

*"I was recently taken care of by several members of your program. I can't express what a blessing it is. The dignity and care that you afford people is invaluable. I wish this program was everywhere."*

- Sexual Violence Survivor



**Our supportive programs and services are free, confidential, and available via our 24/7 hotlines, regardless of when the assault occurred, or whether or not charges have been filed. 180 can offer you:**

- An emergency safe house that provides shelter for individuals, children and their pets
- Trained advocates to assist victims of domestic and sexual violence by providing emotional support, resources, and accompaniment during hospital forensic examinations and police procedures
- Court liaisons to support victims throughout the court restraining order process
- Short-term individual and group supportive counseling
- LGBTQ education and training for law enforcement, professionals, community/civic groups, parents and schools

*Many survivors find it helpful to talk confidentially with a Sexual or Domestic Violence Counselor who is trained to listen, understand, and help process how you might be feeling.*

### Sexual Violence Hotline

1.888.264.RAPE (7273)

### Domestic Violence Hotline

1.888.843.9262

### Deaf and Hard of Hearing Texting Available

732.977.2832

**180 Turning Lives Around** empowers survivors and families affected by domestic violence and sexual assault to find the courage and strength to turn their lives around.

### 180 supports this mission through:

- 24/7 hotlines; including the 2ND-FLOOR Youth Text & Helpline
- Emergency Safe House
- Counseling
- Legal advocacy
- Crisis Response Teams
- Family Justice Center
- Art, play and music therapy for children

### 180 Turning Lives Around, Inc.

1 Bethany Road, Building 3, Suite 42  
Hazlet, NJ 07730

### Main 180 Office, Hazlet:

732.264.4360

### 2NDFLOOR Youth Call and Text Helpline

1.888.222.2228

### Family Justice Center, Freehold:

732.264.4360 ext. 5000

[www.180nj.org](http://www.180nj.org)



## LGBTQ DOMESTIC / SEXUAL VIOLENCE SURVIVORS

There is NO PRIDE in hiding domestic and sexual violence.



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## 180 Turning Lives Around

is committed to providing an array of services for individuals affected by domestic and/or sexual violence, regardless of gender identity and expression, or sexual orientation. Through on-going professional development, staying current on LGBTQ issues, healthcare concerns, and a continuous dialogue with LGBTQ community leaders, 180 cultivates a safe, confidential and empowering environment for survivors and their families.



## Am I a victim of domestic or sexual violence? Has your partner or someone...

- Refused to practice safe sex with you and/or coerced you into having sex?
- Groped, grabbed, or touched you, even casually, without your consent?
- Forced you to drink and/or take drugs, and you didn't remember what happened after you passed out?
- Made you perform sexually, either with them or with someone else, in order to pay for food, shelter, clothing, medicine, or other necessities?
- Pressured you sexually for things that you are not ready for?
- Been physically or verbally abusive toward you?
- Been controlling of who you speak to, where you go, or your finances?
- Blamed you for how they feel or act?
- Belittled your sexuality and/or gender?
- Threatened to hurt you, your children, and/or your pets?

## What is sexual violence? Sexual violence is...

- Sexual Violence is never the victim's fault. It is solely caused by the perpetrator's decision to commit the offense and occurs when there is sexual contact without the victim's consent.

### For example:

- A perpetrator exerts their power and control over another person sexually. This includes being touched or any type of penetration (vaginal, anal, or oral), even in the slightest way; grabbed, touched, groped, or penetrated, even in a joking manner
- Forcing another to touch someone else or to watch the perpetrator touch themselves
- Sexually touching someone in any way when they are mentally or physically incapacitated, intoxicated, impaired, asleep, or unconscious
- Coercing another to perform a sexual act to prove their sexual identity
- A perpetrator threatens to disclose one's orientation/status by exposing photos/videos of them on social media sites
- It can be committed by strangers, as well as people known to and trusted by the victim including acquaintances, dates, partners, spouses, and family members



## What is domestic violence? Domestic violence is...

- A pattern of abusive behavior used to establish and maintain control, or assert power over an intimate partner. This could be a spouse, former spouse, co-parent, or dating partner, a parent, a sibling, or a present or former household member.

## Common concerns of LGBTQ survivors:

- Fearing bias because the LGBTQ community is already discriminated against
- Fear of being "outed" to friends, family, or place of employment
- Fear of having HIV status "outed"
- Being blamed for the assault, especially if the survivor met the perpetrator on a dating hook-up site
- Having other members of their community know what has happened
- Fear that the criminal justice system and healthcare professionals will not take them seriously
- Fear of losing their children
- Fear they will not be believed due to the myth that the abuser is always bigger, stronger, more "butch", while victims will always be smaller, weaker, more feminine
- Fear of being blamed for the assault based on how they dress, dance, act or behave
- Feeling because they did not fight back, they deserved what has happened to them
- Fear of their pets being harmed or taken away

## Abusive behavior can include:

**Physical Violence:** punching, slapping, kicking, choking (strangulation, smothering)

**Psychological Abuse:** intimidation, isolation, manipulation, and humiliation

**Verbal Abuse:** cursing, name calling, criticizing thoughts and feelings

**Economic Abuse:** controlling finances, preventing partner from working.

*Victims can be of any gender, age, race, ethnicity, socio-economic status, or sexual orientation.*

180 is a SAFE SPACE

