

How can IDAS help?

We are a specialist charity and we believe that everyone has a right to live a life that is free from abuse. We offer the following free, non-judgemental and confidential services:

- ▶ One to one support and advice in a location to suit you.
- ▶ A confidential helpline to talk through your options.
- ▶ Advice through our Live Chat service.
- ▶ Support through civil and criminal proceedings.
- ▶ Help with practical safety measures and safety plans.
- ▶ Support groups for people who have lived with abuse.
- ▶ Information on benefits, debt, health and housing.
- ▶ Specialist services for children and young people.
- ▶ Access to counsellors and other specialist services.



- ▶ Support and advice if you've experienced sexual violence.
- ▶ Provision of emergency accommodation including refuges and self-contained facilities.
- ▶ A comprehensive website: idas.org.uk.

How to get in touch

IDAS

Tel: 03000 110 110
(North Yorkshire and Barnsley)

Tel: 0808 2000 247
(Sheffield)

Email: info@idas.org.uk
Web: www.idas.org.uk

 Facebook [idasfor100](https://www.facebook.com/idasfor100)

 Twitter [@idasfor100](https://twitter.com/idasfor100)

 Instagram [@idasfor100](https://www.instagram.com/idasfor100)


GALOP national LGBT+ domestic abuse helpline Tel: 0800 999 5428



Domestic Abuse

and the lesbian, gay,
bisexual and transgender +
communities




IDAS
Safe lives, free from abuse and violence
Charity no. 1102337

What is domestic abuse?

Domestic abuse is any incident or number of incidents of controlling, coercive or threatening behaviour, violence or abuse between people aged 16 or over who are or have been intimate partners or family members, regardless of gender or sexuality. This includes psychological, physical, sexual, financial and emotional abuse.

Anyone can experience domestic abuse. It happens in all sorts of relationships including marriages and partnerships and between close family members. It can also continue after a relationship has ended. So-called honour violence, FGM and forced marriage are also considered to be types of domestic abuse.

Abusive relationships frequently get worse over time and can become more physically violent as well as emotionally harmful. Victims of abuse are often isolated from their friends and family and those who aren't often feel unable to confide in friends about what is happening.

If your current or ex-partner makes you feel afraid, humiliated, put down, takes control of your finances, prevents you from seeing friends or is violent towards you we are here to help. IDAS can help you work through your options and explore positive choices so that you can move beyond the abuse and stay safe.

LGBT+ people's experiences of domestic abuse

There are many similarities between LGBT+ people's experiences of domestic abuse and that of their heterosexual cisgender peers.

However, LGBT+ people may also have their sexuality and gender identity used against them as a tactic for the abuser to keep the power and control in the relationship in the following ways:

- ▶ Intimidation and threats of disclosure of sexual orientation and gender identity to family, friends, work colleagues, community and others.

- ▶ Disclosing gender history, sexual orientation or HIV status without consent.
- ▶ Undermining the sense of sexual and/or gender identity/self-expression, or making a person feel guilty or ashamed of their sexual orientation and gender identity.
- ▶ Limiting or controlling access to LGBT+ spaces or resources.
- ▶ Using immigration law to threaten a person with deportation to the country of origin, which might be unsafe due to e.g. anti-gay legislation.

LGBT+ survivors may also be coerced or manipulated to believe:

- ▶ That no help or support is available to them because they identify as lesbian, gay, bisexual or transgender, or that for this reason, they deserve the abuse.
- ▶ That driven by societal misconceptions of what constitutes domestic abuse, LGBT+ survivors have not been subject to domestic abuse.

Additionally, many trans survivors also face specific forms of abuse related to their trans identity including:

- ▶ Outing a person as trans and/or disclosing their gender history without consent.
- ▶ Deliberately using the wrong pronoun or using a person's 'deadname'.
- ▶ Forcing a person to perform a gender they do not wish to present as.
- ▶ Coercing a person into not pursuing gender transition (including denying or withholding access to medical treatment or hormones etc.)
- ▶ Ridiculing or exotifying body or body parts.
- ▶ Assaulting medically altered body parts or forcing exposure of surgical scars.
- ▶ Exploiting internalised transphobia.

Is your relationship abusive?

As well as someone being threatening or physically violent to you there are some other ways that you can tell if a relationship is abusive. If you answer yes to one or more of these questions your relationship may be abusive:

- ▶ Does your partner or family member call you names, humiliate, criticise or belittle you?
- ▶ Use your gender or sexuality as a basis for threats, intimidation or harm?
- ▶ Threaten to harm you or others that you love?
- ▶ Threaten to hurt your pets?
- ▶ Control your access to money?
- ▶ Make unwanted advances or force you into unwanted sexual contact, including refusing safe sex.
- ▶ Control or discourage your contact with friends, family, work or the LGBT+ 'scene'?
- ▶ Emotionally blackmail you or threaten to harm themselves if you leave or seek help?
- ▶ Limit your movement or monitor your whereabouts?
- ▶ Accuse you of cheating on them?
- ▶ Prevent you from working or attending school/education?
- ▶ Blame their drinking or drug use for their abusive behaviour?
- ▶ Intentionally use the wrong gender pronoun?
- ▶ Deny you access to medical treatment or hormones?
- ▶ Use your race, immigration status, physical ability and/or ethnicity against you?
- ▶ Seek to minimise the harm caused by their behaviour?