Birmingham City Council

7-Minute Learning

Myths vs Facts about VAWG

BIRMINGHAM COMMUNITY SAFETY PARTNERSHIP

Common Myths

- **MYTH** — "It's usually about loss of control or anger."
- **MYTH** — "Victims often provoke or exaggerate the abuse."
- **MYTH** — "It only affects certain types of people."
- **MYTH** — "It's a private matter and best dealt with at home."
- **MYTH** — "False reports are common."



The Facts

- **FACT** — VAWG is about power, control and gender inequality, not loss of control.
- **FACT** — Victims are not to blame. Abuse is a choice made by the perpetrator.
- **FACT** — VAWG can affect anyone, regardless of age, background, ethnicity, sexuality, disability or socio-economic status.
- **FACT** — It is a serious crime, not a private matter. Professional support and safeguarding are vital.
- **FACT** — False reports are rare. The vast majority of victims report genuine abuse.

Why myths are harmful

- Silence and discourage victims from speaking up.
- Create doubt and blame.
- Allow harmful attitudes to continue.
- Make it harder to identify and respond to risk.

Key takeaways

- Challenge myths and misinformation.
- Use a gender-informed and trauma-informed lens.
- Believe, support and signpost victims.
- Help create a culture where abuse is not tolerated.

Working together to safeguard people and end violence against women and girls in Birmingham.