



ABUSE IS NOT LOVE:

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



INTRODUCTIONS



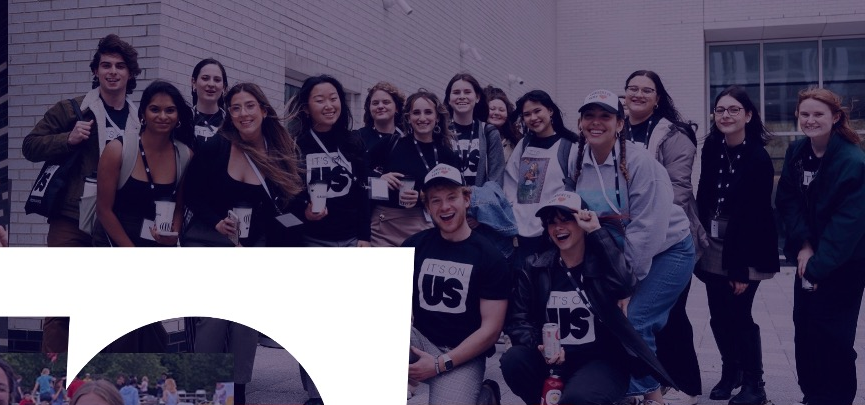
ABUSE IS NOT LOVE

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.



White House Task Force to
Protect Students from Sexual Assault





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.



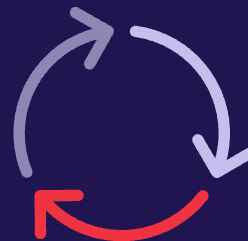


**POWER
CONTROL
DOMINANCE**

**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

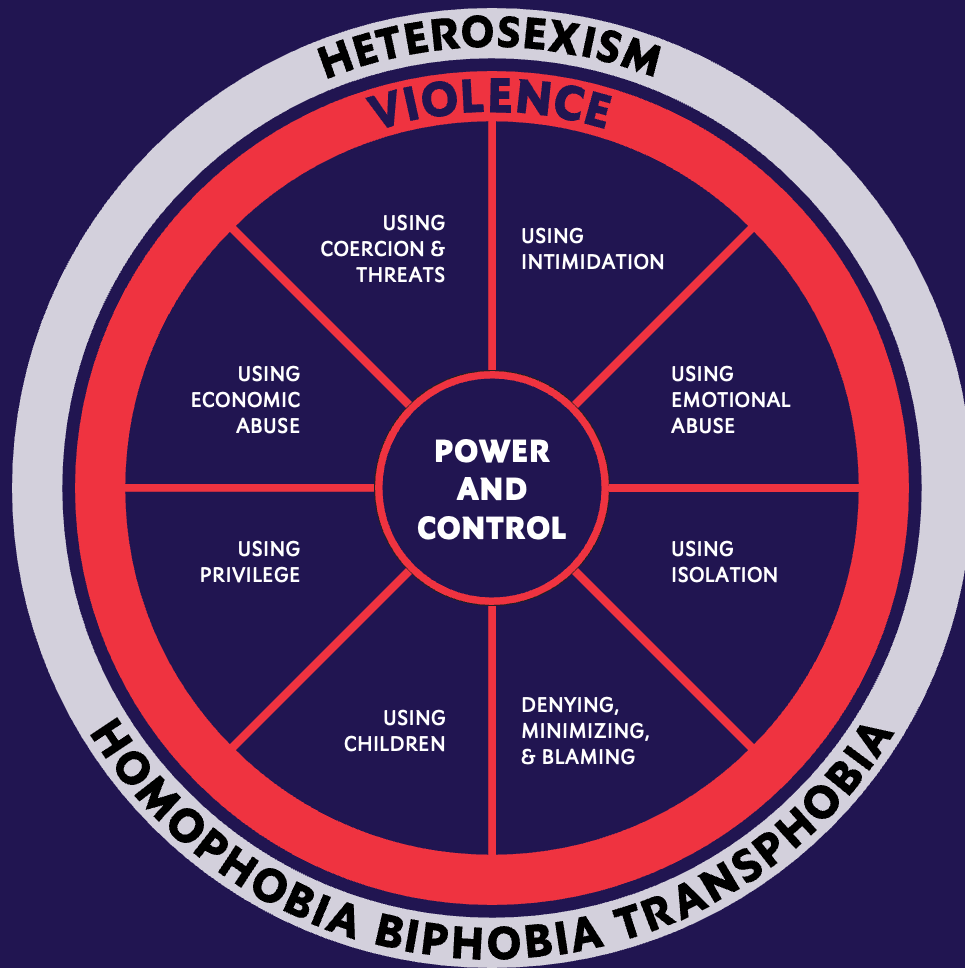


SOCIETAL

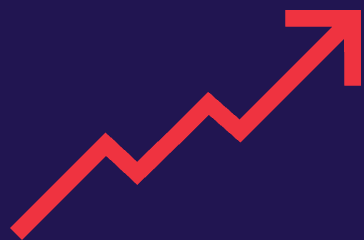
- ABILITY
- AGE
- CLASS
- GENDER
- RACE
- RELIGION
- SEXUALITY

PERSONAL

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



**Originally developed by the Domestic Abuse Intervention Project in Duluth, Minnesota, the Power and Control Wheel illustrates the tactics an abuser uses on their victim. Constantly surrounded by threats and/or actual physical and sexual abuse, the victim is subjected to the various tactics listed in the spokes as the abuser attempts to exert complete power and control. *adapted by Roe & Jagodinsky



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

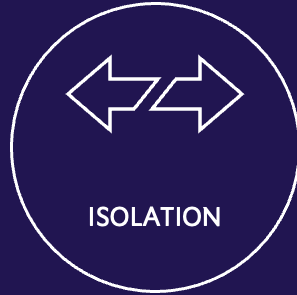
IDENTITY ABUSE: WEAPONIZING HOMOPHOBIA AND TRANSPHOBIA



HOUSING



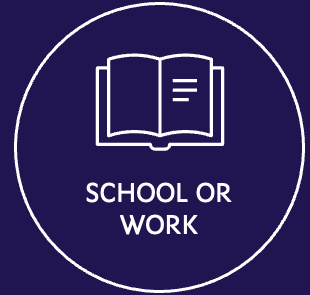
FAMILY



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



Nº1 COMFORTABLE PACE

Nº2 TRUST

Nº3 HONESTY

Nº4 INDEPENDENCE

Nº5 RESPECT

Nº6 EQUALITY

Nº7 KINDNESS

Nº8 ACCOUNTABILITY

Nº9 HEALTHY CONFLICT

Nº10 FUN

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?

GO TO [ITSONUS.ORG](https://www.itsonus.org)



QUESTIONS?



THANK YOU!

FOR MORE RESOURCES VISIT [ITSONUS.ORG](https://www.itsonus.org)



POST TRAINING SURVEY