

DOMESTIC VIOLENCE KHUTBAH TALKING POINTS

Prevalence

- **1 in 4** women in the US are victims of domestic violence. Domestic violence transcends race, religion, and nationality.
- **53%** of American Muslims report experiencing family or relationship related violence in their lifetime. This could include emotional abuse, verbal abuse, physical abuse, sexual abuse, and financial abuse
- **31%** of American Muslims report experiencing abuse in an intimate partner relationship
- **66%** of American Muslims report knowing someone who was a victim of abuse

Domestic Violence is a form of Oppression

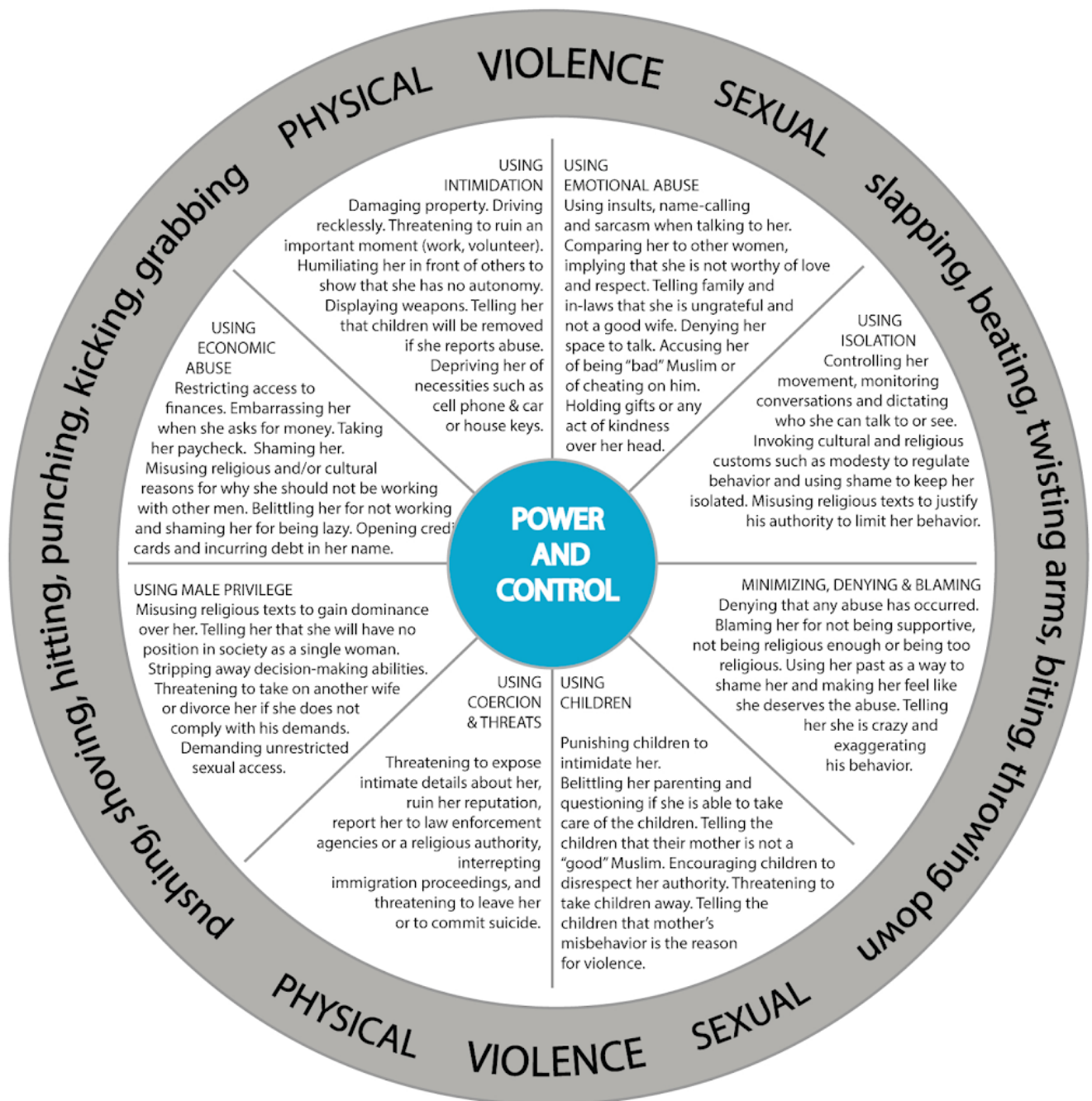
Domestic violence is when one person in the relationship tries to control another person or exert power by using one of many control tactics or forms of abuse.

