



# Domestic abuse and same sex relationships

## Are you in a relationship with someone who:

- Isolates you from your friends and family
- Isolates you from the LGBT community
- Threatens to “out” you to friends family and work colleagues
- Prevents you from practicing safer sex
- Makes you do things you don’t want to do like drink too much or take drugs
- Is excessively jealous and controlling
- Pressurises you to have sex
- Threatens to kill themselves if you leave
- Physically harms you or makes you feel afraid
- Criticises you for not being a “real lesbian, gay, bi, trans person”

If you answered **yes** to any of the above you could be in an abusive relationship.

### What can I do?

If you are in an abusive relationship it is important that you think about your safety whether you decide to remain in the relationship or not.

Contact your local domestic violence service

**we can help you,**  
we can talk to you about your situation in confidence,  
we can help you to be safe.