

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.



LGBTQ+ and Intimate Partner Violence

A guide for LGBTQ+ survivors



Intimate Partner Violence Affects Everyone

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

LGBTQ+ Specific Abuse Tactics

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

- “Outing” a partner or revealing a partner’s sexual orientation or gender identity in an attempt to control their partner and increase isolation
- Threatening to “out” victims to family members, employers, community members and others.
- Some possible outcomes of being “outed” can include: loss of job, housing, family, support, children and community
- Saying that no one will help the victim because they are lesbian, gay, bisexual or transgender; or saying that, for this reason, the partner deserves the abuse
- Justifying the abuse with the notion that a partner is not “really” lesbian, gay, bisexual or transgender – the victim may have had or may still have relationships, or express a gender identity, inconsistent with the abuser’s definitions of these terms
- This tactic is often used in verbal and emotional abuse as well as to further the isolation of a victim from the community

“I always was told and taught that women can’t be violent, then it happened to me. I felt like I didn’t have anyone to talk to.” — Lesbian 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

How can I get help?

When LGBTQ+ survivors seek services there can 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 as 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

Contact Us

2760 Adams Ave
Ogden, UT 84403

801.331.5820
Anna@OUTreachResourceCenters.org

Visit us on the Web:
OUTreachResourceCenters.org