DV/SA ADVOCACY AGENCIES

LOCAL, STATEWIDE, AND NATIONAL RESOURCES

If you don't feel comfortable calling a local crisis line or talking to an advocate, there are other ways you can reach out. There are national hotlines that you can call, or you can use regional online support groups or message boards.

REGIONAL LGBTQ+ GROUPS

Dakota Outright, Bismarck—dakotaoutright.org
Pride Collective and Community Center, Fargo—fmpridecollective.org
Queer as Forks, Grand Forks—Facebook Group
Magic City Equality, Minot—magiccityequality.com
The Rainbow Rendezvous, Williston—facebook.com/willistorninglwdrendezvous
North Dakota Two Spirit Society and Allies, Statewide Organization—facebook.com/nistspiritsoctandallies

NATIONAL ORGANIZATIONS

New York City Anti-Violence Project—avp.org
The Trevor Project—thebrevorproject.org
FORGE—forge-forward.org
It Gets Better Project—itgetsbetter.org

CRISIS HOTLINES

The Network/La Red—800.832.9101—thehotline.org
National Domestic Violence Hotline—800.799.7233—thehotline.org
Rape, Abuse, Incest National Network (RAINN)—1.800.656.4673—tainn.org

CAWS NORTH DAKOTA

521 E Main Avenue
Suites 301, 302
Bismarck, ND 58501
Phone: 701.255.6240
Toll Free: 888.255.6240
Fax: 701.255.1904

CAWS North Dakota does not provide direct services in Victims of domestic and sexual violence. Contact your local domestic violence/sexual assault advocacy agency for support in an emergency, call 911.

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**WHAT IS DOMESTIC VIOLENCE?**

Domestic violence is an ongoing pattern of behaviors and abusive tactics used by an intimate partner or ex-partner to gain complete power and control over a person’s life. Domestic violence can happen to you if you are married, living together, or dating. You can also experience domestic violence from an ex-partner if you are separated or divorced.

Domestic violence is not an isolated, single event, but rather a pattern of repeated behaviors and actions. It includes any and all of your partner’s actions and behaviors that manipulate, humiliate, intimidate, isolate, frighten, hurt, or injure you.

**Forms of domestic violence include:**

- Physical abuse (shoving, punching, kicking, hitting, slapping, strangulation, using objects or weapons to harm)
- Emotional abuse (putting you down, name calling, humiliation)
- Psychological abuse (manipulation, threats, intimidation, gaslighting, forced isolation from family, friends, or school/work)
- Financial/economic abuse (using money and financial tools to exert control)

While physical and sexual assaults might not occur often, non-physical domestic violence tactics—such as emotional, psychological, or financial abuse—are most often ongoing or happening every day. When combined with any physical and/or sexual abuse, these tactics are a very deliberate way for your partner to make you afraid of them so that they can have power and control over you.

**WHAT IS SEXUAL VIOLENCE?**

Sexual violence is any type of forced or coerced sexual contact or behavior that happens without consent. There is no one kind of person who experiences sexual violence. It can happen to anyone regardless of age, race, gender, ability, sexual orientation, or economic or cultural background.

**Forms of sexual violence include:**

- Sexual assault
- Rape or attempted rape
- Child molestation
- Incest
- Unwanted touching (gropping, fondling, forced kissing)
- Sexual harassment or threats
- Sex trafficking
- Alcohol and drug-facilitated sexual assault
- Exposing one’s genitals or naked body to others without consent
- Voyeurism (watching someone engage in sexual acts without their knowledge or consent)
- Nonconsensual image sharing

**ABBREVIATIONS**

DV: domestic violence
SA: sexual assault
LGBTQ+: lesbian, gay, bisexual, transgender, queer

**ABUSE TACTICS USED AGAINST LGBTQ+ INDIVIDUALS**

Domestic violence and sexual assault (DV/SA) are about maintaining power and control, be it through physical, sexual, emotional, psychological, emotional, and financial threats and violence.

**This abuse can occur regardless of a victim or perpetrator’s sexual orientation, gender identity, or relative strength, and any type of person can be a victim or perpetrator of DV/SA regardless of their identity. However, people from marginalized groups, like the LGBTQ+ community, are at an increased risk for experiencing DV/SA, as abusers will often take advantage of existing social and economic vulnerabilities to gain control.**

For LGBTQ+ people, this often shows up by abusers using existing homophbic and transphobic systems of stigma, discrimination, and lack of education around LGBTQ+ people to maintain their control. (Human Rights Campaign)

**Does your partner:**

- Threaten to out you
- Limit your gender expression
- Disrupt or try to stop your transition
- Tell you your sexual orientation or gender identity doesn’t exist by saying things like, “There’s no such thing as being bisexual, you’re just confused,” or “You can’t identify as gender queer; you have to be this or that.”
- Threaten to reveal your HIV status
- Tell you that men don’t abuse other men, or that a crisis hotline won’t believe you
- Threaten to tell social services you are an unfit parent because you're a part of the LGBTQ+ community
- Use transphobic, biphobic or, homophobic slurs against you
- Say you are not supporting your community if you talk to a domestic violence or sexual assault advocate
- Withhold your medications
- Control your identity or gender expression by using the wrong name or pronouns
- Prevent your association with a community or culture by forbidding foods, languages, spiritual practices, or being around certain groups of people
- Use the wrong language to describe body parts

If you answered YES to any of these questions, you may be in an abusive relationship and could be at risk for serious harm.

**HELP IS AVAILABLE**

If you have experienced domestic or sexual violence, a local advocacy agency can help. A domestic violence/sexual assault (DV/SA) advocacy agency is a caring and non-judgmental place for you to openly talk about your situation. They are located all across North Dakota, and each location has a 24-hour hotline.

A DV/SA advocate can provide you with support, information, and resources so you can make informed decisions about your relationship, your safety, and your future. They can help you think about options for reporting, medical care, shelter, counseling services, safety planning, and can inform you of your rights and legal options.

If you are concerned that you or your partner may lose your housing or employment if you come out, share these concerns with your advocate. They will help you find an option that fits your specific needs.

All services are FREE and confidential.

A list of North Dakota DV/SA advocacy agencies can be found on the back of this page.

**WHY IT MATTERS**

Even if you havent experienced domestic or sexual violence, you likely know someone who has. Learning about domestic and sexual violence—how to identify it, how to get help, and how to end it—will help you become a person who stands up for healthy and respectful relationships within your community.

Consider getting involved by:

- Volunteering your time with an advocacy center to show your support for survivors
- Donating money or supplies to a DV/SA agency
- Being a role model for healthy relationships by embodying respect, consent, and equality
- Believing and supporting victims and survivors when they come forward
- Following your local DV/SA agency online to stay up to date on DV/SA related advocacy efforts, policy changes, events, and more ways to get involved