

GATHERING COMMUNITY TO STOP DOMESTIC VIOLENCE

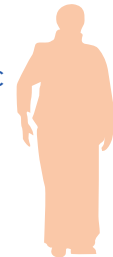
It is an effort to stimulate awareness and action in the Muslim community to **WAKE UP** to the reality of the harm being done to our families, to learn to **SPEAK UP** in order to break the silence that surrounds the issue, and to **TEAM UP** with others to work to change our condition.



PROJECT SAKINAH IS A DAR AL ISLAM INITIATIVE

Things to do

- Take our survey at MuslimSurveys.org
- Join our new online national team by registering on our website
- Build your own team – we've got tools and guidance on our site
- Volunteer with one of the heroic efforts already being made
- Donate



Our Outstanding Collaborators



WAKE UP • SPEAK UP • TEAM UP
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PROJECT
Sakinah

Stop Family Violence Now

"The issue of violence within Muslim families is **our** problem. It is time for us to gather together to address it."



What's Happening?

The Muslim community is at the beginning of an important shift in attitudes toward violence within the family.

We're beginning to recognize that this is an issue that affects us all, and that we have to accept responsibility for addressing it – as a community. This is a shift in context -- from one of problems to one of possibilities, from one of scarcity to one of abundance, from one of fear to one of gifts. We're beginning to explore the possibility of a community in which the Muslims

- are aware how much domestic violence goes on in our community.
- know that oppression within the community is as harmful as oppression of the community.
- realize that speaking up about what is wrong is a sign of courage, not a sign of dishonor.
- speak out, and by doing so, show the larger community that we are unafraid to acknowledge and deal with issues that are global in their reach.
- engage with the larger community, partnering with existing social services institutions to help them develop greater sensitivity and awareness of Muslim needs.
- become involved with the issue in many different ways, and know there's a suitable way for each of us to fulfill our responsibility.
- commit to addressing violence within our families, know that it is of critical importance to strengthening ourselves as individuals, our families, and the community itself.
- increase their support of existing community institutions that address domestic violence and organize themselves to develop new ones.

What We're Doing

We are working to foster a grassroots movement, building our communal will to forbid this evil eating at us from within our families. We gather advocates, imams, survivors, families and friends to prevent family violence, each working in the way best-suited to them.

We're doing this through five over-lapping activities:

- Enhancing collaboration between those working in the field by bringing advocates together .
- Supporting those working to build their own teams. We've built online resources, developed training tools, and are reaching out to community organizers.
- Fostering healthy families by developing trainings and by participating in programs to strengthen Muslim families.
- Campaigning to build our collective, public will to change the status quo by holding public programs and online events, as well as encouraging interaction through our website with its extensive educational resources and ideas for those joining us in this work.
- Conducting on-going research to build knowledge of the issue and what Muslims are doing to address it, illumine what works and what doesn't, and guide the development of efforts to grow meaningful, community-wide change.

What You Can Do

Project Sakinah knows that the transformation of the community grows from individuals who change the way they interact – with the issue, with each other, and with community institutions. Education. Action. Team-work.

Wake-up! Inform yourself about this issue.

- Learn about healthy & unhealthy relationships.
- Learn about the impacts of abuse.
There is extensive information on our website, with links to even more.

Speak-Up! Family, friends, and neighbors are often the first to know about an abusive relationship. The situation begins to change when you speak up.

- Take our survey at MuslimSurveys.org to help us track Muslim attitudes and behaviors.
- Break the silence by talking to your friends about violence within families.
- Reach out to us and others already engaged, and ask what you can do to help.
- Make a donation.

Team-Up! There is something each of us can do, and when we join together we multiply the effect. Join us.

- Become a member of our new effort to gather community online by registering on our website.
- Start your own team with your friends and families. We provide training materials and support.
- Work with one of the existing teams in your area. We have a listing of resources available, and are always glad to help you find a way that works for you to be involved.