Only You Can Stop the Violence

If you want to take steps to end your abusive behavior, you need counseling. Couples counseling WILL NOT suffice. If you have been violent toward your partner, s/he will not feel safe enough to be open and honest in a therapy session. You each need to seek separate counseling to learn how to be in a healthy relationship. Perhaps in the future you can learn to become equal and healthy partners.

GLBT Resources

National Gay/Lesbian Hotline	**888-843-4564**
Crisis Intervention/ Gay & Lesbian Hotline	**(202) 797-4444**
The Lambda Center	**(202) 885-5784**
Hola-Gay (Spanish hotline)	**(202) 332-2192**
My Sister's Place Hotline	**(202) 529-5991**
DC Coalition against Domestic Violence	**(202) 299-1181**
Domestic Violence Intake Center	**(202) 879-1000** **(202) 561-3000**
Legal Aid Society of DC Whitman-Walker Clinic:	**(202) 628-1161**
Support Group Program	**(202) 939-1542**

WHERE TO TURN FOR HELP

Police

In an emergency, dial 911

Metropolitan Police Department:

1st District: **(202) 299-2037**
1DSubstation: **(202) 698-0068**

2nd District: **(202) 715-7300**

3rd District: **(202) 673-6815**
3DSubstation: **(202) 576-8222**

4th District: **(202) 715-1506**

5th District: **(202) 698-0150**

6th District: **(202) 698-0880**
6DSubstation: **(202) 698-2088**

7th District: **(202) 698-1500**

National

National Domestic Violence Hotline
(800) 799-SAFE (7233)

Local

Domestic Violence Intake Center

NW: **(202) 879-0152** SE: **(202) 561-3000**

24-hour shelters, Hotlines and Counseling:

House of Ruth: **(202) 667-7001**
My Sister's Place: **(202) 529-5991**

Financial Assistance

Crime Victims Compensation Program:
(202) 879-4216

Legal Assistance

American University: **(202) 274-4140**

AYUDA: **(202) 387-0434**

Bread for the City: **(202) 265-2400**

WEAVE: **(202) 452-9550** ext. 103

SAFE: **(202) 879-7857**

Domestic Violence Unit
300 Indiana Ave, N.W., Room 3156
Washington, D.C. 20001
Office: 202-727-7137 | Fax: 202-727-6491
http://www.mpdc.dc.gov/DVU

What can I do if I´m abusive to my GLBT* partner?

(*Gay, Lesbian , Bisexual or Transgender)

A guide to getting educated and getting help.

AM I ABUSIVE TOWARDS MY PARTNER?

1. Do you physically hurt your partner in any way, including hitting, punching, pulling hair, biting, etc.?
2. Do you say things to your partner to scare him/her?
3. Do you try to control your partner's activities, like seeing his/her family or friends?
4. Have your threatened your partner with hurting yourself, a beloved pet or him/her if s/he ever leaves you?
5. Do you ever put your partner down or try to make him/her feel bad about his/herself?
6. Have you ever forced your partner to do something sexually s/he did not want to do or have sex when s/he did not want to?
7. Do you take control of your partner's money and make him/her account for everything s/he spends?
8. Have you threatened to "out" him/her to family, or colleagues to get him/her to stay with you or to do something for you?

If you answered "yes" to any one of these questions, you may be an abusive partner.

Why do I abuse?

There is no single answer for why someone is abusive to his or her partner. The abusive attitude may result from low self esteem. Or, perhaps the abuser was in an abusive relationship during childhood or earlier in life. It could be that the abuser fears that he might lose his partner, and, as a result, he lashes out against that person – the one he's afraid to lose – with violence.

Abuse is controlling and manipulative, and it's not simply about a person losing her temper. This is particularly obvious when an abuser is not violent in other areas of her life. Someone who is seen as a "really nice person" by her colleagues and neighbors may still be abusive toward the person with whom she has a relationship.

Regardless of why the abuse began, there is no excuse for it to continue. If you witness signs of an abusive relationship in YOUR relationship, think about what you can do to make it stop.

Myths about GBLT Domestic Violence*:

- Domestic violence can't occur when the partners are the same sex.
- Only the "butch" partner can be abusive.
- A physically smaller partner can't abuse his/her larger partner.
- There is no where I can go for help.
- It's not violence because s/he only threatens me and puts me down. S/he has never hit me.

Facts about GBLT Domestic Violence*:

- Thirty percent of GBLT couples experience domestic violence.
- Acts of domestic violence occur every 15-18 seconds in the U.S.
- Some GBLT victims worry that if they seek help, people will find out they're GBLT or that their relationship is abusive. The truth is, domestic violence service organizations are bound by confidentiality agreements.
- Some domestic violence shelters or police officers may not understand that domestic violence can affect GBLT couples.

**Source: http://lesbianlife.about.com/od/lesbianhealth/a/DVFactsMyths_2.htm*

Metropolitan Police Department
Gay and Lesbian Liaison Unit
Office: (202)-727-5427
http://www.gllu.org