



10 Things Congregants Can Do

"In the Torah there can be no compromise on human dignity."

1. Recognize that domestic abuse is not only a woman's issue, but a community issue.
2. Understand that abuse is not always physical: it can also be emotional, verbal, economic or sexual.
3. Don't be a bystander or look the other way. You can hold perpetrators accountable and provide them with resources and encouragement to choose non-violence.
4. Lead by example. Teach your sons, grandsons and nephews how to be a man in ways that don't involve degrading or abusing women.
5. Teach your daughters, granddaughters, and nieces to respect themselves and to know that abuse is never acceptable or justified under any circumstances.
6. Encourage your synagogue, schools, office to provide adult education about respect, anger and abuse and youth education about healthy relationships.
7. Boycott magazines, videos or music that promotes violence against women and girls.
8. Understand your own attitudes and actions toward women; have the courage to look inward.
9. Collaborate and support SHALVA by holding or joining a fundraiser, joining the SHALVA board or volunteering your services and expertise.
10. Reach out to someone you are concerned about and refer them to SHALVA; all services are free and confidential.