

## Men's Safety Services



### Men's Safety Awareness Sessions

### Men's Safety Workshops

#### Why These Services Are Needed

Men are almost twice as likely as women to experience personal violence<sup>1</sup>. However, for a variety of reasons, men often fail to implement practical strategies to either prevent violence from occurring or to effectively respond to confrontation.

With assault rates steadily increasing, currently at a rate three times the annual Australian population growth<sup>2</sup>, there is a growing need for men to be aware of how and when violence is likely to occur as well as practical strategies to maximise their safety. For example, the greatest threat of violence for men is by an unknown male in the open or at a licensed premises<sup>3</sup>. Alcohol or drugs also play a significant role in personal violence, contributing to the majority of physical assaults<sup>4</sup>.

With men almost four times more likely than females to be identified as offenders<sup>5</sup>, there is also a dire need for men to develop alternative methods of responding to perceived threats or annoyances.

Personal Safety Australia Men's Safety Services aim to:

- Inform men about the actual risks to their safety
- Provide a range of practical strategies to reduce these risks and maximise men's safety in all situations
- Enable men to identify and effectively respond to potential threats to their safety
- Reduce the risk of victimisation
- Reduce the risk of offending
- Increase self-confidence and commitment to safety
- Develop problem-solving and assertiveness skills
- Encourage the development of a Personal Safety Plan
- Enhance men's wellbeing and quality of life
- Encourage men to reach their potential.

#### References:

<sup>1</sup> Australian Bureau of Statistics 2006, *Personal Safety Survey*, Canberra.

<sup>2</sup> Australian Institute of Criminology 2007, *Australian Crime: Facts and Figures*, Canberra.

<sup>3</sup> Australian Bureau of Statistics 2006, *Personal Safety Survey*, Canberra.

<sup>4</sup> Australian Bureau of Statistics 2006, *Personal Safety Survey*, Canberra.

<sup>5</sup> Australian Institute of Criminology 2007, *Australian Crime: Facts and Figures* (pp.56-57), Canberra.