

# Domestic Violence

A resource for trans people  
in Brighton and Hove





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# Acknowledgements

***This resource has been written principally to assist trans people who are experiencing or have experienced domestic violence.***

It is one of a series of five booklets about domestic violence as it affects lesbians, gay, bisexual men and women and trans people in Brighton and Hove.

While it may also be of use to family and friends, as well as service providers, we have assumed a certain level of knowledge about trans communities. We hope it will be the first of a range of resources about domestic violence as it affects trans people in Brighton & Hove.

The resource has been written and produced by the Brighton and Hove LGBT DV & A working Group. We would like to thank and acknowledge that this version of the booklet has been produced, based on the work of AVA, formerly the Greater London Domestic Violence Project and Barking and Dagenham PCT, who originally developed a leaflet for lesbian and bisexual women.

Thanks are particularly due to the Allsorts, Brighton Both Ways, Clare Project, DV Forum, Gender Trust, MindOut, DV Strategic Co-ordinator, Rise, Switchboard and Spectrum.

Most importantly of all, we want to acknowledge and express our gratitude to those who have contributed from their personal experience to help make this a useful resource.

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# **‘They love me, they love me not...’**

***People experience domestic violence regardless of gender, age, carer responsibility, class, disability, gender identity, sex, sexuality, immigration status, race and religion.***

In this resource, the word ‘trans’ is used in this resource as an abbreviation for transgender. This term is understood to include people who cross dress, transsexual people, and anyone who is gender variant and who does or aspires to express themselves outside of the male and female binary gender roles for all or part of the time.

Domestic violence is a pattern of behaviour characterised by the exercise of control by one person over another within the context of an intimate or family relationship. Domestic violence can be used interchangeably with the term domestic abuse.

Trans people can experience domestic violence from a same or opposite sex partner, and can do so regardless of the gender identity of either person.

In some cases, abusers will use the process of 'coming out' or transition as an additional form of control. This can be particularly difficult where children are involved.

Trans people can also experience abuse from family members. If someone experiences abuse or violence from their family, this may occur after they have come out, during transition or when they enter into a relationship where either or both partners are trans people.

Most people find domestic violence difficult to identify and this is especially true if you are the one it is happening to. It can be very tempting to believe it was a 'one-off', or that it's just a bad patch, or is related to external events and factors.

People sometimes misunderstand domestic violence and think it is only physical violence when actually it usually consists of emotional, financial and/or sexual abuse as well.

Additionally, trans people often face heightened levels of abuse and violence outside their homes because of transphobia<sup>1</sup>. Whilst it is devastating for anyone who faces abuse from a loved one, for trans people it can be especially traumatic because of a lack of confidence in their safety elsewhere in their lives and the discrimination they may face if they seek help.

Whatever your circumstances, if you are experiencing abuse, it is important to remember that:

- You are not alone;
- You do not have to live in fear;
- Help is available;
- You do not ‘deserve’ to be abused;
- Suicide or self harm is not the answer;
- There is life after abuse.

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*<sup>1</sup> Transphobia is a term used to describe an irrational feeling of fear or contempt towards trans women and men, and could also describe discriminatory behaviours towards trans people.*



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## Why it can be hard to talk about domestic violence

***It can be hard to name behaviours as abuse when they are happening in a trans person's relationship. Talking about domestic violence in either intimate or family relationships is never easy. Often this is because people don't talk about violence and abuse.***

With abuse involving trans people there is so little support available that the idea of a current or former partner, or a family member being the 'abuser' can be difficult to accept.

Regardless of the relationship, an abuser will often manipulate their victim so that they feel they are to blame for the abuse. They may use someone's gender identity against them. For example, an abusive partner may say: 'This is how it is when you're a trans person'. Other times, they may say that abuse can't happen in a relationship involving trans people.

If an abuser is a former partner or family member, they may say that someone deserves the abuse, for example, because they are transitioning.

Abusers often promise to change their behaviour (see 'About Abusers'). The hope for that positive change can keep a victim from identifying the pattern

of abuse in the relationship. Abusers may also try to make their victim think they are responsible for any abusive behaviour (see 'About Abusive Relationships' later in this resource). It is also important to recognise that in some relationships a trans person may be the abuser. There is more information later in this booklet for people who use violence and abuse (see 'For People using Violence and Abuse').

If you are unsure, talk it over with someone you trust like a family member or friend. You could also contact various helplines or organisations (there is a 'contacts' section listing domestic violence and trans organisations at the end of this booklet).

If you are in immediate danger, call **999**.

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## Am I being abused?

***How can you determine whether you're being abused? Every relationship is different and many relationships have rough patches with arguments and other turmoil.***

A relationship becomes abusive when there is a pattern of behaviour that means one person is exerting power and control over another.

Abuse in an intimate relationship can take many forms. This is true regardless of the gender identity or sexual orientation of either the abuser or victim, whether someone is a current or former partner or whether they are a family member. Abuse can include physical, emotional, financial and sexual abuse.

***While everyone's experience is unique, some examples of behaviour that abuser use to control their victims include:***

- Keeping you from your friends or family members.
- Making you account for your time when apart from them.
- Excessive jealousy and possessiveness
- Making unreasonable demands for your attention.
- Blaming you for all the arguments or problems in the relationship.
- Wanting to make all the decisions.
- Invading your privacy – opening and reading mail, email or going through personal belongings.
- Getting angry for no apparent reason.
- Seeming like two different people – one is charming and loving, the other is mean and hurtful.
- Lying in order to confuse you.
- Criticising, ridiculing, humiliating or belittling you.
- Controlling your finances or feeling entitled to your financial support.
- Damaging your property.
- Harassing you at work or school.
- Threatening to out you at work, to your family or to others.

