



ISLAM'S PERSPECTIVE ON INTIMATE RELATIONSHIP VIOLENCE

**The Prophet Muhammad (pbuh) said, "A strong man is not one who wrestles well, but a strong man is one who controls himself when he is furious."
(Muslim, Letter 32, Hadith 6313)**

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NO ONE SHOULD HURT ANOTHER

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Allah has given us all our lives, that no one should harm

No one should hit or otherwise harm anyone. There are almost no visible traces of violence. Violence is a serious matter in all cases and is reprehensible according to both the Islamic faith and Finnish law.

The Prophet Muhammad (peace be upon him) taught us how a Muslim should live. When asked how men should treat their wives, he replied, "Give them the food you have for yourself and clothe them with what you clothe yourself for and don't hit them or slander them."
(Sunan Abi Dawud, 11, Hadith 2139, sahih)

In Islam, the family plays an important role in supporting the community and individuals

Tenderness, appreciation, love and trust must prevail in the family. That is why it is especially important in the family to deal with emotions and difficult things without violence.

The marriage of the Prophet Muhammad (pbuh) is a great example for us to follow. His wife 'Aisha said, "The Prophet (pbuh) never struck any of his servants, his wives, and his hand never struck anything." (Sunan ibn Majah, vol 3, book 9, hadith 1984, sahih)

The cause of violence is always in the violent person

The use of violence is a choice and the perpetrator is responsible for his or her behavior. The cause is not the object of violence and religion does not allow intimate partner violence.



PROJECT UMMA

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We offer individual support and counseling for women and girls.

**We provide advice and guidance by appointment and by phone in Finnish, English and Arabic.
The project's multilingual community ambassadors will share information and support changing
cultural misconceptions in the community.**

**We train on religious and cultural awareness at work and on speaking out and combating
community violence**

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