

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

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

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

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



Dating Safety

A guide for LGBTQ+ people



Why do we need to be safe when dating?

Intimate partner violence 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

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

What can we do to keep ourselves safe?

The good news is, there are ways to help keep yourself safe when dating. You can never be too careful with new people or people you've never met before. As a member of the LGBTQ+ community, we may have to be extra careful to make sure we find people who are affirming and beneficial to us.

- **Keep your friends in the loop** – Tell them where you are going and who you are going with. Don't forget to let them know how long you'll be expecting to be there. Update as needed. Make sure people know where you are!
- **Use your own transportation** – Whether it be public transportation or your own car. Make sure you have a way to get there and back. Do not rely on your date to drive you around. This can put you in a vulnerable situation that you may not be able to get out of
- **Meet in public** – Meet somewhere where many people will see you and your date. Be safe. Do not meet at someone's house. You may not have the ability to escape if the situation gets out of hand.
- **Don't give out personal info** – If your date asks you where you live, it is very okay to be vague. Don't tell them exactly where you live or work.
- **Buddy system** – Have a buddy with you. They can hang out at the same coffee shop or restaurant that you go to. It's always a good idea to have a buddy whenever you are meeting someone for the first time.

"I'm glad I didn't take the guy to my house. He was really aggressive when we were getting dinner." —Anonymous

Healthy relationships

Healthy relationships are beneficial for everyone 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