



**LGBTQ
DOMESTIC
VIOLENCE
AWARENESS
FOUNDATION**

YOUR HEALTHY RELATIONSHIP CHECKLIST

**Domestic and Family Violence
Self-Assessment Tool for LGBTQ+ People**



Relationship checklists can help us recognise violence or abuse in our relationships which would otherwise be difficult to identify.

To assess your relationship/s, reflect on the questions over the following two pages:

Thinking about a relationship in your life, do you ever:

- ☐ Feel anxious or scared when around them or when thinking about the relationship?
- ☐ Change the way you act or express yourself (ie. dress, interests, gender) out of fear of repercussions?
- ☐ Feel pressure to stop seeing certain friends/family because your partner does not like them or their influence on you?
- ☐ Question your mind, feelings or credibility because they deny your memory or perception of an event?
- ☐ Feel like you are being monitored (ie. questioned about whereabouts, online activity)?
- ☐ Feel unable to talk about certain topics (ie. finances) out of fear of anger or dismissal?
- ☐ Feel unable to leave your relationship due to threats of suicide or self-harm?
- ☐ Feel pressured or forced to have sex, even if you don't want to?

Continue to the next page to explore actions/behaviours that reflect the different forms of violence in LGBTQ+ relationships →

Recognising violence in our relationships can feel overwhelming and sometimes evoke feelings of shame. It is important to remember that it is not your fault and you are not alone.



Domestic and family violence can take many forms. Violence can be emotional, physical, verbal, sexual, financial, LGBTQ-related abuse, among other forms of violence.

Thinking about a relationship in your life, does this person:

- ☐ Control or limit your gender expression
- ☐ Threaten to 'out' your sexual orientation, gender identity, intersex status or health status (ie. HIV)
- ☐ Control or limit your access to medications, including access to gender affirming care
- ☐ Justify controlling behaviour through jealousy
- ☐ Intentionally humiliate or degrade you in front of friends, family, or community to hurt you
- ☐ Restrict you or make it difficult to see loved ones or attend LGBTQ+ venues or events
- ☐ Control or limit your access to your personal finances or accumulate debt under your name
- ☐ Threaten you with violence or damage your property
- ☐ Pressure or force you to engage in sex or sexual acts you do not want to do / without consent
- ☐ Hit, kick, push, choke, restrain, hurt you or physically intimidate you
- ☐ Threaten you, your children or pets with violence or make you feel threatened through actions (ie. driving recklessly)
- ☐ Monitor, stalk or harass you using technology (ie. social media, A.I., tracking devices/apps)
- ☐ Tell you your identity/gender isn't real

If you answered 'yes' to any of the questions above, you may be experiencing domestic violence. See the support services on the next page. →

SUPPORT SERVICES

Emergencies

If you are experiencing an emergency:
Call 000 for police or ambulance assistance.

For any non-urgent police matters, LGBTQ+ communities can also access State / Territory-based LGBTIAQ+ Liaison Officers

National LGBTQ+ Support Services

QLife

Available via phone (1800 184 527) and Webchat
Provides free and anonymous peer support for LGBTQ+ people and their loved ones wanting to talk about a range of issues including sexuality, gender, bodies, feelings, or relationships.
Available 7 days from 3pm - 12am, every day

Rainbow Sexual, Domestic and Family Violence Helpline

Available via phone (1800 497 212)
Provides specialist trauma counselling for LGBTQ+ people, information and referral to other services, and vicarious trauma support.
This includes information about seeking assistance from police, information on medical help and safety planning.
Available 24 hours 7 days a week



For a comprehensive list of support services in your area, visit our website via the QR code here