- Criticising your body and appearance.
- Preventing you from practicing safer sex.
- Forcing or coercing you to have sex or hurting you during sex.
- Becoming angry if you don't go along with their sexual demands
- Blaming their behaviour on alcohol, drugs or their own history of abuse.
- Pressuring you to use alcohol or other drugs.
- Threatening you with physical harm or makes you feel afraid.
- Pushing, shoving, grabbing, punching, hitting or striking you with hands or fists.
- Threatening or assaulting you with weapons, such as household objects or knives.
- Manipulating you with the constant threat of mood changes and impending rage.
- Making you feel like you're 'walking on egg shells' or living with constant stress, anxiety and fear.
- Although not relevant for all trans people, domestic violence can often start or become worse during pregnancy.

An abuser can also use someone's gender identity to abuse and some examples of this are listed under the section 'Using someone's Gender Identity to Abuse'.

Beware if someone is showing you this information to prove to you that you are an abuser. There is no checklist that can determine whether someone is an abuser, one needs to consider the entire relationship and not take individual incidents out of context.

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## Abuse from a former partner or family members

***If you are experiencing abuse from a former partner or family member, the types of abusive behaviour may include those listed on the previous page but the context will change.***

For example, you are less likely to be spending as much time with a former partner but their intention may remain the same – to exert power and control.

Abusive behaviour in this situation may be particularly focused around stalking and harassment; attempts to make you behave in a certain way; to stop you accessing trans spaces, or efforts to stop you seeing a current partner.

Threats or actual violence, including sexual violence, may also be something that a former partner uses, with these potentially directed towards you or your current partner.

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# Using someone's gender identity to abuse

***While much of the abuse described in this booklet is similar for anybody who experiences domestic violence, trans people can also experience unique forms of abuse when their gender identity is used to abuse.***

An abuser can use the fact that their victim is a trans person. This can include:



- Threats to ‘out’ i.e. to disclose your gender identity without consent, e.g. to an employer, family or community.
- If you are also identified as LGB, an abuser could also threaten to disclose your sexual orientation without your consent.
- Criticising you for not being a ‘real woman / man’, for example if you have only recently come out or have not undergone Gender Reassignment Surgery (GRS).
- Trying to convince you that you deserve the abuse, or that you are the real abuser because of how hormones are influencing your behaviour.
- Suggesting that agencies such as the police or housing services will not help you or that they will subject you to further abuse because they are transphobic (this may be especially effective if you have had a bad experience with agencies in the past).
- Physically assaulting surgically or medically altered body parts.

- Withholding money for transition (or other) health care, clothing, or withholding medication or hormones.
- Coercing you to get medical or surgical treatment to change your body back to what the abuser wants it to be.
- Exploiting internalised transphobia to heighten any sense of fear or shame related to your gender identity in order to control you.
- Targeting sexual or emotional abuse toward parts of the body that you may be ashamed of or detached from.
- Ridiculing your gender identity by criticising your appearance, dress, voice quality and so on.
- Criticising your sexual performance affected by hormones.
- Forcing you to expose scars.

- Refusing to use your preferred pronoun or name.
- Refusing to legitimise the relationship by introducing you to family and friends.
- Exploiting any difficulties you may be having in finding employment.
- Forcing you into marriage.
- Threatening to withdraw child contact or remove children.
- Destroying medication.
- Destroying clothes.

A useful way of visualising the links between different types of abuse, including abuse specific to someone's gender identity, is to use a 'Power and Control Wheel'. Often, one or more violent incidents are accompanied by an array of other types of abuse.

One version of a Power and Control Wheel at [www.tcfv.org/pdf/Updated\\_wheels/LGBT.pdf](http://www.tcfv.org/pdf/Updated_wheels/LGBT.pdf) has been developed specifically for LGBT communities.

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# Myths about domestic violence that can make it difficult to get help

***There are a number of myths about domestic violence that can prevent people getting help. You might be worried that services who might otherwise be able to help will believe these myths; this can be a barrier to you accessing support.***

Sometimes an abuser will intentionally use these myths to try and stop you reporting your experiences (e.g. to the Police).

- Abuse towards a trans person is understandable / acceptable so that you are at least partly responsible for the abuse – **NOT TRUE**
- If abuse occurs, you and the abuser will ‘play-out’ gender normative roles. E.g. the abuser will be ‘butch’ while the non-abusive partner will be more feminine, or you will take on a male or a female role in the relationship – **NOT TRUE**

- No one will help you if you are a trans person and experiencing domestic violence – **NOT TRUE**
- You are more able to leave an abusive relationship if you are a trans person (for example, by suggesting that a relationship involving a trans person is not ‘real’ or ‘as significant’ as for a non-trans person or because people do not think trans people have children or caring responsibilities) – **NOT TRUE**
- Domestic violence does not happen to trans people – **NOT TRUE.**

All these myths are based on misconceptions. If you are experiencing domestic violence it is because one person (your former or current partner, or a family member) is attempting to exert power and control over you.

It is important to remember that nobody should have to live with violence or the fear of abuse.

