



**Breaking the Stigma:
Empowering Males subject to
*Honour Based Abuse***

Honour Based Abuse and Forced Marriage are serious human rights violations that affect individuals of all genders. However, male victims often face unique challenges and barriers when it comes to seeking help and support. This spotlight report highlights the experiences of male victims of Honour Based Abuse (HBA) and Forced Marriage and the crucial role organisations like Karma Nirvana play in providing support to these individuals.

In the year 2022, Karma Nirvana's Honour Based Abuse Helpline offered support to **184 male victims** who experienced Honour Based Abuse and Forced Marriage. Among them, **14 were children** who faced emotional and physical abuse, along with threats for not conforming to codes of honour.

The data indicated that male victims were more prone to receive threats of violence and stalking compared to their female counterparts. Moreover, it highlighted that **grandparents were less likely** to be the perpetrators of abuse against men and boys.

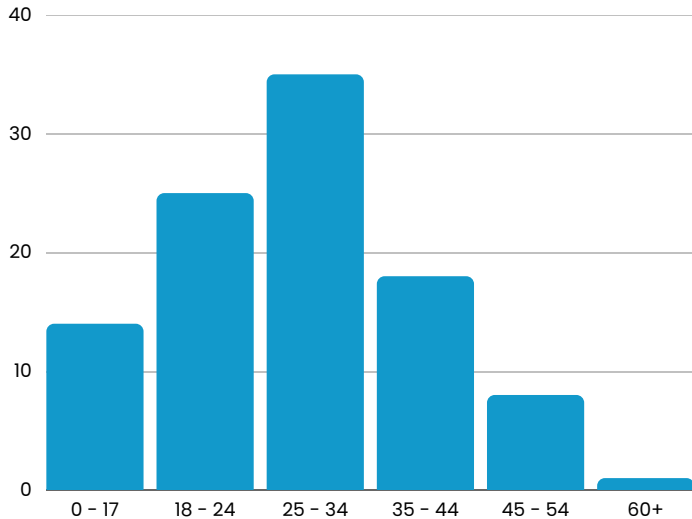
Male victims of Honour Based Abuse often face significant barriers when it comes to disclosing the abuse they endure. These barriers arise from the societal expectations and family codes of conduct that prioritise maintaining the family's honour above all else. As a result, male survivors may find it challenging to speak out about the abuse they have experienced or witnessed within their own families.

From a young age, male survivors are told to prioritise the family honour, even at the cost of enduring abuse themselves. This ingrained belief can lead to heightened surveillance, forced marriage, and, in extreme cases, even death. The pressure to remain silent about the abuse they have suffered can have a profound impact on their wellbeing and ability to seek help.

We are taught from a young age to prioritise the preservation of family honour, even if it means enduring abuse or witnessing abuse within our own families."

Harry





Triggers

Males subject to HBA are:

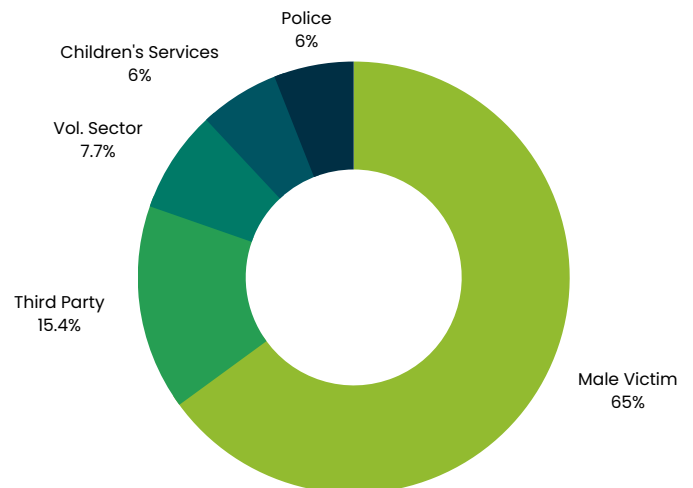
- Twice as likely to identify family disputes and renounce their faith
- Three times more likely to attribute their disability
- Five times more likely to attribute being westernised
- No reported triggers:
 - premarital sex
 - social media use

However;

