



**ABUSE IS NOT LOVE:**

**COMBATING MYTHS AND  
STEREOTYPES TO PREVENT ABUSE  
AGAINST BISEXUALS**



# INTRODUCTIONS



**ABUSE  
IS NOT  
LOVE**

THIS MODULE WAS CREATED WITH YSL BEAUTÉ IN ORDER TO CONTINUE THEIR INITIATIVE **ABUSE IS NOT LOVE** – TO EDUCATE AND BRING AWARENESS TO INTIMATE PARTNER VIOLENCE (IPV).

IPV IS ONE OF THE MOST COMMON FORMS OF POWER-BASED PERSONAL VIOLENCE. IT IS THE USE OF **PHYSICAL, SEXUAL, FINANCIAL,** AND/OR **EMOTIONAL ABUSE** TO EXERT POWER AND CONTROL OVER A CURRENT OR FORMER INTIMATE PARTNER.





# AGENDA

- INTRODUCTION
- OVERVIEW OF IT'S ON US
- WORKSHOP
  - WHAT IS INTIMATE PARTNER VIOLENCE?
  - UNDERSTANDING BISEXUALITY
  - HOW TO PREVENT VIOLENCE
  - HOW TO SUPPORT A FRIEND



# DEFINITIONS

## INTIMATE PARTNER VIOLENCE (IPV)

WILLFUL INTIMIDATION, PHYSICAL ASSAULT, BATTERY, SEXUAL ASSAULT, AND/OR OTHER ABUSIVE BEHAVIORS AS PART OF A SYSTEMATIC PATTERN OF POWER AND CONTROL, PERPETRATED BY ONE INTIMATE PARTNER AGAINST ANOTHER.

**POWER  
CONTROL  
DOMINANCE**

**CAN BE COMMITTED  
BY ANYONE OF  
ANY GENDER  
AGAINST ANYONE OF  
ANY GENDER**



**ESCALATION**



**CYCLICAL**

# WHY POWER, CONTROL, AND DOMINANCE?

- ABUSERS FEEL ENTITLED TO IT BECAUSE OF THEIR BELIEFS AND ATTITUDES.
- THEY HAVE WITNESSED OR EXPERIENCED ABUSE THEMSELVES AND SEE IT AS STANDARD.
- THEY BELIEVE IT'S THE SOCIAL NORM.
- THEY STRUGGLE TO REGULATE THEIR OWN EMOTIONS AND FEEL OUT OF CONTROL.

THOSE WHO ABUSE OTHERS BELIEVE THAT WHAT THEY ARE DOING IS JUSTIFIED BEHAVIOR.





