



What is Domestic Violence?

- Domestic violence is a pattern of beliefs and behaviors used by a spouse/partner to control the other.
- Some people think that domestic violence is caused by alcohol, anger, or stress, but it is **not**.
- It is actually caused by the way people learn to act by watching how men and women treat one another, inside and outside the family.



The Shanti Project

The Shanti Project of the University of Michigan School of Social Work, works to strengthen family relationships in the Gujarati community. As part of this work, we're pleased to present films, events, and discussion groups.

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Supported by Grant #05017 from the National Center for Injury Prevention and Control of the Centers for Disease Control and Prevention (CDC).



**Stronger Community.
It Starts at Home.**





Does this look familiar?

You have been friends with Meena and Ravi for a long time. You suspect that Ravi is controlling her and have heard people talking about them at other functions.

You see Meena and Ravi at a party and you overhear them arguing. Ravi grabs Meena roughly by the arm and says, "You are my wife and I tell you what to do. I am going to get the car and you better be outside in five minutes."

Meena stands there, and seems embarrassed and upset.

Ravi storms out and looks irritated.



Where to start?

Work with The Shanti Project to prevent domestic violence in the Gujarati community because **doing nothing is not an option.**

Here are steps you can take.

Remember **STOP:**

Stop the hurtful words and actions.
Stop the gossip.

Talk about domestic violence and how you can end it.

Offer support: listen, show concern, and help find peaceful ways to communicate.

Pledge to make our community safer and stronger.



What can you do?

There are many things you can do to strengthen your relationship.

Remember **ALSO:**

Ask about each other's expectations: what you want, need, or would like to change in your relationship.

Listen to each other's thoughts, fears, and wishes.

Support each other's decisions and actions.

Own the changes that you make together.

Participate in The Shanti Project activities. Visit our website www.shantiproject.org for more information.