

## Utah Domestic Violence Coalition

Advocate • Collaborate • Educate

OUTreach Resource Centers is a non-profit collection of LGBTQ+ youth resource centers dedicated to transforming communities and saving lives through comprehensive programming, community advocacy, and training designed to promote positive outcomes for underserved populations.

For more information:  
[OUTreachResourceCenters.org](http://OUTreachResourceCenters.org)

Utah Domestic Violence Coalition is a non-profit organization committed to creating a state where domestic and sexual violence are intolerable.

For more information:  
[udvc.org](http://udvc.org)

### Additional Resources

#### Utah Domestic Violence Hotline/LINKLine

In addition to connecting LGBTQ individuals with basic services, the confidential, 24-hour LINKLine can also connect individuals with a culturally responsive advocate.  
1-800-897-LINK (5465)

#### National Domestic Violence Hotline

1-800-799-SAFE (7233)

**If you or someone else is in immediate danger, call 9-1-1 immediately**

For more information on safety planning and assistance creating a safety plan, visit:  
[udvc.org](http://udvc.org)

OUTreachResourceCenters.org has many resources for LGBTQ+ survivors, including support groups. Please visit our website to learn more.



# Non-Binary People and Intimate Partner Violence

A guide for Non-binary survivors



# Intimate Partner Violence Affects Everyone

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Intimate partner violence is a pattern of behaviors that are used to gain control and power over someone and it can affect anyone and everyone. People from any race, class, gender identity, age, sexual orientation, religion, or status can be affected. It is not always easy to recognize intimate partner violence and abusive behaviors, however knowing some of the warning signs can help save yourself or someone you care about. Remember, it is not your fault for being abused.

## Common Abuse Tactics

These are ways an abuser may try to gain control. Some of these may manifest in ways that may look a little different, however it's important to be aware of possible signs of abuse.

- Telling you that you can never do anything right
- Being jealous when you are with friends and family or spending time with other people
- Controlling finances and/or giving you an allowance
- Preventing you from making your own decisions
- Intimidation with weapons
- Pressuring you to use drugs or alcohol
- Pressuring you to have sex or do things you are not comfortable with

# Non-binary Specific Abuse Tactics

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In addition to common abuse tactics, Non-binary survivors may experience abuse tactics that are used specifically toward Non-binary persons. Some of these include:

- Using “it” pronouns or using a non-preferred name
- Ridiculing your body
- Denying medical treatment and/or medication/hormones
- Threatening to “out” you to employer, friends, or family
- Forbidding you to talk to other non-binary people, talk about non-binary topics, or attending support groups
- Belittling your identity
- Touching body parts that you do not want to be touched
- Calling you offensive names

*“I was told that genderqueer wasn't a real identity by my partner. He refused to use gender neutral pronouns. It made me feel inhuman.” —Non-binary survivor*

Remember, abuse is about power and control. The abuser may seek out weaknesses to exploit them. You are not to blame for intimate partner violence. There is nothing you could do differently to change the way an abuser treats you. What is important is to be aware of the warning signs and find ways to keep yourself safe and healthy.

# How can I get help?

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When Non-binary survivors seek services there may be barriers that are faced. However, everyone is entitled to services. Violence Against Women Act (VAWA) 2013 added protections for gender identity and sexual orientation. This means, your identity is not a reason to stop you from seeking services. You may still encounter people who may not understand your identity fully, however the resources are available to you.

## Safety planning

Safety planning is a way to help keep you safe. It allows for you to plan ways to navigate different situations that keep your safety a priority. Here are a few things that safety planning covers:

- Safety during and abusive incident
- Safety in your home
- Safety at work
- Safety in public
- Safety when preparing to leave
- Internet safety
- Safety with a protective order
- Creating a safety network
- What should I take with me if I leave?
- Important documents to have

For more information on safety planning: [udvc.org](http://udvc.org)

## Contact Us

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