



IS THIS LOVE?

The text 'IS THIS LOVE?' is rendered in large, white-outlined capital letters. Each letter serves as a frame for a different close-up photograph of people in intimate or romantic settings. The photos include: a person's face with a red lipsticker, a couple's lips about to kiss, a person's face with eyes closed, a person's face with a wide smile, and hands clasped together. The background of the entire graphic is a dark grey gradient.

Information for Same-Sex Attracted People

SEX - RELATIONSHIPS - ABUSE

A man and a woman are lying in bed, partially covered by a dark grey blanket. The man is on the left, looking towards the camera, and the woman is on the right, looking away. The text "IS THIS LOVE?" is overlaid in large, white-outlined letters. The letters are filled with a close-up image of a man's face and skin, creating a layered effect.

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 just want
someone who
looks after me**

**I want to be with
my partner
forever**

**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



**No-one will
take me
seriously**

**No-one will
understand**

**People don't
know that I'm
gay**

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'



**Where do
I get help?**



**I don't know
what to do**



**I can't talk
about it**

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

Isolation

Losing friends and family

Difficulty making decisions

No money

Homelessness

Fear & anxiety

Stress

Depression

Self-harm

Over or undereating

Physical injuries

Long term health conditions

Shame

Self-doubt

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