

It is important to be supportive of a friend who is in an abusive relationship, regardless of whether that person stays in the relationship. It can take several attempts before someone finally leaves a violence relationship, so your friend really needs your support.<sup>3</sup>



Even if you are currently in a healthy relationship, be aware of how others treat you. You deserve to be treated with love and respect. If another treats you otherwise, appropriately address your concerns and leave the relationship if needed.

1. <http://www.metrokc.gov/health/glbtdv.htm>
2. [http://www.lambdada.org/DV\\_background.htm](http://www.lambdada.org/DV_background.htm)
3. <http://www.nrcdv.org/>
4. <http://www.aedv.org/images/cycle.gif>
5. American Bar Association Journal, 1998
6. Microsoft Clip Art
7. <http://www.aomedia.net>

## Resources For Help

Emergency 911

National Domestic Violence Hotline

1-800-799-SAFE (7233)

La Casa—Domestic Violence Shelter

(575) 526-2819

<http://www.lacasainc.org/>

La Pinon—Rape Crisis Center

(575) 526-3437

<http://www.zianet.com/lapinon/>

National Resource Center on Domestic Violence

<http://www.nrcdv.org/>

1-800-537-2238

Gay Men's Domestic Violence Project

<http://www.gmdvp.org/>

1-800-832-1901

NMSU's Wellness, Alcohol, and Violence Education Program

<http://www.nmsu.edu/~wave>

(575) 646-2813

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# *Domestic Violence in the GLBT Community*



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Brought to you by:

New Mexico State University's  
Wellness, Alcohol, and Violence Education (WAVE) Program

<http://www.nmsu.edu/~wave>

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## More Similar than Different

The prevalence of domestic violence in same-sex relationships is about the same as it is in heterosexual relationships, approximately 25-33%.<sup>1, 5</sup>



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Violence in both hetero and homosexual relationships can consist of physical, emotional/psychological, social, and sexual abuse.<sup>2</sup>

Non-physical violence can be equally or more painful than physical violence, even if the individual does not show any obvious signs of abuse.<sup>3</sup>

Abusers use violence in a relationship to gain power over another person and isolate that person from others.<sup>2</sup>

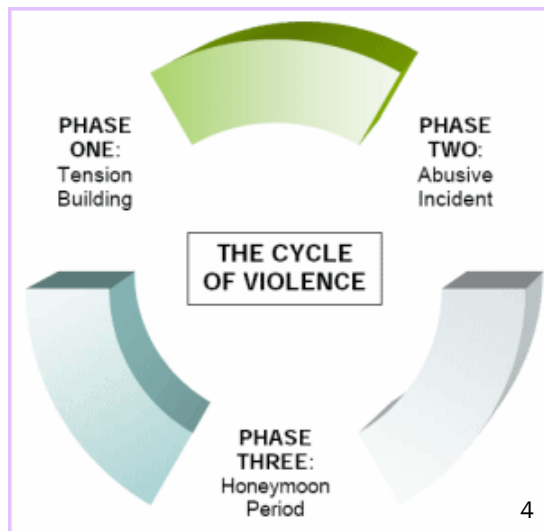
Violence can occur within any type of intimate relationship, not just among married couples.<sup>3</sup>

No one, regardless of sexual orientation, deserves to be abused.

## Relationship Violence:

### A Cycle of Abuse

*Violent relationships typically demonstrate a cyclical pattern.*



**Tension Building:** Relatively calm period—however, violent incidents may occur as tension builds.

**Abusive Incident:** Period of the most explicit and significant violence

**Honeymoon Period:** Time when the abuser shows the most affection toward the victim, often giving gifts

*Even if a person isn't currently displaying abusive behavior, he or she may in the future. Oftentimes, violent relationships become more dangerous as the cycle of violence repeats itself.*

## Clarifying Cultural Myths

**Myth:** It is easier for an individual in an abusive homosexual relationship to leave

**Truth:** Homosexual couples can be just as committed to each other as heterosexual ones.

**Myth:** Alcohol and other drugs are an excuse for violent behavior.

**Truth:** Abusers often claim drugs as an excuse. However, that person is responsible for his or her actions.



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**Myth:** Only men are violent. Women are not.

**Truth:** Abuse is about using violence to control another person. This behavior is not limited by any demographic, including gender.<sup>1</sup>

**Myth:** An individual in a violent homosexual relationship cannot seek help from community resources.

**Truth:** Many organizations are available, regardless of one's sexual orientation. Please see the last section for a list of resources.