Power & Control in Lesbian, Gay, Transgender & Bisexual Relationships

**Transphobia**
- Using fear and hatred of anyone who challenges traditional gender expression, and/or who is transsexual, to convince partner of danger in reaching out to others.
- Controlling expression of gender identity and connections to community.
- Ousting sexual identity.
- Shaming.
- Questioning validity of one’s gender.

**Psychological & Emotional Abuse**
- Criticizing constantly.
- Using verbal abuse, insults and ridicule.
- Undermining self-esteem.
- Trying to humiliate or degrade in private or public.
- Manipulating with lies and false promises.
- Denying partner’s reality.

**Threats**
- Making physical, emotional, economic or sexual threats.
- Threatening to harm family or friends.
- Threatening to make a report to city, state or federal authorities that would jeopardize custody, economic situation, immigration or legal status.
- Threatening suicide.

**Physical Abuse**
- Slapping, hitting, shoving, biting, choking, pushing, punching, beating, kicking, stabbing, shooting or killing.
- Using weapons.

**Entitlement**
- Treating partner as inferior; race, education, wealth, politics, class privilege or lack of, physical ability, and anti-Semitism.
- Demanding that needs always come first.
- Interfering with partner’s job, personal needs and family obligations.

**Using Children**
- Threats or actions to take children away or have them removed.
- Using children to relay messages.
- Threats or actual harm to children.
- Threats to or revealing of sexual or gender orientation to children or others to jeopardize parent-child relationship, custody or relationships with family, friends, school or others.

**Heterosexism**
- Perpetuating and utilizing invisibility of LGB relationships to define relationship norms.
- Using heterosexual roles to normalize abuse and shame partner for same sex and bisexual desires.
- Using cultural invisibility to isolate partner and reinforce control.
- Limiting connection to community.

**Isolation: Restricting Freedom**
- Controlling personal social contacts, access to information and participation in groups or organizations.
- Limiting the who, what, where and when of daily life.
- Restraining movement, locking partner in or out.

**Intimidation**
- Creating fear by using looks, actions, gestures and destroying personal items, mementos or photos.
- Breaking windows or furniture.
- Throwing or smashing objects.
- Trashing clothes, hurting or killing pets.

**HIV-Related Abuse**
- Threatening to reveal HIV status to others.
- Blaming partner for having HIV.
- Withholding medical or social services.
- Telling partner she or he is “dirty”.
- Using illness to justify abuse.

**Sexual Abuse**
- Forcing sex.
- Forcing specific sex acts or sex with others.
- Physical assaults to “sexual” body areas.
- Refusing to practice safer sex.
- In S&M refusing to negotiate or not respecting contract/scene limits or safe words.

**Economic Abuse**
- Controlling economic resources and how they are used.
- Stealing money, credit cards or checks.
- Running up debt.
- Fostering total economic dependency.
- Using economic status to determine relationship roles/norms, including controlling purchase of clothes, food, etc.

**Homo/Biphobia**
- A part of heterosexism.
- Using awareness of fear and hatred of lesbians, gay men and bisexuals to convince partner of danger in reaching out to others.
- Controlling expression of sexual identity and connections to community.
- Outing sexual identity.
- Shaming.
- Questioning status as a “real” lesbian or gay man, or bisexual.

**Building Safer Communities for Lesbian, Gay, Transgender, Bisexual and HIV-Affected New Yorkers**
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