



*Giving voice to the unspeakable...  
responding to domestic abuse in Jewish homes.*

## **What is Domestic Abuse?**

Domestic abuse is a **systematic pattern** of power and control for the sole purpose of manipulating a partner in an intimate relationship. It does not discriminate, occurring equally among all sectors of society. It can happen to people of all racial, religious or socio-economic groups.

Children who grow up in an abusive environment may suffer physically, psychologically, emotionally or socially, and often repeat the cycle of abuse.

**There are many types of domestic abuse.**

**Emotional/Verbal Abuse:** Threats, intimidation, derogatory and humiliating comments, blame, coercion, isolation, brainwashing, using children as a weapon

**Economic Abuse:** Control over finances, minimal access to money, prohibiting employment, control of spending on household necessities such as food, rent, monthly bills, school tuition

**Electronic Abuse:** Use of e-mail, cell phones, text messages, social media (such as Facebook), navigational tracking devices, computer spy-ware or webcams to perpetuate harassment

**Physical Abuse:** Withholding medication, food, sleep, transportation or other necessities, physical restraining, hitting, shoving, kicking, biting, slapping and choking, destruction of personal property or pets

**Sexual Abuse:** Forcing victims into sexual activities against his/her will, harassment, flaunting extra-marital affairs, withholding sex and/or affection, internet infidelity

**Stalking:** Following and/or placing person under surveillance thereby causing reasonable apprehension of immediate or future bodily harm, sexual assault, confinement or restraint

**Spiritual Abuse:** Undermines religious needs and spiritual beliefs

**Abuse is never justified.**