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## About abusive relationships

***An abuser has two aims: one, to keep you in a relationship with them and two, to control your behaviour so it meets their needs. Abusers can be very devious in creating tactics to meet these aims, but there are some common ones:***

### ***Abuse is normal***

Abusers will try to convince their victim that abusive behaviour is 'normal' or 'normal in a relationship involving a trans person'. This tactic is especially effective with people who have not been in a relationship with a trans person before, people who have newly identified as being a trans person or with people who do not have easy access to community resources. Abuse is not normal in any relationship and has no part in a healthy relationship.

### ***You're the abuser, I'm the victim***

You may have defended yourself against abuse, perhaps even using physical force. An abuser may assert that this self-defence is abuse and you are the abuser. Or the abuser may claim that you are 'mutually abusive'. A common characteristic of abusers is the lack of responsibility they take for their own behaviour.

They may accuse you of being the 'abuser', while genuinely believing that they are the 'victim'. They may use this claim to manipulate friends and service providers. An abuser, for example, may seek an injunction against you claiming you are the abuser. For someone who is transitioning, an abuser may use this to claim they are the victim.

### ***You're to blame***

Another form of abuse is to blame you for 'causing' the abuse to happen. The abuser will claim that they would not have been abusive if you did X or didn't do Y. Again, the abuser is trying to shift the responsibility. They may also try and make you feel responsible for the relationship as a whole. The reality is that someone who is abusive must choose to stop using these tactics.

If the abuser is a former partner or family member, they may well use these tactics or involve others to try and control you. They may say that you are not 'really' trans, or that being trans, or being in a relationship with a trans person is wrong or immoral. As with other so-called excuses, these are only ways to try to justify abusive behaviour.

### ***It's the stress, drugs...***

Abusers sometimes claim that circumstances force them to abuse and if only the circumstance were to change, they would stop. They blame their abusive behaviour on circumstances such as stress, lack of a job or the use of drugs and alcohol.

Most abusers will deny, minimise ('it was only a...' or 'it was just a...') or blame you for the abuse. They may also blame their abusive behaviour on your substance use. These are only excuses to help the abuser maintain control. Nothing justifies abuse.

### ***Promises, promises***

Abusers commonly promise to change – to stop abusing, to stop using drugs or alcohol, etc. These promises often follow an abusive incident. The goal of these promises is to win you back and to hold you in the relationship.

Abusers may believe their own promises, but the goals of the promises are not to reform their behaviour but to keep you. Once you indicate that you are staying in the relationship, the promise is forgotten. Remember words are cheap, it is important to focus on what someone does rather than what they say.

### ***No legal protection***

Abusers may attempt to convince you that no one will help you because you are not entitled to legal protection from abuse. This is not true.



‘Any incident of threatening behaviour, violence or abuse (psychological, physical, sexual, financial or emotional) between adults who are or have been intimate partners or family members, regardless of gender or sexuality’.

A range of legal options are available, including both civil and criminal courts. For more information on legal issues, contact a solicitor or your local Citizen’s Advice Bureau.

For information on legal issues for trans people (for example, around gender recognition) contact Press for Change, The Gender Trust or one of the trans organisations listed in the Contacts section.

### ***No help for trans people***

There is help available. Not only does the definition of domestic violence recognise the needs of trans people men, but Rise the Brighton and Hove domestic violence service run an LGBT Advocacy service.

At a national level there are also are specific services such as Broken Rainbow to support trans people who are in abusive relationships.

Most domestic violence services are available regardless of sex, gender identity or sexual orientation. It is generally only refuges that are women only. These may be restricted to trans women who are under a clinician or who have a gender recognition certificate, but there are other housing options available.

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# Domestic violence affecting trans people from diverse communities

## ***BLACK, ASIAN, MINORITY ETHNIC AND REFUGEE (BAMER) TRANS PEOPLE***

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Trans people often find themselves at the ‘bottom of the barrel’ compared to those who encounter other forms of oppression. A trans person who is also BAMER and / or LGB will often find that racism and homo/biphobia are taken much more seriously as forms of oppression than the transphobia they encounter.

Within BAMER communities, as elsewhere, trans people may be subject to homo/biphobic and transphobic responses or abuse.

BAMER trans people may put a high value on having partners of their own ethnicity and find it hard to let go of them if they are abusive. The contacts section at the end of this booklet includes links to BAMER organisations.

### ***INSECURE IMMIGRATION STATUS***

If you are a trans person with insecure immigration status experiencing domestic violence, there are provisions within UK law to afford you some protection and assistance. You should seek specialist legal advice (see contacts section).

## **FORCED MARRIAGE – WHAT IS IT?**

Trans people can also experience a particular kind of domestic violence - forced marriage.

A forced marriage is one where people are coerced into a marriage against their will and under duress. Duress includes both physical and emotional pressure. Forced marriage is an abuse of human rights and cannot be justified on any religious or cultural basis.

It is of course very different from an arranged marriage, where the consent of both parties is present. The tradition of arranged marriages has operated successfully within many communities and many countries for a very long time.

### **WHAT CAN YOU DO?**

If you fear you may be forced into marriage overseas, or know someone else who may be, there is help and advice. Call the Forced Marriage Unit as soon as possible on **020 7008 0151** (or **0044 20 7008 0151** if you are overseas).

The Forced Marriage Unit has also produced a ‘Guide to Forced Marriage for LGBT people’ who are being forced into marriage either in the UK or abroad.

Go to:

[www.fco.gov.uk/resources/en/pdf/forced-marriage-lgbt](http://www.fco.gov.uk/resources/en/pdf/forced-marriage-lgbt)

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## Trans young people

***Regardless of their sexual orientation or gender identity, young people can often be expected, or feel forced to, conform to stereotypical gender roles. This can have a direct impact on a young person's self esteem.***

Exploring a trans identity as a young person can mean someone might be experiencing a lot of pressure and negative reactions, which can decrease the likelihood of finding appropriate, and useful help and advice. This may increase trans young people's isolation and their vulnerability to violence and abuse.