Types of Abuse

- **Verbal:** name calling, insults
- **Psychological:** isolation, intimidation, threats (to divorce, to ruin reputation, to hurt family members, to deport, etc.), withholding affection
- **Physical:** pushing, hitting, pulling hair, throwing objects, destroying property
- **Sexual:** forced or prohibited sexual activity, including forcing to watch pornography
- **Financial:** depriving financial access, using financial dependency to instill guilt
- **Spiritual:** misusing Qur'an/hadith to control behavior, interfering with religious practice, preventing access to learn about Islam, etc.

Power and Control Wheel in Muslim Families

Domestic violence is a pattern of behaviors used by one person to gain power and control over another person in an intimate or family relationship. These behaviors may include verbal, emotional, physical, sexual, financial or spiritual abuse. These behaviors are oppressive and unjust, and therefore completely contradict Islamic teachings which call for justice, respect and kind treatment of others.



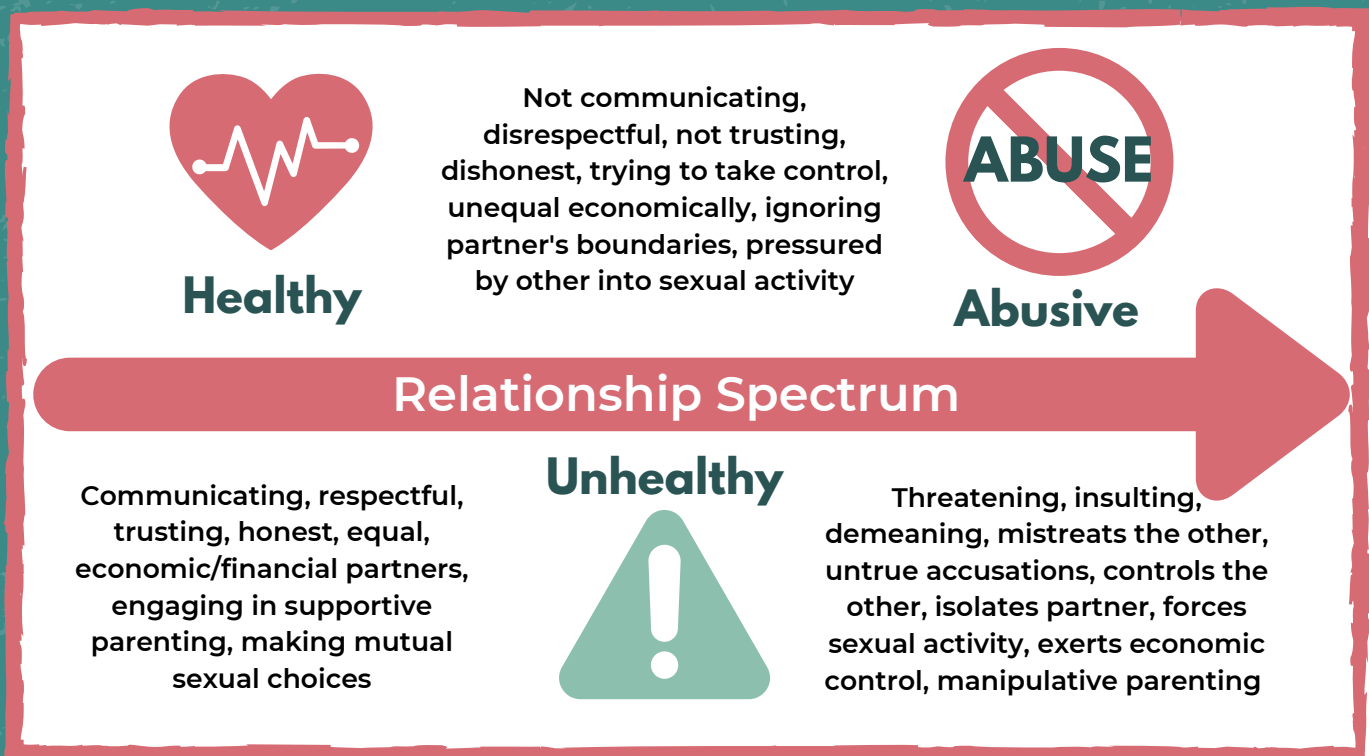
Impact of Abuse

- **Physical:** Survivor of abuse may sustain serious physical injuries (e.g. fractures, bruises, miscarriage, and in severe cases, death) and chronic health conditions due to the stress caused by abuse.
- **Mental:** Survivor of abuse lives in a state of anxiety or fear, not knowing when the next attack will come. Depression and PTSD are also common.
- **Spiritual:** Survivor may feel abandoned by their religious community and God, leading them to question or doubt their faith.

