INTIMATE PARTNER VIOLENCE IN THE LGBTQ+ COMMUNITY

WHAT IS INTIMATE PARTNER VIOLENCE (IPV)?

The abuse, mental or physical, of one person to another person with whom the abused has a significant and intimate relationship. Violence in relationships can take many forms. The abuse ranges from verbal attacks to sexual assault. There are four main types of IPV:

⇒ **Physical Violence**: is the intentional use of physical force with the potential for causing death, disability, injury, or harm.

⇒ **Sexual Violence**: is divided into five categories. Any of these acts constitute sexual violence, whether attempted or completed. Additionally all of these acts occur without the victim’s freely given consent, including cases in which the victim is unable to consent due to being too intoxicated (e.g., incapacitation, lack of consciousness, or lack of awareness) through their voluntary or involuntary use of alcohol or drug–

1. Rape or penetration of victim
2. Victim was made to penetrate someone else
3. Non-physically pressured unwanted penetration (e.g. intimidation or coercion)
4. Unwanted sexual contact
5. Non-contact unwanted sexual experiences (e.g., pornography)

⇒ **Stalking**: is a pattern of repeated, unwanted, attention and contact that causes fear or concern for one’s own safety or the safety of someone else (e.g., family member or friend).

⇒ **Psychological Aggression**: is the use of verbal and non-verbal communication with the intent to harm another person mentally or emotionally, and/or to exert control over another person.

*For more information and detailed definitions please visit: [https://www.cdc.gov/violenceprevention intimatepartnerviolence/definitions.html](https://www.cdc.gov/violenceprevention intimatepartnerviolence/definitions.html)

HOW DO I KNOW IF I’M BEING ABUSED?

**HAS YOUR PARTNER?**

- Threatened to hurt you, your children, pets, or themselves if you leave?
- Threatened to “out” you?
- Threatened to harm or take away your children?
- Threatened to “out” you to your ex-spouse or authorities so they will take the children?
- Kept you from seeing friends or family?
- Prevented you from seeking medical treatment, taken away hormones, binders, or clothes?
- Monitored your phone calls or texts, read your email or mail?

- Belittled your identity?
- Humiliated you in front of your friends or co-workers?
- Used the wrong pronouns intentionally or called you “it”?
- Hit, punched, grabbed, slapped, bit or kicked you?
- Forced you to do something sexual that you did not want to do?
- Told you you’re not a “real” man or woman?
- Told you you’re not a “real” lesbian or gay man?
- Broken your things or hurt your pets?
- Threatened you with a weapon?
- Taken your money?

Source: safehousecenter.org

YOU ARE NOT ALONE
This project was supported by Grant No. 2015-WA-AX-0020 Awarded by The Office on Violence Against Women, U.S. Dept. of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the Department Of Justice, Office On Violence Against Women.

**KNOW THE FACTS**

- 44% of lesbians and 61% of bisexual women experience rape, physical violence, or stalking by an intimate partner.¹
- 26% of gay men and 37% of bisexual men experience rape, physical violence, or stalking by an intimate partner.¹
- 47% of transgender people are sexually assaulted at some point in their lifetime.¹
- 40% of gay men and 47% of bisexual men have experienced sexual violence other than rape.¹
- LGBTQ and HIV-affected people of color made up the majority (51%) of IPV survivors.¹
- There were 28 recorded anti-LGBTQ homicides in 2016, of the 28 reported, 19 of the homicides (68%) were transgender and gender nonconforming individuals.²
- LGBTQ Black/African American survivors were 1.89 times more likely to experience physical violence within IPV when compared to all non-black survivors.¹

Source: Center for Disease Control¹, National Coalition of Anti-Violence Programs²

**SAFETY PLANNING FOR IVP:**

**IF YOU ARE IN THE RELATIONSHIP:**

- During an argument, try to get to a room with an exit & phone. Avoid the kitchen (weapons) and the bathroom (no exit).
- Make a list of safe people to call.
- Memorize all important numbers.
- Establish a code word or sign with family and friends so they know when to call for help.
- Think about what you will say to your partner if they become violent.
- Teach children to call for help.
- Give your social security card and birth certificate to a safe person.

**IF YOU HAVE LEFT THE RELATIONSHIP:**

- Change your phone number and screen calls.
- Document all contacts, messages, injuries or other incidents involving the abuser.
- Change locks if the abuser has a key.
- Try to stay with people you trust / decrease isolation.
- Plan how to get away if confronted by the abuser.
- If you have to meet your partner, do it in a public place.
- Vary your routine.
- Notify school or work contacts.

Source: safehousecenter.org

<table>
<thead>
<tr>
<th>Anti-Violence Project LGBTQ</th>
<th>Newark LGBTQ Center</th>
<th>Passaic County Women’s Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>24hrs English/ Spanish</td>
<td>newarklgbtqcenter.org</td>
<td>973-881-0725</td>
</tr>
<tr>
<td>212-714-1141</td>
<td>NJ Gay Life</td>
<td>Paterson Police Department</td>
</tr>
<tr>
<td><a href="http://www.avp.org">www.avp.org</a></td>
<td><a href="http://www.njgaylife.com">www.njgaylife.com</a></td>
<td>973-881-0725</td>
</tr>
<tr>
<td>The Trevor Project</td>
<td>Deaf Queer Resource Center</td>
<td>PCCC Public Safety</td>
</tr>
<tr>
<td>thetrevorproject.org</td>
<td><a href="http://www.deafqueer.org">www.deafqueer.org</a></td>
<td>973-684-5403</td>
</tr>
<tr>
<td>The NW Network</td>
<td>National Domestic Violence Hotline</td>
<td>The Center for Violence Prevention</td>
</tr>
<tr>
<td>nwnetwork.org</td>
<td>1-800-779-7233</td>
<td>973-684-8093</td>
</tr>
<tr>
<td>Garden State Equality</td>
<td>National Sexual Assault Hotline</td>
<td>The Office of Student Affairs</td>
</tr>
<tr>
<td>gardenstateequality.org</td>
<td>1-800-656-HOPE (4673)</td>
<td>973-684-6309</td>
</tr>
<tr>
<td>FORGE</td>
<td>NJ Coalition Against Sexual Assault</td>
<td>Center for Student Success</td>
</tr>
<tr>
<td>forge-forward.org</td>
<td>609-631-4450</td>
<td>973-684-5524</td>
</tr>
<tr>
<td>The Pride Center of New Jersey</td>
<td>Passaic County Sheriff's Department</td>
<td>Know Your Resources</td>
</tr>
<tr>
<td><a href="http://www.pridecenter.org">www.pridecenter.org</a></td>
<td>973-389-5900</td>
<td>On &amp; Off Campus!</td>
</tr>
</tbody>
</table>

[Image of resource cards]