A trans young person who is experiencing domestic violence may not want to lose an abusive partner, especially if it is their first relationship with someone who has accepted their gender identity and/or supported them through transition.

Alternatively, you could experience domestic violence from family members. In either situation, you may feel less safe at home or school.

If you are a young trans person (under 18) who is living with your parents/carers and experiencing domestic violence from your family, most agencies will classify your experience as child abuse rather than domestic violence. Help is available from social services/ Childline and under the Children Act (1989), any decisions made must be in your 'best interests'.

The contacts section at the end of this booklet includes links to organisations that support trans young people. There is also a booklet ('A Guide for Young Trans People in the UK') produced by the Department of Health and several other trans organisations that has information and advice for young trans people<sup>2</sup>

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<sup>2</sup> Department of Health (2007) *A Guide for Young Trans People in the UK*. [www.pfc.org.uk/files/281091\\_YP\\_trans.pdf](http://www.pfc.org.uk/files/281091_YP_trans.pdf)

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# Trans parents and children

***Some trans people have children. Some may have children from a previous relationship, some may have children with a partner, or some may have adopted children.***

Sometimes former or current partners and family members, including adult children, can be abusive towards a trans person and their children.

Trans parents /carers can experience judgmental attitudes about their parental choices and abilities. This can be used against trans parents/carers as part of the abusive pattern of behaviour from former or current partners and/or extended families.

Parents / carers who experience domestic violence can face:

- Threats of isolating children from extended family or community.
- Their children being encouraged to continue verbally/physically abusing their parent/carers in their absence.
- False accusations of child neglect/ abuse.
- Fear of contact being stopped with children using the court process.
- Fear of having children taken away by local authorities.
- Accusations of physical, emotional, psychological, sexual harm to their children.
- Threats of child abduction.
- Threats of physical harm to new partners who share parental responsibility.
- Emotional abuse when an abusive partner suggests that because someone is a carer or step/adoptive partner they are not the 'real' parent.

All these activities may be used as methods of controlling trans people to remain in contact with abusers. The police, and civil and criminal courts have wide ranging powers to protect children from abuse.

Children living in households where domestic violence is happening are now identified as 'at risk' under the Adoption and Children Act 2002. From 31 January 2005, Section 120 of this Act extended the legal definition of harming children to include harm suffered by seeing or hearing ill treatment of others.

This would include witnessing domestic violence.

For information on legal issues relating to trans people contact Press for Change, The Gender Trust or one of the trans organisations listed in the Contacts section.

More general information on parenting and domestic violence is available from Rights of Women ([www.rightsofwomen.org.uk](http://www.rightsofwomen.org.uk)) or Women's Aid ([www.womensaid.org.uk](http://www.womensaid.org.uk)) who both publish information about parenting and domestic violence.

There are many ways of protecting your children from witnessing and experiencing abuse. In all instances where children are involved speak to a solicitor who specialises in family law and who is trans friendly.



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## Chronic illnesses, disability and domestic violence

***Chronic illnesses (e.g. Alzheimer's, cancer, HIV/AIDS, multiple sclerosis, etc) can cause tension, stress and a range of other problems within a relationship but they do not cause domestic violence.***

Current or former intimate partners (or family members) choose the weapons of abuse and control they use, and their, or their partners' health can be used as one of these weapons.

Domestic violence can begin at or around the time that an illness or disability is diagnosed. In some cases the abuser is the one with the illness or disability, while in others it is the person without the illness that is abusive.

Within an abusive relationship, if either or both of the partners (or a family member) have a chronic illness, many types of abusive or controlling behaviour may exist. See the section on 'Am I being Abused?' However there are a number of forms of domestic violence that are specific to relationships where either or both partners have a chronic illness.

If the abusive partner does not have a chronic illness they may:

- Threaten to, or actually, disclose your health status to friends, family or colleagues.
- Withhold medication, treatments or access to other medical services.
- Threaten to cut off support or to leave.
- Verbally abuse you by saying you are ‘diseased, sick, unclean’; or other inappropriate comments about your illness, or otherwise undermine your confidence.

If the abusive partner does have a chronic illness, they may:

- Use guilt or other psychological abuse to manipulate you.
- Refuse to take medication or seek medical services
- Use their illness to manipulate services, e.g. saying ‘I’m weak and sick, how could I control him / her?’.
- Where an abuser partner has an illness that is transmittable (e.g. a sexually transmitted infection) they may threaten to, or actually, infect you to prevent you leaving.

As well as the specialist domestic violence services listed in this resource, there is information on a number of health related organisations in the contacts section at the end of this booklet.

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## Ending the abuse

***Experience has shown that once abuse begins it is very likely to continue and become more frequent and severe over time. This applies to both current and former partners as well as family members. Research suggests that abusers are also very unlikely to end the relationship.***

Where violence and abuse is coming from a former partner or from family members, this is also likely to become worse over time. Abusers rarely end the relationship because in most cases they psychologically need the partner more than the partner needs them.

They can be quite successful at hiding their dependency on you and their fear of losing you, and they often work to convince you that you would be lost without them.

If you are experiencing domestic violence, making a decision about the relationship (particularly whether to stay or leave) can be really difficult, involving both emotional and practical considerations. If a former partner or family members is the abuser, you may also fear losing family or friends if you leave.

