LGBTQ DATING ABUSE: What Are My Rights?

KNOW your RIGHTS GUIDE

LOVE SHOULD ALWAYS BE SAFE
Everyone deserves a relationship free from abuse.

Lesbian, gay, bisexual, transgender/gender-non-conforming and queer people have the right to feel safe with their sexual, dating or intimate partners.

Dating abuse is a pattern of controlling, insulting and sometimes violent behavior in casual or serious dating relationships.

Whether you are out or not, your sexual orientation, gender identity and expression are important, and your choices should be respected by your partner.

Day One uses the pronoun “they” in place of “he” or “she” in order to respect people of all genders reading these guides.

Abuse in LGBTQ relationships happens more than you think.

Studies of LGBTQ youth show:

- 43% had been physically abused
- 59% were victims of emotional abuse
- 37% reported technology abuse
- 23% had been sexually coerced in their relationships.*

LGBTQ people of color under the age of 30 were 2.5 times as likely to have a physical injury as a result of intimate partner violence. **

IF IT HAPPENS SO MUCH, WHY DON'T WE EVER HEAR ABOUT IT?

MAYBE THEY:

- Are not out to family, friends, employers, schools or religious communities.
- Fear further abuse, rejection or even homelessness because loved ones and community members may not accept them.
- Fear the abuse will be blamed on their sexual orientation or gender identity.
- May risk losing community, a job or custody of child(ren) because of sexual orientation or gender identity.
- Don’t trust that cops, lawyers, courts and other service providers will help or respect the unique dynamics of their LGBTQ relationships.
- Love and care for their partners and don’t want to get them in trouble, and/or the abusive partner swears it will never happen again.
- Fear greater discrimination when they reveal abuse, especially if they are people of color, differently-abled, HIV positive, immigrants and/or non-English speakers.

A LOT OF THINGS MIGHT KEEP SOMEONE FROM COMING OUT ABOUT RELATIONSHIP ABUSE...

HOW CAN YOU TELL IF YOUR PARTNER IS ABUSIVE?

BE CAREFUL IF YOUR PARTNER...

- Threatens to “out” you to your friends, family, immigration officials, school and/or employers;
- Disrespects your wishes about your body and sex and/or uses degrading words for your body parts;
- Purposely uses a name or gender pronoun for you that you’ve asked them not to use;
- Controls your money, important documents, hormones or HIV/other medications;
- Cuts you off from friends, family or community;
- Calls you names, says you’re “not really” LGBTQ;
- Says no one will help you because of your identity, or says the abuse is “mutual”;
- Tells you that your child(ren) can be taken away because of your LGBTQ identity;
- Stalks you using Facebook, or excessively monitors your phone, texts and email;
- Is violent toward you in any way, even once.

THERE ARE MANY DIFFERENT TYPES OF ABUSE. SEE DAY ONE’S OTHER GUIDES FOR MORE INFORMATION.
IF YOU THINK YOUR RELATIONSHIP IS ABUSIVE, HERE ARE SIX SAFETY TIPS

TIP 1 IDENTIFY SOMEONE YOU CAN CALL IN AN EMERGENCY. WORK OUT A SAFETY PLAN WITH THAT PERSON THAT INCLUDES IDENTIFYING A CODE WORD FOR DANGER, WHERE YOU WILL MEET IF YOU NEED TO LEAVE AND WHETHER TO CALL THE POLICE.

TIP 2 KEEP A BAG PACKED WITH YOUR IMPORTANT DOCUMENTS, A CHANGE OF CLOTHES AND MONEY IN CASE YOU NEED TO LEAVE IMMEDIATELY.

TIP 3 IF YOU OR YOUR PARTNER IS CONSIDERING SELF-INJURY OR SUICIDE, CALL THE 24-HOUR TREVOR PROJECT LIFELINE AT 866.4.UTREVOR (866.488.7386).

TIP 4 GET MEDICAL ATTENTION RIGHT AWAY IF YOU ARE HURT. IF IT’S NOT A MEDICAL EMERGENCY, CALL DAY ONE FOR REFERRALS TO LGBTQ-FRIENDLY MEDICAL PROVIDERS.

TIP 5 TALK TO SOMEONE ABOUT WHAT YOU CAN DO TO PROTECT YOURSELF, SUCH AS GETTING AN ORDER OF PROTECTION. (SEE DAY ONE’S GUIDE ON ORDERS OF PROTECTION.)

TIP 6 CALL 911 IF YOU ARE IN IMMEDIATE DANGER.

BE PROUD OF LGBTQ LOVE, AND EXERCISE YOUR RIGHT TO KEEP IT SAFE AND HEALTHY!
NEW YORK CITY-BASED RESOURCES FOR LGBTQ YOUTH

**DAY ONE** provides free and confidential legal and social services to survivors of intimate partner abuse aged 24 and under. We can help with family court matters, an LGBTQ support group or someone to talk to who understands. Call us at 800.214.4150, text us at 646.535.DAY1 (3291), or check us out online at www.dayoneny.org.

**THE NEW YORK CITY ANTI-VIOLENCE PROJECT** offers counseling, advocacy and support groups for LGBTQ persons 15 and older. Check them out at www.avp.org, or call them at their 24-hour bilingual hotline: 212.714.1141.

**ALI FORNEY CENTER** provides shelter and drop-in services for LGBTQ youth aged 16-24. Call them at 212.222.3427, or visit their website for more information: www.aliforneycenter.org.

**THE DOOR** provides an array of health, social, educational and supportive services for youth up to 21 years old. Call them at 212.941.9090, or check them out online at www.door.org.

**CALLEN LORDE COMMUNITY HEALTH CENTER** provides physical, sexual and mental health care services to LGBTQ individuals and people living with HIV/AIDS. Call them at 212.271.7200, or visit their website: www.callen-lorde.org.
Day One helps young people recognize the signs of abusive relationships, so they can make healthier choices from day one of dating.

We provide legal and social services, educational workshops and organizing opportunities to teens and young adults aged 24 and under who are experiencing intimate partner abuse. You do not need the permission of a parent or adult for any of the services that we offer. Everything you discuss with Day One will be kept confidential. If you or someone you know needs help, call us toll free at 800.214.4150, check us out online at www.dayoneny.org, text us at 646.535.DAY1 (3291) or email us at info@dayoneny.org.