

SHALOM BAYIT

ENDING DOMESTIC VIOLENCE IN JEWISH HOMES

Spring 2014 ~ Nissan 5774



Support Groups

Are you being hurt by someone you love?

Get support from your peers in a confidential space. Groups offered in SF, East Bay, Marin, and the Peninsula. FREE and open to women coping with controlling relationships, past or present. For details call our Bay Area Toll-Free Helpline

1-866-SHALOM-7

SF / Marin groups made possible by the Jewish Community Endowment Newhouse Fund

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Shalom Bayit is a beneficiary of the Jewish Community Federation of San Francisco, the Peninsula, Marin and Sonoma Counties, a project of the Tides Center, and a proud member of the San Francisco Domestic Violence Consortium.

FOR THE NEXT GENERATION

Naomi Tucker, Executive Director

The connection between generations is a powerful Jewish theme. We learn from the last generation, and teach to the next. We learn from our children and students too. As Rabbi Chanina said, "I have learned much from my teachers. More from my colleagues. But most of all – from my students" (*Babylonian Talmud, Ta'anit 7a*). We remain linked to the lessons of our past: we are forever changed by the Holocaust; each year we retell the story of our people's exodus from slavery. Every generation is called to see ourselves as if we personally had come out of Egypt – not just to remember what happened to our ancestors, but to act as if we are current players in that scene. We are deeply rooted in where we come from.

From one generation to the next we learn a great deal. We both learn from and rebel against our role models, each force shaping who we are to become. What does that mean for the mother trying to protect her child from exposure to an abusive parent at home? What about the universal question of how our community as a whole can make things better for the next generation?

And when we refer to "next generation" are we talking about young children? Our kids' children? Gen X young adults now becoming our future leaders?

Shalom Bayit's work spans the spectrum of all this intergenerational interconnectedness. Intervention programs address the problem of domestic violence in its present moment: those currently coping with abuse or its aftermath. Prevention programs take a different angle, targeting those who haven't yet been impacted in the hopes that our healthy relationships education will prevent abuse in the first place. The prevention field calls this "primary prevention" — in other words, preventing an issue before it starts. This includes our *Love Shouldn't Hurt* teen program, reaching out to Jewish youth regardless of whether they are at risk so that all teens are exposed to tools for preventing relationship abuse.

—continued on p.2

RABBIS' CORNER: Beyond Silence

Rabbi Pam Frydman

Over the years I have listened to the precious and painful stories of women and men who were sexually abused as children. It is not unusual for a rabbi to support victims of abuse, but generally it is confidential even when the abuse is reported to the authorities. In the fall of 2013, a courageous man declared on Facebook that he was molested by his late father who was a prominent Jewish leader. Sue Fishkoff, Editor-in-Chief of *J, the Jewish News Weekly of Northern California*, covered the story and published an op ed by Rabbi Nat Ezray of Congregation Beth Jacob in Redwood City. Rabbi Ezray grew up in the same community as the molester. He expressed his outrage, declared his commitment to facilitate a public response and invited the public to contact him if they wished.

Many rabbis accepted Rabbi Ezray's challenge. A small ad hoc group created the "**Beyond Silence**" campaign to raise consciousness about child sexual abuse, to help make it safer for victims and survivors to step forward to ask for help, and to implement methods for preventing, reporting, and responding to child sexual abuse in the Jewish community. More than 135 rabbis signed a statement initiating the Beyond Silence campaign that was published in the *J Weekly* in February.

Rabbis are also planning a professional development conference (slated for January 21st, 2015) to educate ourselves and develop policies and protocols for staff, parents and congregants so everyone learns how to prevent child sexual abuse and what to do when it has already occurred. *For information about the Beyond Silence campaign, please contact Rabbi Nat Ezray at rabbi@bethjacobrwc.org or Rabbi Pam Frydman at rebpam@gmail.com.*

Join us for...Upcoming Events

(more info, p.6)

April 27th Teen/parent workshop

May 14th Creating Hope celebration

For the next generation

Continued from page 1

Honestly, we'd like to work ourselves out of a job. I look forward to the day when Shalom Bayit is no longer needed because we've created a society where people simply don't treat their partners abusively, period.

