

DV/SA ADVOCACY AGENCIES

Bismarck
Abused Adult Resource Center
Crisis Line: 866-341-7009
Office: 701-222-8370
abusedadultresourcecenter.com

Bottineau
Family Crisis Center
Crisis Line: 800-398-1098
Office: 701-228-2028
famcrisiscenter.org

Devils Lake
Safe Alternatives for Abused Families
Crisis Line: 701-409-0665
Office: 701-662-7378
saafnd.org

Dickinson
Domestic Violence & Rape Crisis Center
Crisis Line: 888-225-4506
Office: 701-225-4506
dvrcnd.com

Ellendale
Kedish House
Crisis Line: 877-349-4729
Office: 701-349-4729
kedish-house.com

Fargo
Rape & Abuse Crisis Center
Crisis Line: 800-344-7273
Office: 701-293-7273
raccfm.com

Grafton
Domestic Violence & Abuse Center Inc.
Crisis Line: 866-435-7490
Office: 701-331-0466
dvacnd.org

Grand Forks
Community Violence Intervention Center
Crisis Line: 866-746-8900
Office: 701-746-0405
cviconline.org

Jamestown
Safe Shelter
Crisis Line: 888-353-7233
Office: 701-251-2300
safeshelterjamestown.org

McLean Co.
McLean Family Resource Center
Crisis Line: 701-462-8643
Office: 701-462-8643
mcleanfrc.weebly.com

Mercer Co.
Women's Action & Resource Center
Crisis Line: 701-873-2274
Office: 701-873-2274
mercervarc.com

Minot
Domestic Violence Crisis Center
Crisis Line: 701-857-2200
Office: 701-852-2258
courage4change.org

Ransom Co.
Abuse Resource Network
Crisis Line: 701-683-5061
Office: 701-683-5061
abuseresourcenetwork.org

Fort Totten
Spirit Lake Victim Assistance
Crisis Line: 701-766-1816
Office: 701-766-1816
spiritlakenation.com/programs/
spirit-lake-victim-assistance/

Stanley
Domestic Violence Program NW ND
Crisis Line: 701-628-3233
Office: 701-628-3233
dvpnwnd.weebly.com

Turtle Mountain Reservation
Hearts of Hope
Crisis Line: 701-477-0002
Office: 701-477-0002
E-mail: gourneau@utma.com

Valley City
Abused Persons Outreach Center
Crisis Line: 701-845-0072
Office: 701-845-0078
apocnd.org

Wahpeton
Three Rivers Crisis Center
Crisis Line: 701-642-2115
Office: 701-642-2115
threeriverscrisiscenter.weebly.com

Williston
Family Crisis Shelter
Crisis Line: 701-770-5180
Office: 701-572-0757
familycrisisshelter.com

LOCAL, STATEWIDE, AND NATIONAL RESOURCES

If you don't feel comfortable calling a local crisis line or talking to an advocate, there are other ways you can reach out. There are national hotlines that you can call, or you can use regional online support groups or message boards.

REGIONAL LGBTQ+ GROUPS

Dakota Outright, *Bismarck*—dakotaoutright.org

Pride Collective and Community Center, *Fargo*—fmpridecollective.org

Queer as Forks, *Grand Forks*—Facebook Group

Magic City Equality, *Minot*—magiccityequality.com

The Rainbow Rendezvous, *Williston*—facebook.com/willistonrainbowrendezvous

North Dakota Two Spirit Society and Allies, *Statewide Organization*—

facebook.com/nd2spiritsocietyandallies

NATIONAL ORGANIZATIONS

New York City Anti-Violence Project—avp.org

The Trevor Project—thetrevorproject.org

FORGE—forge-forward.org

It Gets Better Project—itgetsbetter.org

CRISIS HOTLINES

The Network/La Red—800.832.1901—tnlr.org

National Domestic Violence Hotline—800.799.7233—thehotline.org

Rape, Abuse, Incest National Network (RAINN)—1.800.656.4673—rainn.org

CAWS NORTH DAKOTA

521 E Main Avenue
Suite 320
Bismarck, ND 58501

Phone: 701.255.6240
Toll Free: 888.255.6240
Fax: 701.255.1904

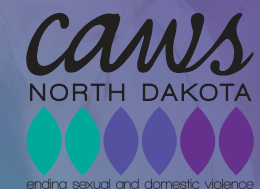
Web: cawsnorthdakota.org
Email: contact@cawsnorthdakota.org

CAWS North Dakota does not provide direct services to victims of domestic and sexual violence. Contact your local domestic violence/sexual assault advocacy agency for support. In an emergency, call 911.

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Understanding LGBTQ+ Domestic & Sexual Violence



WHAT IS DOMESTIC VIOLENCE?

Domestic violence is an ongoing pattern of behaviors and abusive tactics used by an intimate partner or ex-partner to gain complete power and control over a person's life. Domestic violence can happen to you if you are married, living together, or dating. You can also experience domestic violence from an ex-partner if you are separated or divorced.

