

# How do I know if I am in an abusive relationship?

## DOES YOUR PARTNER:

- Ridicule, humiliate, embarrass or put you down in public or private?
- Attempt to isolate you from your family and/or friends?
- Blame you for all the problems in your relationship?
- Take control of all the finances, deny you access to money or insist you account for every penny you spend?
- Attempt to control where you go and/or what you do?
- Intentionally lock you in or out of the house or take your car keys?
- Use alcohol, drugs, or childhood experiences as an excuse for bad behavior?
- Push, slap, punch or throw objects at you?
- Deprive or punish your children when angry with you?
- Force you to have sex or perform unwanted sexual acts?

## DO YOU FREQUENTLY:

- Change your behavior to deal with your partner's moods and temper?
- Constantly worry about what kind of mood your partner will be in?
- Feel like you are walking on eggshells?
- Feel like you are going crazy?
- Feel the consequences of just being you?

You may be a victim of abuse if you have answered yes to any of the above questions. If you or anyone else you know needs help, it is available.

Please contact JDAC at  
**952-542-4833**

JDAC is a program of the Jewish Community Health Awareness Initiative (J-CHAI), which is a program of Jewish Family and Children's Service of Minneapolis and Jewish Family Service of St. Paul.

## OUR MISSION

The mission of J-CHAI is to collaborate with agencies and synagogues to identify needs and coordinate services and resources to address those needs. J-CHAI is a program that identifies and responds to current or emerging health and well-being issues facing the Twin Cities Jewish community.

For more information, contact  
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Awareness Initiative  
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**952-542-4833**  
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13100 Wayzata Boulevard, Suite 400  
Minnetonka, MN 55305

**For Emergency 24-Hour  
Crisis Referral, call  
1-866-223-1111**

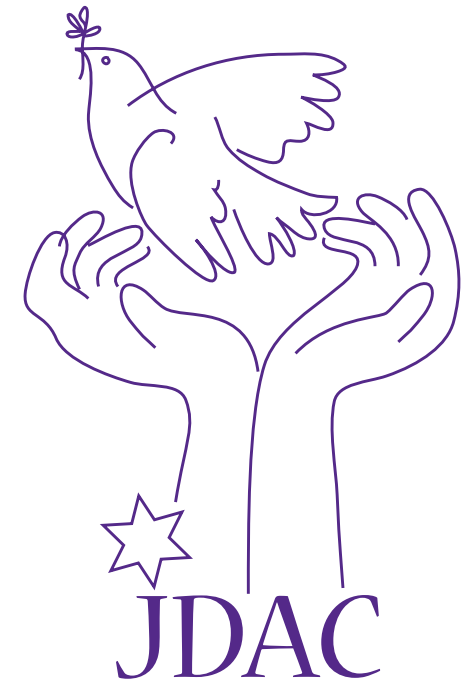


[www.jfcsmpls.org](http://www.jfcsmpls.org)



[www.jfssp.org](http://www.jfssp.org)

Jewish Domestic Abuse Collaborative



**JUDAISM IS RICH IN TRADITIONS.  
DOMESTIC ABUSE  
IS NOT ONE OF THEM.**

*JDAC's vision is that  
the Jewish community will be  
free of domestic abuse.*

“Nowhere is denial (about abuse) as intense as in the Jewish community.”

Rabbi Abraham Twerski

**DID YOU KNOW** on average, a Jewish woman stays in an abusive relationship 5–7 years longer than other women?

**DID YOU KNOW** abuse can be sexual, emotional, verbal and financial, not just physical?

**DID YOU KNOW** abuse tends to be cyclical and goes from generation to generation?

Abuse happens in every economic class, every culture, every racial background, every level of education and every religion. Domestic abuse occurs in 15-25% of Jewish families – at the same rate it does in families of other religions.

*JDAC's mission is to provide education and raise awareness about domestic abuse in the Twin Cities Jewish community, and to coordinate and develop services for individuals and families.*



“Thou shalt not stand idly by when a human life is in danger.”

Leviticus 19:16

If we don't confront abusive behavior, it perpetuates the cycle of violence.

Together, we need to:

- Learn about domestic abuse and available resources.
- Hear and support survivors who come forward with their stories.
- Confront, combat and prevent abuse.
- Involve men – this is not a women's issue: it is a community issue.
- End violence before it starts by teaching young people about healthy relationships.
- Help develop adequate resources that offer shelter, healing, justice and financial security to those in need.
- Contact JDAC for help with resources, education and support.

**TOGETHER, WE CAN  
END DOMESTIC ABUSE.**

## JDAC Activities

### EDUCATION AND AWARENESS

- Offers presentations to Twin Cities Jewish community members, congregations, communal organizations, rabbis, secular and interfaith communities.

### HEALTHY YOUTH-HEALTHY COMMUNITIES

- Promotes healthy relationships among Jewish youth, offering preventative education to youth groups, synagogues and community organizations.

### REFERRAL

- Offers confidential referrals – including legal, mental health and shelter resources – to those who have experienced abuse and their families.

### ADVOCACY AND SUPPORT

- Liora (*I have light*): Survivors Determined to Make a Difference – an open, ongoing group that meets monthly to support one another and provides outreach to Jewish women.
- Provides Community Advocate Volunteers – Jewish women who have been trained to offer emotional and moral support to Jewish individuals who have experienced domestic abuse and to provide guidance to assist with making the best choices for themselves and their children.