



# Healthy Relationships & LGBTQ Youth

- Unhealthy relationships, intimate partner violence, and dating violence can happen in any relationship, regardless of the individuals' sexual orientation and gender identity or expression
- LGBTQ youth often have fewer models of healthy relationships due to lack of representation in the media and social stigma
- LGBTQ young people may not feel comfortable talking about their relationships with adults in their life

## Resources

- Use the **LGBTQ Resource Map**'s "Domestic and Sexual Violence" filter to find resources near you - <https://ma-lgbtq.org/>
- **Pathways for Change** - services for survivors of sexual abuse, welcoming to LGBTQ individuals - <https://www.pathwaysforchange.help/pfc>
- **PFLAG** - monthly support group geared towards family and loved ones of LGBTQ individuals - <https://www.worcesterpflag.org/>
- **Loveisrespect.org** - resources specific to LGBTQ teens, and an online quiz to help you figure out if your relationship is healthy
- **Community Legal Aid** - legal support for domestic violence survivors - <https://www.communitylegal.org/>
- **The Network / la Red** provides a 24 hour hotline providing support for LGBTQ individuals struggling with unhealthy relationships or intimate partner violence - call at 617-742-4911 or visit [tnlr.org/en/get-support/](http://tnlr.org/en/get-support/)
- **RAINN, the Rape, Abuse, & Incest National Network** offers a telephone hotline and an online chat program for survivors sexual assault and their loved ones - call at 800-656-4673, or visit <https://hotline.rainn.org/online/>

## Get the Facts

- LGBTQ youth experience physical or sexual violence in their relationships at a **higher rate** than heterosexual youth
- Transgender and gender non-conforming youth report an **even higher rate** of dating violence, with **85%** experiencing physical violence in a relationship

## What is a healthy relationship?

Relationships exist on a spectrum from healthy to unhealthy to abusive. One relationship might have aspects that fall into different categories. Some aspects of a healthy relationship include:

- Open communication between partners
- Trust and honesty
- Respect
- Treating each other as equals
- Enjoying time spent apart
- Valuing each other's opinions and desires equally
- Respecting physical and sexual boundaries
- Equal say over financial decisions
- Equality in parenting decisions

## Signs of an unhealthy relationship:

- Little or no communication
- Distrust and dishonesty
- Feeling crowded, having little time to spend with other family or friends

## Signs of an abusive relationship:

- Communication that is hurtful, threatening, or insulting
- Accusations of flirting with others or cheating
- One partner making all of the decisions
- Denial that their behavior is abusive
- Isolation, not being allowed to see friends or family
- Forced or unwanted sexual contact
- Disrespecting physical boundaries and any physical abuse
- Controlling financial resources

If you're worried that you or a friend might be in an unhealthy relationship, talk to someone you trust, and reach out to the resources listed on the front page