

## A Few Myths

**Myth 1: Intimate partner violence & sexual assault don't really happen within LGBTQ relationships, do they?**

Actually, IPV and assault are all about control and power. It can and does happen in any kind of relationship. Research estimates that up to one quarter of all LGBTQ relationships are abusive.

**Myth 2: When abuse occurs in a relationship, it is usually an isolated incident and probably won't repeat.**

Abuse is a pattern of repetitive behaviors. Even if the physical abuse stops for a time, an abuser may destroy property, threaten, or engage in non-physical abusive behaviors.

**Myth 3: People in an abusive relationship exaggerate the level of abuse.**

Actually, most people who are abused tend to minimize the abuse, including physical abuse, because of shame, guilt and self-blame.

**Myth 4: A woman can't rape or abuse another woman.**

Women often assume that other women are never violent, but studies show that women can abuse other women too.

**Myth 5: Men cannot be raped.**

Actually, men can be sexually violated against their will, even if they show some kind of sexual response. He may not call it rape, but it is sexual assault if it is not consensual.

## RCC Vision Statement

The Rainbow Community Center of Contra Costa County envisions a society that embraces acceptance, safety, and equality for all, regardless of sexual orientation or gender identity/expression.

## RCC Mission Statement

The Rainbow Community Center of Contra Costa County builds community and promotes well-being among Lesbian, Gay, Bisexual, Transgender, Queer and Questioning (LGBTQ) persons and our allies.

The Stand in Pride initiative is supported by a grant from Cal-EMA and our community partners, STAND! for Families Free of Violence and Community Violence Solutions

Call, stop by the center, or visit our website to find out about support groups and other programs & services provided by the RCC.

### Rainbow Community Center (RCC)

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# "Stand in Pride" LGBTQ Survivors of Violence

## Advocacy and Support Services



Serving Contra Costa's Lesbian, Gay,  
Bisexual, Transgender, Queer and  
Questioning (LGBTQ) Community

## Have you ever...

◇ Been hit, grabbed, pushed, slapped, bitten, had things thrown at you, etc.?

◇ Does your partner stop you from leaving your room or your house? Control who you talk to and where you go?

◇ Has your partner ever forced you to have sex or made you do things during sex that made you feel uncomfortable?

◇ Does your partner threaten to “out” you to your family or co-workers?

◇ Has your partner ever tried to keep you from getting medical help?

◇ Has your partner ever refused to practice safe sex? Threatened to disclose your HIV status or tell others you are HIV positive?

◇ Have you been told that you would not be believed by anyone if you disclosed the abuse?

**You have a right to be safe and feel supported and loved.** If you answered yes to any of these questions you may be in an abusive relationship.

**Help is available...**

## Services Available

Domestic violence and sexual assault advocates are available to meet with you to:

- ▼ Talk about your relationship and your feelings
- ▼ Support you in developing ways to improve your safety and regain control of your life
- ▼ Provide advocacy, case management, and referral services
- ▼ Develop safety plans

Even if you only have some questions about your relationship and aren't planning to end it, our advocates are available to chat.

We provide services specifically for LGBTQ survivors. We are available to speak with you on the phone and can arrange to meet you in person, either at the RCC or at a community partner's office.

**To Get Help or Information,**  
24-Hour DV Crisis Line: (888) 215 5555  
24-Hour SA Crisis Line: (800) 670 7273  
[DVliaison@rainbowcc.org](mailto:DVliaison@rainbowcc.org)  
[SAliaison@rainbowcc.org](mailto:SAliaison@rainbowcc.org)

Rainbow Community Center  
Call: 925 692 0090  
[www.rainbowcc.org](http://www.rainbowcc.org)

## What is Abuse?

**Verbal/Emotional Abuse may include:** Constant criticism. Humiliation. Obsessive jealousy. Threats to “out” you without your permission.

**Sexual Abuse may include:** Using force or coercion to get sex. Sexual humiliation or pain. Refusal to practice safer sex.

**Physical Abuse may include:** Pushes, slaps, kicks, bites, restraining and/or the use of weapons against you. Damage or destruction of things you value. Intimidation and threatening behavior.

**Economic Abuse may include:** Controlling money & resources. Forcing to live above means. Stealing. Identity theft.

**Cultural/Identity Abuse:** Threat of “outing” partner's sexual orientation, gender identity, HIV status, or any other personal information. Using partner's race, class, age, immigration status, religion, size, physical ability, language and/or ethnicity against them.

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## What is Sexual Assault?

This term encompasses many types of violence, ranging from harassment to rape and incest. Whenever a person initiates sexual contact knowing that the other person is unable to function or resist because of alcohol or other drug use, a sexual assault has been committed. A person may be targeted for a hate crime based on their appearance, gender identity, or sexual orientation.