



Men's Safety Project

A site for men wanting to be SAFE
within their relationships

www.menssafetyproject.com



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What about you?

- *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.

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Packed with features

- Voice over audio for all written material
- '100 days of Safety' supports on-going learning
- Wide range of fantastic SAFETY resources
- Huge range of 'Safety tips' that promote respect, trust and equality
- Activities, exercises and reflection questions
- Quizzes, questionnaires and checklists
- Hours of media
- Fully mobile responsive

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