IS THIS LOVE?

Information for Same-Sex Attracted People

SEX - RELATIONSHIPS - ABUSE
IS THIS LOVE?

Information for Same-Sex Attracted People

SEX - RELATIONSHIPS - ABUSE
Everyone’s relationship is different - who we are attracted to, what we are looking for, how the relationship works all comes down to the people in the relationship.

I want to be with my partner forever

I just want someone who looks after me

I just want someone to have fun with
Relationships should make you feel safe, secure, and confident.

When a relationship is unsafe and unhealthy you can feel frightened, scared, down, hurt and lonely.
Your partner may try to control you in lots of different ways:

**Physical** - kicking, slapping, hitting, intimidating, throwing or threatening to throw or break objects

**Financial** - controlling your money, your freedom to work, manipulating your benefits, getting you into debt

**Spiritual** - using religious tradition from your culture to control you, manipulating your or their own personal beliefs to control you

**Emotional** - criticism, mind games, threats, questions, humiliation, moving the goal posts, comments about your mental health

**Sexual** - forcing you to do anything that you don’t want to do
In a same sex relationship your partner can deliberately use your sexual identity and orientation as a form of control.

- Threatening to ‘out’ you to family, friends, partners, colleagues, neighbours, church group
- Undermining and belittling your sexual orientation and questioning your identity
- Controlling how you express yourself as an LGB person
- Controlling your social life and interactions with other LGB people.
- Forcing you to act ‘straight’
There are lots of reasons why people don’t tell anyone what is happening to them or seek help. If you are gay, lesbian or bisexual there are even more...

Messages in society make your sexual orientation and identity feel abnormal, wrong and/or misguided and so it is harder to come forward to discuss problems in your relationship.

You may feel vulnerable, fearful and confused and not want to disclose your sexual orientation to strangers.

Your partner may have isolated you from friends, family and professionals that even if you want to seek help you are not sure how to or where to.

You may be afraid that people will not believe you or take you seriously.

You might worry about homophobia and assumptions being made about your sexual orientation and your relationship.
A relationship that is hurtful and abusive can affect you in many ways...

Low confidence  Depression
Isolation          Self-harm
Losing friends and family  Over or undereating
Difficulty making decisions  Physical injuries
No money                      Long term health conditions
Homelessness                  Shame
Fear & anxiety                Self-doubt
Stress

This could be you or someone you know...

If you feel worried or unsafe you can call someone in complete confidence to get help and support.
FOR CONFIDENTIAL ADVICE OR SUPPORT YOU CAN CONTACT:

Domestic Violence Helpline (NI)
0800 917 1414

Broken Rainbow
(LGBT Domestic Violence Helpline)
0300 999 5428
Mon 2-8pm  Wed 10-1pm Thurs 2-8pm

LGBT Advocacy Worker (NI)
028 9031 9030