LGBTQ+ DOMESTIC S FAMILY VIOLENCE

Only keep this booklet if it is safe to do so.

For more information on DFV in LGBTQ+ relationships visit: www.sayitoutloud.org.au

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YES IT IS REAL!

Domestic and family violence is any type of abusive behaviour used to gain and maintain control over an intimate partner, ex-partner, family member (including chosen family), carer or member of the same household.

Domestic and family violence in LGBTQ+ relationships is as common as it is in non-LGBTQ+ relationships.

Chances are that you or someone you know has been or is in an abusive relationship.

VIOLENCE IS NOT ALWAYS PHYSICAL

Domestic and family violence is not just the use of physical violence to control or coerce. Other forms of abuse include:

Verbal: When someone uses words and tone to intimidate the other person or put them down.

Emotional or psychological: When one person makes another feel worthless, afraid and insecure.

Social: Behaviour that controls the other's social life, such as restricting who they see or isolating them from friends, family or community.

Stalking/harassment: When someone tries to intimidate or harass the other, in person or via technology.

Financial: When one person controls another person's money and/or assets. This might include coercing someone into taking out loans or debt.

Abuse within LGBTQ+ relationships can share many similarities with abuse within non LGBTQ+ relationships, however there are some unique differences for LGBTQ+ people:

- Using someone's sexuality, gender, gender expression, or HIV status against them.
- Threatening to 'out' someone to their family, friends, community or workplace. Outing can include someone's gender, sexuality, intersex status or HIV status.
- Controlling someone's medications, access to gender transition related healthcare, or pressuring them to conform to sex or gender "norms".

- Confidentiality and lack of appropriate language to discuss abuse in LGBTQ+ communities/relationships.
- A lack of services that address the specific needs of LGBTQ+ people, such as safe and affirming services for cis men and trans people; and support for LGBTQ+ people who use violence
 - A fear or lack of understanding, minimisation and/or discrimination from police and service providers.
- Fear around differing legal rights over children and assets.

IT IS NOT YOUR FAULT IF YOUR LOVED ONE CHOOSES TO BE ABUSIVE

In your relationship do you feel scared, anxious or like you are walking on eggshells?

Do you change your appearance and/or behaviour so your partner/family member doesn't get angry?

Does your partner prevent you from attending social activities, act overprotective or become jealous for no reason?

Talk to someone you can trust – a friend, family member, counsellor, or call a free and confidential service such as 1800RESPECT (1800 737 732, 24/7) or ACON (9206 2000 during office hours).

You don't have to manage this alone.

USING VIOLENCE, ABUSE AND CONTROL IS A CHOICE AND THERE ARE NO EXCUSES!

If you are misusing power and trying to control your partner/family member then it is your responsibility to stop.

Your partner/family member has the right to seek help.

Be honest with how your words/actions are affecting your partner and family.

If you think you might be trying to control your partner/family member contact a free, LGBTQ+ friendly confidential service such as 1800 RESPECT (1800 737 732, 24/7) or ACON (9206 2000 during office hours for those in NSW).

TAKE A ZERO TOLERANCE APPROACH IF YOU KNOW SOMEONE WHO IS ABUSING THEIR PARTNER

Look out for changes in your friend/ family member. Do they act differently, look afraid or uncomfortable around their partner/family member?

Do they get dozens of texts and phone calls from their partner/family member?

Are they told what to do and how to act?

Has your friend/family member lost their confidence?

If you are worried about someone you know then you can call a free and confidential service for help and advice such as 1800 RESPECT (1800 737 732, 24/7)

DFV SERVICES IN NSW

In an emergency always call 000 Police Assistance line: 131 444 www.police.nsw.gov.au

To report DFV you can talk to any police officer. You can also ask to speak with a Domestic Violence Liaison Officer (DVLO) or a LGBTQ+ Liaison Officer (known as GLLO). People can try to contact a GLLO directly but some stations don't have GLLOs and GLLOs and DVLOs are not available 24/7 but general police are.

1800RESPECT Helpline: 1800 737 732 www.1800respect.org.au Information and support for anyone in Australia experiencing DFV or sexual assault, 24 hours/day, 7 days/ week.

NSW Domestic Violence Line: 1800 656 463 Information, telephone support and referrals for people who are victims of DFV, 24 hours/day, 7 days/week.

NSW Victims Services: 1800 633 063,

Aboriginal Line: 1800 019 123

www.victims services.justice.nsw.gov.au Confidential support, free counselling, financial assistance, referral and information for all victims of DFV in NSW.

Mensline: 1300 789 978 www.mensline.org.au

Australian wide telephone counselling (6 sessions) and referrals for men.

Lifeline: 13 11 14 www.lifeline.org.au

National crisis and suicide prevention telephone counselling, 24 hours/day, 7 days/week.

Wirringa Baiya Aboriginal Women's Legal Service

Legal advice and support for a range of issues, including DFV. For all women IBTI inclusive.

1800 686 587

www.wirringabaiya.org.au

Aboriginal Community Controlled Health Serves (known as Aboriginal medical services/AMS)

ACCHS are health services initiated by Aboriginal people, based in a local Aboriginal community, which delivers a holistic and culturally appropriate health service. To find the contact details of your nearest service visit:

www.health.nsw.gov.au/aboriginal/ Pages/contact.aspx

Full Stop Australia

Offers confidential, trauma specialist counselling for people of all genders who are impacted by violence and abuse, as well as their friends, colleagues and family members.

1800 385 578 www.fullstop.org.au

LGBTO+ SPECIFIC **SERVICES IN NSW**

ACON

LGBTQ+ health organisation offering information, referrals, counselling, advocacy and practical support for LGBTQ+ people in NSW experiencing DFV. 9206 2000

www.acon.org.au/dfv

Say it Out Loud

Provides information and support for LGBTQ+ people to have healthy intimate and family relationships, get help for unhealthy or unsafe relationships and support their friends. We also have a focus on consent and sexual violence. www.sauitoutloud.org.au

Inner City Legal Centre, Safe Relationships Project Free legal advice and court support for LGBTIQ people experiencing DFV in NSW. 9332 1966

www.iclc.org.au/our-services/ safe-relationships-project

QLIFE

Free telephone and web based counselling, referrals and support for LGBTI people and their families.
1800 184 527
www.qlife.org.au

The Gender Centre

Provides services such as counselling, accommodation, outreach and support for transgender, gender queer and gender questioning people in NSW.

9569 2366

www.gendercentre.org.au

Twenty10

Provide a wide range of support services across New South Wales supporting people of diverse genders, sexes and sexualities, their families and communities, including specialised services for young people (12-26), such as case management, counselling and supported accommodation. As well as information, referral and support for all ages.

8594 9555

www.twenty10.org.au

InterLink

InterLink brings people together to talk about living with innate variations in sex characteristics with the support of trained counsellors and intersex peer workers 07 3017 1724

www.ilink.net.au

