# Power & Control in Lesbian, Gay, Transgender & Bisexual Relationships

**Transphobia**

Using fear and hatred of anyone who challenges traditional gender expression, and/or who is transsexual, to convince partner of danger in reaching out to others. Controlling expression of gender identity and connections to community. Outing gender identity. Shaming. Questioning validity of one's gender.

**Psychological & Emotional Abuse**

Criticizing constantly. Using verbal abuse, insults and ridicule. Undermining self-esteem. Trying to humiliate or degrade in private or public. Manipulating with lies and false promises. Denying partner's reality.

**Threats**

Making physical, emotional, economic or sexual threats. Threatening to harm family or friends. Threatening to make a report to city, state or federal authorities that would jeopardize custody, economic situation, immigration or legal status. Threatening suicide.

**Physical Abuse**

Slapping, hitting, shoving, biting, choking, pushing, punching, beating, kicking, stabbing, shooting or killing. Using weapons.

**Entitlement**

Treating partner as inferior; race, education, wealth, politics, class privilege or lack of, physical ability, and anti-Semitism. Demanding that needs always come first. Interfering with partner's job, personal needs and family obligations.

**Using Children**

Threats or actions to take children away or have them removed. Using children to relay messages. Threats to or actual harm to children. Threats to or revealing of sexual or gender orientation to children or others to jeopardize parent-child relationship, custody or relationships with family, friends, school or others.

**Economic Abuse**

Controlling economic resources and how they are used. Stealing money, credit cards or checks. Running up debt. Fostering total economic dependency. Using economic status to determine relationship roles/norms, including controlling purchase of clothes, food, etc.

**Sexual Abuse**

Forcing sex. Forcing specific sex acts or sex with others. Physical assaults to "sexual" body areas. Refusing to practice safer sex. In S&M refusing to negotiate or not respecting contract/scene limits or safe words.

**HIV-Related Abuse**

Threatening to reveal HIV status to others. Blaming partner for having HIV. Withholding medical or social services. Telling partner she or he is "dirty". Using illness to justify abuse.

**Intimidation**

Creating fear by using looks, actions, gestures and destroying personal items, mementos or photos. Breaking windows or furniture. Throwing or smashing objects. Trashing clothes, hurting or killing pets.

**Isolation: Restricting Freedom**

Controlling personal social contacts, access to information and participation in groups or organizations. Limiting the who, what, where and when of daily life. Restraining movement, locking partner in or out.

**Heterosexism**

Perpetuating and utilizing invisibility of LGB relationships to define relationship norms. Using heterosexual roles to normalize abuse and shame partner for same sex and bisexual desires. Using cultural invisibility to isolate partner and reinforce control. Limiting connection to community.

**Homo/Biphobia**

A part of heterosexism. Using awareness of fear and hatred of lesbians, gay men and bisexuals to convince partner of danger in reaching out to others. Controlling expression of sexual identity and connections to community. Outing sexual identity. Shaming. Questioning status as a "real" lesbian or gay man, or bisexual.

ANTI-VIOLENCE PROJECT

Building Safer Communities for Lesbian, Gay, Transgender, Bisexual and HIV-Affected New Yorkers

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