



**ABUSE IS NOT LOVE:  
RECOGNIZING AND PREVENTING  
ABUSE IN GAY AND LESBIAN  
RELATIONSHIPS**



BEAUTE

# INTRODUCTIONS



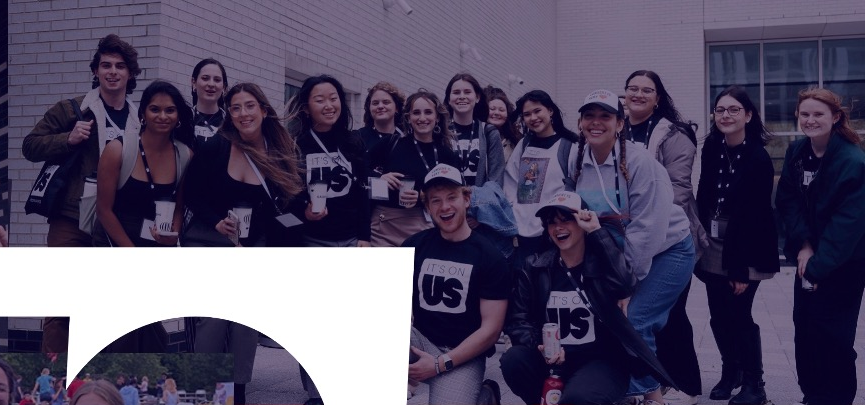
# ABUSE IS NOT LOVE

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



# IT'S ON US





# AGENDA

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



**WHAT DETERMINES A PERSON'S SEXUALITY?**

# THE GENDER UNICORN



## GENDER IDENTITY:

- Female/Woman/Girl
- Male/Man/Boy
- Other Gender(s)



## GENDER EXPRESSION:

- Feminine
- Masculine
- Other



## SEX ASSIGNED AT BIRTH

- Female
- Male
- Other/Intersex



## PHYSICALLY ATTRACTED TO

- Women
- Men
- Other Gender(s)



## EMOTIONALLY ATTRACTED TO

- Women
- Men
- Other Gender(s)

# DEFINITIONS

## LESBIAN

SOMEONE WHO IDENTIFIES WITH FEMININITY, FEMALENESS, OR WOMANHOOD IN SOME WAY AND IS ATTRACTED TO INDIVIDUALS OF A SIMILAR GENDER.

## GAY

SOMEONE WHO IDENTIFIES WITH MASCULINITY, MALENESS, OR MANHOOD IN SOME WAY AND IS ATTRACTED TO INDIVIDUALS OF A SIMILAR GENDER.







# WHAT IS INTIMATE PARTNER VIOLENCE?

# 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.



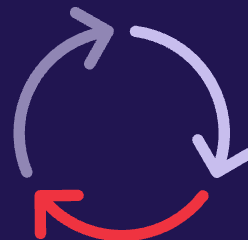


**POWER  
CONTROL  
DOMINANCE**

**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.



# WHY POWER, CONTROL, AND DOMINANCE?

- ABUSERS FEEL NEGATIVELY ABOUT THEIR OWN SEXUAL IDENTITY.
- THEY HAVE INTERNALIZED HARMFUL STEREOTYPES ABOUT LGBTQ+ PEOPLE.
- THEY HAVE BEEN ABUSED BECAUSE OF THEIR OWN IDENTITY.
- THEY HAVE INTERNALIZED HETEROSEXIST NORMS ABOUT RELATIONSHIPS.

