



# Male-Experienced IPV

---

Matthew J Kozak, MS, MBA, MSL

Wednesday, December 9

Kodiak Area Native Association



# Kodiak Island

- Roughly 3,000 Alaska Native Beneficiaries
- 10 Federally Recognized Tribes



An aerial photograph of a river on Kodiak Island. The water is dark and turbulent. Several brown bears are wading in the river, some with their heads down. Numerous white birds, likely swans or geese, are scattered throughout the water. The left bank is covered in tall green grass. A large log is partially submerged in the water on the left side.

# Kodiak Island

- Largest US Coast Guard Base in the Pacific
- 13,000 to 15,000 Residents
- 3,500 Kodiak Brown Bears (1 per Square Mile)



# Learning Objectives



---

- Increase knowledge about IPV and violence experienced by men
- Understand unique barriers encountered by men seeking help
- Learn about various outreach and engagement programs
- Examine ways to adapt programming to account for COVID-19



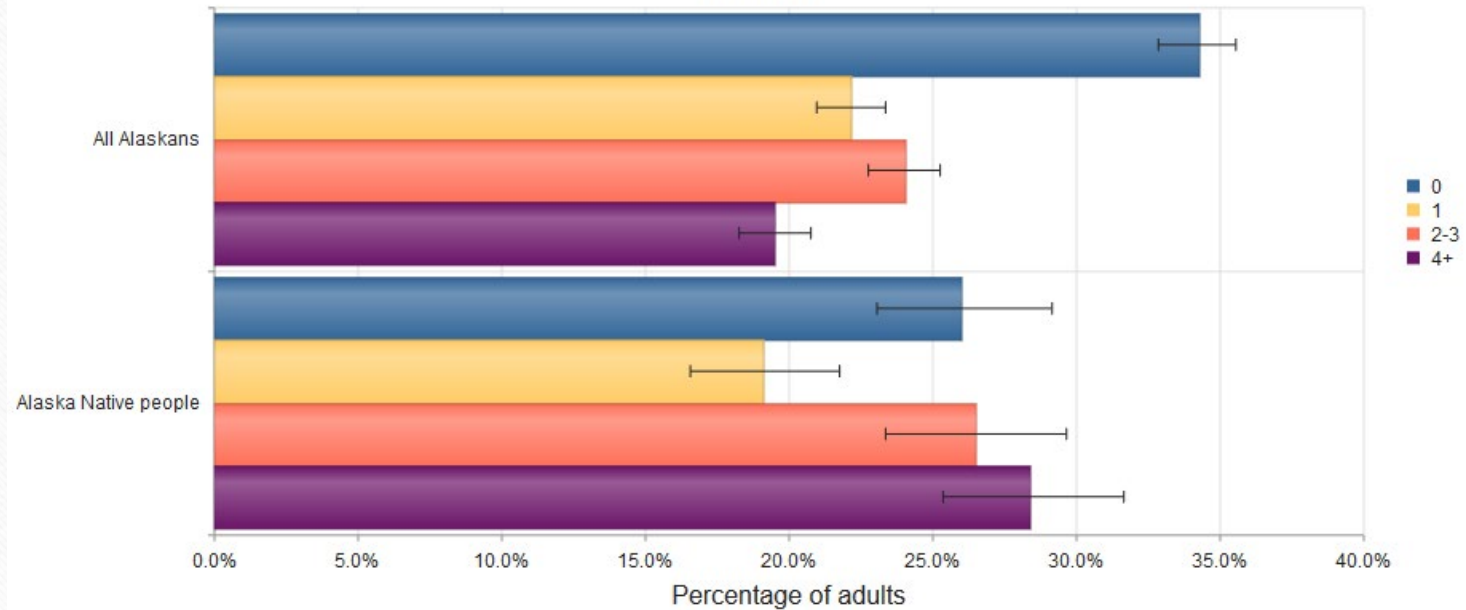
# Outline

---

- Trauma in Alaska
  - Male Victim Statistics
  - AI/AN Male Victims
  - Barriers
  - Outreach & Engagement
- 
- 

