




What is domestic violence?

Domestic violence is a PATTERN of coercive behavior used by people to control their intimate partners. It can include physical, emotional, sexual, spiritual and/or economic abuse.

SafeHouse Center recognizes that violence occurs by and against all genders and across all sexual orientations. We work to end the oppression of all people as well as value and celebrate the diversity of our community. SafeHouse Center strives to protect the rights of everyone.

How can I help my friend or partner?

- Believe them!
 - Respect their need for confidentiality
 - Avoid judgmental comments/jokes
 - Ask how you can assist rather than giving advice
 - Respect their decisions even when yours may be different
 - Be a good listener
 - Offer your unconditional love and support
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Resources

SafeHouse Services are all **free, confidential,** and **inclusive.** We provide:

- 24 Hour Help Line: 734-995-5444
- Help getting a protection order
- Legal advocacy
- Counseling
- Safety Planning
- Support Groups
- Shelter

Local Resources:

- **Jim Toy Community Center:**
(734) 995-9867
<http://www.wrap-up.org/>
- **The Neutral Zone**
(734) 214-9995
<http://www.neutral-zone.org/>
- **Pride Zone at Ozone House**
(734) 662-2265
<http://ozonehouse.org/programs/queerzone.php>
- **Spectrum Center**
(734) 763-4186
<http://spectrumcenter.umich.edu>
(U of M affiliate resource)

Michigan Resources:

- **Michigan Coalition to End Domestic Violence & Sexual Violence** 517-347-7000 www.mcedsv.org
- **Equality Michigan** 313-537-7000 www.eqaulitymi.org

National Resources:

- **The National Domestic Violence Hotline** (1-800-799-SAFE)
<http://www.thehotline.org/>
- **The Northwest Network**
<http://nwnetwork.org>
- **The Survivor Project**
<http://www.survivorproject.org/>
- **The Icarus Project**
<http://www.theicarusproject.net>

Information provided by SafeHouse Center and the Michigan Coalition to End Domestic Violence and Sexual Assault



Domestic Violence in LGBTIQ Communities

A Resource for Lesbian, Gay, Bisexual, Transgender, Intersex, Queer, and Questioning Survivors of Domestic Violence



Power and Control Tactics of Relationship Violence

Along with the many concerns survivors of relationship violence may experience, survivors from LGBTIQ communities face unique barriers and challenges.

Being Outed

Fear that the abuser and/or self-disclosure of the abuse will “out” them. This is difficult and may be dangerous if people are not supportive of or sensitive to LGBTIQ struggles.

Discriminatory Responses

Many people minimize the experiences of LGBTIQ survivors or believe myths that they deserved or enjoyed the abuse. No one deserves or likes to be abused and abuse is never the fault of the survivor.

Self-Doubt

Many survivors experience self-blame and doubt. LGBTIQ survivors may also question their gender identity or sexual orientation as a result of the abuse they have experienced.

Homophobia

There are several tactics of power and control that may be specific to the LGBTIQ populations such as gestures to reinforce homophobic control, reinforcing internalized homophobia, and saying no one will believe you because of homophobia in society, to name a few.

How do I know if I’m being abused?

Has your partner?

- Threatened to hurt you, your children, pets, or themselves if you leave?
- Threatened to “out” you?
- Threatened to harm or take away your children? Threatened to “out” you to your ex-spouse or authorities so they will take the children?
- Kept you from seeing friends or family?
- Prevented you from seeking medical treatment, taken away hormones, binders, or clothes?
- Monitored your phone calls or texts, read your email or mail?
- Belittled your identity?
- Humiliated you in front of your friends or co-workers?
- Used the wrong pronouns intentionally or called you “it”?
- Hit, punched, grabbed, slapped, bit or kicked you?
- Forced you to do something sexual that you did not want to do?
- Told you you’re not a “real” man or woman?
- Told you you’re not a “real” lesbian or gay man
- Broken your things or hurt your pets?
- Threatened you with a weapon?
- Taken your money?

Safety Planning for Relationship Violence:

If you are in the relationship:

- During an argument, try to get to a room with an exit & phone. Avoid the kitchen (weapons) and the bathroom (no exit).
- Make a list of safe people to call
- Memorize all important numbers
- Establish a code word or sign with family and friends so they know when to call for help
- Think about what you will say to your partner if they become violent
- Teach children to call for help
- Give your social security card and birth certificate to a safe person

If you have left the relationship:

- Change your phone number and screen calls
- Document all contacts, messages, injuries or other incidents involving the abuser
- Change locks if the abuser has a key
- Try to stay with people you trust / decrease isolation
- Plan how to get away if confronted by the abuser
- If you have to meet your partner, do it in a public place
- Vary your routine
- Notify school or work contacts