

What is Domestic Violence?

Domestic or relationship violence is a pattern of behavior where one person tries to control any other person who is close to them.

They try using tactics such as power and control. It can also include physical, emotional, sexual, spiritual and/or economic abuse.



How Can I Help my Friend or Partner?

- ◆ Believe them.
- ◆ Respect their need for confidentiality.
- ◆ Avoid judgmental comments/jokes.
- ◆ Ask how you can help rather than giving advice.
- ◆ Respect their decisions even when yours may be different.
- ◆ Be a good listener.
- ◆ Offer your unconditional love and support.



Resources

All services at Choices are all free, confidential, and inclusive. We provide:

- ◆ 24 Hour Hotline: 540-743-4414
- ◆ Legal Advocacy
- ◆ Peer Counseling
- ◆ Safety Planning
- ◆ Support Groups
- ◆ Shelter

Additional Resources

- ◆ **The National Domestic Violence Hotline:** 1-800-799-SAFE
<http://www.thehotline.org>
- ◆ **The Trevor Project Crisis Intervention and Suicide Prevention for LGBTQ Youth:**
1-866-488-7386
www.thetrevorproject.org
- ◆ **SVGLA Shenandoah Valley Gay and Lesbian Association:**
SVGLAssociation@gmail.com

Free & Confidential 24/7



This brochure was paid by the Virginia Department of Social Services, Office of Family Violence. Grant #CVS-15-011

Domestic Violence in LGBTQ COMMUNITIES



EQUAL PEOPLE

A Resource for Lesbian, Gay, Bisexual, Transgender, Queer Questioning Survivors of Domestic Violence

Choices, Council on Domestic Violence for Page County, Inc.

216 West Main Street
Luray, Virginia 22835
Phone: 540-743-4414
Fax: 540-843-3251

208 Virginia Avenue
Shenandoah, Virginia
Phone: 540-218-4028
Fax: 540-218-4938

ChoicesofPageCounty.org
hotline@choicesofpagecounty.org





Power and Control Tactics of Relationship Violence

Along with the many concerns survivors of relationship violence may experience, survivors of LGBTQ communities face unique barriers.



Coming Out

Fear the abuser of self-disclosure of the abuse will “out” them. This is difficult and may be dangerous if people are not supportive or sensitive of

LGBTQ issues.

Discriminatory Responses

Others may minimize the experiences of LGBTQ survivors or believe the myths they deserved or enjoyed the abuse. No one deserves or likes to be abused. Abuse is **never** the fault of the survivor.

Self-Doubt

Many survivors experience self-blame and doubt. LGBTQ survivors may also question their gender identity or sexual orientation as a result of the abuse they have experienced.

How do I Know if I am Being Abused?

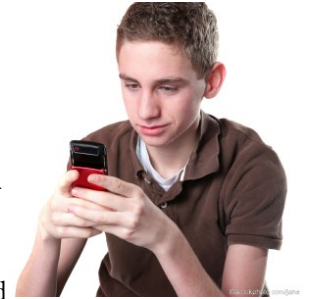
- ◆ Threaten to hurt you, your children, pets or themselves if you leave?
- ◆ Threatened to “out” you?
- ◆ Threatened to harm or take away your children? Threatened to “out” you to your ex spouse or authorities so they will take the children?
- ◆ Kept you from seeing friends or family?
- ◆ Prevented you from seeking medical treatment? Taken away hormones, binders, or clothes?
- ◆ Monitored your phone calls or texts?
- ◆ Belittled your identity?
- ◆ Humiliated you in front of your friends or co-workers?
- ◆ Used pronouns not preferred by you, or called you “it”?
- ◆ Hit, punched, grabbed, slapped, bit or kicked you?
- ◆ Forced you to do something sexual that you did not want to do?
- ◆ Told you you’re not a “real” man or woman?
- ◆ Told you you’re not a “real” lesbian or gay man?

- ◆ Broken your things or hurt your pets?
- ◆ Threatened you with a weapon?
- ◆ Taken your money?

Safety Planning for Relationship Violence

If you are in the relationship:

- ◆ During an argument, try to get to a room with an exit and phone.
- ◆ Avoid the kitchen (weapons) and the bathroom (no exit).
- ◆ Make a list of safe people to call, memorize all important numbers.
- ◆ Establish a code word or sign with family and friends so they know when to call for help.
- ◆ Think about what you will say to your partner if they become violent.
- ◆ Teach children to call for help.
- ◆ Give your social security card and birth certificate to a safe person.



If you have left the relationship:

- ◆ Change your phone number and screen calls.
- ◆ Document all contacts, messages, injuries or other incidents involving the abuser.
- ◆ Change locks if the abuser has a key.
- ◆ Avoid staying alone.
- ◆ Plan how to get away if confronted by the abuser.
- ◆ If you have to meet your partner, do it in a public place.
- ◆ Vary your routine.
- ◆ Notify school or work.