

# Intersex Survivors

Does partner violence or sexual violence get blamed on your sex characteristics?

## Partner violence

Partner violence is when one partner uses any form of abusive behavior to get and maintain control over the other. Ongoing humiliation, threats, stalking by text, online or in person, outing, ridiculing someone's body, gender or sexuality, withholding medication or treatments, verbal abuse, controlling money and physical and sexual violence can all be part of partner violence.

Intersex survivors of partner violence often find abusive behavior includes leveraging body policing and interphobia inside the relationship.

Does your partner.....

- Threaten to "out" you to your employer, friends, or family?
- Isolate you from your family and friends?
- Call you "it" or other pronouns not preferred by you?
- Make fun of your body, including any surgery you may have had?
- Sabotage your healthcare, or coerce you into treatment you don't want?
- Tell you no one will love you because you are different?
- Tell you you're not a 'real' man/woman?
- Tell you that you will never find a better partner?
- Hide or throw away medication or hormones you take?
- Treat your ethnicity or cultural identity as exotic?
- Blame abuse on your mental health, disability, HIV status or substance use?

Partner violence may also include physical violence like hitting, kicking, pushing, punching. If you feel like your partner has power and control over your life in these or other ways, contact one of the helping organisations here.

**Partner violence is illegal in New Zealand, including for people with diverse sex characteristics. You have every right to be treated with respect and care in your relationships.**

## Sexual violence

Sexual violence can be perpetrated by, or against, anyone regardless of their age, sex characteristics, gender, sexuality, ethnicity or ability. It can include rape, the threat of rape, attempted rape, sexual harassment, sexual coercion and sexual contact with force. It includes any sexual activity that someone does not, or cannot consent to. Surgeries to 'normalise' bodies without informed consent are sometimes described as medicalized rape by intersex advocates, because they may cause long lasting shame, distress, pain and trauma.

**Intersex survivors may experience sexual violence from partners or casual hook-ups. They may also experience sexual violence from people targeting them because of their sex characteristics. This might include someone:**

- Touching parts of your body you don't want touched, or using terms about your body you hate
- Coercing you to do things you don't like by telling you "that's how 'real' men/women have sex"
- Describing sexual fantasies which dehumanise or harm you
- Telling you no one else will want to have sex with you
- Doing sexual things to you when you are drunk or out of it

Sexual activity without consent in New Zealand is illegal, including for people with diverse sex characteristics, no matter what your sexuality, gender or the sexuality or gender of the person who sexually harmed you. If you have had an unwanted sexual experience, you can ask for help, no matter how long ago it happened.

# Trans & Non-Binary Survivors

Does partner violence or sexual violence get blamed on your gender identity?

## Partner violence

Partner violence is when one partner uses any form of abusive behavior to get and maintain control over the other. Ongoing humiliation, threats, stalking by text, online or in person, outing, ridiculing someone's gender or sexuality, withholding medication or treatments, verbal abuse, controlling money and physical and sexual violence can all be part of partner violence.

Trans and non-binary survivors of partner violence often find abusive behavior includes leveraging transphobia and gender policing inside the relationship.

Does your partner.....

- Threaten to "out" you to your employer, friends, or family?
- Ridicule or belittle your identity?
- Isolate you from your family and friends?
- Deadname you or use pronouns you don't want?
- Ridicule how your body looks?
- Sabotage your healthcare, or coerce you into treatment you don't want?
- Criticise, question or try to shame you about your gender or gender expression?
- Tell you you're not a 'real' man/woman?
- Tell you that you will never find a better partner?
- Refuse to believe you're non-binary?
- Hide or throw away medical treatment, hormones, or other gender affirming stuff?
- Treat your ethnicity or cultural identity as exotic?
- Blame abuse on your mental health, disability, HIV status or substance use?

Partner violence may also include physical violence like hitting, kicking, pushing, punching. If you feel like your partner has power and control over your life in these or other ways, contact one of the helping organisations here.

