



ABUSE IS NOT LOVE:

**RECOGNIZING AND PREVENTING
ABUSE IN TRANS AND
NONBINARY RELATIONSHIPS**



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
 - UNDERSTANDING TRANSGENDER IDENTITY
 - WHAT IS INTIMATE PARTNER VIOLENCE?
 - HOW TO PREVENT IPV
 - HOW TO SUPPORT A FRIEND





WHAT IS GENDER?

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)

TERMS

SEX

A LABEL ASSIGNED AT BIRTH BASED ON GENITALS AND CHROMOSOMES

GENDER

A SOCIAL AND LEGAL STATUS; A SET OF EXPECTATIONS FROM SOCIETY ABOUT BEHAVIORS, CHARACTERISTICS, AND THOUGHTS

GENDER IDENTITY

HOW A PERSON FEELS INSIDE

GENDER EXPRESSION

HOW A PERSON EXPRESSES THEIR GENDER THROUGH CLOTHING, BEHAVIOR, AND PERSONAL APPEARANCE





TRANSGENDER IS AN UMBRELLA TERM

TRANSGENDER AN UMBRELLA TERM FOR PEOPLE WHOSE GENDER IDENTITY AND/OR EXPRESSION IS DIFFERENT FROM THE CULTURAL EXPECTATIONS PLACED ON THEM DUE TO THE SEX THEY WERE ASSIGNED AT BIRTH

NONBINARY NONBINARY AN ADJECTIVE DESCRIBING SOMEONE WHOSE GENDER IDENTITY IS NOT CAPTURED BY THE TRADITIONAL GENDER BINARY (MAN OR WOMAN)

CISGENDER A PERSON WHOSE GENDER IDENTITY ALIGNS WITH THE CULTURAL EXPECTATIONS PLACED ON THEM DUE TO THE SEX THEY WERE ASSIGNED AT BIRTH





ACTIVITY!

MYTH

FACT



TRANSGENDER PEOPLE HATE THEIR BODIES.



**THE ONLY WAY TO BE TRULY TRANS IS TO
MEDICALLY TRANSITION.**



NONBINARY PEOPLE ARE ANDROGYNOUS.



**PEOPLE TRANSITION FOR
ATHLETIC ADVANTAGE.**



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.



POWER CAN BE SYSTEMIC OR PERSONAL

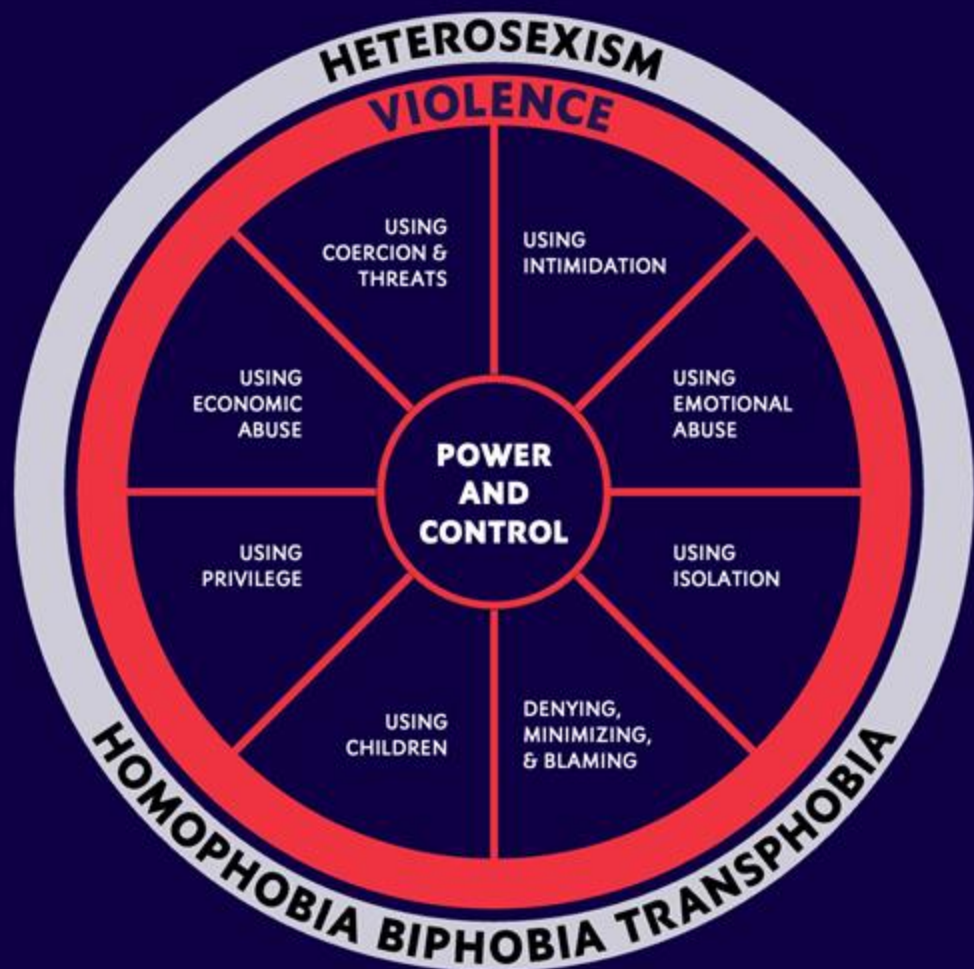


SOCIETAL

- 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 2015 NATIONAL SURVEY OF TRANSGENDER PEOPLE...

