

Support Organisations

The Womens' Support Group, in collaboration with existing community welfare structures and organisations, hopes to start a Women's Empowerment Support Group. This will run for 2 hours per week and aims to help women through their experiences and allow them to develop responses empowering them to overcome trauma and abuse, develop their self-esteem, and access relevant legal information. An Islamic approach similar to existing laws will be adopted.

Further, an attempt will be made to develop Mens' Support Groups. This program directly confronts the client's denial and then teaches him new ways to think, act, and communicate with his loved ones in non-violent ways. Again, this will be communicated using Islamic principles that are co-existent with modern laws, as Islam advocates the best treatment of women.

Mission of Hope aims to keep the family unit together. Through these unique programs, it is hoped that relationships can be maintained where efforts are made to reduce violence and promote tranquillity within the relationship.

000 - For Emergency help where violence is committed, ring 000 immediately.

Muslim Women's Organisations - Contact your local Muslim Women's Organisation if you need to access refuges, community support, information, referrals or advice. For the number of the nearest local Muslim Women's Organisation in Australia, contact the Australian Federation of Islamic Council on (02) 9319 6733

Domestic Violence Hotline - Ph. 1800 65 64 63 (24 hours a day)



*Adapted from B. Ahmed's presentation at ISNA MAFV conference 2000, Sharifa Alkhateeb's Muslim Wheel of Domestic Violence, Immigrant Women Program, Now Legal Defense & Education Fund.

Contact Us

Phone (02) 9703 1580
Fax (02) 9703 1580
Email info@missionofhope.org.au
Web www.missionofhope.org.au
Post PO Box 675 Lakemba 2195

How to Help

If you would like to help sponsor MoH projects, please contact us. If you would like to donate to MoH, our account details are:

Commonwealth Bank of Australia
Mission of Hope
BSB: 062-191
ACC: 10300318

We greatly appreciate your assistance.



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Islam and Domestic Violence

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Muslim Community Solutions for Health and Well-Being

What Islam says . . .

One of the greatest misconceptions and stereotypes concerning Islam is that it condones, even encourages the abuse of women. In fact, the exact opposite is true of Islam.

During the pre-Islamic period, when women were nothing but playthings and considered the property of men, Allah (SWT) commanded that they be given rights, respect and kindness. Allah Most High says:

'And among His signs is that He created for you mates from among your yourselves so that you may dwell in peace and tranquillity with them. And He has ordained between you love and mercy. Indeed in that are signs for those who reflect.' **(The Holy Quran 30 : 21)**

'The Believers, men and women, are protectors one of another: they enjoin what is just, and forbid what is evil: they observe regular prayers, practice regular charity, and obey Allah and His Messenger. On them will Allah pour His mercy: for Allah is Exalted in power, Wise.' **(The Holy Quran 09: 71)**

Domestic Violence Examples

Emotional Abuse

- Cursing, swearing & screaming
- Repeated harassment & degradation
- Attacking self-esteem (e.g. calling a person stupid/ incompetent)
- Insulting loved ones (e.g. family)
- Exhibiting controlling behaviour (e.g. limiting phone conversations or restricting family visits)
- Forcing the spouse to stay awake or rise from sleep
- Blaming the spouse for everything
- Criticizing the their thoughts, feelings and opinions
- Lying about immigrant status
- Claiming (for example) "She is crazy and needs therapy"

Physical Abuse

- Slapping, Choking,
- Punching, Kicking,
- Pushing, Shoving
- Biting, Spanking,
- Burning, Restraining,
- Forcing sexual activity

Psychological Abuse

- Threatening to:
 - Punch, hit or kick
 - Use weapons
 - Harm themselves if the spouse leaves
 - Take away children
 - Hurt pets
 - Report spouse to immigration and have them deported
 - Have family members residing in another country hurt
 - Marry another if she does not "behave"
 - Reveal family secrets
 - Smashing and breaking things
 - Slamming doors & throwing objects
 - Downplaying the abuse by calling it "discipline"
 - Destroying possessions

Financial & Resource Abuse

- Confiscating or breaking the phone
- Refusing the spouse access to or control over her mahr (dowry)
- Inhibiting or preventing the spouse from pursuing further education
- Sabotaging work or school
- Misusing Qur'an & Hadith to justify oppressive behaviour & opinions
- Using money to control the spouse
- Forcing the spouse to work illegally
- Not allowing the spouse to learn English or not preventing her from communicating in a language she is fluent in

Domestic Violence & Children

Emotional Effects

- Acting vs. withdrawing
- The overachiever vs. underachiever (school refusal)
- Caretaking: filling adult roles
- Aggressive bullying vs. passive doormat
- Establishing rigid defences - aloof, sarcastic, rigid, blaming
- Attention-seeking behaviour
- Nightmares, Bed-wetting, Excessive shyness

Physical Effects

- Somatic complaints (headaches, stomach aches, asthma, etc.)
- Nervousness. Anxiousness
- Short attention span, Tired, lethargic (seems lazy)
- Sickly... colds, flu, etc, neglect of personal hygiene
- Regression in developmental tasks (regressive behaviors)
- No reaction to physical pain

Social Effects

- Isolation - no friends/distant in relationships
- Avoids bringing friends home
- Relationships with friends may start intensely & end abruptly
- Has difficulty trusting others, poor conflict resolution skills
- Excessive social involvement (compensates by staying away from home)
- Avoids spending time with family

Cognitive Effects

- Feeling of responsibility for violence or abuse
- Blames others for their behaviour (in not acting responsibly)
- Feels that it is acceptable to hit or verbally abuse others you care about to get what you want, express anger, or feel powerful
- Low self-concept (cannot succeed in changing violence/abuse)
- Do not ask for what they need
- Failure to trust in promises to change
- Identifying roles as: "being a boy means...", "being a girl means...", "being a man/woman/parent means..."
- Uses abuser and/or victim as examples