

Purple Shabbat Tabling Materials

Intimate Partner Violence Information Sheet (double sided)

Intimate Partner Violence

What is IPV?
Intimate partner violence (IPV) is abuse or coercion that occurs in a romantic relationship. "Intimate partner" refers to both current and former spouses, dating and regular sexual partners. IPV can range from one episode of violence with lasting impact to chronic and severe episodes over multiple years. IPV includes a wide variety of abusive or violent behaviors and can include but is not limited to:

Physical Violence Ex. punching, hitting, kicking, restraining	Verbal/Emotional Abuse Ex. insulting, blaming, gaslighting
Sexual Violence Ex. sexual assault, sexual coercion, groping	Technological Abuse Ex. tracking location, demanding passwords
Stalking Ex. following, watching, tracking location	Financial Abuse Ex. preventing money access, forcing debt
Identity Abuse Ex. outing sexuality, insulting race, gender, etc.	Spiritual Abuse Ex. preventing or forcing religious practices

How Common is IPV?

- 1 in 4 women, 1 in 7 men have been victims of severe physical violence (e.g. beating, burning, strangling) by an intimate partner in their lifetime.
- On a typical day, there are approximately **20,000** calls made to domestic violence hotlines nationwide.
- Intimate partner violence accounts for **15%** of all violent crime.

Intimate Partner Violence

Why Do Survivors Stay?
From an outsider's perspective, leaving might seem like an easy choice. But that is far from true. In fact, leaving or attempting to leave is the most physically dangerous time in an abusive relationship. Survivors also face many other barriers besides fear of violence. Although each survivor's story is unique, here are some of the most common reasons people stay:

Financial dependence	Children/Pets
Hope abuse will stop	Shame, Guilt, Blame
Lack of external support	Cultural, familial, and/or societal pressures

Additional Barriers for Jewish Survivors

Lack of resources like kosher food in shelters	Belief IPV doesn't occur in Jewish community
Pressure to maintain Shalom Bayit (peace in the home)	Family and community pressure

Need Support?
To access JCADA's services, send us a confidential message:
1-877-885-2232 | support@jcada.org

Let's Learn Together!
Schedule an education program for a group of Jewish teens or adults:
jcada.org/education

Healthy Relationship Guide

Healthy Relationship Guide

Healthy
Healthy behaviors help partners feel respected, safe, and equal.

- Respecting partner's space and privacy
- Spending time with others
- Feeling comfortable saying no
- Compromising when there is disagreement
- Asking permission before touch
- Feeling comfortable expressing yourself
- Listening to and growing from feedback
- Having fun together and enjoying each other's company

Abusive

Abusive behaviors are used to gain and maintain power and control over another person.

- Physical**
Ex. hitting, kicking, punching, grabbing, pinching, shaking, hair pulling, etc.
- Verbal/Emotional/Psychological**
Ex. name calling, blaming, insulting, dismissing emotions, threatening, etc.
- Sexual**
Ex. non-consensual touching, pressuring sexual activity, etc.
- Technological**
Ex. unwanted texting, harmful social media usage, demanding passwords, etc.
- Stalking**
Ex. tracking location, following, monitoring social media, etc.
- Financial**
Ex. bribing, swindling, disrupting employment or education, etc.
- Identity**
Ex. outing sexuality, insulting race, gender, sexuality, etc.
- Spiritual**
Ex. mocking religious beliefs, forcing beliefs on others, etc.

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How To Help A Friend Guide

How To Help A Friend

Do...

- have the conversation in a private, safe, and comfortable space.
- express concern about unhealthy behaviors you notice.
- validate their emotions and thank them for sharing with you.
- help them brainstorm resources, options, and next steps.
- follow their lead and let them guide the conversation.
- get help if you are worried about you or your friend's safety.

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Don't...

- label the relationship or the partner as bad or abusive.
- judge or blame them for the abuse they experience.
- push them to talk if they don't want to or are not ready to.
- tell peers or mutual friends without their permission.
- make decisions for them or judge their choices.
- try to do everything without the help of a trusted resource.

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Get Involved with JCADA

The Greater Washington Jewish Coalition Against Domestic Abuse

DONATE TO OUR CAUSE

Over 1 in 3 (35.0%) women and 1 in 4 men (25.0%) in the US have experienced rape, physical violence, and/or stalking by an intimate partner in their lifetime. (National Domestic Violence Hotline)

JCADA proudly centers our services around the Jewish community while celebrating our ability to serve all survivors, inclusive of all identities, with the sensitivity and respect everyone deserves. Our presence ensures that the diverse, local Jewish population has access to the highest caliber of services to support survivors and lower the tolerance for abuse in our community.

As a U.S. tax-exempt 501(c)(3) organization, your support ensures that JCADA has the necessary resources to continue to serve survivors and the local Jewish community.

JCADA HEROES

Monthly donations ensure that JCADA has the necessary resources to continue to serve survivors and the diverse, local Jewish population. With this commitment to JCADA's mission, know that you are directly impacting the safety and wellbeing of survivors who need our services to live empowered lives.

By giving monthly, we can rely on your support to operate and continue to serve the survivors who rely on us to live safely. That is what makes you a JCADA Hero.

FRIENDS OF JCADA

Friends of JCADA is a community engagement initiative that strives to lower the tolerance for abuse in our community by amplifying the voices of survivors and field professionals. By hearing their stories, we begin to normalize the conversation about intimate partner violence, commonly known as domestic violence, which in turn empowers survivors to seek support and ensures that we have the knowledge to foster healthy relationships.

All who donate \$180 or more to JCADA annually, will be invited to join Friends of JCADA. With membership, you gain access to a series of virtual speaking events throughout the year while ensuring that JCADA has the necessary resources to continue to serve survivors and the local Jewish community.

JCADA.ORG/GET-INVOLVED

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