Negative Impact on Children

- Children who witness abuse have the same symptoms as children who are abused themselves
- Children who witness abuse are more likely to have emotional, physical and relational problems including behavioral and academic difficulties, engaging in risky behaviors, and feeling shameful and responsible for the abuse.

Relationship Spectrum



Adapted from National Domestic Violence Hotline:
<https://www.thehotline.org/healthy-relationships/relationship-spectrum/>

Islam as a Preventative Model

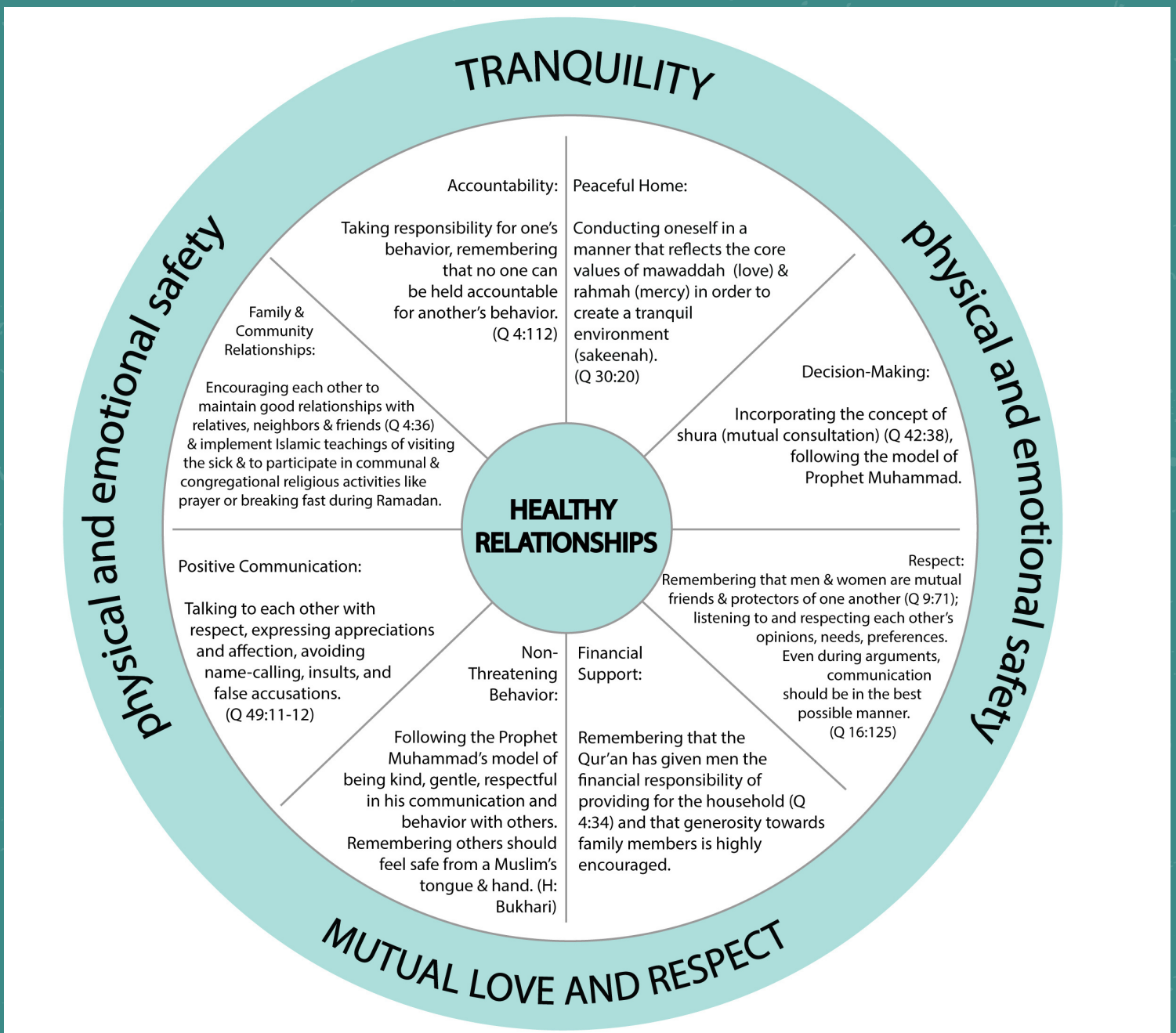
- Men & women equal in eyes of Allah (**Qur'an 49:13**) and created from single soul (**Qur'an 4:1**)
- Spouses are garments for one another (**Qur'an 2:187**)
- Marriage based on mutual love and compassion for purpose of mutual tranquility (**Qur'an 30:21**)
- Communication should be positive (**Qur'an 16:125, 14:24**)
- Mocking, name-calling prohibited (**Qur'an 49:11**)
- Qiwaamah is a responsibility for men to guide family in the manner of the Prophet (pbuh), and not a license to abuse, hurt, or control (**Qur'an 4:34**)
- Prophet's leadership in home and community based on gentleness (**Qur'an 3:159**), shura (**Qur'an 42:37-38 and 65:6**)
- It is not our job to control others, just to advise (**Qur'an 88:21-24**)

