# PARTNER VIOLENCE TANDONO ECONOMY, LAND, L Howophobia, Racism, Sexism, Ableism, Roundhobia, Racism, Sexism, Roundhobia, Racism, Roundhobia, Racism, Ableism, Roundhobia, Racism, Sexism, Roundhobia, Racism, Raci IN RAINBOW **RELATIONSHIPS**

Most Rainbow relationships are based on love and mutual respect. People can be themselves. communicate what they want, negotiate and feel free to say no to things they don't want to do. Everyone involved feels listened to when they speak.

But sometimes what's happening in our relationships doesn't feel alright. No relationship is perfect, but you should not feel unsafe, afraid or like your opinion doesn't matter.

Partner violence is when one partner uses abusive and controlling behaviours to get and maintain control over the other.

These behaviours have been identified by Takatāpui and Rainbow survivors. They are specific to Aotearoa and specific to Rainbow relationships.

**Rainbow relationships** are any relationships that include at least one person from Takatāpui and Rainbow communities. This might include two women, two men, different gender relationships or poly relationships involving at least one person from Takatāpui and Rainbow communities.

Kahukura Outing Violence

To find out more about building Rainbow communities without violence, visit: www.kahukura.co.nz

\*Adapted from the Duluth LGBT Wheel

# COLONISATION

# HETERONORMATIVITY

# VIOLENCE

destroys your things

PHYSICAL pressures you not to "come out"

threatens to hurt people you love

threatens to hurt themselves when upset with you

says, 'if I can't have you, no one can'

#### USING INTIMIDATION, **COERCION & THREATS**

scares you when they are angry

threatens to harm you threatens to 'out' you

keeps track of you

### USING EMOTIONAL ABUSE

tells you no one else will want you tells you no one will believe you about abuse

choking, bulling the state of t makes you deny other lovers were important

puts you down

humiliates you

spreads rumours about vou

ridicules your body

calls you names

questions your gender/sexuality

pressures you to "come out" when it's not culturally appropriate or sage withholds hormones, medication or gender-affirming items

#### USING WHITE.CIS & OTHER PRIVILEGE

misgenders or deadnames you

uses visa status to threaten you

uses Rainbox experience to pressure you "this is gay sex.

undermines cultural expectations

stops you using disability aides

grabbing, punching, kicking says racist things to you treats your culture as "exotic"

threatens to take

your children

says you don't deserve

criticizes your parenting

#### **USING CHILDREN** threatens to use the state system's

racism/homophobia/biphobia/transphobia to have children removed

dismisses rights/responsibilities

PHYSICAL controls choices around children,

SEXUAL oversexualizes you, e.g. pressuring bi people to have threesomes

says you don't belong in Rainbox spaces

#### USING INTERNALISED HOMOPHOBIA, BIPHOBIA **OR TRANSPHOBIA**

says you're letting down your community if you talk about abuse

says you're confused, undermines or makes fun of your gender/sexual identity

pressures you to be "straight-acting"

makes you feel crazy

uses alcohol or

drugs as an excuse

makes light "it's just drama

blames abuse on their

'outs' you at work or school

uses costs around transitioning healthcare to control you

interferes with your work or education

#### USING ECONOMIC ABUSE

threatens your access to benefits

keeps your name off joint assets

keeps you from having or spending your money

insults you in front of others

encourages others to "takes sides"

## trauma history DENYING. MINIMISING

blames abuse on you or your mental health, disability or HIV status

savs women can't ahuse women/mei can't abuse men

says this is normal in

VIOLENCE

CISNORMATIVITY

COLONISATION

controls who you see or talk to uses jealously to "prove" they love you **USING ISOLATION** 

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