# Trauma in Alaska

Percentage of adults (18+) who experienced adverse childhood experiences prior to age 18, total counts, crude rates, by all Alaskans and Alaska Natives, 2013-2015 (3-year average)



# Trauma in Alaska

Table 2

ACE Rates in Six States						
Adverse Childhood Experience	Alaska	Arkansas	Louisiana	New Mexico	Tennessee	Washington
Year study released	2013	2009				
<b>ABUSE</b>						
Verbal/Emotional	31.0%	24.3%	21.1%	28.1%	19.2%	<b>34.9%</b>
Physical	19.1%	14.1%	10.5%	<b>19.5%</b>	12.9%	18.1%
Sexual	<b>14.8%</b>	10.9%	9.9%	12.9%	12.7%	13.5%
<b>HOUSEHOLD DYSFUNCTION</b>						
Mental Illness in the Home	21.9%	17.0%	16.6%	19.4%	17.1%	<b>24.3%</b>
Incarcerated Family Member	<b>11.5%</b>	5.5%	7.2%	7.1%	8.6%	6.6%
Substance Abuse in Home	<b>33.8%</b>	25.5%	26.6%	29.9%	28.3%	32.7%
Separation or Divorce	<b>31.7%</b>	23.3%	27.1%	24.4%	29.1%	26.0%
Witnessed Domestic Violence	18.7%	15.1%	14.5%	<b>18.9%</b>	17.1%	16.6%

Alaska's 2013 Behavioral Risk Factor Surveillance Survey ACEs data compared to the CDC's five-state study in 2009 using the same BRFSS module. Numbers in red indicate the highest percentage of the problem of the states reviewed.

Source: CDC Morbidity and Mortality Weekly Report, Vol. 59, No. 49 Dec. 10, 2010; Alaska BRFSS, 2014



# Male-Experienced IPV

---

- 1 in 4 have experienced physical abuse (slapped, pushed, shoved, etc.)
- 1 in 7 have experienced *severe* physical abuse (struck with a fist or hard object, kicked, slammed against something, choked, burned, etc.)
- 48.8% of men experienced psychologically aggressive behavior (being kept track of, insulted/humiliated, felt threatened by a partner)
- 4 in 10 have experienced coercive control (isolation, blackmail, threats, economic control)

# Male-Experienced IPV

---

- 47% will be victims of psychological aggression
- 28% will experience physical violence
- 7% will be victims of contact sexual violence
- 41% of AI/AN men will experience some form of IPV

# Male-Experienced IPV

---

- Estimated 1.6 million men have reported being raped
- 1 in 19 men have been stalked to the extent they felt very fearful or believed they or someone close to them would be harmed or killed
- 46.7% reported being stalked by female perpetrators
- 13.4% of male high school students report physical or sexual abuse by a dating partner

# AI/AN Populations

---

- 83% of adults have experienced some form of violence
- Men & Women
  - 81.6% compared to 84.3% (overall)
  - 73% compared to 66.4% (psychological aggression)
  - 43.2% compared to 55.5% (physical violence)
- Lifetime victimization rate for AI/AN adults compared to white counterparts is 1.2x for women and 1.3x for men

# AI/AN Populations

---

- AI/AN men experience high rates of lifetime violence
  - Sexual violence – 27.5%
  - Physical violence by a partner – 43.2%
  - Stalking – 18.6%
  - Psychological aggression by a partner – 73%

# AI/AN Populations

---

- Native Men
  - 1 in 4 expressed concern for their safety
  - 1 in 5 were physically injured
  - 1 in 10 missed work or school
  - 1 in 6 who need services cannot access them

# Barriers

---

- Barriers for reporting and help-seeking
- Some similar to women/children, some different

# Emotional Aspect

---

- Fear
- Commonly of not being believed
  - “I did not press charges for assault because there were no witnesses” (male victim)
- Less common due to fear of the abuser
- Female victims are 3x more likely to express fear of their partner
  - “I never felt there was a significant threat to my or anyone else’s safety during or after the incident” (male victim explaining why he did not report his partner)



# Emotional Aspect

---

- Shame
  - “...men who report abuse from an intimate partner are viewed as cowards. Extremely embarrassed by this predicament, male victims are afraid of being laughed at or scorned. Due to embarrassment, male victims do not approach professional services.”

