



## LGBTQIA+ Relationship Power & Control

### SEXUAL COERCION:

Using dating apps to interrogate or monitor movements of others. Breaching relationship agreements (eg: condom-less sex) Lying about STI/HIV status. Non-consensual sexual roleplay. Stealthing. Catfishing your social media accounts. Sharing your sexual preferences with others to humiliate you.

### USING INTIMIDATION & THREATS:

Making you afraid using looks, gestures, actions, smashing things. Abusing/threatening pets. saying or doing things that reinforce homophobic, biphobic or transphobic control. Threatening to leave or suicide. Making decisions on your behalf.

### EMOTIONAL ABUSE:

Putting you down. Name Calling. Humiliating you. Using their experiences of discrimination in order for you to feel sorry for them. Challenging to change your behaviour. Saying you are being triggered by your past trauma and not their violence.

### ECONOMIC ABUSE:

Preventing you from getting a job, Making you ask for money. Using your credit cards without permission. Not working and requiring you to provide support. Forging Signatures. Making you dependent on their income. Routinely checking and criticising your spending.

### USING PRIVILEGE:

Making all the big decisions. Treating you like a servant. Being the only one to define each persons roles. Misusing their leadership in the LGBTQI+ community to gain other peoples favour. Using their status in the LGBTQI= community to diminish yours.

### USING CHILDREN:

Making you feel guilty about the children. Using children to relay messages. Threatening to take the children. Using your sexuality against you to authorities. Blocking you from family planning decisions. Threatening to expose your gender identity to children without consent.

### MINIMISE/ DENY/BLAME:

Making light of the abuse and not taking concerns about it seriously. Saying the abuse didn't happen. Shifting responsibility for abusive behaviour. Saying the victim caused it. Blaming drugs or alcohol. Saying the violence is mutual. Normalising abuse using gender stereotype 'women aren't violent', and 'normal for men to fight'.

### USING ISOLATION:

Controlling what you do, who you see or talk to. Limiting your outside activities. Questioning your whereabouts. Pressuring you to stop going to LGBTQIA+ events. Being moody to make it difficult to visit family or friends.