- MORE THAN HALF (54%) OF TRANS PEOPLE EXPERIENCED INTIMATE PARTNER VIOLENCE.*
 - 1 IN 3 EXPERIENCED PHYSICAL VIOLENCE BY AN INTIMATE PARTNER.
- ALMOST HALF (47%) WERE SEXUALLY ASSAULTED AT SOME POINT IN THEIR LIFETIME.
 - THE NUMBERS ARE EVEN HIGHER AMONG PEOPLE OF COLOR. 53% OF BLACK RESPONDENTS WERE SEXUALLY ASSAULTED IN THEIR LIFETIME AND 13% HAD BEEN SEXUALLY ASSAULTED IN THE LAST YEAR.



SOCIETY

JOB AND EDUCATION DISCRIMINATION.
HOUSING DISCRIMINATION. ACCESS TO BASIC NEEDS.

COMMUNITY

ANTI-TRANS SOCIAL NORMS.
EXCLUSION FROM COMMUNITY.

RELATIONSHIPS

STEREOTYPES.
DATING VIOLENCE.

INDIVIDUAL

MENTAL AND
EMOTIONAL DISTRESS

VIOLENCE TACTICS USED AGAINST TRANS PEOPLE



OUTING

- THREATENING TO "OUT" THE PERSON TO THEIR EMPLOYER, FRIENDS, OR FAMILY.

HARMFUL ATTITUDES

- HUMILIATING, BELITTLING, MOCKING THEIR GENDER AND/OR SEXUAL IDENTITY.
- CLAIMING TO BE MORE INCLUSIVE OR "POLITICALLY CORRECT" AND USING THEIR IDENTITY/STATUS TO ASSERT CONTROL.
- STATING THAT SPEAKING UP ABOUT THE VIOLENCE WOULD HARM THE LGBT COMMUNITY.

GENDER & STEREOTYPES

- FORCING GENDER STEREOTYPES OR ACCUSING THE VICTIM OF REINFORCING STEREOTYPES BECAUSE OF THEIR GENDER PRESENTATION.
- SAYING THEIR PARTNER IS NOT A "REAL" MAN/WOMAN.
- SAYING THEY DON'T DESERVE BELTER AND/OR
- COULDN'T EVER FIND A BETTER PARTNER.
- SAYING THEY KNOW BEST OR DICTATING HOW THEIR PARTNER SHOULD DRESS OR WHAT MAKEUP THEY SHOULD WEAR.



INVALIDATING IDENTITY

- INTENTIONALLY USING THE INCORRECT PRONOUNS.
- NAME CALLING AND INSULTING HOW THEIR BODY LOOKS.
- ISOLATING THEM, SAYING NO ONE WOULD BELIEVE THEM BECAUSE THEY ARE TRANS.

VIOLATING BOUNDARIES

- OBJECTIFYING, FETISHIZING OR EROTICIZING THEIR BODY AGAINST THEIR WILL.
- TOUCHING BODY PARTS WITHOUT CONSENT.
- REFERRING TO BODY PARTS IN A WAY THAT THEY KNOW THE PERSON WILL FIND OFFENSIVE.
- NOT LETTING THEM TALK ABOUT THEIR BODY OR EXPERIENCE WITH GENDER AND TRANSITION.

CONTROL

- LIMITING OR CONTROLLING ACCESS TO MEDICAL TREATMENT, HORMONES.
- COERCING, JUDGING, OR THREATENING IN ORDER TO PREVENT MEDICAL TREATMENT.
- HIDING OR DISCARDING HORMONES, CLOTHES, PROSTHETICS, OR OTHER GENDER-AFFIRMING ITEMS.
- CONTROLLING FINANCES FOR BUYING HORMONES, CLOTHES, MAKE UP, PROSTHETICS OR PAYING FOR MEDICAL TREATMENT.



**HOW TO PREVENT
VIOLENCE AGAINST TRANS AND
NONBINARY PEOPLE**

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

POLICIES



1. GENDER-INCLUSIVE HOUSING
2. GENDER INCLUSIVITY IN ATHLETICS
3. ACCESS TO ALL-GENDER BATHROOMS
4. CAMPUS-WIDE EDUCATION ABOUT SEXUALITY AND GENDER



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+ RESOURCES:

THE TREVOR PROJECT

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

TRANS LIFELINE

- CALL (877) 565-8860

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 TRANS & NONBINARY SURVIVORS



REPORTING MEANS COMING OUT.

IF ALSO BISEXUAL:

- 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.
- RISK OF BEING DEADNAMED/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



QUESTIONS?



THANK YOU!

FOR MORE RESOURCES VISIT ITSONUS.ORG



POST TRAINING SURVEY