# Social Perception

---

- Masculinity

- “A complicating factor in the experience of IPV for men is the impact on their perceived masculinity, given the convergence of the construct of masculinity with power, control, and dominance.”
- “As such, becoming a victim of IPV leads to ‘marginalized masculinity...To be labeled as abused is to be labeled as a female, which disavows any form of masculinity a man may attempt to claim.’”
- “Due to prevailing norms regarding masculinity, men may be reluctant to express fear or to call the police even when they have every reason to do so.”

# Social Perception

---

- Masculinity

- “There was evidence in our study that the men experienced fears that their victimization would result in challenges to their masculinity, with fears that they would be seen as weak. Male IPV victimization seems incongruent with masculine gender norms of physical and emotional strength, which is likely to contribute to male victims’ feelings of shame and embarrassment.”

# Social Perception

---

- Male-Victim Abuse is Less Serious
  - “Men’s violence against intimate female partners is considered more serious than women’s violence against male partners.”
  - Both men and women judge male-on-female violence as significantly more severe
    - The above effect is even larger for male observers

# Social Perception

---

- Men as Perpetrators
  - “...if males are victims of DV, then it is due to the self-defense of women being abused.”
  - Men seeking help were accused of being the batterer 40.2%, 32.2%, and 18.9% of the time when contacting DV Agencies, Hotlines, and Online Resources
  - “The biggest challenge these men face is that people don’t believe them...We’ve gone through a lot of work to get to where women are believed, but now the pendulum has swung to the point that men are assumed to be the aggressor.”

# Social Perception

---

- Denial of the Problem

- “Despite evidence indicating that within some contexts IPV is perpetrated equally by men and women...societal narratives typically portray male perpetrators and female victims and regard female-perpetrated IPV as less serious and as occurring less frequently. The evidence of the prevalence of male victimization has been the subject of an ongoing and largely unresolved debate.”

# Social Perception

---

- Denial of the Problem

- “Women’s attempts to dominate men are much more likely to fail”
- “Norms for female behavior work against women becoming abusers. These norms include: Defer to men; be nice – you can ‘catch more flies with honey’...soothe other people’s anger...keep the family together.”
- “We don’t see heterosexual men whose self-esteem is destroyed by abuse, who give up school and career progress, who are forced into unwanted sex, or who flee for their lives. People intervene in abuse more than they used to, and if those men were out there, someone would have noticed.”

# Legal System Bias

---

- Law Enforcement
  - 47% of male victims were threatened with arrest
  - 35% were ignored
  - 21% were actually arrested instead of the female perpetrator
  - “This is due to the disbelief that a woman could not have been the perpetrator of this type of crime and the male must be intimidating the woman to the point that the woman is attacking in self-defense.”



# Legal System Bias

---

- Law Enforcement

- In cases where the female partner is identified as the primary aggressor, only 41.5% of police asked the victim if they wanted the partner arrested
- In 21%, the police refused to arrest the partner
- In 38.7% the police said there was nothing they could do and left
- In 25.4% of qualitative accounts, male victims indicated police did nothing and ignored or dismissed them
- “They determined she was the aggressor, but said since I was a man it was silly to arrest her.”

# Legal System Bias

---

- Law Enforcement

- “I was not only not listened to, I was threatened with arrest if I continued to make these allegations, because women just do not do those sorts of things.” (male victim on police interaction)
- “Some men have reported that when they call the police during an incident in which their female partners are violent, the police sometimes fail to respond. Other men reported being ridiculed by the police or being incorrectly arrested as the primary aggressor.”

