



It Happens in LGBTQ+ Relationships Too

Relationship abuse is not restricted to straight couples. The CDC (Centers for Disease Control) say that lesbians and gay men experience rates of domestic violence equal to or higher than those in heterosexual relationships.

Abusive partners in LGBTQ+ relationships use all the same tactics to gain power and control as abusive partners in heterosexual relationships: Physical, sexual or emotional abuse, financial control, isolation and more.

Utah Domestic Violence Coalition

Advocate • Collaborate • Educate

1-800-897-LINK (5465)

The Utah Domestic Violence Hotline
Is a free, confidential, 24-hour, statewide hotline that links you to help in your community:

Counseling • Legal Services • Health Clinics • Shelters
Safe Houses • Support Groups • Resources
Emergency Food & Clothing

Below are a few tips for someone experiencing domestic abuse:

Tell someone you trust, like a friend or family member, who may be able to help you.

Identify a safe place to go.

Call 9-1-1 if it is an emergency.

Domestic Violence is a crime.
It is not your fault if the abuser gets arrested.
It is their fault for choosing to be abusive.

There are **statewide services** available to help you identify options for staying safe.

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www.udvc.org

Healthy LGBTQ+ Relationships

A healthy relationships guide for LGBTQIA+ people



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Why are healthy relationships important?

We seek relationships with people for a number of reasons. Emotional connection and attachment are important parts of our lives. It is crucial to have healthy relationships in all aspects of your life, including:

- Coworkers
- Spouses
- Dating partners
- Friends
- Family members

What do healthy relationships look like?

The first step in creating healthy relationships is understanding what they consist of. Here are some characteristics of a healthy relationship:

- **Respect** – Using appropriate language and not demeaning the other person. Also, consent matters.
- **Safety** – Feeling safe around the other person.
- **Support** – Feeling like you can share your feelings and they are cared about.
- **Individually** – Remain autonomous and independent.
- **Equality** – Treated equally, no one is pushed down.
- **Acceptance** – Recognize and respect each other's differences.
- **Trust** – Loyal and reliable.
- **Communication** – Being honest and listening to each other.

What are signs of unhealthy relationships?

Sometimes unhealthy behaviors can seem romantic or even healthy. However, many of these behaviors are harmful and unhealthy. Here are a few:

- **Jealousy** – Does not like for you to hang out with other people, says they miss you constantly, and gets upset when you spend time with others.
- **Harassment** – Calls/texts/messages you constantly. Checks your emails, messages and may read your journal.
- **Insults** – Belittles, insults, or embarrasses you in front of others.
- **Criticism** – Criticizes your hobbies, friends, family, what you wear, and things you like
- **Threats** – Threatens to hurt themselves, you, or to commit suicide.

"It felt really good to be in a relationship that was not one-sided." — Anonymous

Intimate partner violence is a pattern of behaviors that are used to gain control and power over someone and it can affect anyone and everyone. People from any race, class, gender identity, age, sexual orientation, religion, or status can be affected.

It is not always easy to recognize intimate partner violence and abusive behaviors, however knowing some of the warning signs can help save yourself or someone you care about. Remember, it is not your fault for intimate partner abuse.

Tips for healthy relationships

There are many things you can do to help keep you and the people you care for, safer. Healthy relationships are beneficial for everyone that is involved. Here are some tips to make sure your relationships are healthy:

- **Boundaries** – Boundaries are a healthy way to set limits on things that you are comfortable doing. Setting boundaries can be as easy as learning to say "no". Remember, your comfort matters.
- **Listen** – Listen when someone talks to you. You may not need to give specific advice, but be there for them.
- **Autonomy** – It's important for you and the people you care about to have autonomy. They should be able to make decisions without being pressured. This includes drug and alcohol use.
- **Independence** – Being able to do things on your own and make your own decisions is important for a healthy relationship.

There are many ways to have healthy relationships. Make sure to seek out knowledge and talk to the people you care about.

Contact Us:

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