Often, leaving an abusive partner only signifies the end of the relationship - not the end of the violence or abuse.

Whether you stay or leave, it is wise to have a safety or crisis plan<sup>3</sup> to maximise your safety. If you are experiencing any form of domestic violence you might consider making a safety plan. It can set out what you could do under certain circumstances to help reduce the risk of emotional or physical injury to yourself (and your children).

Your safety plan can include strategies for reducing risk to yourself from your abuser, or it may outline how you could get away. You can make a plan on your own or speak with a trusted friend or a domestic violence worker (contact details are available at the end of this leaflet).

If you prefer, suggestions of things you could include can be found on several of the websites of specialist domestic violence agencies.

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<sup>3</sup> An example of a Safety Plan can be found in the *Survivors Handbook* produced by Women's Aid. For more information go to [www.womensaid.org.uk](http://www.womensaid.org.uk)

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## What you can do to get help

***Reach out for help! Support is available.***

***If your abuser has assaulted you, or you are afraid for your own or for others' safety you can call the police. The police have the power to provide you with immediate protection at any time of the day or night.***

***Call 999.***

Report a domestic violence incident to the police straight away.

In a non-emergency you can contact the police on **0845 6070 999**.

You can also email the police on **[contactcentre@sussex.pnn.police.uk](mailto:contactcentre@sussex.pnn.police.uk)**

Sussex Police regard domestic violence as serious crime and will respond as soon as possible. If you need an interpreter, the police will be able to provide you with one.

The Police should:

- respond promptly;
- ensure your safety;
- stop the violence;
- thoroughly investigate what has happened;
- speak to you and your partner separately;
- get a statement from you and any witnesses;
- collect evidence;
- take photos of any injuries and the scene; and
- arrest the violent person if they have committed a criminal offence.

Trans people often do not reach out for help because they believe there is no help out there for them. Services specifically for trans people are limited but they do exist. Alternatively, trans people may know that there are domestic violence services available but be fearful that these will either be transphobic, or will not understand any specific needs they may have.

Domestic violence services should offer support to trans people regardless of the gender of your abuser or your gender identity. There are also trans-friendly services of all types such as mental and physical health care providers, counsellors, social service agencies and support groups. The contact details for a range of organisations are included in the contacts section at the end of this booklet.

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## Computer safety warning

***For your own safety – when you search for information or communicate about partner abuse - try not to use any computer to which your abuser has access.***

Your Internet, e-mail and document use activities leave traces on your computer that can be found by your abuser. Ideally, use a computer to which the abuser does not have access, for example at work, in a library, or a friend's or family member's computer.

If you do use your own computer, there are some basic steps that can provide some measure of protection and remove most traces of your computer activities. Guidance on how to clear your computer of information is regularly updated.

For advice on how to clear a computer of cookies, temporary website files, browser and search engine history go to either

Women's Aid website at [www.womensaid.org.uk](http://www.womensaid.org.uk) and click on the 'cover your tracks online' tab in the top right-hand corner; or

Men's Advice Line website at [www.mensadvice.org.uk/pages/cover-your-tracks.html](http://www.mensadvice.org.uk/pages/cover-your-tracks.html)

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## About abusers

***The most frequently reported reason why people stay in abusive relationships is 'hope for change', believing the abuser's promises to get help or to change.***

If you are experiencing abuse from a former partner, you may feel an obligation not to report your experiences because of children, for fear of people finding out about your new relationship or because you still have feelings for a former partner. You may also fear that you will not be believed or will be blamed for the abuse.

This may be particularly important if an abuser, particularly a former partner, blames their abusive behaviour on your gender identity.



Whatever an abuser says, experience shows that once a person begins to abuse, the problem is likely to get worse. Review the examples of abusive tactics to get a perspective on your own experience in the section 'Am I being abused?'

Abusers may feel guilty and apologetic after an abusive incident and promise themselves and you that they will change. Unfortunately, even with the best intentions, most abusers do not stop abusing without support.

Respect is a national organisation working with men who are using violence in their relationships. The Respect phone line offers information and advice to both male and female domestic violence perpetrators, their partners, friends and family, and to frontline workers who come into contact with perpetrators in their work.

For details, see the contacts section at the end of this leaflet.

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# For people using violence and abuse

***This resource has been written for trans people experiencing domestic violence and does not include comprehensive information for abusers.***

If you are an abuser then you need to know that your behaviour is unacceptable and possibly also criminal.

If you want to seek help, call the Respect phoneline for abusers on **0845 122 8609** or visit [www.respectphoneline.org.uk/pages/help-and-advice.html](http://www.respectphoneline.org.uk/pages/help-and-advice.html)

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## Useful contacts

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### **TRANS SUPPORTIVE DOMESTIC VIOLENCE ORGANISATIONS**

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#### **BRIGHTON & HOVE**

##### ***Rise LGBT Domestic Violence Advisor***

**07581 466 438**

This service provides a proactive service to support, advise and advocate for LGBT people whose lives have been impacted by domestic violence, with a particular focus on GBT men. For telephone and one to one support please use the above telephone number. If you are not able to speak to someone straight away please leave a message and the advisor will call you back as soon as they can. You can also text using the same number or email

**[mark.sole@riseuk.org.uk](mailto:mark.sole@riseuk.org.uk)**

## **Rise**

01273 622822 or [www.riseuk.org.uk](http://www.riseuk.org.uk)

Provides practical advice, support and information for women, children and young people living with the effects of domestic violence and abuse. They are also part of the Women's Aid Network of Refuges. They are active members of the Brighton and Hove local Lesbian, Gay, Bisexual and Trans Domestic Violence and Abuse (B&H LGBT DV&A) Working Group and have worked in partnership with Broken Rainbow to develop LGBT services in Brighton and Hove.