# Legal Biases

---

- Court System

- Analyzed outcomes for TRO petitions from a California District Court
- Judges were 13x more likely to grant a TRO requested by a female than a male
- Sex differences leveled out as the severity of violence escalated
- Men are significantly less likely to seek a TRO
  - One potential reason is lower need, men are less likely to fear retaliation by their partner
  - Men feel they are more likely to have their petition denied
  - Reduced willingness and knowledge of how to engage with services due to stigma/bias

# Legal Biases

---

- Court System

- 2004 study, “...found that women often threaten their male victims with the fact that they will report them as having assaulted themselves, if the police are called.”
- 2005 study, “...examined the responses of the court to similar intimate partner violence allegations made by both male and female victims...hypothesized that the courts are not immune from social norms and that despite having neutral language within the law; the law still exhibits a different response to male versus female protection. The results of the study found that in this one court setting, male victims of intimate partner violence were not afforded the same protections as female victims...”

# Legal Biases

---

- Court System

- “Evidence suggests male underreporting is related to a lack of trust in police and fear of losing their relationships with their children. There is evidence that some female perpetrators capitalize on secondary abuse by threatening to report their victims as perpetrators of violence. This tactic relies on the inherent assumptions by many social service and justice workers that women are usually victims of violence and has been described as legal and administrative abuse. This type of abuse, in which legitimate services, such as family courts, are mobilized against the victim’s interests, was common enough in a small Australian study to be identified as a distinct category of abuse.”

# Language

---

- Male victims often don't identify with the language often used in the context of IPV, such as “domestic” or “family” violence
- 2016 study from Portugal found that 76% of male victims did not seek help
  - Most common reason was “I did not notice that I was a victim”
- Some data suggest men are more responsive to nongendered synonyms that do not have social connotations (i.e. “boundary crossings” instead of “abuse”)

# Lack of Services

---

- As of October, 2017, there were only 2 male-only shelters in the US
- Publically funded shelters are required to provide services to men, but many have limited capacity/funding to do so
- Many shelters and programs use gendered language that gives an impression of limited access
- Kodiak's primary resource for IPV is the Kodiak **Women's** Resource & Crisis Center

# Lack of Services

---

- DV Agencies

- 43.7% sought help, only 44.8% said it was somewhat/very helpful
- 49.9% of agencies indicated they “only help women”
- 44.1% of men said agencies were not helpful at all, and 95.3% of those said they were given the impression that the agency was biased against men
- 40.2% of men contacting agencies were accused of being the batterer
- 15.2% were mocked by staff members for their situation



# Lack of Services

---

- DV Hotlines

- 23.4% of men called, only 31.4% said it was somewhat/very helpful
- 63.9% of hotlines responded “we only help women”
- 32.2% of hotlines accused the caller of being the batterer
- 16.4% of callers were mocked by hotline staff for their situation

# Lack of Services

---

- DV Online Resources

- 42.9% of online resources responded “we only help women”
- 18.9% of online resources accused the man of being the batterer
- 25% of men using online resources were provided contact information that ended up being for a batterer’s intervention or anger management program

# Lack of Services

---

- Quotes from Male Victims:

- “They didn’t really listen to what I said. They assumed that all abusers are men and said that I must accept that I was the abuser. They ridiculed me for not leaving my wife, ignoring the issues about what I would need to do to protect my 6 children and care for them” (DV Agency)
- “They offered to listen if I wanted to recount what had happened, but indicated that no support services were available” (DV Hotline)
- “I was mostly just doing research after the occurrence to find out what I should do. I found mostly female help sites and was turned down by several so I gave up.” (Online Resource)

# Summary

---

- Male-victim IPV is real
- AI/AN men, like women, face much higher rates than general population
- Characteristics look different than those for women
- Additional barriers are encountered by male victims
- Male-focused services are in short supply
- Incredibly high rates of trauma



# Outreach & Engagement

---

- Historically underrepresented in outreach & engagement efforts
- Trauma has a myriad of negative impacts
  - PTSD & Mental Health
  - Homelessness
  - Substance Use
  - Negative Health Outcomes

# Outreach & Engagement

---

- A 2010 report examined male engagement in DV-issues in Indian Country
  - Discusses the value of adult men mentoring adolescent and younger boys
  - Teaching coaches and church leaders how to engage boys and men in violence prevention
  - Role model, encourage, and empower youth to make responsible choices and about respect
  - Integrate the idea that respect is an aspect of culture

