



You have the right to be safe in your relationships

Does your partner or anyone else in your family make you feel unsafe? Regularly criticise or put you down? Threaten, intimidate, or stop you from seeing your friends or other people you care about? Make fun of your identity?

Are you afraid of your partner, or anyone else in your family?

Partner violence includes many kinds of behaviour which you might not think of as violence by themselves. But together, they become controlling, and often, they get worse over time. Being treated like this by your partner or another family member may make you feel less like yourself. These behaviours may lead to, or be accompanied by, physical or sexual violence.



You have the right to be who you are

Are people trying to make you change your sexuality or gender, or pressuring you to try therapy or something else to stop you being who you are?

Trying to make you feel ashamed, or that there is something wrong with your sexuality or gender is called a conversion practice.

If you want to talk with someone about your relationship or family, get in touch with one of the services on the back of this pamphlet. You have the right to be safe.

URGENT HELP

If you need urgent help, contact one of these 24/7 numbers who are for all genders:

Call **111** for the Police (if it is unsafe to speak, follow the prompts & push buttons as directed).

Call **0800 456 450** or visit www.areyouok.org.nz for confidential support for family violence.

Call **0800 044 334** or visit www.safetotalk.nz for confidential support for sexual harm.

These helplines can also give you information about support services around the country.

INFORMATION & SUPPORT

These resources focus on Rainbow communities and can help you connect to local services to help you get the support you need.

Hohou Te Rongo Kahukura

Information and resources by Rainbow communities, for Rainbow communities, about partner, family and sexual violence: www.kahukura.co.nz

OutLine

Mental health support for the rainbow community. Call **0800 688 5463 / 0800 OUTLINE** or visit www.outline.org.nz to ask about rainbow support organisations near you.

Police Diversity Liaison Officers (DLOs)

Liaison between the Police and Rainbow communities. Contact them via email DLOs@police.govt.nz to ask for help.

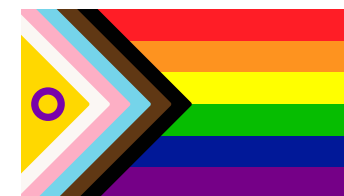
Te Kāhui Tika Tangata/Human Rights Commission

If someone has tried to change your Rainbow identity, you may have experienced conversion practices. Call **0800 496 877** for support and advice.

NZ POLICE

Are here for everyone in Rainbow* Communities

Family and partner violence can be hard to recognise. If you feel confused, trapped, unsafe or scared because of your relationship or family/whānau, we're here to help.



**Rainbow includes everyone who is LGBTQIA+, Takatāpui, and MVPFAFF+*



Violence and abuse can occur within any relationship

People in Rainbow communities experience the same kinds of violence in relationships as anyone else, and some kinds of specific abuse relating to who they are.

This can be from:

- romantic or sexual partners (including ex-partners)
- the family you grew up with
- your chosen family
- those you live with.

Sometimes it starts with putting you down and name-calling. Any kind of behaviour that makes you feel unsafe or hurts you is not ok. But someone hurting you will usually have lots of excuses. They might blame the abuse on you, their own trauma or alcohol and drugs. They might say talking about abuse is letting down “the community.”

Sometimes others will make excuses too, like calling abuse ‘drama,’ or saying Rainbow young people don’t know who they are. This can make you think what is happening to you doesn’t count.

But violence, including verbal abuse and mind games, is never ok. You deserve to feel safe around the people you are close to.

Reaching out and talking about what’s happening in your relationship or family can help, especially to someone who knows about family violence, and accepts you for who you are.



Find out more about partner and family violence in Rainbow communities here:
www.kahukura.co.nz



The signs of partner violence – it’s not just physical

Someone who is controlling will often isolate you by trying to make you feel guilty for going out. They might say things like ‘You’re not still looking are you?’ When your partner stops you from seeing friends or other people important to you, it’s harder to talk about things you’re struggling with in your relationship.

They might also:

- Say their jealousy ‘proves’ they love you
- Make it awkward with your friends
- Put you down in front of other people
- Encourage other people to ‘take sides’
- Hide or throw out things you need to feel safe leaving the house



Emotional abuse is when someone tries to make you feel bad, including by **targeting your identity**. This can be in same-sex relationships, or relationships other people think are straight.

They might:

- **Put you down, call you names or start rumours about you**
- **Call you crazy and tell you no one else will want you**
- **Keep track of you, including on social media**
- **Treat your culture as ‘exotic’ or say racist things about people like you**
- **Criticise or make fun of your sexuality or gender**
- **Misgender or deadname you**
- **Someone might also make decisions for you, like who you’re allowed to spend time with or what you spend your money on. They might threaten or scare you**
- **Threaten to leave you if you come out**
- **Pressure you to come out when you’re not ready**
- **Make problems for you at work, or with benefits**
- **Threaten to tell people about your HIV status**
- **Threaten to break your things, hurt you, your pets, or people you love.**

Someone who is hurting you will usually try and blame it on you or try to make you feel sorry for them, sometimes by threatening to hurt themselves.

This is especially likely after they have **destroyed your things, slapped, punched or assaulted you, or pressured you to do sexual acts you don’t want to do.**

This can be very confusing, because you can feel scared, but also like they need you.

You are never responsible for someone else choosing to be controlling and violent. Violence, including verbal abuse and mind games, is never ok. You deserve to feel safe around the people you are close to.



Family Violence

Family violence towards Rainbow people might be from parents, caregivers, siblings, children or extended family members. Abuse might begin in childhood but not stop when you leave home, including elder abuse. As well as physical and sexual violence, family members might:

- **Keep you away from the Rainbow community**
- **Call you and people like you names**
- **Deliberately misgender or deadname you**
- **Control where you go or who you see**
- **Limit your phone use so you can’t reach out to others**
- **Force you to stay in the closet**
- **Keep you from having access to money**
- **Force you to marry**
- **Try and change your sexuality or gender**



Rainbow parents or caregivers can also be pressured. Partners or extended family might:

- Criticise your parenting or say you don’t deserve children
- Keep you away from children or younger family members
- Threaten to have your children taken away
- Dismiss the rights and responsibilities of non-biological parents