## **NATIONAL**

### ***The National Domestic Violence Helpline***

0808 2000 247

For women this 24 hour free phone national domestic violence helpline operated in partnership between Women's Aid and Refuge.

### ***Men's Advice Line***

Monday - Friday 10am to 1pm and 2pm to 5pm

0808 801 0327 or email: [info@mensadviceline.org.uk](mailto:info@mensadviceline.org.uk)

A confidential helpline for all men experiencing domestic violence by a current or ex-partner. This includes all men – in heterosexual, bisexual or same-sex relationships.

**Broken Rainbow**

08452 60 44 60 or [www.broken-rainbow.org.uk](http://www.broken-rainbow.org.uk)

National helpline offering confidential listening support for LGBT people experiencing domestic violence. Helpline open Monday: 2pm to 8pm, Wednesday 10am to 1pm, Thursday 2pm to 8pm, All LGBT operators are trained and experienced in the specifics of LGBT domestic violence and available to listen, signpost to other services and provide safety planning information. Information is also available via the website.

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**SEXUAL VIOLENCE SERVICES**

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**BRIGHTON & HOVE AND SUSSEX****Survivors Network**

01273 720110 or [help@survivorsnetwork.org.uk](mailto:help@survivorsnetwork.org.uk) or [www.survivorsnetwork.org.uk](http://www.survivorsnetwork.org.uk)

Email: [advocacy@survivorsnetwork.org.uk](mailto:advocacy@survivorsnetwork.org.uk)

They offer essential 1:1 emotional support, practical information, advice and advocacy to all women within the city who have experienced sexual violence. The helpline, text service and email service for women and girls open Wednesday and Friday evenings 7pm to midnight. The text service number is 07797 804020 They also offer an Independent Sexual Violence Advocacy Service for women and men over the age of 14 years of age.

### ***Mankind UK***

01273 510447 or [www.mankindcounselling.org.uk](http://www.mankindcounselling.org.uk)

Sussex based service providing information support and counselling for men who have been sexually abused or assaulted.

### ***The Saturn Centre***

The Saturn Centre, Crawley Hospital, West Green Drive, Crawley, West Sussex, RH11 7DH

Available Monday to Friday 9am to 5pm. They also provide an out of hours emergency service.

01293 600469 or [www.saturncentre.org](http://www.saturncentre.org)

Men, women and children who have just been raped or experienced a sexual assault can choose to go to the Saturn Centre in Crawley. This is a specialist sexual assault referral centre. Here staff specifically trained in sexual assaults can medically examine you, check you for STIs, provide emergency contraception (should you wish it). They can also collect forensic evidence. This doesn't mean that you have to report to the police, it can be frozen to give you time to decide if you want to report to the police or it can be passed anonymously to the police.

## ***NATIONAL***

### ***Survivors UK***

Monday, Tuesday and Thursday, 7pm to 10pm on:

0845 122 1201

A national organisation providing information, support and counselling for men who have been raped or sexually abused.

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**SERVICES FOR ABUSIVE PEOPLE  
WHO WANT TO STOP**

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**BRIGHTON & HOVE*****Living Without Violence Programme***

01273 294561

This is a group work programme of 36 weeks to help address violence and abuse by men to their female partners. There is a women's service which sits alongside the programme, providing 1-1 support for (ex) partners, which can continue until six months after the man leaves the programme. The women's service is provided by Rise – a specialist domestic violence service for women.

**NATIONAL*****Respect***

0845 122 8609 or [www.respect.uk.net](http://www.respect.uk.net)

For people who are abusive to their partners and want to stop.

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## **OTHER RELATED SERVICES**

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### **HOUSING**

#### ***B&H City Council Housing Options Team***

The Housing Options Services are on the First Floor, Bartholomew House, Bartholomew Square, Brighton, BN1 1JP

The Housing Options telephone service is open 9am to 5pm Monday to Friday on **01273 294400** or email: [housing.advice@brighton-hove.gov.uk](mailto:housing.advice@brighton-hove.gov.uk)

The team offer a range of services to help people of all ages and circumstances. Where possible, they aim to make sure nobody actually becomes homeless and do this by providing advice at an early stage about what housing options are available. They have a dedicated LGBT officer and DV officers.

### **NATIONAL**

#### ***Shelter***

**0808 800 4444** or [www.shelter.org.uk](http://www.shelter.org.uk)

A free, national telephone advice line staffed by trained housing advisers. We have helped thousands of people, from finding them a place to sleep to suggesting how to handle mortgage arrears.

#### ***Stonewall Housing***

**020 7359 5767** or [www.stonewallhousing.org](http://www.stonewallhousing.org)

Provides free and confidential advice and advocacy for all lesbian, gay, bisexual and transgender communities in London. Specialist domestic violence and housing advice available. Also runs supported hostels for young (16-24) LGBT people with support needs.



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## HEALTH AND WELLBEING

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### **BRIGHTON &HOVE**

#### **Claude Nicol Centre Sexual health and HIV centre**

[www.brightonsexualhealth.com](http://www.brightonsexualhealth.com)

Range of services including sexual health screening, management of patients with HIV, including a young persons clinic and a gay & bisexual men's clinic.

