

Truths Vs Myths

There are lots of commonly held beliefs about violence against women that are not true, they have become myths that are believed as fact. Busting these myths is important, as only then can the true causes of violence against women be understood and addressed.

Truths	Myths
Violence against women is a widespread social issue in Australia and around the world.	Violence against women is rare and doesn't affect many people
Family violence occurs in all types of families regardless of income, religion, ethnicity, educational level and race.	Family violence only happens in poor, uneducated or minority families.
Violence is about gaining control, not a loss of control. Using violence is a choice.	Violence against women happens because men get angry and lose control.
Violence happens because a person chooses to act violently. Most women experiencing abuse try to do everything they can to avoid further violent episodes, but they remain vulnerable to further abuse regardless of their behaviour.	Violence against women happens because women provoke men. (This is called victim blaming)
A woman is at the highest risk of violence when she is trying to leave an abuser. There are lots of reasons women stay in violent relationships, including: threats to children, animals and property, no financial means, belief that the partner will change, lack of support options	If a woman was in real danger, she would just leave the violent man.
The relationship between exposure to violence and becoming a perpetrator of violence is complex. Many men who come from violent families do not use violence. Violence is a choice.	Violent men come from violent homes.
False claims of abuse are very rare, in fact 80% of victims never report the violence to police. Women are more likely to downplay violence than to exaggerate it.	Women make false claims about abuse.