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



# POWER CAN BE SYSTEMIC OR PERSONAL

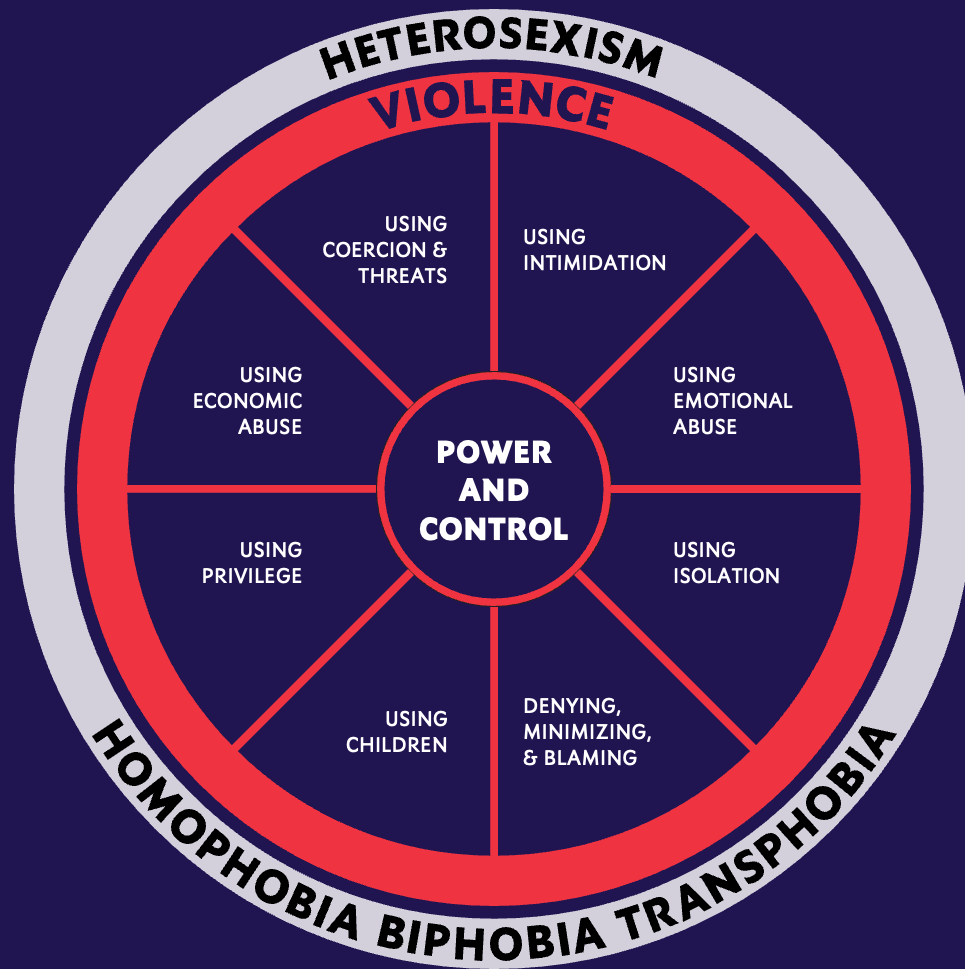


## SOCIETAL

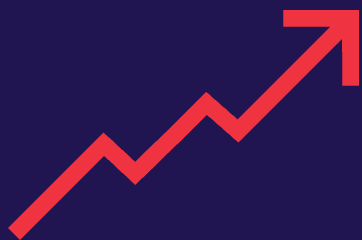
- ABILITY
- AGE
- CLASS
- GENDER
- RACE
- RELIGION
- SEXUALITY

## 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

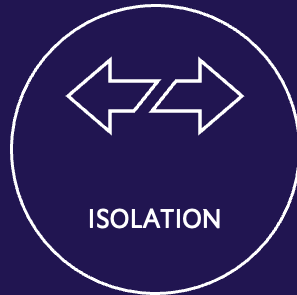
# IDENTITY ABUSE: WEAPONIZING HOMOPHOBIA AND TRANSPHOBIA



HOUSING



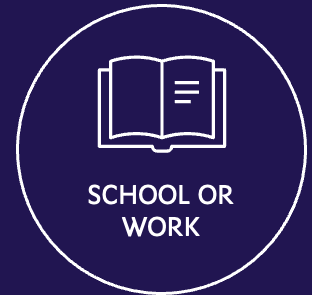
FAMILY



ISOLATION



COMMUNITY OR  
SUPPORT SYSTEM



SCHOOL OR  
WORK

# KNOW THE FACTS



ACCORDING TO A NATIONAL SURVEY COLLECTED IN 2017 ...

**56.3%** OF LESBIAN WOMEN HAVE EXPERIENCED INTIMATE PARTNER VIOLENCE.

- 1 IN 7 (14.9%) EXPERIENCED SEXUAL VIOLENCE FROM AN INTIMATE PARTNER.
- 63.4% EXPERIENCED PSYCHOLOGICAL AGGRESSION FROM AN INTIMATE PARTNER.
- 53% EXPERIENCED PHYSICAL VIOLENCE PERPETRATED BY AN INTIMATE PARTNER.

**47.7%** OF GAY MEN HAVE EXPERIENCED INTIMATE PARTNER VIOLENCE.

- 1 IN 4 GAY MEN EXPERIENCED SEXUAL VIOLENCE FROM AN INTIMATE PARTNER,
- 1 IN 2 EXPERIENCED PSYCHOLOGICAL AGGRESSION FROM AN INTIMATE PARTNER,
- 41.1% EXPERIENCED PHYSICAL VIOLENCE PERPETRATED 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.

# VICTIM BLAMING FOR LESBIAN AND GAY SURVIVORS



**MYTH:** GAY MEN ARE HYPERSEXUAL.

**MYTH:** GAY MEN COULD "JUST FIGHT BACK".

**MYTH:** LESBIANS CANNOT COMMIT IPV BECAUSE THEY ARE TWO WOMEN.

**MYTH:** THE PERSON COMMITTING ABUSE IS MORE MASCULINE, BUTCH,  
BIGGER, AND STRONGER.

# VICTIM BLAMING FOR LESBIAN AND GAY SURVIVORS



**FACT:** IPV TAKES MANY FORMS BEYOND PHYSICAL VIOLENCE.

**FACT:** "FIGHTING BACK" MAY BE AN UNSAFE RESPONSE AND FURTHER ESCALATE VIOLENCE.

**FACT:** THERE ARE MANY RISK FACTORS, THAT ARE NOT JUST GENDER, THAT CAN EXPLAIN WHY SOMEONE TO COMMITS ABUSE.

**FACT:** SEX DRIVE VARIES FROM PERSON TO PERSON. QUEER PEOPLE ARE NO MORE SEXUAL THAN ANYONE ELSE.



**HOW TO PREVENT  
INTIMATE PARTNER VIOLENCE  
AGAINST LESBIAN AND GAY INDIVIDUALS**

# 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 LESBIAN AND GAY SURVIVORS



- REPORTING MEANS COMING OUT.
- 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" OR "ABUSIVE" IN NATURE.



**WARNING!**

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

# HOW TO NAVIGATE 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