# POWER CAN BE SYSTEMIC OR PERSONAL

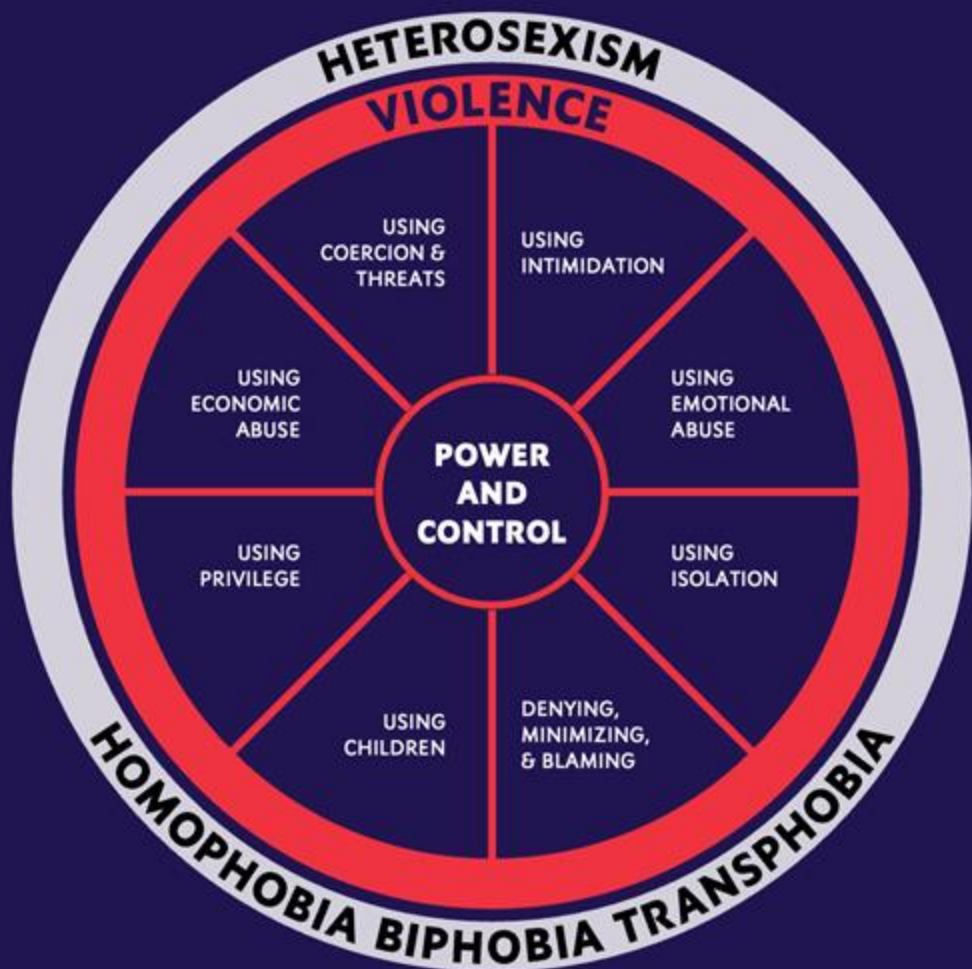


## SOCIETAL

- ABILITY
- AGE
- CLASS
- GENDER
- RACE
- RELIGION
- SEXUALITY

## PERSONAL

BASED ON A  
PERSON'S QUALITIES,  
TRAITS, OR  
CHARACTERISTICS.





## ESCALATION

- ABUSE STARTS WITH SUBTLE BEHAVIORS INTENDED TO TEST BOUNDARIES.
- ONCE THOSE BEHAVIORS ARE NORMALIZED, THE PERSON COMMITTING ABUSE WILL INTENSIFY THEIR BEHAVIORS BY BEING MORE CRUEL AND LEANING MORE INTO ABUSIVE TACTICS.
- THIS CAN THEN ESCALATE TO VIOLENCE.

THE ESCALATION CAN HAPPEN OVER A SHORT PERIOD OF TIME OR A LONGER PERIOD OF TIME.

**CYCLICAL**

**RECONCILIATION  
PHASE**

**TENSION-BUILDING  
PHASE**

**VIOLENCE  
PHASE**



# 9 SIGNS OF ABUSE



Nº1 **IGNORING** YOU ON DAYS THEY ARE ANGRY

Nº2 **BLACKMAILING** YOU IF YOU REFUSE TO DO SOMETHING

Nº3 **HUMILIATING** OR PUTTING YOU DOWN

Nº4 **MANIPULATING** OR COERCING YOU INTO DOING OR SAYING SOMETHING

Nº5 **JEALOUSY** OVER EVERYTHING YOU DO

Nº6 **CONTROLLING** WHERE YOU GO OR HOW YOU LOOK

Nº7 **INTRUSION** BY GOING THROUGH YOUR PHONE OR TRACKING YOUR LOCATION

Nº8 **ISOLATING** AND CUTTING YOU OFF FROM FRIENDS AND FAMILY

Nº9 **INTIMIDATION** BY CALLING YOU CRAZY AND INSTILLING FEAR

# IDENTITY ABUSE: WEAPONIZING HOMOPHOBIA AND TRANSPHOBIA



HOUSING



FAMILY



ISOLATION



COMMUNITY OR  
SUPPORT SYSTEM



SCHOOL OR  
WORK

# KNOW THE FACTS

ACCORDING TO A NATIONAL SURVEY COLLECTED IN 2017...

**69.3%** OF BISEXUAL WOMEN HAVE EXPERIENCED INTIMATE PARTNER VIOLENCE.

- 1 IN 2 EXPERIENCED SEXUAL VIOLENCE BY AN INTIMATE PARTNER.
- 70% EXPERIENCED PSYCHOLOGICAL AGGRESSION BY AN INTIMATE PARTNER.
- 57.9% EXPERIENCED PHYSICAL VIOLENCE BY AN INTIMATE PARTNER.

