

## 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](http://OUTreachResourceCenters.org) has many resources for LGBTQ+ survivors, including support groups. Please visit our website to learn more.



OUTreachResourceCenters  
UtahDVCoalition

# Intimate Partner Violence

A guide for LGBTQ+ people



## What is Intimate Partner Violence?

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 a survivor of intimate partner violence.

### Common Abuse Tactics

There are numerous ways to gain control of a person, here is a list of common abuse tactics. Some of these may manifest in different ways, 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

## What it can look like in LGBTQ+ relationships?

In addition to common abuse tactics, LGBTQ+ persons have to think about being out. That can change the way abuse may appear. This list goes over other possible things to look for.

- 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 LGBTQ+ people, talk about LGBTQ+ topics, or attending support groups
- Belittling your identity
- Touching body parts that you do not want to be touched
- Calling you offensive names

*“I didn't know why they would make mean comments about my identity. It made me feel isolated.” —Anonymous*

Remember, 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. It is not your fault for being abused and it may be even harder to realize that you are in an unhealthy relationship. But, there are things that can be done to help keep you safe and possibly avoid unhealthy relationships.

## Ways to keep safe

There are many things you can do to help keep you and the people you care for, safe. Healthy relationships are beneficial for everyone that is involved. Here are some tips to make sure your relationships are healthy:

- Boundaries** – Boundaries are a healthy way to set limits on things that you are comfortable doing. Setting boundaries can be as easy as learning to say “no”. Remember, your comfort matters.
- Listen** – Listen when someone talks to you. You may not need to give specific advice, but be there for them
- Autonomy** – It's important for you and the people you care about to have autonomy. They should be able to make decisions without being pressured. This includes drug and alcohol use.
- Independence** – Being able to do things on your own and make your own decisions is important for a healthy relationship

There are many ways to have healthy relationships. Make sure to seek out knowledge and talk to the people you care about.

## Contact Us

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Visit us on the Web:  
OUTreachResourceCenters.org