Islam Mandates Intervention

- Must stand for justice (**Qur'an 4:135**)
- “Help your brother, whether he is an oppressor or is oppressed.”
“O Messenger of Allah, we help the oppressed, but how do we help an oppressor?”
“By stopping him from oppressing.” (**Bukhari & Muslim**)
- Must help and defend oneself in the face of oppression (**Qur'an 42:39-40**)
 - Forgiving and seeking safety are not mutually exclusive
- Blame is on the perpetrator, not the victim (**Qur'an 42:42**)
 - Do not ask the victim, “What did you do to make him angry or to make him hit you?” Rather, hold the perpetrator accountable and provide comfort and safety for the victim.
- Divorce can be a peaceful solution when safety and well-being cannot be obtained in the marriage (imsaak bi ma`ruf aw tasreeh bi ihsaan). (**Qur'an 2:226-234 and 65:1-12**).

Healthy Relationship Wheel for Muslim Families

Islamic teachings from the Quran and Hadith provide a model for healthy relationships and families in which the objective is a tranquil environment for all family members. Islamic teachings promote treating other people in general, and family members in particular, with kindness, justice, gentleness and respect.



Talking to Survivors

Adapted from PFP DV Survivors Toolkit

For someone experiencing abuse, ordinary experiences and well-intended questions or statements can be triggering and retraumatizing. Abuse crushes the person's self-esteem and puts the person in a vulnerable state. Be mindful, empathetic, and nonjudgmental in your responses to someone undergoing or healing from domestic violence. Here are some suggestions on what not to say to a survivor or victim of abuse and what to say instead.

WHAT NOT TO SAY:

- 1. Why don't you leave the abusive home?**
Leaving is a complicated and difficult choice for various reasons. Be supportive regardless.
- 2. Why did you wait so long to leave?**
The decision to leave an abusive home isn't an easy one.
- 3. What did you do to provoke the abuse?**
Abuse is the responsibility of the abuser only.
- 4. Is it abuse if he didn't hit you?**
Abuse is not only physical. It is also psychological, emotional, verbal, spiritual etc
- 5. Why is it so hard for you to report an assault?**
Someone experiencing abuse might not know that this is abuse. They could also be scared to talk about it. Reporting can be difficult and complicated.
- 6. Why would you let someone treat you this way?**
Never blame someone being abused for the pain they are going through.
- 7. There are two sides of every story.**
No matter what the other side of the story is, no one deserves to be abused.
- 8. You need to move on.**
Healing is a journey and it can take a lifetime for someone to overcome their pain.

WHAT TO SAY:

- 1. You didn't deserve what happened to you. There is no excuse for abuse.**
- 2. I'm glad you're safe now that you're out of that situation.**
- 3. I believe you. I'm sorry this happened to you. I appreciate you trusting me.**
- 4. You are not alone. I care about you and am here to listen or help in any way I can.**
- 5. Whatever reaction you are having is normal. You are not going crazy.**
- 6. It is not your fault. You didn't do anything to deserve this.**
- 7. You are not responsible for your partner's violence.**
- 8. I'm here to listen and not judge. What can I do to support you?**

How to Support Survivors

Adapted from PFP DV Survivors Toolkit



Be supportive and listen, while validating their experiences.