**46.1%** OF BISEXUAL MEN HAVE EXPERIENCED INTIMATE PARTNER VIOLENCE.

- 1 IN 3 EXPERIENCED SEXUAL VIOLENCE BY AN INTIMATE PARTNER.
- 1 IN 2 EXPERIENCED PSYCHOLOGICAL AGGRESSION BY AN INTIMATE PARTNER.
- 4 IN 10 EXPERIENCED PHYSICAL VIOLENCE BY AN INTIMATE PARTNER.

ACCORDING TO A 2015 STUDY...

- MORE THAN HALF (**54%**) OF TRANS PEOPLE EXPERIENCED INTIMATE PARTNER VIOLENCE.\*
  - 1 IN 3 EXPERIENCED PHYSICAL VIOLENCE BY AN INTIMATE PARTNER.



## ACTIVITY!

MYTH

FACT





**BISEXUAL MEANS ATTRACTION TO BOTH  
"MEN" AND "WOMEN".**



**BISEXUAL MEANS THE PERSON IS  
ATTRACTED TO EVERYONE.**



**BISEXUALITY IS A PHASE OR  
A STEPPING STONE TO BEING GAY.**



**BISEXUALS ARE MORE LIKELY TO CHEAT  
BECAUSE THEY WILL NEVER BE FULFILLED BY  
THEIR RELATIONSHIP.**



**BISEXUALS ARE NOT "FULLY" QUEER.**



**USING TERMS LIKE "GOLD STAR" OR  
"PLATINUM" LESBIAN/GAY IS HARMFUL TO  
BISEXUALS.**



**YOU CAN FIND OUT THAT YOU ARE  
BISEXUAL IN ANY PHASE OF LIFE.**



**BISEXUALS ARE GREEDY OR WILL HAVE SEX  
WITH ANYTHING THAT MOVES.**





**BISEXUAL MEN ARE NOT NECESSARILY  
MORE EFFEMINATE (FEMININE)  
THAN STRAIGHT MEN.**



“ **BISEXUALITY IS A WHOLE, FLUID IDENTITY.** DO NOT ASSUME THAT BISEXUALITY IS BINARY OR DUOGAMOUS IN NATURE: THAT WE HAVE 'TWO' SIDES OR THAT WE MUST BE INVOLVED SIMULTANEOUSLY WITH BOTH GENDERS TO BE FULFILLED HUMAN BEINGS. IN FACT, DON'T ASSUME THAT THERE ARE ONLY TWO GENDERS. **DO NOT MISTAKE OUR FLUIDITY FOR CONFUSION, IRRESPONSIBILITY, OR AN INABILITY TO COMMIT.** DO NOT EQUATE PROMISCUITY, INFIDELITY, OR UNSAFE SEXUAL BEHAVIOR WITH BISEXUALITY. THOSE ARE HUMAN TRAITS THAT CROSS ALL SEXUAL ORIENTATIONS. NOTHING SHOULD BE ASSUMED ABOUT ANYONE'S SEXUALITY, INCLUDING YOUR OWN. ”

ANYTHING THAT MOVES, INAUGURAL EDITION, WINTER 1991, P. 3

# BISEXUAL+

## AN UMBRELLA TERM

“BISEXUAL” IS AN UMBRELLA TERM FOR PEOPLE WHO ARE ATTRACTED TO MORE THAN ONE GENDER.

“BI” DOES NOT REFER TO THE GENDER BINARY. RATHER, IT REFERS TO ATTRACTION TO GENDERS THAT ARE SIMILAR TO, AND DIFFERENT FROM, ONE’S OWN GENDER.



# BISEXUAL+

## PANSEXUAL

THE BISEXUAL ORIENTATION IN WHICH A PERSON IS ATTRACTED TO OTHERS REGARDLESS OF THEIR GENDER IDENTITY. GENDER AND SEX DO NOT PLAY A ROLE IN A PANSEXUAL PERSON'S ATTRACTION TO ANOTHER PERSON.

## OMNISEXUAL

THE BISEXUAL ORIENTATION IN WHICH A PERSON IS ATTRACTED TO FEATURES OF GENDER IDENTITIES. GENDER AND SEX ARE A PART OF WHAT DRIVES THEIR ATTRACTION TO PEOPLE WITH VARIOUS GENDERS.