# Outreach & Engagement

---

- SAMHSA Native Connections
  - Alaska grantees have kicked off a Men's Wellness Digital Story Series
  - Focused on providing perspectives from men about the importance of culture on well-being
  - First set of stories debuted in November, 2020 and featured presentations about the value of canoe culture from a young man and traditional beliefs and practices from an Elder
  - [SAMHSA Men's Wellness Digital Stories](#)



# Outreach & Engagement

---

- Dinner with Dad
  - Concept of the program was to provide a safe, positive environment for fathers and sons to interact
  - Guided and free-form activities, as well as discussions
  - Only a few events were held due to funding restrictions
  - Providing safe, male-spaces has value and allows many stigma and barriers to be bypassed



# Outreach & Engagement

---

- COMPASS

- Mentoring curriculum based on adult male mentors working with Alaskan men ages 12-18
- Created by the Alaska Network on Domestic Violence and Sexual Assault (ANDVSA) in May 2014
- Designed to be highly adaptable for non-traditional settings
- 139 mentors trained from 23 communities

6

# KNOWING WHO YOU ARE

“When youth have a secure sense of the past, present and future of their culture, it is easier for them to develop and maintain a sense of connectedness to their own future.”



Through this lesson, young men will rediscover themselves by exploring who they are, where they come from and who they want to be.

There are many positive and negative influences riding on who we should be and how we should act. These include our culture, media, family, school, spirituality, community, struggles, strengths and all of the external influences throughout our lives. Through such new exposures we are questioning and redefining ourselves.

**REFLECTION**

- What cultural, family and/or religious traditions are important to you? How do these shape who you are?
- How do you feel mental, emotional, physical and spiritual balance?
- What are some of your own interests?

10

# KNOWING YOUR EMOTIONS

“The way to free your feelings is to simply feel them.”



Through this lesson, young men will be able to understand the range of emotions that men experience and gain skills to confidently express those emotions.

As role models and mentors we have a chance to help young men identify and safely express their emotions. This includes how to know what they're feeling, how to talk about feelings, and healthy choices for expressing emotions. Knowing our emotions makes us strong, caring, healthy and successful. Emotional balance is one of the four key areas of balance: physical, mental, spiritual and emotional. All of this allows us to build stronger and deeper relationships with family, friends and dating partners.

**REFLECTION**

- How do you think negative emotions can be minimized without negative consequences?
- Do you think we sometimes choose not to express our emotions?

14

# RESPECT FOR SELF

“The greatest thing in the world is to have love playing in one's soul.”



Through this lesson men will explore self-respect by understanding the importance of mental, emotional, physical and spiritual balance in their daily lives.

**REFLECTION**

- How do you take care of your whole self? (mental, emotional, physical, spiritual)
- What gives you a sense of purpose? How do you live up to the standards you set for yourself?
- What respects or challenges you to live up to your own standards?
- How can you encourage or motivate young men without using shame?

Self-respect is about knowing your values and truly accepting who you are. It comes from feeling mental, emotional, physical and spiritual balance. It is about how we live our lives each day, how we feel meaning, why we can define and complete ourselves by self-respect, and taking care of ourselves. Self-respect is something that we all deserve.

18

# RESPECT FOR OTHERS

“The future, our mutual future, the future of all the peoples of humanity, must be founded on respect.”



Through this lesson young men will explore respect for others, including understanding boundaries.

Respect means recognizing the humanity and value of each person regardless of differences. Differences may include what you can see on the outside, how they dress, how they talk, their mannerisms, but also what is not seen, how people feel, different stories and worldviews.

**REFLECTION**

- Why are the people in your life that you respect?
- How do you show respect to people around you?
- How do you show respect to those who have opinions that differ from yours?
- What are the objects/things you respect? Why?

22

# COMMUNICATION

“The way we communicate with others and with ourselves ultimately determines the quality of our lives.”



Through this lesson young men will consider the key pieces to effective communication.