Domestic violence is not an isolated, single event, but rather a pattern of repeated behaviors and actions. It includes any and all of your partner's actions and behaviors that manipulate, humiliate, intimidate, isolate, frighten, hurt, or injure you.

Forms of domestic violence include:

- Physical abuse (shoving, punching, kicking, hitting, slapping, strangulation, using objects or weapons to harm)
- Sexual abuse (forced or coerced sexual contact or behavior that happens without consent)
- Emotional abuse (putting you down, name calling, humiliation)
- Psychological abuse (manipulation, threats, intimidation, gaslighting, forced isolation from family, friends, or school/work)
- Financial/economic abuse (using money and financial tools to exert control).

While physical and sexual assaults might not occur often, non-physical domestic violence tactics—such as emotional, psychological, or financial abuse—are most often ongoing or happening every day. When combined with any physical and/or sexual abuse (or threat of this abuse), these tactics are a very deliberate way for your partner to make you afraid of them so that they can have power and control over you.

WHAT IS SEXUAL VIOLENCE?

Sexual violence is any type of forced or coerced sexual contact or behavior that happens without consent. There is no one kind of person who experiences sexual violence. It can happen to anyone regardless of age, race, gender, ability, sexual orientation, or economic or cultural background.

Forms of sexual violence include:

- Sexual assault
- Rape or attempted rape
- Child molestation
- Incest
- Unwanted touching (groping, fondling, forced kissing)
- Sexual harassment or threats
- Sex trafficking
- Alcohol and drug-facilitated sexual assault
- Exposing one's genitals or naked body to others without consent
- Voyeurism (watching someone engage in sexual acts without their knowledge or consent)
- Nonconsensual image sharing

ABUSE TACTICS USED AGAINST LGBTQ+ INDIVIDUALS

Domestic violence and sexual assault (DV/SA) are about maintaining power and control, be it through physical, sexual, emotional, psychological, emotional, and financial threats and violence.

This abuse can occur regardless of a victim or perpetrator's sexual orientation, gender identity, or relative strength, and any type of person can be a victim or perpetrator of DV/SA regardless of their identity. However, people from marginalized groups, like the LGBTQ+ community, are at an increased risk for experiencing DV/SA, as abusers will often take advantage of existing social and economic vulnerabilities to gain control.

For LGBTQ+ people, this often shows up by abusers using existing homophobic and transphobic systems of stigma, discrimination, and lack of education around LGBTQ+ people to maintain their control. (Human Rights Campaign)

Does your partner:

- Threaten to out you
- Limit your gender expression
- Disrupt or try to stop your transition
- Tell you your sexual orientation or gender identity doesn't exist by saying things like, "There's no such thing as being bisexual, you're just confused," or "You can't identify as gender queer, you have to be this or that."
- Threaten to reveal your HIV status
- Tell you that men don't abuse other men, or that a crisis hotline won't believe you
- Threaten to tell social services you are an unfit parent because you're a part of the LGBTQ+ community
- Use transphobic, biphobic or, homophobic slurs against you
- Say you are not supporting your community if you talk to a domestic violence or sexual assault advocate
- Withhold your medications
- Control your identity or gender expression by using the wrong name or pronouns
- Prevent your association with a community or culture by forbidding foods, languages, spiritual practices, or being around certain groups of people
- Use the wrong language to describe body parts

If you answered YES to any of these questions, you may be in an abusive relationship and could be at risk for serious harm.

HELP IS AVAILABLE

If you have experienced domestic or sexual violence, a local advocacy agency can help. A domestic violence/sexual assault (DV/SA) advocacy agency is a caring and non-judgmental place for you to openly talk about your situation. They are located all across North Dakota, and each location has a 24-hour hotline.

A DV/SA advocate can provide you with support, information, and resources so you can make informed decisions about your relationship, your safety, and your future. They can help you think about options for reporting, medical care, shelter, counseling services, safety planning, and can inform you of your rights and legal options.

If you are concerned that you or your partner may lose your housing or employment if you come out, share these concerns with your advocate. They will help you find an option that fits your specific needs.

All services are FREE and confidential.

A list of North Dakota DV/SA advocacy agencies can be found on the back of this page.

You have a right to live a life free of abuse—no matter what your partner, family, or friends may say. You deserve to be safe, respected, feel included, and have control over your own life.

WHY IT MATTERS

Even if you haven't experienced domestic or sexual violence, you likely know someone who has. Learning about domestic and sexual violence—how to identify it, how to get help, and how to end it—will help you become a person who stands up for healthy and respectful relationships within your community.

Consider getting involved by:

- Volunteering your time with an advocacy center to show your support for survivors
- Donating money or supplies to a DV/SA agency
- Being a role model for healthy relationships by embodying respect, consent, and equality
- Believing and supporting victims and survivors when they come forward
- Following your local DV/SA agency online to stay up to date on DV/SA related advocacy efforts, policy changes, events, and more ways to get involved