

# MenTER

## Men Towards Equal Relationships

MenTER is an educational program that provides participants with information and practical tools which can help to change the values, beliefs and behaviours that support and are at the foundation of the participants' use of violence.

The groups focus is on the fact that violence is a behaviour that has been learned through life and , as such, can be unlearned.

Men who use violence **ARE** capable of change, if they are committed to making that change.

The program covers eight themes:

- Non-violence
- Non-threatening behaviour
- Accountability and honesty
- Negotiation and fairness
- Respect
- Support and trust
- Sexual respect
- Partnerships

Throughout the group participants learn about the intent behind their use of violence and how their abusive behaviour works to create and maintain power and control over their partners and loved ones.

**For more information call NQDVRS and speak with a men's program worker**

## OTHER CONTACTS

**Mensline Australia**  
1300 789 978

(offers confidential counselling, referral & support 24hrs/7 days)

**Men's Info Line**  
1800 600 636

**Life Line**  
13 1114

**Relationships Australia**  
1300 364 277

**Defence Community Organisation**  
(for Military Personnel)  
4771 1539

**Vietnam Veteran's Counselling Service**  
(for veterans of conflict or peace keeping missions)  
4723 9155

### **NQDVRS**

- ◆ Information and referral
- ◆ AARDVARC program for children
- ◆ Resources
- ◆ Court Support
- ◆ Choosing Safety Upgrades program
- ◆ Men's Behaviour Change Program
- ◆ SAFE Dads Program
- ◆ Community education & Training

#### **TOWNSVILLE OFFICE**

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<http://www.nqdvrs.org.au>

## Against Violence #29



# MenTER

## Men Towards Equal Relationships



**Small Steps to Big Changes**

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## ARE YOU DOING ANY OF THESE THINGS TO YOUR PARTNER/LOVED ONE?

- Hit, slap or punch her
- Use looks and gestures to scare and control her
- Smash and destroy things so she knows not to mess with you or say what she thinks.
- Pressure or force sex on her
- Make it difficult for her to have contact with family and friends
- Insist on knowing where she goes and how she spends money
- Tell her she is useless and a bad parent
- Yell at her to get your way
- Insist she agrees with what you want
- Refuse to speak with her when she wants to talk about things
- Stop her from working or doing things independently
- Put her down in front of others

## MANY men use violence for the following reasons:

- To make her do something;
- To stop her from doing something; **OR**
- To punish her for doing or not doing something.

## Which reasons have you been using?

All of us can find excuses to avoid responsibility.

## Think about the following:

If we stay as we are & make no effort to change, what do we stand to gain—or lose?

OR

If we do change our behaviour, what then do we stand to gain—or lose?

## WHAT IS DOMESTIC VIOLENCE?

Many people believe domestic and family violence is the result of an anger problem, stress, or abuse of drugs or alcohol. Some people blame the person who is assaulted. When someone uses violence we ask, "What did they want to make happen?"

Violence is not about losing control, but rather about trying to get control over a person or a situation. It is always an intentional choice. The choice may happen in a split second, but it is a **choice**.

## WHAT CAN YOU DO?

Take a stance. Your violence hurts and can destroy other people's lives and your own. Seek out support to stop your violence.

## BREAKING THE CYCLE

Domestic violence is a criminal offence. It concerns the whole community. The effects of domestic violence costs people their relationships, friends, freedom and could cost lives.



**Do you have the courage to acknowledge the destructive nature of your behaviour?**

**Are you ready to accept responsibility for your actions and do something about them?**

## **MenTER**

Men Towards Equal Relationships (MenTER) is a group that runs on Tuesday and Thursday nights for 8 weeks, from 6pm-8.30pm. It is held at the North Queensland Domestic Violence Service, on the Mezzanine Floor, Metway Arcade, 390 Flinders St, Townsville.

## **MenTER will:**

- Challenge men to seek new ideas to prevent violence.
- Challenge men to understand they are the only one responsible for their violence
- Challenge men to accept they have a choice to stop abusive behaviour.
- Challenge men to understand the effects of their use of violence.
- Supports men to gather the knowledge and the appropriate skills required to change their behaviour.