To assess your relationship, answer the following questions. Do you:	
☐ Change your behaviour or your appearance	
Ш	so your partner doesn't get angry?
	Avoid talking about money or other topics?
	Feel scared, anxious or like you are
	"walking on eggshells"?
Ш	Cut yourself off from your friends, family or mob because your partner doesn't get along with
	them or because you fight with your partner over
	seeing them?
Has or does your partner (or ex-partner):	
	Humiliate you, call you names or make fun of you or your body in a way that is designed to hurt or control you?
	Threaten to "out" your sexuality, gender (identity, expression or history) or intersex status to your friends, family, work community or mob?
	Threaten to "out" your health status (e.g. HIV status)?
	Prevent you from attending LGBTQ+ events or
	venues or other cultural events or ceremonies?
	Have sudden outbursts of anger?
	Act over-protective or become jealous for
	no reason?  Make it difficult, or prevent you, from seeing
	friends, family or your mob?
	Control your money against your will, accumulate debt in your name, make it difficult for you to go to work?
	Monitor, harass or stalk you through social media?
	Tell you that this is just the way LGBTQ+
	relationships are or that domestic violence doesn't exist in LGBTQ+ relationships?
	Threaten you with violence, throw things at you
	or damage property? Hit you, push you, choke you, or otherwise
_	physically intimidate or hurt you?
	Physically or emotionally hurt your children, family members or your mob?
	Harm, or threaten to harm your pets?
	Force or pressure you to engage in sexual acts
	that you don't want to do? Including refusing to practice safe sex or pressuring you to have sex in
	ways that do not match your gender identity?
	Lock you in the house or make it difficult for
П	you to leave?  Control your access to your medication
	(including hormones/testosterone/HIV
	medications) or prevent you from taking your
	medication?
	Tell you that you are not "really" gay or trans or that you are not a "real" man or woman or argue
	over your cultural identity?
	Convince you to doubt your own judgment or
_	memory of events?
	Pressure you to act or look more "male" or more "female" or pressure you to conform to a
	particular stereotype?
	Pressure you to have medical treatment, surgery or other interventions to "normalise" your body,
	or physical appearance?
If you answered 'yes' to any of these questions you may be experiencing domestic violence.	
In an emergency call 000	
NSW Police Assistance line: 131 444	
www.police.nsw.gov.au	
To report domestic violence you can talk to any police officer. You can also ask to speak with the	
Do	mestic Violence Liaison Officer (DVLO) or the Gay
and Lesbian Liaison Officer (GLLO) or the Aboriginal	
Community Liaison Officer (ACLO).	



### 1800RESPECT Helpline

Information and support for anyone in Australia experiencing DFV or sexual assault. 1800 737 732 | www.1800respect.org.au

**NSW Domestic Violence Line** Information and support for anyone in NSW experiencing DFV 24 hours/day, 7 days/ week. 1800 65 64 63 | www.domesticviolence.nsw.gov.au

# LGBTQ+ specific NSW services:

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

## 92060 2000 | www.acon.org.au

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.sayitoutloud.org.au

**QLIFE** Free telephone and web based counselling, referrals and support for LGBTI people and their families.

1800 184 527 | www.qlife.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 Twenty10 Provide a wide range of support services across New South Wales supporting people of diverse genders, sexes and sexualities, their families and communities, people of all ages, including

specialised services for young people.

07 3017 1724 | www.ilink.net.au

## 8594 9555 | www.twenty10.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

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



sayitoutloud.org.au



ACON acknowledges and pays respects to the traditional custodians of all the lands on which we work.