Be nonjudgmental. Respect their decisions and support them no matter what their decision may be. Remember, you cannot rescue someone!



Reassure them that the abuse is never the fault of the person being abused.

Encourage them to participate in activities that they enjoy with friends and family. Survivors can often feel isolated, so giving them a supportive community can go a long way.



Be compassionate and empathetic.

Connect them to a DV organization for them to develop a safety plan as soon as possible.



Preventing Domestic Violence and Promoting Peaceful Homes

Adapted from PFP Imam & Chaplain Toolkit

Prevention

- Convey that any kind of abuse is unacceptable regardless of circumstances
- Teach about healthy family dynamics and appropriate expectations related to gender roles
- Teach about stress management
- Teach about anger management
- Encourage people to seek appropriate help (emotional, financial, premarital counseling etc.)

Remember

- It takes courage to disclose abuse
- Abuser often says:
 - "No one will believe you"
 - "No one will help you"
 - "You will lose the children if you report or try to leave"
 - "It's all your fault" or "You're bad/not worth it"

Counseling Skills

- Ask what would be most helpful
- Use open-ended, neutral questions:
 - "Help me understand what happened" versus "Why did he hit you?"
- Offer suggestions, not commands
- Practice active listening:
 - "I'm hearing you say..."
- Acknowledge complexity of situation and lack of perfect solution
- Couples Counseling:
 - May be unsafe or extremely dangerous
 - May lead to the abuser cutting the person off from further help or outside contact
 - May lead to increased intensity of violence
 - May lead to murder
- Reporting:
 - Confidentiality may be need to broken when a child or an elder is in danger, or when an adult is threatening harm to themselves or someone else

RESOURCES FOR KHUTBAH ON DOMESTIC VIOLENCE

- Imam Magid Khutbah https://www.youtube.com/watch?v=PHnlpl_nv5U
- *What Islam Says About Domestic Violence*, 2nd edition, available through <https://store.faithtrustinstitute.org/products/what-islam-says-about-domestic-violence-a-guide-for-muslim-families> (use promo code PFP)
- *Change from Within: Diverse Perspectives on Domestic Violence in Muslim Communities*, available through <https://store.faithtrustinstitute.org/products/change-from-within-diverse-perspectives-on-domestic-violence-in-muslim-communities> (use promo code PFP), or <https://www.amazon.com/Change-Within-Perspectives-Domestic-Communities/dp/0979138906>
- *Islamic Marriage Contracts: A Resource Guide for Legal Professionals, Advocates, Imams & Communities* by Maha Alkhateeb <https://www.peacefulfamilies.org/pfp-publications.html>
- *Family Leadership (Qiwamah): An Obligation to Fulfill, not an excuse to abuse* available at <https://www.amazon.com/Family-Leadership-Obligation-Fulfill-Excuse/dp/1590080564>
- FaithTrust Institute (2007). *Garments for One Another: Ending Domestic Violence in Muslim Families*. (DVD & Study Guide for Facilitators). <https://store.faithtrustinstitute.org/products/garments-for-one-another-ending-domestic-violence-in-muslim-families-training-package-dvd>

DOMESTIC VIOLENCE RESOURCES

Help is Available in Your Community

- Identify your local DV organization and/or shelter.
- 24 hour hotline: 1-800-799-SAFE (7233).
- In case of emergency, call 911.

Peaceful Families Project www.peacefulfamilies.org

- Imam and Chaplain Toolkit
<https://www.peacefulfamilies.org/imam-toolkit.html>
- Domestic Violence Programs for Muslim Communities: Services, Advocacy and Training Directory <https://www.peacefulfamilies.org/dvdirectory.html>
- DV facts, resources, statistics and training

National Organizations

- Faith Trust Institute (www.faithtrustinstitute.org) - faith-based organization including Muslim-specific webinars, materials, articles, and training
- National Resource Center on Domestic Violence (www.nrcdv.org) - national organization providing resources, training, research and other DV materials
- National Domestic Violence Hotline (<https://www.thehotline.org/>) - national organization providing DV information and materials
- Battered Women's Justice Project (www.bwjpp.org) - national organization providing training, services and resources
- HEART Women and Girls (www.heartwomenandgirls.org) - Muslim-specific, provides resources and information on sexual violence in the Muslim American community, and resources on sexual health
- Safe Havens Interfaith Partnership Against Domestic Violence (www.interfaithpartners.org) - faith-based organization in Boston providing resources and training