# **HOW TO PREVENT VIOLENCE AGAINST BISEXUALS**

# 10 SIGNS OF A HEALTHY RELATIONSHIP



**N°1** COMFORTABLE GROWTH

**N°2** TRUST AND SUPPORT

**N°3** HONESTY

**N°4** INDEPENDENCE

**N°5** RESPECT

**N°6** SHARED RESPONSIBILITY

**N°7** KINDNESS AND PERSONAL GROWTH

**N°8** ACCOUNTABILITY

**N°9** COMMUNICATION AND COMPROMISE

**N°10** JOY

\*Adapted from the Equality Wheel, Domestic Abuse Intervention Project, Duluth, MN

# HOW TO STRENGTHEN RELATIONSHIPS



1. LEARN ABOUT ONE ANOTHER.
2. BUILD RESPECT AND REGARD FOR EACH OTHER, INCLUDING SETTING AND RESPECTING BOUNDARIES.
3. USE HEALTHY COMMUNICATION AND CONFLICT.

# TIPS FOR HEALTHY COMMUNICATION



1. BE OPEN TO BEING POSITIVELY INFLUENCED.
2. COMMUNICATE BEFORE SOMETHING BECOMES A BIG PROBLEM.
3. COMPROMISE WHEN SOMETHING FEELS UNSOLVABLE.





# TIPS FOR HEALTHY CONFLICT

1. CHOOSE ONE ISSUE AND STICK TO IT.
2. MAKE SURE YOU UNDERSTAND ONE ANOTHER'S PERSPECTIVE ON THE ISSUE.
3. LIST ALL POSSIBLE SOLUTIONS, EVEN THE UNREALISTIC ONES.
4. PICK ONE SOLUTION AND TRY IT.
5. THEN, REPEAT. AFTER SOME TIME, DISCUSS IF THAT'S WORKING. IF NOT, PICK ANOTHER IDEA AND TRY AGAIN.



# **BYSTANDER INTERVENTION**

WHAT ARE SOME REASONS WHY WE DO NOT ACT WHEN WE NOTICE BEHAVIORS OR WITNESS A SITUATION THAT DOES NOT SEEM RIGHT?

# BYSTANDER INTERVENTION



EVERYONE HAS BARRIERS TO ACTING.

- FEAR OF SOCIAL CONSEQUENCES
- DISTRUST OF OURSELVES
- UNSURE WHAT TO DO
- CONCERNS FOR SAFETY



# BYSTANDER INTERVENTION

NO MATTER WHAT BARRIERS YOU MIGHT BE FACING, YOU CAN ALWAYS ACT.

- **DIRECT** – SAY SOMETHING TO THOSE INVOLVED.
- **DISTRACT** – CREATE A DISTRACTION TO DIFFUSE TENSION.
- **DELEGATE** – ASK SOMEONE WITH AUTHORITY OR FAMILIARITY TO HELP.
- **DELAY** – CHECK IN LATER.



# COMMUNITY IS KEY



1. SHARED PURPOSE AND COMMON GOALS
2. SELF EXPRESSION AND HONESTY
3. HEALTHY COMMUNICATION
4. SHARED EXPERIENCES
5. MUTUAL DECISION MAKING



**HOW TO SUPPORT  
A FRIEND THROUGH ABUSE**

# SUPPORTING A FRIEND THROUGH ABUSE: KNOW THE FACTS



- TELLING A FRIEND TO LEAVE THE PERSON WHO IS ABUSING THEM CAN MAKE IT MORE LIKELY THAT THEY WILL STAY. INSTEAD, WE CAN OFFER THEM SUPPORT AND SHARE RESOURCES THAT CAN EMPOWER THEM TO MAKE SAFE DECISIONS ABOUT THEIR RELATIONSHIP.
- ON AVERAGE, IT TAKES SEVEN BREAKUPS FOR AN ABUSIVE RELATIONSHIP TO END.
- LEAVING IS THE MOST DANGEROUS TIME FOR A PERSON WHOSE PARTNER IS ABUSING THEM.



# SUPPORTING A FRIEND THROUGH ABUSE: WHAT TO SAY



## 1. FLAG

- "I WANT YOU TO BE SAFE."
- "THIS IS IMPORTANT."

## 2. VALIDATE

- "THANK YOU FOR TRUSTING ME WITH THIS."
- "YOU DON'T DESERVE THAT. YOU DESERVE TO BE RESPECTED."