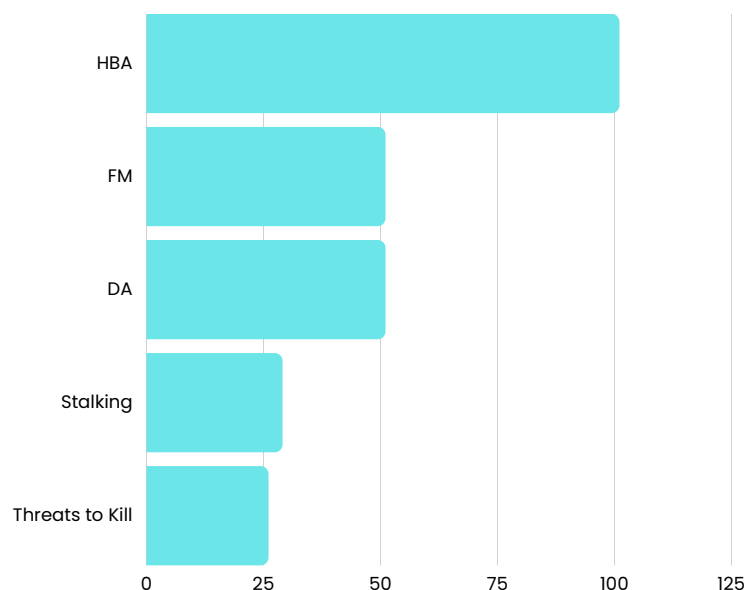
- 19 female victims reported premarital sex as a trigger
- 19 female victims reported social media use as a trigger

Perpetrators

- Males subject to HBA are more likely to report abuse when its the entire family
- Females subject to HBA are **three times** more likely to report abuse by grandparents.
- No male victims reported abuse by a stranger
- 13 female victims reported abuse by a stranger

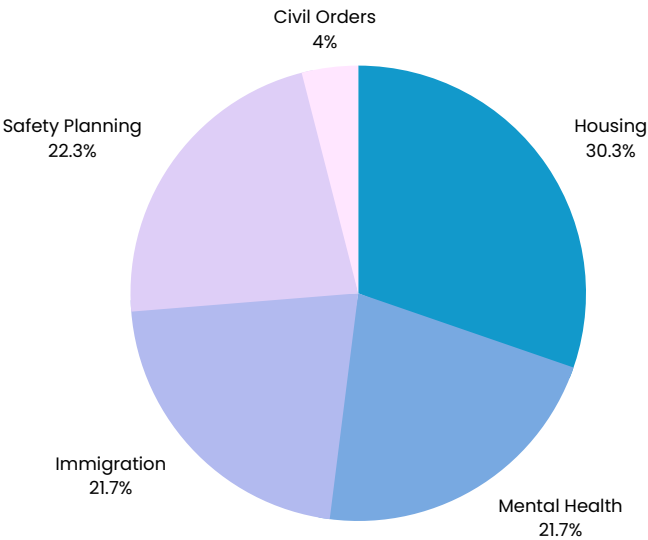


Male victims are more likely to reach out for help on their own accord.

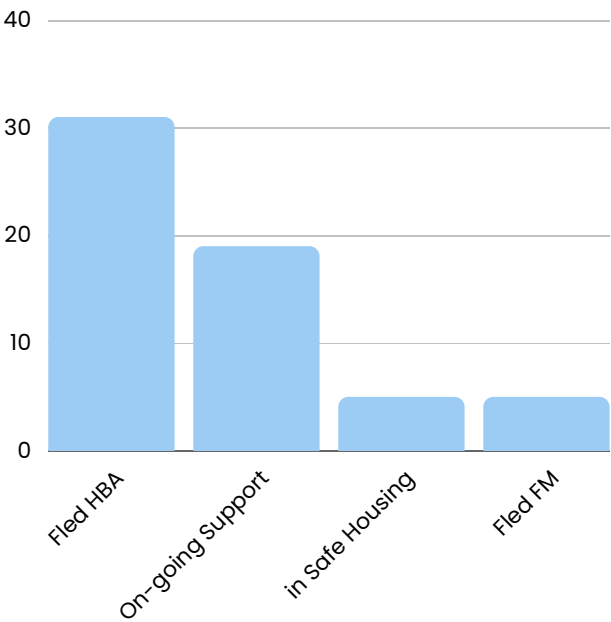


Male victims are more likely to report being stalked or receiving death threats

We supported male victims with safety guidance, including civil protection orders.



We secured safe housing for 53 males, supported 38 males in accessing mental health services and organisations providing advice on immigration, and developed personalised safety plans with 39 males to ensure help with their protection and wellbeing.



37 males fled Honour Based Abuse, of which 5 were going to be forced into marriage and successfully obtained safe housing. By the end of the year 19 males were receiving emotional support.

Some of the male victims we supported were able to escape the abuse they were facing, but not all were able to leave their risk area.



‘It means a lot that you understand my perspective... it feels good to let my emotions out and get listened to.’

Kai



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