

OUTREACH & PREVENTION PROGRAMME

Gain knowledge and tools to promote a healthy culture in your Jewish organisation or communal setting.

OUR OFFER

Training:

Tailored training for your staff on domestic abuse, healthy relationships and building a consent culture.

Presentations & Educational Workshops:

Overview of domestic abuse, healthy relationships & consent education for your community, staff, and young people.

Community Engagement:

Training and talks for communities, layleaders and clergy.



- Events: we can attend your events and provide resources and information.
- Sessions can be adapted to suit your needs.
- To enquire about making a booking, contact: outreach@jwa.org.uk



EXPLORING HEALTHY RELATIONSHIPS:

A toolkit to open up conversations about what makes a relationship healthy or unhealthy



Anyone can experience an unhealthy or abusive relationship but both nationally and globally, women are disproportionately affected by abuse.

Almost 30% of women will experience some form of domestic abuse after the age of 16 (Office for National Statistics, 2022).

JWA supports over 700 Jewish women and girls across the UK (2022).

Most of our clients have experienced **coercive & controlling behaviour, emotional and economic abuse.**

Support us by donating at [jwa.org.uk/donate](https://www.jwa.org.uk/donate)

We're always here to listen.

0808 801 0500

advice@jwa.org.uk

[jwa.org.uk/webchat](https://www.jwa.org.uk/webchat)



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HEALTHY OR UNHEALTHY?

For each of the statements, think about how healthy or unhealthy they are in a relationship.

- What colour would you assign to these statements, green (healthy), yellow (unhealthy) or red (abusive)?
- Are some easier to assign than others?
- What do your family and friends think?
- If you disagree, explain your view and listen to theirs.

ASSIGN A COLOUR TO EACH STATEMENT

- One person making all the decisions
- Constantly checking where the other person is
- Telling the other person what to wear
- Having a big influence on the other person
- Showering them with gifts
- Putting your partner first
- Knowing each other's passwords
- Doing something only to please the other person
- Relying on the other person
- Constantly messaging each other
- Being treated like a prince/princess
- Having arguments
- Second guessing yourself

- Feeling like you have to tread on eggshells
- One person in control of finances
- Putting your ideas down constantly
- Monitoring what you spend
- Embarrassing you in public
- Your partner continuously blaming you
- Free to be yourself
- Laughs at your jokes
- Always having to say yes
- Liking the same things
- Having your own space
- Listening to you
- Encouraging you to try new things

HEALTHY

A healthy relationship means both you and your partner are:

- Communicating
- Respectful
- Trusting
- Honest
- Equal
- Enjoying time together and time for yourself
- Making mutual choices
- Economic/financial partners

UNHEALTHY

You may be in an unhealthy relationship if you or your partner are:

- Not communicating
- Disrespectful
- Not trusting
- Dishonest
- Trying to take control
- Only spending time together or apart
- Pressured into activities
- Unequal economically

ABUSIVE

An abusive relationship is when there is a harmful pattern of behaviour by one partner, which may include:

- Exerting a lot of power and control within the relationship
- Communicating in a hurtful way
- Making you feel bad about yourself
- Pressuring and coercing you
- Isolating you from others
- Threatening and intimidating
- Denying their actions are abusive
- Strictly controls access to money