## 3. CONNECT

- "YOU ARE NOT ALONE."
- "YOU HAVE RESOURCES"

# SUPPORTING A FRIEND THROUGH ABUSE: CONNECT



## NATIONAL

- DOMESTIC VIOLENCE HOTLINE
  - 1.800.799.SAFE (7233)
  - CHAT: THEHOTLINE.ORG
  - TEXT "START" TO 88788
- LOVE IS RESPECT
  - LOVEISRESPECT.ORG
  - QUIZZES!

## LOCAL SERVICES

- CENTERS.RAINN.ORG

## CAMPUS SUPPORT

- TITLE IX, HEALTH CLINIC, THERAPY

# SUPPORTING A FRIEND THROUGH ABUSE: CONNECT



LGBTQ+ RESOURCE: THE TREVOR PROJECT

- CALL 1-866-488-7386
- TEXT 678-678

SEEK LOCAL RESOURCES NEAR YOU!

# SUPPORTING A FRIEND THROUGH ABUSE: SAFETY PLANNING



FROM THE EXPERTS:

“WHAT MAY KEEP A SURVIVOR SAFE IN ONE INSTANCE CAN INCREASE HARM AND RISK OF DANGER IN ANOTHER.”

– DOMESTIC VIOLENCE TRAUMA THERAPIST, NORTHERN VIRGINIA

SAFETY PLANNING:

A PERSONALIZED, PRACTICAL PLAN TO IMPROVE YOUR SAFETY WHILE EXPERIENCING ABUSE, PREPARING TO LEAVE AN ABUSIVE SITUATION, OR FOR AFTER YOU LEAVE.

– [THE DV HOTLINE](#)



# BARRIERS TO REPORTING FOR BISEXUAL SURVIVORS

- REPORTING MEANS COMING OUT.
- FEELING “NOT QUEER ENOUGH” TO UTILIZE LGBTQ+ SERVICES.
- THE LITTLE AWARENESS AND LACK OF AVAILABILITY OF LGBTQ+ AFFIRMING SERVICES.
  - FEAR OF DISCRIMINATION OR STIGMA.
  - FEAR OF BEING TURNED AWAY FOR LGBTQ+ IDENTITY.
  - FEAR OF DISBELIEF OR VICTIM BLAME.

## IF ALSO TRANS OR NONBINARY:

- THE RISK OF BEING DEADNAMED OR MISGENDERED.
- NOT HAVING ACCESS TO GENDER-SEGREGATED SHELTERS OR ALTERNATIVE HOUSING.
- FEAR OF BEING OSTRACIZED BY THEIR COMMUNITY OR OTHER LGBTQ+ FRIENDS.
- FEAR OF CONTRIBUTING TO STEREOTYPES THAT PEOPLE WHO ARE LGBTQ+ ARE “BAD”.



**WARNING!**

**DON'T REPORT ON A FRIEND'S BEHALF  
UNLESS THEY ASK YOU TO.**

# NAVIGATING REPORTING AND SAFETY IF YOU'RE NOT OUT



- **TRUST YOUR GUT.** IF SOMETHING DOESN'T FEEL SAFE, IT'S OKAY TO APPROACH WITH CAUTION.
- **ASK AROUND.** LEARNING ABOUT OTHERS' EXPERIENCES WITH TITLE IX, CAMPUS POLICE, OR OTHER REPORTING AVENUES IS A GOOD WAY TO GAUGE SAFETY.
- **FIND RESOURCES.** WHETHER YOU UTILIZE YOUR CAMPUS RESOURCES OR OFF-CAMPUS RESOURCES, IT'S IMPORTANT TO REACH OUT. YOU DO NOT HAVE TO GO THROUGH THIS ALONE.

# ALTERNATIVES TO REPORTING



CONFIDENTIAL  
RESOURCES



CHOSEN  
FAMILY



LGBTQ+ SERVICES  
OR CENTER



OFF-CAMPUS  
COMMUNITY



THERAPY OR  
COUNSELING



LOCAL  
SHELTER



CRISIS  
HOTLINE



LOCAL ADVOCACY  
SERVICES





**WANT TO LEARN MORE?**

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**QUESTIONS?**



**THANK YOU!**

FOR MORE RESOURCES VISIT [ITSONUS.ORG](http://ITSONUS.ORG)



# POST TRAINING SURVEY