

Trans & Non-Binary Survivors

Does partner violence or sexual violence get blamed on your gender identity?

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.

Trans and non-binary survivors of partner violence often find abusive behavior includes leveraging transphobia and gender policing inside the relationship.

Does your partner.....

- Threaten to "out" you to your employer, friends, or family?
- Ridicule or belittle your identity?
- Isolate you from your family and friends?
- Deadname you or use pronouns you don't want?
- Ridicule how your body looks?
- Sabotage your healthcare, or coerce you into treatment you don't want?
- Criticise, question or try to shame you about your gender or gender expression?
- Tell you you're not a 'real' man/woman?
- Tell you that you will never find a better partner?
- Refuse to believe you're non-binary?
- Hide or throw away medical treatment, hormones, or other gender affirming stuff?
- Treat your ethnicity or cultural identity as exotic?
- Blame abuse on your mental health, disability, HIV status or substance use?

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, sex characteristics, 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.

Trans and non-binary 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:

- Touching parts of your body you don't want touched, or using terms about your body you hate
- Coercing you to do things you don't like by telling you "that's how 'real' men/women have sex"
- Describing sexual fantasies which dehumanise or harm you
- Telling you no one else will want to have sex with you
- 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.