

WHAT CAN I DO?

Seek support from services in this leaflet

Report any violence to your local Gardai

Talk to someone you trust

Get medical attention if necessary

Do not retaliate

Hey
MAN!

If you or someone you know is worried about their relationship read below!


WHO CAN I TALK TO?

The services listed on the back of this leaflet offer a non-judgemental supportive listening ear service, practical support such as information on protection & safety orders, counselling & legal information. We are here to assist you in finding solutions.

CONTACT

AnyMan National Service

 **More info**
www.anyman.ie

Write us
crisis@anyman.ie 


 **Call us**
01 5543811

 **AnyMan**
Support Service for Men

Youth Information Centre

 **Call us**
(074) 912 9630

Donegal
Youth Service
Youth Work Ireland 

 **More info**
www.donegalyouthservice.ie

 **Visit us**
16-18 Port Road, Letterkenny
Co. Donegal, Ireland.

Thank you



for reading

 **CYPSC**
CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEES
Donegal



It
happens
to men
too

INFORMATION

and SUPPORT

for Young MEN

Donegal
Youth Service
Youth Work Ireland 

INTRODUCTION

Intimate Partner Violence occurs between two people who are in an intimate relationship - that is people who are dating, living together or married. It can happen in gay relationships as well as with heterosexual relationships, and any other relationship. Intimate Partner Violence can happen to anyone regardless of gender identity. Intimate Partner Violence can happen to anyone.

Some young men do not know what Intimate Partner Violence is or if it is happening to them.

Read and learn the signs

Learning about the signs of an abusive relationship is really important - to keep yourself safe and to watch out for your friends. No one should live in fear of the person they love. If you think yourself or someone you know may be in an unsafe relationship, reach out. There is support available.

HOW ★★★
do I know if I am in an
ABUSIVE
relationship

Do you feel...

- ...unloved? ...disrespected?
- ...like you can't tell your partner how you feel?
- ...afraid to upset them?
- ...like you can't make them happy?
- ...afraid to break up with them because they say they will hurt themselves?

Is your partner...

...nice to you in public but mean to you in private?

...making you feel bad about yourself?

...trying to stop you seeing family and friends?

...disrespecting you?

...demanding all your passwords so they can check your messages?

Does your partner...

...make you do things you don't want to?

...insult you or call you names?

...send you constant texts and get mad if you ignore them?

...harm you physically?

...accuse you of cheating?

...embarrass or humiliate you in front of others?