

Abuse Myths Worksheet

Myth - an ill-founded belief held uncritically especially by an interested group

Society has always given excuses for men's violence against women by creating mythology that supports, promotes and condones violence against women. Examples of this include; Anger causes violence, men have bad tempers, Love is a hurting thing.

Write about the purposes and realities of these myths about why men batter and how you know it is a myth now.

1. Anger

"She made me mad"

"I was so angry I didn't know what I was doing"

2. Provocation

"It takes two to tango"

"She provoked me"

"Women like being battered because they won't shut up"

3. Spontaneous

"It just happened"

"It was a natural reaction"

4. Responsible Men are not Batterers

"He's a good worker"

"He supports the family"

"We would have to put everyone who has disagreements in jail"

5. Sexism/patriarchy

- “Someone has to be in control”
- “The Bible says women are subservient”
- “Women are supposed to obey”

6. Loss of control, poor impulse control

- “I have a short fuse”
- “I have a bad/quick temper”
- “I snapped”

7. Family history

- “My father/grandfather/uncle did it”
- “In my culture...”

8. Drugs and alcohol, intoxication, disinhibition

- “I was drunk”
- “I was using drugs”

9. Stress, unemployment, poor coping skills

- “I was stressed out”
- “I was worried about money”
- “I didn’t have a job”

10. Poor communication skills

"She doesn't listen to what I say"

"She can out talk me and so I was confused"

11. Women batter, too

"What about her, she needs to be here"

"She hit me first"

"It was self-defense"

Gender Myths Worksheet

Myths about Women	Why is this a Myth
Women are nurturing by nature Good with kids Like kids Emotionally supportive	
Women are bad with money Waste money Buy impulsively Can't budget	
Women are too emotional Cry too easily Irrational Vindictive	
Women like to talk Talk too much Gossip Nit pick	
Women don't like sex Only sluts and whores like sex Don't initiate sex Don't enjoy the act of sex	
Women need to be protected Shouldn't go out alone Are weak Can't take care of themselves	
Women are homemakers Like to cook Good at cleaning Like to decorate	
Women just want to get married Every little girl plans her wedding Trapping men into marriage The wedding is about the bride	
Women can't be trusted Will be unfaithful Will sleep with your friends Teasing and flirting with other men	
Women focus on their looks Want to be model skinny Spend of hours on hair/make-up Obsessed with clothes	

Myths About Men	Why is This a Myth
<p>Men's value is determined by what he does or how much he earns Rich men attract women Men are the providers Unemployed Men are slackers</p>	
<p>Men know how to handle money Good at math Good financial planners Spend responsibly</p>	
<p>Men don't know how to express emotion or affection Don't communicate well Don't cry Can't talk about their feelings</p>	
<p>Men don't ask for help Don't ask directions Should be independent Should know what to do</p>	
<p>Men think about sex all the time Think about sex every 7 seconds Always ready for sex Will have sex with any woman</p>	
<p>Men are big brave and strong They are rescuers Handle emergencies Can take care of themselves</p>	
<p>Men are handy good with tools Like to tinker Fix cars.</p>	
<p>Men hate to commit Need variety Don't want to be tied down Are afraid of losing freedom</p>	
<p>Men shouldn't do house work Can't do laundry right Aren't good cooks Should be praised for "helping".</p>	
<p>Men only care about women's looks Strip clubs Pornography Only date hot women</p>	

