

# About Domestic Violence

**Domestic violence is a pattern of abusive behaviors used by someone to establish power and control over another person in a relationship.**

**Domestic violence sometimes follows a cyclical pattern in which there are periods of calm, building up of tension, and then abuse. After a period of abuse, batterers are often apologetic, but as the cycle repeats the abuse usually gets worse over time.**

If abusers recognize that their behavior is wrong and sincerely want to change the way they act, they can get help through batterers' intervention programs, therapy, and spiritual counseling.

**Facts:** The statistics indicate that one in three women in the USA is, has been, or will be a victim of domestic violence. According to a study conducted in 1998 by Sharifa Alkhateeb, as president of the North American Council for Muslim Women (NACMW), physical violence occurs in about 10% of Muslim marriages in the USA. The rates of verbal and emotional abuse may be as high as 50% based upon international studies and preliminary research in the U.S.

**It is our responsibility as members of the Muslim Ummah to fight oppression and injustice. The Muslim community should support and assist individuals and families experiencing abuse in their homes, and speak out against domestic violence.**

**Immigrants:** Many immigrants fear they will lose their legal status or get deported if they seek help. Calling any of the resources on the back of this brochure will not result in loss of status for the victim. Please call to get more information about your particular situation.

**Children:** Many people think that domestic violence does not affect children. However, children who are in households where domestic violence is happening have the same symptoms as children who are abused themselves. Domestic violence can cause long-term developmental, emotional and other problems in children.

## Islam & Peaceful Families



### Peaceful Marriages:

And among His signs is this: that He created for you mates from among yourselves so that you may dwell in tranquility with them. He has put love and mercy between your hearts; in that are signs for those who reflect. (30:21)

...live with them on a footing of kindness and equity... (4:19)

...either remain together on equitable terms, or separate with kindness... (2:229)

### Community Responsibility To Stand For Justice:

You are the best community that has been created from mankind. You enjoin what is right and forbid what is wrong. (3:110)

### Individual Responsibility To Stand For Justice:

O you who believe! Stand firmly for justice as witnesses to God, even if it is against yourselves, or your parents, or your relatives; and whether it is against someone who is rich or poor. (4:135)

And why should you not fight in the cause of God for the weak who are ill-treated and oppressed? Men, women, and children whose cry is, 'Our Lord! Rescue us from this place where there are oppressors, and raise for us from You one who will protect and help! (4:75)

### Responsibility Towards The Oppressed And The Oppressor:

If two parties among the believers fall into a quarrel, make peace between them. But, if one of them transgresses beyond bounds against the other, then all of you should fight against the one that transgresses until the person complies with the command of God; but if the person complies, then make peace between them with justice and be fair, for God loves those who are fair and just. (49:9)

## Resources

### ORGANIZATIONS WITH DOMESTIC VIOLENCE PROGRAMS FOR MUSLIMS

ACCESS (Dearborn, MI): 313.216.2226, [www.accesscommunity.org](http://www.accesscommunity.org)

Baitul Salaam (Atlanta, GA): 404.608.8649, [www.baitulsalaam.net](http://www.baitulsalaam.net)

Central Texas Muslimaat (Austin, TX): 512.577.SAFE, [www.ctmaustin.org](http://www.ctmaustin.org)

Domestic Harmony Foundation (Long Island, NY): 516.942.2081, [www.dhfny.org](http://www.dhfny.org)

FAITH (Herndon, VA): 571.323.2198, [www.faithus.org](http://www.faithus.org)

MCCHS (Richland Hills, TX): 817.589.9165, [www.mcc-hs.org](http://www.mcc-hs.org)

Muslimat Al-Nisaa (Baltimore, MD): 410-466-8686, [www.mnisaa.org](http://www.mnisaa.org)

NISA (Palo Alto, CA): 800.ASK.NISA, [www.ask-nisa.org](http://www.ask-nisa.org)

NISWA (Lomita, CA): 310.748.9087, [www.niswa.org](http://www.niswa.org)

Turning Point (Flushing, NY): 718.883.9400, [www.turningpoint-ny.org](http://www.turningpoint-ny.org)

### NATIONAL RESOURCES

API Institute on DV: [www.www.apiahf.org/apidvinstitute](http://www.www.apiahf.org/apidvinstitute)

FaithTrust Institute: [www.faihttrustinstitute.org](http://www.faihttrustinstitute.org)

Islamic Social Services Association: [www.issausa.org](http://www.issausa.org)

Karamah - Muslim Women Lawyers for Human Rights: [www.karamah.org](http://www.karamah.org)

Muslim Men Against Domestic Abuse: [www.mmada.org](http://www.mmada.org)

### LOCAL RESOURCES

Add label with list of local resources

for Muslim victims and survivors.



## Peaceful Families Project



**PFP is a national 501(c)(3) organization devoted to ending domestic violence in Muslim families by facilitating awareness workshops for Muslim leaders and communities, providing training and technical assistance for professionals, conducting research, and developing resources. [info@peacefulfamilies.org](mailto:info@peacefulfamilies.org), [www.peacefulfamilies.org](http://www.peacefulfamilies.org)**



Victims

Friends

Communities

Leaders

Imams



## Peaceful Families

**If You or Someone in Your Community is Experiencing Abuse at Home, There is Help**

And among His signs is this: that He created for you mates from among yourselves so that you may dwell in tranquility with them. He has put love and mercy between your hearts; in that are signs for those who reflect. (Qur'an, Chapter 30: 21)