Through intentional and unintentional spoken words, visual cues, signals, behaviors and actions, we share information, messages, ideas and feelings. Communication is a key part of our relationships with family, friends, dating partners and others. And while some conversations are easy, others are more difficult and uncomfortable — it is the most difficult conversations that are the most important.

**REFLECTION**

- How do you communicate your belief in and respect for youth and others?
- Are you aware of how you communicate with others?
- What does your body language say when you are communicating with others?
- Do you communicate differently with your co-workers, friends and family? Why?

26

# CONFLICT RESOLUTION

“If war is the violent resolution of conflict, then peace is not the absence of conflict, but rather, the ability to resolve conflict without violence.”



Through this lesson young men will build skills to settle conflicts successfully.

Conflict is actually a normal part of life. Sadly, young men think conflict means fighting or arguing. But when there is conflict there are many ways to find a solution and can be an opportunity to understand another's point of view and make decisions that work for all. Role playing, dating partners, colleagues, or family. Teaching, dating partners, colleagues, or family. Role playing, dating partners, colleagues, or family. Role playing, dating partners, colleagues, or family.

**REFLECTION**

- How do you handle the conflicts in your own life?
- What techniques do you use to deal with conflict resolution?
- What conflict resolution skills do you utilize in others you know?
- In which situations is it best to remove yourself from a conflict situation?

30

# BECOMING MEN

“For most people, hard male is this culture, we do not have a choice whether we will become men. We do, though, have a choice about what kind of men we will become. And that makes all the difference.”



Through this lesson we want to create a space for young men to safely explore what it truly means to be a healthy human being, and how society places unrealistic expectations on men, young and old.

Transitioning from young men and boys into adult men is deeply influenced by how we define manhood and masculinity. Messages young men and boys receive can be in conflict with what a truly means to be a strong, healthy man. An adult man and role models, we can help young men to recognize the unrealistic pressure and expectations that society "the man box".

**REFLECTION**

- What does being a man mean to you?
- What men were your role models growing up? Why?
- How are the young men who now look to you as a role model?
- What does society tell you about being a man?

# 1 RESPECT AND DISRESPECT



## Respect

Think: Ask the young men to think about what respect means to them.

Pair: Have the young men pair up and answer the following:

- What does respect sound like?
  - What type of things do you hear when people respect one another? What do they say to each other? How do they respond to conflict?
- What does respect look like?
  - What types of things do you see when people respect one another? How do they treat one another?
- What does respect feel like?
  - What type of things do you feel in spaces where people respect one another?

Share: Have them share what they talked about to the entire group.

# 3 POSITIVE FOCUS



Have the young men get into a circle. Invite one person into the center of the circle. Focusing on each person one at a time, have each person around the circle say one thing they like or appreciate about the person in the middle. Continue this until everyone has had a chance in the center of the circle.

## Disrespect

Think: Ask the young men to think about what disrespect means to them.

Pair: Have the young men pair up and answer the following:

- What does disrespect sound like?
  - What type of things do you hear when people don't respect one another? What do they say to each other? How do they respond to conflict?
- What does disrespect look like?
  - What types of things do you see when people don't respect one another? How do they treat one another?
- What does it feel like?
  - What type of things do you feel when people don't respect one another?

Share: Have them share what they talked about to the entire group.

## RESPECT FOR SELF



While your teen's self-esteem shouldn't rest on the opinions of others, it can be a boost to know that he is appreciated, and it is important to tell people that you appreciate them.