#### **Terrence Higgins Trust**

01273 764 200 or visit [www.tht.org.uk](http://www.tht.org.uk)

Fax: 01273 764 201

Email: [info.brighton@tht.org.uk](mailto:info.brighton@tht.org.uk)

61 Ship Street, Brighton BN1 1AE.

HIV and sexual health charity with range of services and resources.

#### **Mind Out**

01273 739847 or [www.lgbtmind.com](http://www.lgbtmind.com)

LGBT Advocacy, information, advice, and support for people with mental health problems

### **NATIONAL**

#### **PACE**

0808 1807 223 (helpline) or [www.pacehealth.org.uk](http://www.pacehealth.org.uk)

London's leading charity promoting the mental health and emotional wellbeing of the lesbian, gay, bisexual and transgender community.

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## **DISABILITY**

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### **GLAMS**

0208 438 0959 or [www.mssociety.org.uk/support\\_and\\_services/support\\_groups/gay\\_and\\_lesbian.html](http://www.mssociety.org.uk/support_and_services/support_groups/gay_and_lesbian.html)

GLAMS is a national self-help support group for lesbians, gay men, bisexual and trans (LGBT) people affected by MS.

### **Regard – LGBT (Disability Group)**

020 7688 4111 or 020 7688 0709 (Minicom)

For the contact details of other generic and LGBT organisations consult

[www.stonewall.org.uk/information%5Fbank/disability/](http://www.stonewall.org.uk/information%5Fbank/disability/)

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## DRUGS AND ALCOHOL

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### **BRIGHTON & HOVE**

#### **OASIS**

01273 697762

[www.oasisproject.org.uk](http://www.oasisproject.org.uk)

[info@brightonoasisproject.co.uk](mailto:info@brightonoasisproject.co.uk)

Women only organisation offers information, support and services that aim to reduce the drug and alcohol related harm to women and their children. Along with a Structured Program for female drug users, our services include an Outreach service for female Sex Workers and women who may be homeless or otherwise vulnerable to exchanging sex for drugs or money. A service for children of substance misusers and a service for young women under 19 with problematic substance misuse. All services are supported by a crèche. Services include structured group work, keywork, complementary therapies, acupuncture, and a range of sports and crafts activities.

#### **LGBT Alcoholic Anonymous**

01273 203343 (general AA line)

Meets Sundays at 7.30pm Chapel Royal, North St, Brighton (side entrance)

#### **LGBT Narcotics Anonymous (NA)**

NA Helpline 01273 604604

Brighton based LGBT group. Meets 6pm Fridays at 61 Ship St, Brighton

## **NATIONAL**

### **LGBT Goal**

[thegoalgroup.co.uk/lgbt.aspx](http://thegoalgroup.co.uk/lgbt.aspx)

Support service for LGBT people with alcohol dependence.

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## **BLACK, ASIAN AND MINORITY ETHNIC COMMUNITIES**

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### **Imaan**

[www.imaan.org.uk](http://www.imaan.org.uk)

A social/support group for LGBT Muslims.

### **Imkaan**

[www.imkaan.org.uk](http://www.imkaan.org.uk)

Imkaan is a second tier national charity, specialising in domestic violence - especially Asian Women's Refuges, who support Asian women and children experiencing domestic violence.

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## **IMMIGRATION ISSUES**

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### **Forced Marriage Unit**

0207 008 0151 or <http://www.fco.gov.uk/en/travel-and-living-abroad/when-things-go-wrong/forced-marriage/>

The FMU offers confidential advice and assistance to those who have been forced into marriage overseas; are at risk of being forced into marriage or people worried about friends or relatives. The FMU recently produced a booklet for LGBT people. For hard copies email [fmufco.gov.uk](mailto:fmufco.gov.uk)

**UK Lesbian and Gay Immigration Group**

020 7922 7811 or [www.uklgig.org.uk](http://www.uklgig.org.uk)

Information and advice for LGBT people who have immigration issues.

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**TRANS ORGANISATIONS IN B&H**

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**The Clare Project**

[www.clareproject.org.uk](http://www.clareproject.org.uk)

Community Base, 113 Queens Road,  
Brighton, BN1 3XG

Safe and confidential place for people to explore  
issues surrounding their Gender identity

**The Gender Trust**

0845 231 0505 (national helpline)

[www.gendertrust.org.uk](http://www.gendertrust.org.uk)

The Gender Trust is a registered charity. Their web site carries details of the regional support organisation and affiliated groups around the UK and across the world. They also run a confidential service offering help and support to anyone with queries about all aspects of gender identity issues. The national helpline operates 7 days a week from Monday to Friday 10am to 10pm and Saturday & Sunday 1pm to 10pm.

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## **TRANS ORGANISATIONS IN THE UK**

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### ***a:gender***

020 7035 4253

[www.agender.org.uk](http://www.agender.org.uk)

A:gender is the support network for staff in government departments/agencies who have changed or need to change permanently their perceived gender, or who identify as intersex.

### ***Beaumont society***

The Beaumont Society is a support group for trans people, those who crossdress, transvestites, and their families, and friends and colleagues.

[www.beaumontsociety.org.uk](http://www.beaumontsociety.org.uk)

### ***The FTM Network***

[www.ftm.org.uk](http://www.ftm.org.uk)

The FTM network has a helpline on **0161 432 1915**, which operates on Wednesday evening between 8pm and 10.30pm, UK time.

The FTM Network is an informal and Ad Hoc self-help group open to all female to male transgender and transsexual people, or those exploring this aspect of their gender.

