kicked you
- has caused people to question your safety
- has threatened to "out" you
- has threatened to have you deported

HELP and SUPPORT for FRIENDS and FAMILY

Acknowledge that they are in a very difficult and scary situation, be supportive and listen.

Be non-judgmental.

If they end the relationship, continue to be supportive of them.

Encourage them to participate in activities outside of the relationship with friends and family.

Help them develop a safety plan.

Encourage them to talk to people who can provide help and guidance.

Remember that you cannot "rescue" them.

Regarding teens, the key is to be available where and when they are most comfortable communicating.

Regarding co-workers, observe changes in their normal behavior, such as:

- Excessive lateness or unexplained absences
- Frequent use of "sick time"
- Unexplained injuries or bruising
- Changes in appearance
- Lack of concentration/pre-occupied
- Disruptive phone calls from their partner
- Disruptive person visits from their partner
- Decrease in productivity
- Sensitivity about home life or hints of trouble

HELP and SUPPORT for CHILD WITNESSES

Healing begins with compassionate, healthy, loving relationships. A nurturing relationship with a supportive adult is the most powerful tool we have to help children heal from traumatic events.

Help children know what to expect. Offer a structured environment where children can predict what will come next.

Give children permission to tell their stories. It helps children to be able to talk about the violence in their lives with trusted adults.

Give parents help and support. Help parents and other caregivers understand that young children think differently than adults and need careful explanations about scary events.

Foster children's self esteem. Children who live with violence need reminders that they are lovable, competent and important.

Teach alternatives to violence. Help children learn conflict resolution skills and about non-violent ways of playing.

Model nurturing in our interactions with children. Serve as role models for children by resolving issues in respectful and non-violent ways.

Don't try it alone. Identify and collaborate with other caregivers and agencies in the child's life.

Take care of your own physical and emotional needs. Discuss concerns and issues with a supervisor or supportive colleague.

TECHNOLOGY and SOCIAL MEDIA SAFETY

Technology is ever-changing. It can be used to jeopardize your safety or as a means to keep you safe. Did you know that someone can monitor another person's computer use without the user knowing? Did you know that cell phone use can be monitored? Did you know that a GPS can be placed on your car, in your purse or in your cell phone? Did you know that e-mail is like a postcard and can be intercepted?

Internet Safety:

Safe computers can be found at the local library, internet café, shelter, work or computer technology center. Always use safe computers when researching things such as travel plans, housing options, legal issues and safety plans.

Email:

Open an email account your partner does not know about on a safe computer and use that account for safety planning and sensitive communications.

Cell Phones:

Consider purchasing a pay as you go phone that you keep in a safe place to allow you to make calls.

Social Media:

Only post things you want the public to see or know. Be protective of your personal information. Keep your passwords private.

AVAILABLE RESOURCES

Partners Employee Assistance Program

617-726-6976

HAVEN at MGH

617-724-0054

National Domestic Violence Hotline

800-799-SAFE (7233)

Police, Security and Outside Services

(Main Campus): 617-726-2121

(Charlestown Navy Yard): 617-726-5400

(Charlestown Health Center): 617-724-8151

(Chelsea Health Center): 617-887-4300

(Revere Health Center): 781-485-6464

(Danvers): 978-882-6444

Jane Doe, Inc: www.janedoe.org

White Ribbon Campaign: www.whiteribbon.ca

HumanTrafficking.org: www.humantrafficking.org

Rape, Abuse & Incest National Network (RAINN): www.rainn.org

Stalking Resource Center: www.victimsofcrime.org/our-programs/stalking-resource-center