

Violence in an intimate relationship is wrong!

There is nothing you do or say that justifies the abuser's physical or emotional violence. If you are being abused, you are not alone.

You have options.

You can leave: If you decide to leave, there are many sources for information, help and support. You can develop a safety plan that includes assistance from friends, family and others. Your local domestic violence/sexual assault program can help you develop your safety plan.

You can stay: GLBT victims of abuse have many reasons for staying in violent or abusive relationships— you may fear or have feelings for the abuser; you may have reluctance to use conventional services ; or you may fear being outed. If you choose to stay, information and support are available.

You can get help: There are resources for GLBT victims of Intimate Partner Violence. Phone numbers and web sites for national help lines are listed on this brochure. Your local domestic violence/sexual assault program also will provide resources, help, information and support.

Nebraska's coalition of domestic violence and sexual assault agencies provide access to safety and shelter across the state. To locate the program nearest you, visit www.nebraskacoalition.org.

Gay, Lesbian, Bisexual and Transgender (GLBT) Hotline
1-888-843-4564
www.GLBTHelpCenter.org

National Domestic Violence Hotline
1-800-799-7233
www.ndvh.org

Rape, Abuse and Incest National Network
1-800-656-4673
www.rainn.org

National Teen Dating Abuse Helpline
1-866-331-9474
www.loveisrespect.org



Nebraska Coalition to End Sexual and Domestic Violence
(402) 476-6256
www.nebraskacoalition.org



LGBTQ+ Intimate Partner Violence



THE OTHER CLOSET

Intimate Partner Violence (IPV) is defined as "a pattern of behavior where one partner coerces, dominates, and isolates the other to maintain power and control over their partner." (NCAVP Annual Report 2008) Please note that this definition does not make assumptions about the gender of the victim or the abuser.

Domestic Violence (DV) or Intimate Partner Violence (IPV) in GLBT relationships is common; rates are about the same as in heterosexual DV/IPV.

Concerns about reaching out for help may include how law enforcement, health providers, legal professionals, advocates, families, friends, and partners may treat a gay, lesbian, bisexual or transgendered victim.

GLBT communities tend to be small and a victim may share the same circle of friends and acquaintances as the abuser. This can increase feelings of isolation in the victim.

**No one deserves to be abused.
The abuse is NOT your fault!**

THE MYTHS

Intimate partner violence does not happen within GLBT relationships. *IPV is all about control and power. It can and does happen in any kind of relationship.*

It is normal for men to be physically violent; it is just boys being boys. *It is not normal, nor is it acceptable for one person to abuse another.*

The abuser is always the bigger or stronger partner. The abused person is always weaker or smaller. *A smaller person can hit, use a weapon, threaten, destroy property, verbally abuse, or engage in other types of non-physical abusive behaviors.*

When abuse occurs in a relationship, it is usually an isolated incident and probably won't happen again. *Abuse is a pattern of repetitive behaviors. Rarely does an abuser stop abusing on his or her own.*

People in an abusive relationship exaggerate the level of abuse. *Most people who are abused tend to minimize the abuse, including physical abuse, because of shame, guilt and self-blame.*

**Do not keep your abuse a secret.
Secrecy is the abuser's weapon.**

WHAT ABOUT YOU?

Some questions to think about...

- ◇ Have you ever been hit, grabbed, pushed, slapped, bitten, had things thrown at you, etc.?
- ◇ Does your partner stop you from leaving your room or your house? Control who you talk to and where you go?
- ◇ Has your partner ever forced you to have sex or made you do things during sex that made you feel uncomfortable?
- ◇ Does your partner threaten to "out" you to your family or co-workers?
- ◇ If you have children, do you fear for their safety?
- ◇ Has your partner ever tried to keep you from getting medical help?
- ◇ Has your partner ever refused to practice safe sex? Threatened to disclose your HIV status or tell others you are HIV positive?
- ◇ Have you been told that you would not be believed by anyone if you disclosed the abuse?

If you answer yes to some or all of these questions, you may be a victim of abuse.