

Domestic Violence Against Women

[from the U. S. Catholic bishops’
pastoral statement on domestic violence,
When I Call for Help]



Violence against women, inside or outside the home, is *never* justified. Violence in any form—physical, sexual, psychological, or verbal—is sinful; often, it is a crime as well.

The Catholic Church teaches that violence against another person in any form fails to treat that person as someone worthy of love. Instead, it treats the person as an object to be used. When violence occurs within a sacramental marriage, the abused spouse may question, “How do these violent acts relate to my promise to take my spouse for better or for worse?” The person being assaulted needs to know that acting to end the abuse does not violate the marriage promises. While violence can be directed towards men, it tends to harm women and children more.

85 percent of the victims of reported cases of non-lethal domestic violence are women. Women’s greatest risk of violence comes from intimate partners—a current or former husband or boyfriend.

Violence against women in the home has serious repercussions for children. Over 50 percent of men who abuse their wives also beat their children. Children who grow up in violent homes are more likely to develop alcohol and drug addictions and to become abusers themselves. The stage is set for a cycle of violence that may continue from generation to generation.

The Church can help break this cycle. Many abused women seek help first from the Church because they see it as a safe place.

Domestic violence is any kind of behavior that a person uses to control an intimate partner through fear and intimidation. It includes physical, sexual, psychological, verbal, and economic abuse. Some examples of domestic abuse include battering, name-calling and insults, threats to kill or harm one’s partner or children, destruction of property, marital rape, and forced sterilization or abortion.

While abuse cuts across all ethnic and economic backgrounds, some women face particular obstacles. Women of color may not view the criminal justice system as a source of help. Additionally, in some cultures women feel pressured to keep problems within the home and to keep the family together at all costs. Some fear that they will lose face in the community if they leave. Immigrant women often lack familiarity with the language and legal systems of this country. Their abusers may threaten them with deportation.

Women in rural communities may find themselves with fewer resources. The isolation imposed by distance and lack of transportation can aggravate their situation. Isolation can also be a factor for women who do not work outside the home. They may have less access to financial resources and to information about domestic violence. Women with disabilities and elderly women are also particularly vulnerable to violence.

Domestic violence is often shrouded in silence. People outside the family hesitate to interfere, even when they suspect abuse is occurring. Many times even extended family denies that abuse exists, out of loyalty to the abuser and in order to protect the image of the family. Some people still argue—mistakenly—that intervention by outside sources endangers the sanctity of the home. Yet abuse and assault are no less serious when they occur within a family. Even when domestic violence is reported, sometimes there are failures to protect victims adequately or to punish perpetrators.

Domestic violence is learned behavior. Men who batter learn to abuse through observation, experience, and reinforcement. They believe that they have a right to use violence; they are also rewarded, that is, their behavior gives them power and control over their partner.

Abusive men come from all economic classes, races, religions, and occupations. He may be a “good provider” and a respected member of his church and community. While there is no one type, men who abuse share some common characteristics. They tend to be extremely jealous, possessive, and easily angered. A man may fly into a rage because his spouse called her mother too often or because she didn’t take the car in for servicing. Many try to isolate their partners by limiting their contact with family and friends.

Typically, abusive men deny that the abuse is happening, or they minimize it. They often blame their abusive behavior on someone or something other than themselves. They tell their partner, “You made me do this.”

Many abusive men hold a view of women as inferior. Their conversation and language reveal their attitude towards a woman’s place in society. Many believe that men are meant to dominate and control women.

Alcohol and drugs are often associated with domestic violence, but they do not cause it. An abusive man who drinks or uses drugs has two distinct problems: substance abuse and violence. Both must be treated.

Women stay with men who abuse them primarily out of fear. Some fear that they will lose their children. Many believe that they cannot support themselves, much less their children.

When the first violent act occurs, the woman is likely to be incredulous. She believes her abuser when he apologizes and promises that it will never happen again. When it does—repeatedly—many women believe that if they just act differently they can

stop the abuse. They may be ashamed to admit that the man they love is terrorizing them. Some cannot admit or realize that they are battered women. Others have endured trauma and suffer from battered woman syndrome.

Religion can be either a resource or a roadblock for battered women. As a resource, it encourages women to resist mistreatment. As a roadblock, its misinterpretation can contribute to the victim’s self-blame and suffering and to the abuser’s rationalizations.

A correct reading of Scripture leads people to an understanding of the equal dignity of men and women and to relationships based on mutuality and love.

No person is expected to stay in an abusive marriage.

Intervention by church ministers has three goals, in the following order:

- safety for the victim and children;
- accountability for the abuser; and
- restoration of the relationship (if possible), or mourning over the loss of the relationship.

Church ministers should see themselves as “first responders” who

- listen to and believe the victim’s story,
- help her to assess the danger to herself and her children, and
- refer her to counseling and other specialized services.

Church ministers should become familiar with and follow the reporting requirements of their state. Many professionals who deal with vulnerable people are required to report suspected crimes, which may include domestic abuse.

In dealing with people who abuse, church ministers need to hold them accountable for their behavior. They can support the abusive person as he seeks specialized counseling to change his abusive behavior. Couple counseling is not appropriate and can endanger the victim’s safety.