

Bisexual Survivors

Does partner violence or sexual violence get blamed on your bisexuality?

Partner violence

Partner violence is when one partner uses any form of abusive behavior to get and maintain control over the other. Ongoing humiliation, threats, stalking by text, online or in person, outing, ridiculing someone's gender or sexuality, withholding medication or treatments, verbal abuse, controlling money and physical and sexual violence can all be part of partner violence.

Bisexual and pansexual survivors of partner violence often find abusive behavior includes leveraging biphobia inside the relationship.

Does your partner.....

- Threaten to "out" you to your employer, friends, or family?
- Make fun of you for being bisexual or tell you it's just a phase?
- Tell you that you're not welcome in rainbow spaces, or stop you going to rainbow events?
- Isolate you from your family and friends?
- Accuse you of cheating or flirting with others because "all you bisexuals sleep with anyone"?
- Say you're confused about your sexuality and force you to choose between being straight or lesbian/gay?
- Prevent you from being out as bisexual, or say if you want to be with them, you have to be.....?
- Say "I know you are going to leave me for a man" or "I know you are going to leave me for a woman"?
- Tell you that you're disgusting for having been in relationships with other genders?
- Make you deny the importance of other loving relationships with other genders?
- Say you just haven't met the right man/woman yet, and when you do, you'll stop being bisexual?
- Treat your ethnicity or cultural identity as exotic?

Partner violence may also include physical violence like hitting, kicking, pushing, punching. If you feel like your partner has power and control over your life in these or other ways, contact one of the helping organisations here.

Partner violence is illegal in New Zealand, for people of all genders and all sexualities. You have every right to be treated with respect and care in your relationships.

Sexual violence

Sexual violence can be perpetrated by, or against, anyone regardless of their age, gender, sexuality, ethnicity or ability. It can include rape, the threat of rape, attempted rape, sexual harassment, sexual coercion and sexual contact with force. It includes any sexual activity that someone does not, or cannot consent to.

Bisexual and pansexual survivors may experience sexual violence from partners or casual hook-ups. They may also experience sexual violence from people targeting them because of their sexuality or gender identity. This might include someone:

- Pressuring you to do things you don't like by telling you "that's how lesbians/gay men/straight men/straight women have sex"
- Coerce you into sex by saying you have to prove you're not really lesbian/gay/straight
- Calling you a slut or saying you'll have sex with anyone because you're bisexual
- Doing sexual things to you when you are drunk or out of it

Sexual activity without consent in New Zealand is illegal, no matter what your sexuality, gender or the sexuality or gender of the person who sexually harmed you. If you have had an unwanted sexual experience, you can ask for help, no matter how long ago it happened.