



# EMPOWERED

IMPROVING LGBTQ+ MENTAL HEALTH

## Intimate Partner Violence in LGBTQ+ Relationships

October was declared National Domestic Violence Awareness Month in 1989, but it has only been in recent years that intimate partner violence [IPV] has been brought to the forefront, especially IPV within LGBTQ+ relationships. The common narrative in society is that IPV only occurs in heterosexual relationships or is only severe in heterosexual couples. This narrative is inaccurate.

Members of the LGBTQ+ community fall victim to IPV at equal or even higher rates compared to their heterosexual counterparts. **Here are some statistics about IPV in LGBTQ+ relationships versus heterosexual relationships:** 44% of lesbian women and 61% bisexual women experience IPV compared to 35% of straight women; and straight men experience IPV at a rate of 29% compared to 26% of gay men and 37% bisexual men. For transgender and non-binary individuals, 54% experience IPV in their lifetime.

Intimate partner violence is defined as a pattern of behaviors used by one partner to maintain power and control over another partner in an intimate relationship. Examples of this included physical abuse, sexual abuse, financial abuse, stalking, isolation, verbal abuse, conscious manipulation, and psychological and emotional abuse.

Specific violence that is seen in transgender and gender expansive IPV relationships are ridiculing their partner's body or appearance, using offensive or incorrect pronouns toward their partner, and ridiculing partners gender and/or sexual identity. IPV can happen to anyone, whether they are bisexual, transgender or non-binary, gay, lesbian, or heterosexual. If you think that you or a loved one are in an intimate partner violence relationship, you can seek help at any of the following resources.

### National Coalition of Anti-Violence Programs

24-hour English/Spanish Hotline Call/Text 212-714-1184

### The Blue Bench

Sexual Assault Hotline Call 303-322-7273

### National Domestic Violence Hotline

Hotline, Call 1-800-799-7233

Hotline, Text "START" to 88788

### LGBT National Help Center

LGBT National Helpline Call 888-843-4564

### Forge

Trans/Non-binary specific resources

## Debunking Myths about Intimate Partner Violence (IPV)

- 1 Myth** - The only people who commit IPV are strong men.  
**Reality** - Anyone can commit IPV, regardless of gender, size, or strength.
- 2 Myth** - Only women are abused in relationships.  
**Reality** - A person of any gender can be abused.
- 3 Myth** - Relationship abuse can be mutual.  
**Reality** - There is no such thing as 'mutual abuse.' Self-defense is not an attempt to control, but rather a reaction to abuse.
- 4 Myth** - Intimate partner violence is less severe in LGBTQ+ relationships.  
**Reality** - The abuse experienced by LGBTQ+ individuals can be equally or more damaging. Studies show that gay

men and bisexual women are more likely to experience severe physical violence than their straight counterparts.

- 5 Myth** - IPV is an anger management problem.  
**Reality** - Most people who are abusive to their partner are able to manage their anger toward others. Except in rare cases, abusive partners also have the ability to restrain themselves from abusing their partner. For example, most abusive partners would not hurt their partner in front of a police officer.

**Listen to Ben Bjarnesen, the founder of LGBTQ Domestic Violence Awareness Foundation, talk about his experience of IPV.**

[Click here to see Envision:You in the news](#)



## Support Envision:You

The unwavering support of our corporate and community sponsors lies at the heart of our organization's ability to fulfill its mission: **improving LGBTQ+ mental health and well-being.**

### 2024 Sustaining Sponsorship Program

At Envision:You, we deeply value our sustaining sponsors and understand that their commitment deserves exceptional recognition. In return for their generous contributions, we offer a wide array of benefits, showcasing our appreciation for their vital role in our mission, which empowers us to effect lasting change for our community. If you're interested in becoming a part

of this transformative journey and exploring the diverse corporate sponsor opportunities available, we invite you to [click](#) to learn more.

By partnering with us, you become an integral part of a mission that touches lives, provides hope, and creates a more inclusive and supportive future for our LGBTQ+ community.

To learn more about our corporate and community partnership program, please don't hesitate to reach out to our Development Manager, Brynne Popp, at [brynne.popp@envision-you.org](mailto:brynne.popp@envision-you.org)

[Click here for sponsor opportunities](#)

## LGBTQ+ Behavioral Health Provider Training Program Highlight

What will you learn if you take our new population-specific module, Working with Transgender and Gender-Diverse Communities? Geared toward behavioral health providers, the training covers:

- The unique experiences of transgender, non-binary, and gender-diverse folks in medical and behavioral health care;
- Resources and techniques to make your behavioral health practice more inclusive of diverse gender identities; and

- Steps to become an effective advocate in healthcare for transgender and gender-diverse communities.

Envision:You is thrilled to announce the release of our latest training modules designed to further enhance the skills and knowledge of therapists to provide inclusive care to individuals in the LGBTQ+ community.

[Learn more about our four new population specific modules on our website.](#)

## Q is for Questioning Highlights

*"The non-judgemental encouragement, support, and education provided in this workshop helped shift my thought process from some resistance to more acceptance.*

*I appreciate the staff and participants for their leadership in bringing vital information and networking to our community and my family to help support our LGBTQ loved ones. "*

*– Workshop participant*

**Q is for Questioning** is a series of three NO-cost, JUDGMENT-FREE workshops for parents, guardians, teachers, social workers, and other caregivers of LGBTQ+ youth. Each 2-hour workshop has information on LGBTQ+ identity and LGBTQ+ mental health, interactive activities, and plenty of time to engage and process with each other. **Summit County** workshops will take place from 6-8p.m. on October 4, 11, and 18. You don't have to live in Summit County to attend! Envision:You is partnering with Mountain Pride on this series.

For more information, contact the Q is for Questioning team at [q.info@envision-you.org](mailto:q.info@envision-you.org) or visit [envision-you.org/q-is-for-questioning](http://envision-you.org/q-is-for-questioning)