



You are not alone.

We believe in your strength and courage as a survivor. 180 offers hope and support as you overcome domestic violence and sexual assault. Our caring and experienced counselors will listen, discuss your options, and provide resources to guide you.

You can have a fresh start.

You are not to blame for your experience of abuse. You and your family deserve to live your life free of fear and full of promise. Together, we'll create your pathway to safety, healing, and independence.

We can begin together.

We are here for you when you're ready. Our comprehensive support services are free and confidential, including 24/7 hotlines, counseling, legal advocacy, emergency safe house, and art, play, drama & music therapy for children.

DOMESTIC VIOLENCE:

Call (888) 843-9262

SEXUAL VIOLENCE:

Call (888) 264-7273

DEAF & HARD OF HEARING:

Text (732) 977-2832

2NDFLOOR® YOUTH HELPLINE:

Call or Text (888) 222-2228

FAMILY JUSTICE CENTER:

Call (732) 264-4360 ext. 5000

MAIN HEADQUARTERS

1 Bethany Road
Building 3, Suite 42
Hazlet, NJ 07730
(732) 264-4111
Fax: (732) 264-8655



180 Turning Lives Around, Inc. is a registered 501(c)(3) non-profit organization and receives financial support from individuals, government and civic agencies, faith-based organizations, corporations, and foundations. Gifts to 180 are tax-deductible to the full extent possible under IRS regulations. Visit www.180nj.org for more information about our funders and how you can support 180.

180 Turning
Lives
Around



**LGBTQ Domestic
& Sexual Violence
Survivors**

180NJ.ORG



At 180 Turning Lives Around, we are committed to providing an array of services for domestic and/or sexual violence survivors, regardless of age, gender identity and expression, race, ethnicity, socio-economic status, or sexual orientation.

We cultivate a safe, confidential, and empowering environment by staying current on LGBTQ issues and healthcare concerns, completing ongoing professional development, and through continuous dialogues with LGBTQ community leaders.

What is domestic violence?

A pattern of abusive behavior used to establish or maintain power and control over a person. Under the law, domestic violence includes physical, emotional, mental, and sexual abuse, and is considered to be any crime involving risk of death or serious bodily injury to a person protected under the "Prevention of Domestic Violence Act," and:

- Assault
- Burglary
- Contempt of a Domestic Order
- Cyber Harassment
- Criminal: Coercion, Mischief*, Restraint, Sexual Conduct or Trespassing
- False Imprisonment
- Harassment**
- Homicide
- Kidnapping
- Lewdness
- Robbery
- Sexual Assault
- Stalking
- Terroristic Threats***

*Criminal Mischief: Damaging, Breaking, or Destroying Personal Property. Purposely or Recklessly Causing Damage to Property to Endanger Another Person.

**Harassment: Shoving, Pushing, or Other Offensive Touching. Name-Calling and/or Language Used to Alarm, Offend, or Annoy. Purposely Intimidating Behavior to Instill Fear or Alarm.

***Terroristic Threats: Threatening Physical Violence or Death to Cause Fear and/or Dictating the Victim's Behavior.

What is sexual violence?

Sexual contact committed by force or without a person's consent caused solely by a perpetrator's decision to commit the offense. It can include being touched, forced to touch someone else, or to watch them touch themselves. It is a crime that can affect the whole family, including the victim's spouse, partner, parents, and other close relatives or friends.

Who commits domestic or sexual violence?

Both strangers and people known and trusted by the victim, including acquaintances, a current or former spouse, co-parent, dating partner, parent, sibling, or present or former household member, can commit these forms of abuse.

What are the signs of domestic or sexual violence?

- **Financial:** Controlling all income and expenses, preventing a partner from working, forcing a partner to turn over their paychecks to the abuser, restricting access to financial accounts, limiting access to cash or credit cards, or ruining a partner's credit.
- **Physical:** Hitting, slapping, pushing, biting, punching, kicking, restraining, choking, smothering, or strangulation. Strangulation is one of the most lethal forms of domestic violence: unconsciousness may occur within seconds and death within minutes.
- **Psychological:** Intimidating a person with threatening looks and behavior, stalking, monitoring by using technology, using spyware and location tracking devices, monitoring technology, posting false information about someone on social media, isolating a person from friends and family, or attacking self-esteem by blaming, manipulating, criticizing, and humiliating.
- **Sexual:** Manipulating or forcing a person to do something sexual or any coerced, non-consensual, and unwanted sexual behavior.
- **Verbal:** Cursing/swearing, yelling, name-calling, criticizing thoughts or feelings, and put-downs.

Examples of domestic and sexual violence include:

- Exerting power and control over another person sexually, including touching, grabbing, groping, and any type of vaginal, anal, or oral penetration, even in a joking manner.
- Forcing a person to touch themselves or 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.
- Threatening to disclose one's orientation/ status by exposing photos/videos of them on social media sites.



Have I experienced 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, 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?

Common concerns of LGBTQ survivors include fear of:

- Experiencing bias because the LGBTQ community is already discriminated against.
- Being "outed" to friends, family, or place of employment.
- 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.
- Not being taken seriously by the criminal justice system and healthcare professionals.
- Losing their children.
- Not being believed due to the myth that the abuser is always bigger, stronger, or more "butch," while victims will always be smaller, weaker, or more feminine.
- Being blamed for the assault based on how they dress, dance, act, or behave.
- Feeling that they deserve what has happened to them because they did not fight back.
- Their pets being harmed or taken away.

We offer LGBTQ education and training for law enforcement, professionals, community/civic groups, faith-based organizations, parents, and schools.