There is also what the prevention field calls "secondary prevention" – helping those who've experienced a problem to prevent it from happening again. This type of prevention blends our client services and community education, weaving educational content into our counseling and intervention programs. Secondary prevention includes, for example, helping our clients to stay safe once they get out of an abusive relationship, preventing further harm. It includes giving them the tools to have healthy relationships the next time around. Finally, another example of secondary prevention is ensuring the children of battered women do not experience further trauma in their lives.

Clearly, understanding prevention in this way compels us to integrate prevention messages into all that we do: from our actual dating violence prevention programs that teach youth skills for healthy friendships / relationships, to our crisis intervention programs that benefit greatly from the content and lessons learned in our prevention work.

A prevention mindset also influences our outreach strategies. As important as it is to reach out to potential victims of domestic abuse when we think about who needs Shalom Bayit's services, it's equally important to reach everyone (including those not currently in abusive relationships) with concrete tools for preventing abuse in their own lives. (Not to mention in the lives of their friends, children, grandchildren, colleagues, congregants and more.) That's why we are now offering healthy relationships workshops for young adults as well as teens, and teaching specific skills like healthy boundary-setting. While the topic of domestic violence may not be "sexy" or feel relevant to everyone, it's vitally important for anyone considering long term relationships. All of us need to understand how to protect ourselves from harm, choose wisely, and know what warning signs of abuse look like before we're in too deep. Think of it as an insurance policy: it can happen to anyone, so everyone should be informed.

Relationships can fall in many places on the spectrum between healthy and abusive. There is a wide range in the middle: the unhealthy and not-so-great relationships, the at-risk ones, the ones with early signs of abuse. As Shalom Bayit grows in our capacity and broad reach, we want to be helping people before they find themselves on the negative end of that spectrum.

Why do we do this work?

We do this work, of course, for the women: the one in four Jewish women who are abused by an intimate partner. The three women a day in the US who are murdered by their partner. The women who don't believe they deserve better. And for the women who know they do – but just need a helping hand to get out and make it on their own.

But we also do this work for the children: the one in three teens in an abusive relationship. The one in ten young teen

girls pressured into posting and texting half naked pictures of themselves before they understand the consequence. And all the teens who just want to have a healthy relationship but don't know how.

We do this for the 15 million children in the U.S. living in families where they witness domestic violence. The children who live in a verbal war zone in their own home. The children who grow up with an inextricable link between love and violence, who learn to cope by either aggression or invisibility, who so desperately crave the one thing that should be a basic human right for all: a safe place to call home.

A Chassidic story tells of Honi the Circle Maker who, when walking down the road one day, saw an old man planting a carob tree. Honi asked "How long will it take for this tree to bear fruit?" The man replied, "Seventy years." Honi asked the man why he would plant a tree when he would not live long enough to see it bear fruit. The man answered, "When I was born into this world, I found many trees planted by my father and grandfather. Just as my ancestors planted for me, so I will plant for my children."

Ending domestic violence is perhaps not something that will happen in your lifetime or mine. But we still work tirelessly towards that goal because we are the generation planting the seeds – so that our children's children will live in a world of respect and lovingkindness. We plant those seeds among today's young children when we teach them how to play in the sandbox. We plant them now and quickly among teens who are starting to date. We plant them among young adults on the cusp of building life partnerships and families. We spread those seeds far and wide, sometimes also touching those already affected by domestic violence – in the hopes that we bring a little more peace to this world each day, one person at a time.

So when I am asked if "next generation" refers to millennials or preschoolers or our children's children, my answer is yes. It means all those things. Each of those groups is the reason we are here, striving every day to make this world a place where all people treat each other with dignity and respect.

Shalom Bayit mourns the passing of Barbara Casaretto, z'l

founding member of the Shalom Bayit collective in 1992

We recently learned that Barbara passed away 4/3/13 following treatment for cancer. She was a true light in the world, loved by all who knew her. We remember her as a woman of great dedication, perseverance and strength who helped spread much lovingkindness throughout our community.
May her memory be for a blessing.

Barb, we miss you.

Thank you!