**Partner violence is illegal in New Zealand, for people of all genders and all sexualities. You have every right to be treated with respect and care in your relationships.**

## Sexual violence

Sexual violence can be perpetrated by, or against, anyone regardless of their age, sex characteristics, gender, sexuality, ethnicity or ability. It can include rape, the threat of rape, attempted rape, sexual harassment, sexual coercion and sexual contact with force. It includes any sexual activity that someone does not, or cannot consent to.

**Trans and non-binary survivors may experience sexual violence from partners or casual hook-ups. They may also experience sexual violence from people targeting them because of their sexuality or gender identity. This might include someone:**

- Touching parts of your body you don't want touched, or using terms about your body you hate
- Coercing you to do things you don't like by telling you "that's how 'real' men/women have sex"
- Describing sexual fantasies which dehumanise or harm you
- Telling you no one else will want to have sex with you
- Doing sexual things to you when you are drunk or out of it

Sexual activity without consent in New Zealand is illegal, no matter what your sexuality, gender or the sexuality or gender of the person who sexually harmed you. If you have had an unwanted sexual experience, you can ask for help, no matter how long ago it happened.

# Bisexual Survivors

Does partner violence or sexual violence get blamed on your bisexuality?

## Partner violence

Partner violence is when one partner uses any form of abusive behavior to get and maintain control over the other. Ongoing humiliation, threats, stalking by text, online or in person, outing, ridiculing someone's gender or sexuality, withholding medication or treatments, verbal abuse, controlling money and physical and sexual violence can all be part of partner violence.

Bisexual and pansexual survivors of partner violence often find abusive behavior includes leveraging biphobia inside the relationship.

Does your partner.....

- Threaten to "out" you to your employer, friends, or family?
- Make fun of you for being bisexual or tell you it's just a phase?
- Tell you that you're not welcome in rainbow spaces, or stop you going to rainbow events?
- Isolate you from your family and friends?
- Accuse you of cheating or flirting with others because "all you bisexuals sleep with anyone"?
- Say you're confused about your sexuality and force you to choose between being straight or lesbian/gay?
- Prevent you from being out as bisexual, or say if you want to be with them, you have to be.....?
- Say "I know you are going to leave me for a man" or "I know you are going to leave me for a woman"?
- Tell you that you're disgusting for having been in relationships with other genders?
- Make you deny the importance of other loving relationships with other genders?
- Say you just haven't met the right man/woman yet, and when you do, you'll stop being bisexual?
- Treat your ethnicity or cultural identity as exotic?

Partner violence may also include physical violence like hitting, kicking, pushing, punching. If you feel like your partner has power and control over your life in these or other ways, contact one of the helping organisations here.

**Partner violence is illegal in New Zealand, for people of all genders and all sexualities. You have every right to be treated with respect and care in your relationships.**

## Sexual violence

Sexual violence can be perpetrated by, or against, anyone regardless of their age, gender, sexuality, ethnicity or ability. It can include rape, the threat of rape, attempted rape, sexual harassment, sexual coercion and sexual contact with force. It includes any sexual activity that someone does not, or cannot consent to.

**Bisexual and pansexual survivors may experience sexual violence from partners or casual hook-ups. They may also experience sexual violence from people targeting them because of their sexuality or gender identity. This might include someone:**

- Pressuring you to do things you don't like by telling you "that's how lesbians/gay men/straight men/straight women have sex"
- Coerce you into sex by saying you have to prove you're not really lesbian/gay/straight
- Calling you a slut or saying you'll have sex with anyone because you're bisexual
- Doing sexual things to you when you are drunk or out of it

Sexual activity without consent in New Zealand is illegal, no matter what your sexuality, gender or the sexuality or gender of the person who sexually harmed you. If you have had an unwanted sexual experience, you can ask for help, no matter how long ago it happened.

# Lesbian Survivors

Does partner violence or sexual violence get blamed on you being lesbian?

## Partner violence

Partner violence is when one partner uses any form of abusive behavior to get and maintain control over the other. Ongoing humiliation, threats, stalking by text, online or in person, outing, ridiculing someone's gender or sexuality, withholding medication or treatments, verbal abuse, controlling money and physical and sexual violence can all be part of partner violence.

