

If your dating partner, lover, spouse or ex-spouse has...

- frequently criticized, shouted, or called you names
- withheld approval, sex or affection as punishment
- thrown objects at you
- humiliated you in private or in public
- been irrationally jealous or harassed you about imagined affairs
- isolated you from friends or family
- controlled where you go
- controlled your money
- locked you in or out of the house
- abandoned you in strange places
- ridiculed or insulted your beliefs, your religion, race, class or sexual orientation
- threatened to commit suicide if you want to leave
- threatened to hurt you, your children, relatives, friends or pets
- forced or pressured you to have sex
- held you against your will
- hit, pushed, punched, shoved, slapped, bit, kicked, burned or choked you
- destroyed personal belongings

...then help is available.

No one deserves to be abused. It is not your fault. Only the abuser is responsible for controlling his or her behavior.

WHEN TO CALL 911

Call 911 for emergency assistance if you are being threatened or battered or can see or hear a violent incident. Make sure that your children know when and how to call 911 in an emergency. They will need to say what is happening and give your street address and apartment number.

COMMUNITY RESOURCES

- Family Shalom: (916) 204-8777
Referral, information, education
- Jewish Family Services: (916) 484-4400
Individual and family assistance
- WEAVE: (916) 920-2952*
Domestic violence counseling and shelter services
- El Dorado County: (530) 626-1131*
- Placer County: Placer Women's
Crisis Line: (800) 575-5352*
- Yolo County: Sexual Assault & Domestic
Violence Center: (530) 662-1133*
- California Youth Crisis Line: (800) 843-5200*

*24-hour crisis line

SUPPORTING ORGANIZATIONS

Congregation Bet Haverim, Congregation Beth Shalom, Congregation Beth Shalom/Yuba-Sutter, Congregation B'nai Israel, Hadassah, Hillel Davis/CSUS, Knesset Israel Torah Center, Mosaic Law Congregation, Chabad of Sacramento, Temple Or Rishon, Jewish Federation of the Sacramento Region, JCAN (Jewish Civic Action Network) and Verizon Wireless

Special thanks to Shalom Bayit, the Bay Area Jewish Women's Task Force on Domestic Violence

RESPONDING TO DOMESTIC ABUSE IN THE JEWISH COMMUNITY

**FAMILY
SHALOM**
SACRAMENTO REGION

INFORMATION AND REFERRAL

916 204 8777

www.familyshalom.org

nejw

A Project of National Council of Jewish Women, Sacramento Region

WHAT IS DOMESTIC ABUSE?

Domestic abuse is a destructive pattern of power and control. One person controls the other through intimidation, threats, insults, emotional or sexual abuse, economic control, isolation or physical violence.

It happens between partners in all kinds of relationships — husbands and wives, dating partners, lesbian, gay, or bisexual partners, elderly parents and their adult children. Anyone can be a victim, but the vast majority are women and children.

ABUSE IN THE JEWISH FAMILY IS NOT A MYTH

Jewish families experience the same amount of domestic abuse as non-Jewish families. Domestic abuse crosses all economic, ethnic and religious backgrounds, including Reform, Conservative, Reconstructionist, Orthodox, Ashkenazi, Misrachi, Sephardic, unaffiliated and interfaith families.

Traditionally the responsibility for maintaining *shalom bayit*, peace in the home, is placed upon the woman. When that peace is shattered, the Jewish community tends to blame the woman for her failure to maintain the image of a perfect Jewish family.

As a result, Jewish women tend to stay in abusive relationships longer than other women. Many never tell about the abuse out of fear, shame and humiliation.

THE 3-PHASE CYCLE OF DOMESTIC ABUSE



TENSION

As it increases the battered woman often feels like she is “walking on eggshells”

EXPLOSION

Physical, sexual or verbal abuse or violent threats

FALSE HONEYMOON

The abuser may express regret, offer gifts, promise to change

As the cycle continues, incidents tend to become more frequent and more severe.

Domestic violence is the most common violent crime in the United States. Battering is the major cause of injury to women — more frequent than rapes, auto accidents and muggings combined.

ENDING DOMESTIC ABUSE: A JEWISH COMMUNITY RESPONSE

You probably know someone who has been abused but has never told you. You probably know an abuser, who may be a friend, a relative, or a well-respected member of the community.

WHAT YOU CAN DO TO HELP

- Learn about domestic abuse and available resources
- Share what you learn with congregants, co-workers and friends
- Believe women’s stories of abuse
- Recognize signs of abuse, and refer women for assistance
- Invite a speaker from Family Shalom to address your group
- Support domestic abuse prevention projects

FAMILY SHALOM IS A JEWISH IDEAL

No one should have to endure abuse within a relationship.

Family Shalom offers information and referral by professionally trained volunteers. All calls are strictly confidential. A caller may remain anonymous.

Family Shalom collaborates with WEAVE and Jewish Family Services which provide emergency and comprehensive services.

Family Shalom is a project of the National Council of Jewish Women (NCJW), Sacramento Section, initially funded through a grant by the Jewish Federation of the Sacramento Region, NCJW and individual contributions.

Your tax-deductible donation will help reach out to abused Jewish women. Donations made in someone’s honor or memory will be acknowledged. Send your check to:

NCJW-Family Shalom Project
PO Box 660012
Sacramento CA 95866

