



Men's Safety Project

A site for men wanting to be **SAFE** within their relationships

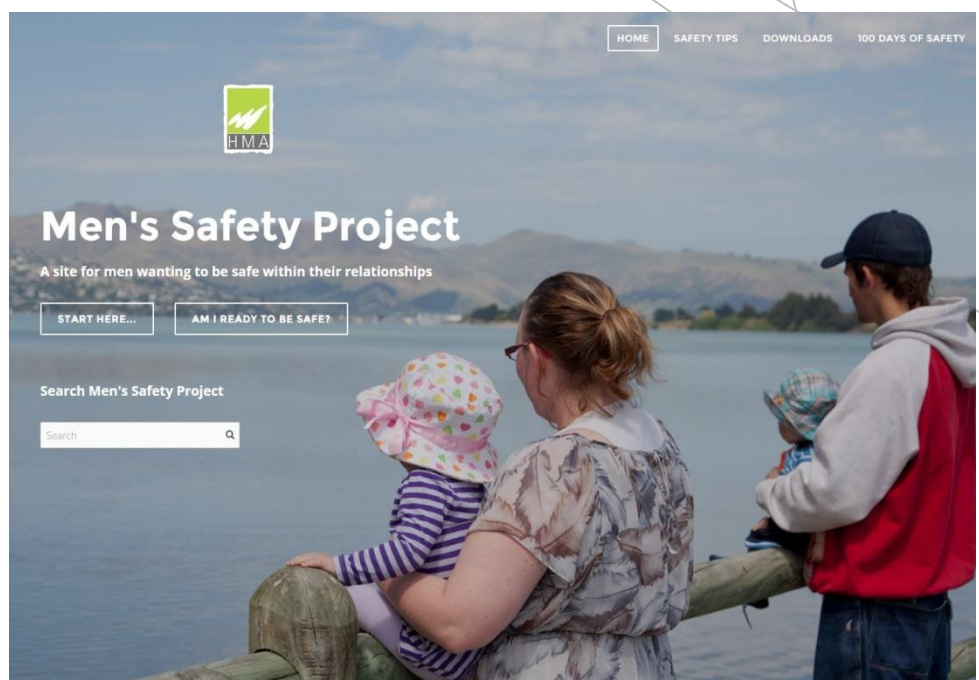
Have you ever felt intoxicated by rage or anger? Do you find in the heat of the moment that you can't think clearly and make good safe decisions? Do you find that once you're wound up it's hard to be rational and reasonable in your behaviour towards others? If you have had this experience then you are certainly not alone. This site will help you to manage abusive practices by encouraging you to use different, more positive methods of communicating.

"I have decided after much thought to resign from the 'Abuse Club'. I know I have been a member from a very young age, but I now find that I have outgrown what the club can offer me. I have also questioned over the past few months the very attitudes, principles and beliefs that the club is based on."

John
Former 'Abuse club member'

How can this site enhance the safety of men within families?

- Helps men to become more mindful of how their actions affect others
- Provides on-going safety tips for those men wanting to change abusive habits and behaviours
- Invites men to take real actions and steps towards becoming safer within their relationships
- Encourages men to take ownership and be accountable for abusive behaviours
- Affirms men's abilities to change by sharing the stories of others men who have made changes



What the site covers

- An easy to navigate **home page** which directs men to one of several safety orientated exercises, activities or information pieces
- **Safety tips** (in written or audio format) which cover a range of topics from assessing and managing abusive practices to understanding the victims perspective
- Various **questionnaires**, **checklists** and **reflection questions** that invite men to be mindful of safety within their relationships
- A **downloads section** with easy to access, printable safety resources men can use to become safer within their families
- Innovative '**100 Days of Safety**' email follow up system designed to keep safety front of mind and in the process change men's habits around abusive practices





Men's Safety Project

www.menssafetyproject.com



Packed with features

- Caters for low literacy levels with voice over audio for all written material
- Innovative '100 days of Safety' follow up system supports on-going learning and reinforces the concept that safety is not a 'one-time thing'
- Wide range of fantastic downloadable, printable SAFETY resources
- Huge range of 'Safety tips' which promote respect, trust and equality within relationships
- Recurring activities, exercises and reflection questions invite men to actively think about and change the way they interact with others
- Various quizzes, questionnaires and checklists allow men to engage in the material while assessing their own levels of safety
- Includes hours of family violence themed media
- Fully mobile (including tablets and other devices) responsive



Getting started... Key ideas within this site

12/19/2015

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Key ideas within this site - HMA

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Archives

- January 2016
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Ken McMaster

Ken McMaster (MSW, Hons, CQSW, MANZASW) has a thirty year history working at the cutting edge of intervention

There are a number of key ideas discussed within this site...

1. Responsibility

The first idea is 'responsibility'. In my view responsibility is **the ability to respond to situations that we find challenging and distressing**. Throughout this site you will find a lot of material around developing skills that will help you to respond **respectfully and safely** in situations that are tough to

"A useful resource for practitioners to support men they're working with"

"This is great for partners wanting to better understand abusive practices"



Who's behind the site?

HMA is a team of professional human service teachers and practitioners offering blended learning solutions to organisations in the social service sector and beyond.

HMA's specialist team work as trainers, programme developers, supervisors and writers in the area of human service work.

Talk to us about how we can support you and your organisation

For further information speak with an HMA staff member today

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