

RESOURCES

The Aurora Center
 117 Appleby Hall
 Office: 612-626-2929
 24-Hour Helpline:
 612-626-9111
 Text: "TALK"
 to 612-615-8911
 aurora@umn.edu
 www.umn.edu/aurora

GLBTA Programs Office
 612-625-0537
 glbtapo@umn.edu
 diversity.umn.edu/glbta

**University Counseling
 and Consulting Services**
 612-624-3323
 www.uccs.umn.edu

**Office for Student Conduct
 and Academic Integrity
 (OSCAI)**
 612-626-2298
 www.oscai.umn.edu

Boynton Mental Health
 612-624-1444
 www.mentalhealth.umn.edu

SEXUAL VIOLENCE IN LGBTQ COMMUNITIES

Sexual Violence is any sexual act that is perpetrated against someone's consent. Sexual violence includes completed or attempted sex acts, abusive sexual contact, and non-contact sexual abuse. Some of the most common forms of sexual violence include sexual assault, domestic violence, and stalking. Consent must be informed, freely and actively given, and mutually understood.

*Adapted from the CDC's Definition of Sexual Violence

Facts about Sexual Violence in the LGBTQ Community

Nearly **half** of bisexual women and **1 in 8** lesbian women have experienced rape at some point in their lifetime.¹



Nearly **half** of bisexual men and **2 in 5** gay men have experienced sexual violence other than rape in their lifetime.¹



Bisexual women experienced higher lifetime prevalence of rape, physical violence and stalking by an intimate partner when compared to lesbian and heterosexual women.¹



~ **1 in 4** men, regardless of sexual orientation, reported being slapped, pushed or shoved by an intimate partner in their lifetime.¹

Transgender individuals were about **2x** more likely to experience sexual violence than people who were not transgender.



- | | | |
|-------------------------------------|-----------------------------|---|
| Common Feelings of Survivors | ◆ Guilt, Shame & Blame | ◆ Keeping the Assault a Secret |
| ◆ Shock & Numbness | ◆ Isolation | ◆ Sexual Concerns |
| ◆ Loss of Control | ◆ Anxiety & Shaking | ◆ Post-Traumatic Stress Disorder (PTSD) |
| ◆ Disruption of Daily Life | ◆ Nightmares | |
| ◆ Fear & Anger | ◆ Concern for the Assailant | |

WHAT ARE SOME UNIQUE CONCERNS OF LGBTQ INDIVIDUALS?

Common Fears for Members of the LGBTQ Community

- Being forced to “come out” if they approach their family, the courts or the police to report a sexual assault
- Betraying their community by accusing another LGBTQ person of sexual assault
- Exposing their assailant to a homophobic criminal justice system if a legal option is pursued
- Feeling that there is nowhere to turn for help and the fear of hostile responses from police, courts, service providers and therapists due to anti-LGBTQ bias

SEEKING HELP

- Discrimination and hate crimes lead some survivors to feel their identity, and therefore their very existence, is questionable, so reporting may seem futile.
- When an LGBTQ survivor seeks assistance from the community or law enforcement, they may not be believed or taken seriously due to homophobia or lack of training/information.
- Many people deny LGBTQ relationships are legitimate, which can be a barrier to reporting sexual violence and seeking help.
- Survivors of same-sex sexual assault have been invisible in mainstream legal/medical/community organizations, so providers may not believe someone coming forward.
- Transgender individuals often face medical exam anxiety due to lack of awareness and training among medical professionals.



sur-

LGBTQ COMMUNITY

- ALL communities experience sexual violence regardless of race, class, age, appearance, or sexual orientation. Lesbians, gay men, bisexuals, transgender, and all other sexual orientations and gender identities are subject to the same spectrum of sexual violence as any other individual.
- Many LGBT individuals feel the LGBT community is a safe haven from hate crimes and discrimination, and so may have difficulty facing violence from someone in their own community.
- If the assault occurred during an S&M play scene when a safe word was violated, the survivor may not feel it was a sexual assault or may believe they deserved it. *(Note: This applies to heterosexual survivors as well.)*



PERSONAL LIFE

- If a survivor is not "out" they may be afraid to risk coming forward and being "outed." Or, they may be confused, embarrassed and ashamed of the sexual assault or consider it a "normal" first-time experience.
- Trauma effects of sexual violence are magnified for those dealing with the stress of a homophobic society. Individuals often go through periods of depression or suicidal thoughts. Some LGBTQ individuals feel shame about their identity. All of this affects healthy coping responses.
- Internalized homophobia or transphobia may lead to feelings of responsibility (e.g., "This happened to me because of who I am."). They may question their orientation and/or gender and feel helpless.



SOURCES ¹National Intimate Partner and Sexual Violence Survey (NISVS), 2010 www.cdc.gov/violenceprevention/sexualviolence. ²National Coalition of Anti-Violence Programs, 2012 www.avp.org. Icons from Scott de Jonge and Freepik from flaticon.com.

GET HELP. GET EDUCATED. GET INVOLVED.