

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

OUTreach Resource Centers

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.



OUTreachResourceCenters
UtahDVCoalition

Trans* People and Intimate Partner Violence

A guide for trans* survivors



Intimate Partner Violence Affects Everyone

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 abuse.

Common Abuse Tactics

These are ways an abuser may try to gain control. Some tactics of abuse may manifest in various ways, and may look a little different depending on the situation. 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

Trans* Specific Abuse Tactics

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

- Using “it” pronouns or the trans* partner’s “dead name”
- Ridiculing your body or saying you’re are not a “real man/woman”
- Denying medical treatment and/or medication/hormones
- Threatening to “out” you to employer, friends, or family
- Forbidding you to talk to other trans* people, talk about trans* topics, or attend support groups
- Belittling your identity
- Touching body parts that you do not want to be touched
- Calling you offensive names

“I didn't realize that my partner was abusing me, I thought that that's just how relationships are. I mean, she said she accepted my transness.” —Trans survivor*

Remember, abuse is about power and control. The abuser may seek out weaknesses in order 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?

When trans* survivors seek services there may be barriers; however, everyone is entitled to services Violence Against Women Act (VAWA) 2013 add protections for gender identity and sexual orientation. This means your identity is not a reas to stop you from seeking services. You may still encounter people who may not understand your identity fully, however the resources are available 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 ar 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

For more information on safety planning: udvc.org

Contact Us

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Visit us on the Web:
OUTreachResourceCenters.org