Lesbian survivors of partner violence often find abusive behavior includes leveraging homophobia inside the relationship.

Does your partner.....

- Threaten to "out" you to your employer, friends, or family?
- Tell you that you're never going to find another woman who will love you?
- Isolate you from your family and friends?
- Say that what's happening is normal in relationships with women?
- Tell you no one will help you, because lesbians don't count?
- Say the abuse is your fault, or that it's mutual and you both do it?
- Criticise you for not being a "real" lesbian?
- Ridicule your body?
- Treat your ethnicity or cultural identity as exotic?
- Blame abuse on your mental health, disability, HIV status or substance use?

Partner violence may also include physical violence like hitting, kicking, pushing, punching. If you feel like your partner has power and control over your life in these or other ways, contact one of the helping organisations here.

**Partner violence is illegal in New Zealand, for people of all genders and all sexualities. You have every right to be treated with respect and care in your relationships.**

## Sexual violence

Sexual violence can be perpetrated by, or against, anyone regardless of their age, gender, sexuality, ethnicity or ability. It can include rape, the threat of rape, attempted rape, sexual harassment, sexual coercion and sexual contact with force. It includes any sexual activity that someone does not, or cannot consent to.

**Lesbian survivors may experience sexual violence from partners or casual hook-ups. They may also experience sexual violence from people targeting them because of their sexuality or gender identity. This might include someone:**

- Pressuring you to do things you don't like by telling you this is what lesbians do, or not stopping when you ask
- Telling you women can't sexually abuse other women
- Telling you that you're repressed or frigid if you don't want to do something sexual
- Doing sexual things to you when you are drunk or out of it

Sexual activity without consent in New Zealand is illegal, no matter what your sexuality, gender or the sexuality or gender of the person who sexually harmed you. If you have had an unwanted sexual experience, you can ask for help, no matter how long ago it happened.



# Gay Survivors

Does partner violence or sexual violence get blamed on you being gay?

## Partner violence

Partner violence is when one partner uses any form of abusive behavior to get and maintain control over the other. Ongoing humiliation, threats, stalking by text, online or in person, outing, ridiculing someone's gender or sexuality, withholding medication or treatments, verbal abuse, controlling money and physical and sexual violence can all be part of partner violence.

Gay survivors of partner violence often find abusive behavior includes leveraging homophobia inside the relationship.

Does your partner.....

- Threaten to "out" you to your employer, friends, or family?
- Tell you that you're never going to find another man who will love you?
- Isolate you from your family and friends?
- Say that what's happening is normal in relationships with men?
- Tell you no one will help you, because gay men don't count?
- Say the abuse is your fault, or that it's mutual and you both do it?
- Criticise you for not being a "real" gay man?
- Ridicule your body for not being manly enough, buff enough, thin enough?
- Treat your ethnicity or cultural identity as exotic?
- Blame abuse on your mental health, disability, HIV status or substance use?

Partner violence may also include physical violence like hitting, kicking, pushing, punching. If you feel like your partner has power and control over your life in these or other ways, contact one of the helping organisations here.

**Partner violence is illegal in New Zealand, for people of all genders and all sexualities. You have every right to be treated with respect and care in your relationships.**

## Sexual violence

Sexual violence can be perpetrated by, or against, anyone regardless of their age, gender, sexuality, ethnicity or ability. It can include rape, the threat of rape, attempted rape, sexual harassment, sexual coercion and sexual contact with force. It includes any sexual activity that someone does not, or cannot consent to.

**Gay survivors may experience sexual violence from partners or casual hook-ups. They may also experience sexual violence from people targeting them because of their sexuality or gender identity. This might include someone:**

- Pressuring you to do things you don't like by telling you this is what gay men do, or not stopping when you ask
- Coercing you into sex by assuming that online hook-ups = consent
- Pressuring you to have unprotected sex
- Doing sexual things to you when you are drunk or out of it

Sexual activity without consent in New Zealand is illegal, no matter what your sexuality, gender or the sexuality or gender of the person who sexually harmed you. If you have had an unwanted sexual experience, you can ask for help, no matter how long ago it happened.