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**A VISIT FROM
RABBI ELLIOT DORFF**

In February Shalom Bayit hosted two special events with guest speaker Rabbi Elliot Dorff, nationally renowned scholar, author, and rabbinic authority on Jewish ethics



Evening reception: As a thank you to our major supporters who make Shalom Bayit's programs possible, we were pleased to present this conversation with by Alan Levins at Rabbi Dorff spoke of recognizing how we image of G-d, and protect ourselves and because we are holy. different forms of and community responses, particularly abuser accountability and both Jewish and secular illegality.

Rabbi Dorff was also the guest teacher at Shalom Bayit's Annual **Rabbinic Advisory Council Meeting** where he discussed rabbinic responses to his *teshuva* (rabbinic policy statement) on domestic violence. The *teshuva* was published in his book, *Love Your Neighbor and Yourself: A Jewish Approach to Modern Personal Ethics*. Our rabbis enjoyed his teaching and will be using his *teshuva* as the inspiration to discuss how local congregations can implement domestic violence policies.

An Alternative Dayenu for Your Passover Seder (source unknown)

Sometimes, we cannot say *Dayenu*, it would have been enough. Women have the right to say, "No, this is not enough, I will not settle for this."

Sometimes, we wish we could say *Dayenu*.
 What would be enough?

When women can make choices about our own bodies and our own lives, *Dayenu*.

When courts, law enforcement and mental health professionals stop their victim blaming, *Dayenu*.

When children do not have to witness violence, misogyny, or any abuse in the their own families, *Dayenu*.

When the Jewish community protects abuse survivors, *Dayenu*.

When our voices are listened to and believed without judgment or question, *Dayenu*.

When money and power can no longer protect abusers, *Dayenu*.

When the community focuses on stopping the abusers instead of blaming us for staying, *Dayenu*.

When Jewish law and secular law can guarantee women and children's right to safety, *Dayenu*.

When every Jewish woman can find true shalom bayit, *Dayenu*.

Honorary and Memorial Gifts, July - December 2013

Honorary Gifts

In honor of Ellen & Jon Benjamin
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In honor of Allan & Bevy Brodsky
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Love Shouldn't Hurt on the national college scene

Since 2002 Shalom Bayit's *Love Shouldn't Hurt* youth workshops have reached 9,700 adolescents, young adults, parents of teens, and Jewish educators with dating violence prevention & healthy relationships education.

One of the important branches of *Love Shouldn't Hurt* is our work with college students through the network of Hillel campus organizations. As a companion to our successful national curriculum, several years ago we created a college Dating Violence Prevention/Education Toolkit which we now distribute to Hillel campuses nationwide. For the last three years we have partnered with the national offices of Hillel to train Hillel professionals on how to use our curriculum and toolkit, and how to support their students in having healthy relationships. Our successful partnership has brought *Love Shouldn't Hurt* to 43 campuses since 2011, and has included trainings in Los Angeles, Chicago and Philadelphia. Thanks to the David B. Gold Foundation, Bridging Peace Foundation and a matching gift from the Jewish Funders Network, this year we will continue the project with a training for Hillel professionals in Boston, as well as webinars accessible to Hillel professionals across the country.

To bring *Love Shouldn't Hurt* to your synagogue or youth group,
contact teen@shalom-bayit.org

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Shalom Bayit

P.O. Box 10102

Oakland, CA 94610

www.shalom-bayit.org

www.love-shouldnt-hurt.org

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AROUND THE BAY...Announcements & Programs



*A benefit for Shalom Bayit
Celebrating 22 years of changing lives*

Featuring keynote speaker:

JOSHUA SAFRAN



May 14th, 2014
6:15pm

At the Jewish Community Center of San Francisco
Individual tickets: \$150

*There is still time to purchase tickets or sponsorships!
Go to: www.shalom-bayit.org/CreatingHope
Or call us for more info: 510-451-8874*



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You will be helping to provide
911 emergency phones for
battered women, and raising
funds for Shalom Bayit too!

Expect Respect

*A Shalom Bayit Workshop on Relationships
for Parents & Teens*

For current 8th graders and their parents

Date: April 27, 2014

Time: 10-1pm (teens only)
1-3pm (parents & teens in separate
workshops)

3-4pm (parents & teens together)

Location: Classroom Matters, Berkeley

For more information or to register:

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