

Make a safety plan

- Plan a safe place to go if you must leave.
- Plan a primary and backup escape route out of your home - practice the route.
- Arrange a signal with a trusted friend so they know when you need help.
- Carry a cell phone at all times.
- Avoid taking shelter in rooms with only one exit, like a bathroom.
- Keep your purse or wallet packed and ready to go at all times. Include important phone numbers like a doctor, attorney, insurance agent, pharmacy and safe friend.
- Have an overnight bag packed with your identification, important documents, medication and clothing. Include eye glasses, money, address book, comfortable shoes, toiletries, pictures, jewelry and other valuable items.
- Make copies of all your important documents, your house and car keys and hide them in a safe place. Tell someone you trust the location of the hiding place. Important documents may include your:
 - birth certificate
 - power of attorney
 - HIPAA release
 - social security card
 - health insurance card
 - drivers license and/or passport
 - checkbook
 - welfare papers
 - house and car insurance papers
 - divorce documents, any protective orders and immigration papers.

Some material in this brochure is courtesy of Center for American Progress, Multicultural Efforts to End Sexual Assault and DELTA FOCUS Indiana.

This project was supported by Grant No. 5390 awarded by the Office for Victims of Crime, U.S. Department of Justice. The opinions, findings, conclusion, and recommendations expressed in this publication are those of the author and do not necessarily reflect the views of the Department of Justice, Office for Victims of Crime.

Resources

Indiana Coalition Against Domestic Violence
toll free hotline 1.800.332.7385

Indiana Coalition to End Sexual Assault
indianacesa.org

Center for Nonviolence, Ft. Wayne
260.456.4112 - centerfornonv.org

Parents & Friends of Lesbians and Gays
pflag.org
Indianapolis 317.545.7034
Evansville 812.422.3269 - Ft. Wayne 260.486.2201
Hammond 219.845.2195 - Lafayette 765.742.0244
Richmond 765.966.4286 - Seymour 812.522.9515
South Bend 574.277.2684

Indiana Youth Group
317.541.8726 - indianayouthgroup.org

GLBT National Help Center
1.888.843.4564 - glnh.org

The Trevor Project
24-hour helpline 866.488.7386
thetrevorproject.org

Indiana Coalition Against Domestic Violence

Since 1980, the Indiana Coalition Against Domestic Violence has worked to ensure that people who help survivors have the information and resources they need. To prevent future violence, ICADV advocates for change through public policy, informational campaigns to increase awareness and educating young people on the cyclical nature of violence so we can all say "No More" in Indiana.

Domestic Violence within LGBTQ+ communities



1915 W. 18th St., Suite B
Indianapolis, IN 46202
Phone 317.917.3685 / 800.538.3393
VideoPhone 317.644.6206
Fax 317.917.3695
Email icadv@icadvinc.org
Website icadvinc.org

INDIANA SAYS
NO MORE
TOGETHER WE CAN END DOMESTIC VIOLENCE & SEXUAL ASSAULT

What is domestic violence?

Domestic violence is the use of power and control within an intimate relationship that threatens a person's well-being. The abuse can be physical, sexual, emotional and financial. It can happen to anyone of any race, age, sexual orientation, religion or gender. It can happen to partners who are married, living together or dating.

Domestic violence affects people of all socio-economic backgrounds and education levels. It can happen to friends, family or co-workers. It can happen to you.

Respectful relationships allow both partners to feel supported and connected but still feel independent. Ultimately, the two people in the relationship decide what is healthy for them and what is not. If something doesn't feel right, you should have the freedom to voice your concerns to your partner.

Preventing domestic violence begins when we all agree that fair treatment in a relationship is a basic right.



"Abuse is not love; love is unconditional without stipulations and restrictions."

*Sheree' Gay
A Trap Of Malicious Blind Love*

What might domestic violence look like?

A physical abuser:

- damages property when angry.
- pushes, slaps, bites, kicks or chokes.
- hurts your children and/or pets.

A sexual abuser:

- appears jealous of a partner's outside relationships.
- insults in sexual ways or calls a partner sexual names.
- forces sex.

An emotional abuser:

- humiliates and/or outs a partner as LGBTQ+.
- calls a partner names or continually criticizes.
- acts jealous or possessive.
- monitors daily travel, phone calls and with whom time is spent.
- tries to isolate a partner from family or friends.

A financial abuser:

- controls how money is spent.
- withholds money or gives an allowance.
- withholds funds for basic needs such as food and medicine.



How is domestic violence prevented?

- Be aware of what domestic violence is and look for it in your own relationships and those of your friends and family.
- Talk to someone if you see it.
- Keep open communications with partners.

Challenge the stereotypes that reinforce domestic violence.

- FALSE: LGBTQ+ people have been sexually abused by parents and continue this violence in their own relationships.
- FALSE: LGBTQ+ people cannot have a committed relationship.
- FALSE: LGBTQ+ people who do not conform to standards of masculinity or femininity deserve to be punished or hurt.
- FALSE: It is inevitable that HIV and other sexually transmitted diseases will be contracted so there is no point in being sexually safe.
- FALSE: The more "feminine" partner should be submissive and prepared for violent consequences when they deviate from this expectation.
- FALSE: The more "masculine" partner should be aggressive and has the right to be violent when provoked.

