



JEWISH WOMEN'S AID

RELATIONSHIP ABUSE

.

What we all need to know
and start talking about...



0808 801 0500



jwa.org.uk/webchat



advice@jwa.org.uk

WHAT IS RELATIONSHIP ABUSE?

Relationship abuse can take many different forms and usually happens as part of a pattern of incidents in which someone with more power controls, demeans and harms their partner or former partner. Here are some examples of what abusive behaviour might look like:



Insults, criticism, mocking, humiliation



Being checked up on, followed, or stalked



Having money taken or controlled



Isolation from family and friends



Threats, intimidation, or violence



Throwing or breaking possessions



Pressure to engage in sexual activity



Lying, blame and denial of the abuse

KEY FACTS

Abuse can happen to anyone and it is important to remember that it is never your fault and specialist support is available (see p5).

At the same time, both nationally and globally, relationship abuse and sexual violence disproportionately affect women and girls. For example, in the UK 1 in 4 women experience rape or sexual assault as an adult, compared to 1 in 20 men¹ and women are much more likely than men to experience domestic abuse overall, as well as severe and repeated domestic abuse².

16-24

Age group most likely to experience relationship abuse.

Source: Safe Lives, 2016

50%

of young women have experienced controlling behaviour in an intimate relationship.

Source: Refuge, 2017

50%

of students & recent graduates have experienced sexual harassment:

57%

of female students

19%

of male students

55%

of non-binary students

62%

of students with a disability

Source: The Student Room & Revolt Sexual Assault, 2018

There are strong indications that LGBT+ people can face a higher risk of relationship abuse and sexual violence. Visit galop.org.uk and stonewall.org.uk for a wide variety of studies and information.

1. rapecrisis.org.uk/get-informed/statistics-sexual-violence

2. womensaid.org.uk/information-support/what-is-domestic-abuse/domestic-abuse-is-a-gendered-crime

WHAT TO LOOK OUT FOR?

16-24 year-olds are the group most likely to experience relationship abuse, but those affected may not recognise what they are experiencing - or doing - as abuse.

The Everyone's Invited disclosures of sexual harassment and abuse in schools, plus numerous scandals at universities have really exposed a deeply embedded unhealthy culture across youth settings.

Abusive and unhealthy behaviours to look out for in your relationships and experiences:

- | | |
|---|---------------------------------------|
| <input type="checkbox"/> Silent treatment | <input type="checkbox"/> Rape |
| <input type="checkbox"/> Putdowns | <input type="checkbox"/> Assault |
| <input type="checkbox"/> Constant messaging | <input type="checkbox"/> Control |
| <input type="checkbox"/> Sharing nudes | <input type="checkbox"/> Pressure |
| <input type="checkbox"/> Love bombing | <input type="checkbox"/> Coercion |
| <input type="checkbox"/> Gaslighting | <input type="checkbox"/> Isolation |
| <input type="checkbox"/> Stalking | <input type="checkbox"/> Manipulation |
| <input type="checkbox"/> Harassment | <input type="checkbox"/> Blackmail |
| <input type="checkbox"/> Spiking | <input type="checkbox"/> Ghosting |

GET SUPPORT

JEWISH WOMEN'S AID

We offer a confidential Young Women's Support Service for Jewish women and girls aged 16 plus. This can include counselling, advice and emotional support.

advice@jwa.org.uk
jwa.org.uk/webchat
0808 801 0500 or
020 8445 8060 Option 1



MANKIND INITIATIVE

Confidential information and support for male victims of domestic abuse.

www.mankind.org.uk
01823 334244



RESPECT MEN'S ADVICE LINE

Confidential helpline for male victims of domestic abuse.

info@mensadviceline.org.uk
0808 801 0327
Web chat at mensadviceline.org.uk



GALOP

Confidential information and support for LGBT+ people experiencing domestic abuse.

0800 9995428
help@galop.org.uk
Web chat at galop.org.uk



WHAT CAN WE DO ABOUT RELATIONSHIP ABUSE AND SEXUAL VIOLENCE?

The good news is that we can all play an active role in preventing and challenging abuse and unhealthy behaviour.



JOIN A WORKSHOP

We offer workshops across student and youth settings, covering healthy relationships and consent. Feel free to get in touch to find out more and book a session.

You can also contact us to request copies of this leaflet, awareness posters and other resources:

outreach@jwa.org.uk



CHALLENGE SEXISM

Abuse becomes permissible when we have a culture that allows casual sexism. Prejudiced attitudes, ideas, 'jokes' and insults pave the way for harmful behaviour such as unwanted touching unless they are challenged.

Speaking up about early signs of sexist attitudes, ideas and behaviours is a key way in which we can start to change our culture and prevent abuse.



QUESTION YOUR NEWSFEED

Be conscious of the messages you put out and consume - are they problematic? Do they encourage respectful attitudes or do they perpetuate misogyny and harmful gender stereotypes?



REACH OUT

If you are worried about a friend, it is always better to say something, even if you think you may be overreacting.

For advice on how to support someone you think may be in an unhealthy situation, please see our factsheet 'What to Say to Someone Experiencing Domestic Abuse' at jwa.org.uk/community-toolkit



Please sign up for updates and let us know if you're interested in workshops, resources or other support.
www.jwa.org.uk/young-adults-youth-professionals



JEWISH WOMEN'S AID

We support and empower Jewish women and girls who are experiencing domestic abuse and sexual violence, in a culturally sensitive way.



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