



AMINA

The Muslim Women's
Resource Centre

Reg in Scotland No: SC432921 | Scot Charity No: SC027690

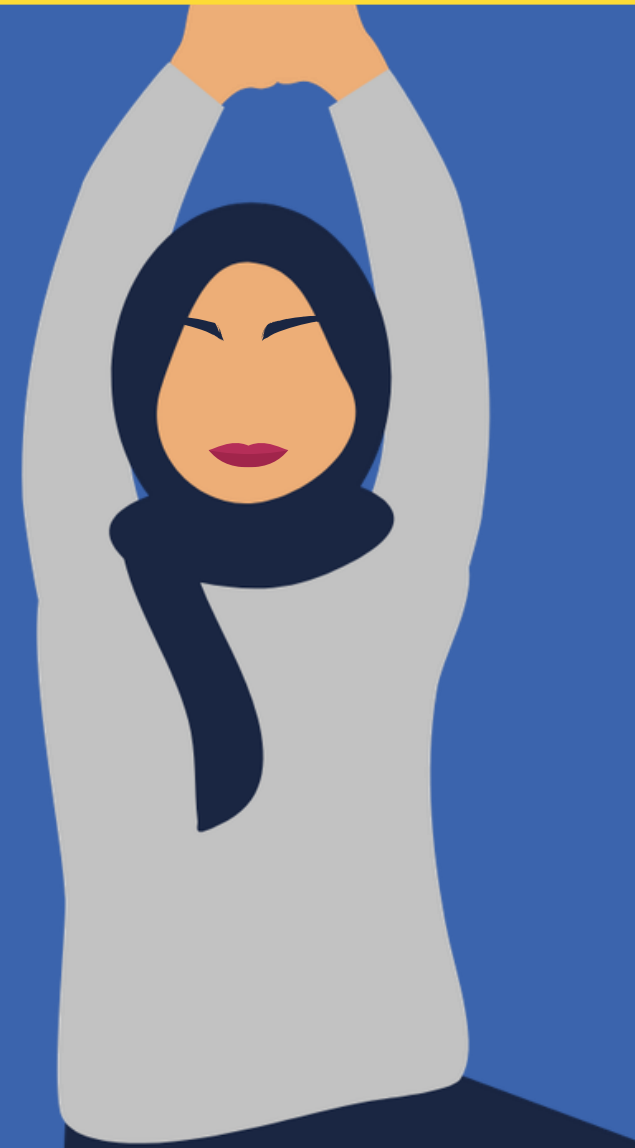
Our four key projects are

**Helpline & Befriending
(Including Sahara
Scotland)**

**Ending Violence
Against Women
& Girls**

**Creative Well-Being
(Glasgow & Dundee)**

**Employability, Adult
Learning & Financial
Advocacy**



Amina - The Muslim Women's Resource Centre is Scotland's leading women's rights organisation for Muslim & Minority Ethnic women.

Sabr, Silence & Struggles is the title of our report on **extended family abuse**.

Sabr, Silence and Struggles:

Extended Family Abuse in Muslim and BME Communities in Scotland



Our research recommendations included asking **Scottish Government** to extend the legal definition of extended family abuse to include in-laws.



SCAN ME!



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Sabr, Silence and Struggles



Case Study

Ameera's Gruelling Daily Routine

Ameera's in-laws used exhaustion for coercive control.

- 6 am** Tea had to be made for my husband.
- 8 am** I had to get up before my mother-in-law (MIL) and make her breakfast every day.
- 9 am** Then my father-in-law (FIL) would wake up and expect breakfast. He would expect tea first. Then he would have a shower, after which a full breakfast was to be made for him.
- 11 am** Fruit and snack time for my MIL and FIL.



Note: The participant's name has been changed to protect her identity

Case Study Continued

12:30 pm Lunch time for them both. And if I was late with serving them lunch, I was accused of making them late for their afternoon prayers.

3 pm I was allowed to go for a walk daily as I was suffering from high blood pressure.

5 pm Serve tea with more snacks for both my MIL and FIL, and if my husband was home by then, this included him too.

11 am Dinner would need to be served and had to be a different meal from lunch.

9 pm More tea and snacks for my MIL and FIL, including getting their medicine and water. I had to physically place the tablets in their mouths at times.

10 pm Evening washing, and full house clean up. If I went to rest in between, I was accused of not spending time with them.

11 pm I would be expected nearly every evening to give my MIL a foot massage as she was tired. If I would refuse, she would cry to my husband, complaining of how tired she was.



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