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 / Ita 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/
- 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/

Learn more about the MA Commission on LGBTQ Youth at: www.mass.gov/cgły
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.

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