



## There's No Shame in Experiencing IPV

Living free from abuse and violence is a human right. IPV is never acceptable and there is support available to help you if you're experiencing it.

Reach out to supportive friends, family, or professionals who can assist you in finding safety and support.

Please refer to our [service directory](#) for services that may be able to help.

You  
Deserve  
to be in a

Healthy &  
Respectful  
Relationship

Intimate Partner Violence  
(IPV) Awareness for  
LGBTIQ+ Individuals

**48%**  
of **LGBTIQ+** People  
Experiencing IPV  
Don't Seek Support

Intimate partner violence (IPV) occurs in relationships where one partner uses abusive, controlling, or coercive behaviours that harm the other person and create an unhealthy relationship. IPV can happen in various relationships, including dating (both in-person or online), cohabiting, hook-ups, and marriages.

Find support services on our website.



Safer Options is a resource and information hub to educate LGBTIQ+ individuals and primary care providers on intimate partner violence in LGBTIQ+ relationships.

Support is Available  
[saferoptions.org.au](https://saferoptions.org.au)



# Are You in a Healthy Relationship?

Healthy relationships are built on respect, fairness, and caring for each other's well-being.

IPV can take different forms in LGBTQIA+ relationships and may not always be easy to recognise, however learning the different forms can help you identify warning signs.

If you are unsure whether you are in a healthy relationship, consider taking a quiz through our website to gain a better understanding of your situation.

## Take the Quiz:

[saferoptions.org.au](https://saferoptions.org.au)



# Learn to Recognise the Signs of Intimate Partner Violence

## Physical

Hitting, throwing objects, making threats, damaging property, or controlling access to hormones or medication.

## Psychological / Emotional

Telling you to "act straight," shaming you about being LGBTQIA+, deliberately misgendering you, gaslighting (making you doubt your own reality), humiliating you in front of others, blaming you for abuse, or threats of self-harm or suicide.

## Financial

Involves controlling your access to money, stealing your money, preventing you from working or studying, or getting you into debt.

## Sexual

Any unwanted sexual activity or sexual behaviour that happens without your consent. For example, being pressured to have sex when you don't feel like it, unwanted choking, forcing you to watch porn or participate in group sex.



## Technological

Monitoring your phone and internet activities. For example: installing tracking apps, accessing your browser history, demanding that you show them who you are messaging, limiting your access to technology, posting false information about you online, or using social media to threaten or control you.

## Social

"Outing" you or disclosing your HIV status without your permission, setting rules for who you can and can't talk to, criticising your friends, family, and community.

## Verbal

Includes name-calling, body shaming, criticism, or insults.

## Spiritual

Ridiculing your spiritual / religious beliefs, demanding you adopt their beliefs, or using theirs to justify abusive behaviours.