## RESPECT FOR OTHERS





# Outreach & Engagement

---

- COVID-19
  - Digital stories
  - Online support services
  - Social media campaigns



# Contact Information

---

**Matthew J Kozak, MS, MBA, MSL**

**Prevention Grants Coordinator**

**Kodiak Area Native Association**

Email: [Matthew.Kozak@kodiakhealthcare.org](mailto:Matthew.Kozak@kodiakhealthcare.org)

Phone: (907) 486-7390

# References

---

- Alaska Men Choose Respect. (NA). *Compass*. Retrieved from Alaska Men Choose Respect: <http://alaskamenchooserespect.org/compass/>
- Almuneef, M., Choueiry, N. E., Saleheen, H. N., & Al-Eissa, M. (2017). Gender-based disparities in the impact of adverse childhood experiences on adult health: findings from a national study in the Kingdom of Saudi Arabia. *International Journal for Equity in Health*. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5450265/>
- CDC. (2020). *Intimate Partner Violence, Sexual Violence, and Stalking Among Men*. Retrieved from Violence Prevention: <https://www.cdc.gov/violenceprevention/datasources/nisvs/men-ipvsvandstalking.html>
- Douglas, E. M., & Hines, D. A. (2011). The Helpseeking Experiences of Men Who Sustain Intimate Partner Violence: An Overlooked Population and Implications for Practice. *Journal of Family Violence*. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3175099/#S2title>

# References

---

- Family Violence Prevention Fund. (2010). *Building Domestic Violence Health Care Responses in Indian Country: A Promising Practices Report*. Retrieved from [http://www.ncdsv.org/images/FWV\\_BldgDVHealthCareResponsesIndianCntryPromPract\\_2010.pdf](http://www.ncdsv.org/images/FWV_BldgDVHealthCareResponsesIndianCntryPromPract_2010.pdf)
- Jarvie, J. (2017). 'It's hard for a guy to say, "I need help."' *How shelters reach out to male victims of domestic violence*. Retrieved from Los Angeles Times: <https://www.latimes.com/nation/la-na-male-domestic-violence-shelter-20170804-story.html>
- Muller, H. J., Desmarais, S. L., & Hamel, J. M. (2009). Do Judicial Responses to Restraining Order Requests Discriminate Against Male Victims of Domestic Violence. *Journal of Family Violence*, 24, 625-637.
- National Coalition Against Domestic Violence. (2015). *Male Victims of Intimate Partner Violence*.
- National Institute of Justice. (n.d.). *Five Things About Violence Against American Indian and Alaska Native Women and Men*. 2016.

# References

---

- Native Connections Virtual Technical Assistance. (2020). *Alaska Mens Wellness Digital Story Series*. Retrieved from YouTube: <https://www.youtube.com/watch?v=CiV4admJmAE&t=110s>
- New York State Office for the Prevention of Domestic Violence. (2020). *Understanding Domestic Abusers*. Retrieved from Information for Professionals: <https://opdv.ny.gov/professionals/abusers/genderandipv.html>
- Office for Victims of Crime. (2018). Intimate Partner Violence. *National Crime Victims' Rights Week Resource Guide: Crime and Victimization Fact Sheets*.
- Rosay, A. B. (2016). *Violence Against American Indian and Alaska Native Women and Men*. Retrieved from National Institute of Justice Journal: <https://nij.ojp.gov/topics/articles/violence-against-american-indian-and-alaska-native-women-and-men>



# References

---

- Shuler, C. A. (2010). Male Victims of Intimate Partner Violence in the United States: An Examination of the Review of Literature through the Critical Theoretical Perspective. *International Journal of Criminal Justice Sciences*, 5(1), 163-173.
- Swan, S. C., Gambone, L. J., Caldwell, J. E., Sullivan, T. P., & Snow, D. L. (2008). A Review of Research on Women's Use of Violence With Male Intimate Partners. *Violence and Victims*. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2968709/>
- Walker, A., Lyall, K., Silva, D., Craigie, G., Mayshak, R., Costa, B., . . . Bentley, A. (2019). Male Victims of Female-Perpetrated Intimate Partner Violence, Help-Seeking, and Reporting Behaviors: A Qualitative Study. *Psychology of Men & Masculinities*.
- Whitaker, D. J., Haileyesus, T., Swahn, M., & Saltzman, L. S. (2007). Differences in Frequency of Violence and Reported Injury Between Relationships with Reciprocal and Nonreciprocal Intimate Partner Violence. *American Journal of Public Health*. Retrieved from <https://ajph.aphapublications.org/doi/full/10.2105/AJPH.2005.079020>