

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

Beyond Blue 24/7 1300 224 636

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**

Main Service Level 1, Metway Arcade
Men's Program Mezzanine Level
390 Flinders Street
Townsville 4810

Phone: 07 4721 2888

Fax: 07 4721 1794

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



Funded by



Against Violence # 29



Do you want to stop using violence?
Are you hurting the most important people in your life?



Small Steps to Big Changes

North Queensland Domestic Violence Resource Service.

**MenTER.
Men Towards Equal Relationships.**

A Program for Men.

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 can 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 for 16 weeks.

The night program runs on Tuesday and Thursday nights from 6.00pm-8.30pm for the first 8 weeks, then moves to Wednesday nights 6.00pm-7:30pm for 8 weeks. (snacks provided) The program also runs during the day on Monday and Wednesday afternoons from 1:30-4:00pm for 8 weeks, then moves to Wednesday 1.30pm-3.00pm for 8 weeks.

The program is held at the North Queensland Domestic Violence Service, on the Mezzanine Floor 390 Flinders Street Townsville City 4810. Men will need to ring the facilitators to arrange an intake assessment as to their suitability to attend the program.

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.
- Support men to gather the knowledge and the appropriate skills required to change their behaviour.

It’s never too late to make a change!