### ***Gender Identity research & Education Society (GIRES)***

01372 801554 or [www.gires.org.uk](http://www.gires.org.uk)

Provides information and training based on research into atypical gender identity development.

**Gendered Intelligence**

[www.genderedintelligence.co.uk](http://www.genderedintelligence.co.uk)

Gendered Intelligence has a background in teaching in schools, colleges and Universities, as well as working with young people in non-statutory settings. They are also active members of their community engaging in trans activism, academia and the arts.

**The Gendys Network**

[www.gender.org.uk/gendys](http://www.gender.org.uk/gendys)

GENDYS is a UK-based network for all transgendered people, their families, and care professionals. To this end, the network produces a quarterly journal, and holds biennial conferences in Manchester.

**Mermaids**

A helpline is available on **07020 935066** between 3pm and 7pm Monday to Saturday.

[www.mermaids.freeuk.com](http://www.mermaids.freeuk.com)

Mermaids is a support group formed by and for the parents who have trans children and who, whatever the eventual outcome may be, want to know how to support those young people.

**Press for change**

[www.pfc.org.uk](http://www.pfc.org.uk)

Press for Change is a political lobbying and educational organisation, which campaigns to achieve equal civil rights and liberties for all trans people in the United Kingdom, through legislation and social change.

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## **OLDER PEOPLE**

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### **Age concern**

0800 00 99 66 (helpline)

[www.ageconcern.org.uk](http://www.ageconcern.org.uk)

The UK's largest charity working with and for older people.

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## **YOUNG PEOPLE**

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### **BRIGHTON & HOVE**

#### **Allsorts**

01273 721211

[www.allsortsyouth.org.uk](http://www.allsortsyouth.org.uk)

[info@allsortsyouth.org.uk](mailto:info@allsortsyouth.org.uk)

Allsorts Youth Project, 69 Ship St,  
Brighton, BN1 1AE

Drop in for LGBT young people under 26  
on Tuesday evening

### **NATIONAL**

#### **Childline**

[www.childline.org.uk](http://www.childline.org.uk)

Childline is the free confidential helpline for children and young people in the UK. You can talk to Childline about anything - no problem is too big or too small. If you are feeling scared or out of control or just want to talk to someone you can call them on **0800 1111**.



**Albert Kennedy Trust**

020 7831 6562 (London)

[www.akt.org.uk](http://www.akt.org.uk)

Provide housing support and advice to young LGBT people up to the age of 25 years old.

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**OTHER LGBT ORGANISATIONS**

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**Brighton Lesbian and Gay Switchboard**

01273 204050 daily from 5pm or

[www.switchboard.org.uk](http://www.switchboard.org.uk)

Offers a range of services to members of the LGBT community, their families, friends and others who would like to discuss issues surrounding sexual identity or gender:

- Telephone Helpline
- Face to Face Low Cost Counselling
- Relationship/Couples Counselling
- E-Mail Queries
- Hate Crime Reporting

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## **INTERNATIONAL WEBSITES FOR TRANS PEOPLE EXPERIENCING DOMESTIC VIOLENCE**

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### ***The Survivor Project***

[www.survivorproject.org/](http://www.survivorproject.org/)

The Survivor Project is an American non-profit organisation dedicated to addressing the needs of intersex and trans survivors of domestic and sexual violence.

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## **FOR PRACTITIONERS**

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### ***BRIGHTON & HOVE***

#### ***Brighton and Hove LGBT Domestic Violence & Abuse Working Group***

This is an inter-agency network of practitioners, activists and researchers working around the issue of LGBT domestic violence. It is a development group co-hosted by the Domestic Violence Forum and Spectrum and meets on a monthly basis and aims to provide leadership on LGBT Domestic Violence; identify needs and solutions; influence local policy and strategies; inform research; work towards making local services LGBT-aware; and developing models for service delivery. For further information contact the co-chairs via [bhdvalgbt@googlemail.com](mailto:bhdvalgbt@googlemail.com)

#### ***SpectrumLGBT Community Forum***

[www.spectrum-lgbt.org](http://www.spectrum-lgbt.org)

Provides infrastructure and community development support for the LGBT community. Also co-hosts LGBT DV&A working group.

***Coordinated Action Against Domestic Abuse (CAADA)***

[www.caada.org.uk](http://www.caada.org.uk)

A charity established to encourage the use of independent advocacy as a way to increase the safety of domestic violence survivors. CAADA has an extensive library of resources, including information relating to LGBT people, available at:

[www.caada.org.uk/library\\_resources.html#11](http://www.caada.org.uk/library_resources.html#11)

For guidance relating to LGBT and MARACs (Multi-Agency Risk Assessment Conferences) go to:

[www.caada.org.uk/toolkits.html](http://www.caada.org.uk/toolkits.html)

***LGBT Domestic Abuse Forum***

<http://lgbtdaf.org/> Or

The LGBT Domestic Abuse Forum is a national network of practitioners, activists and researchers working around the issue of LGBT domestic abuse. It exists to provide a forum in which to meet, network and exchange good practice. Email contact:

[info@lgbtdaf.org](mailto:info@lgbtdaf.org)

As well as Brighton and Hove organisations we have tried to give information about national organisations as well. There is also more information relating to other national/London-based services available at

[www.avaproject.org.uk](http://www.avaproject.org.uk)

**With thanks to:**

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*Based on original work of AVA and NHS Barking and Dagenham. Produced January 2011*



**NHS**  
*Barking and Dagenham*