

# What is Domestic Violence?

Domestic violence is characterized by the pattern in an intimate relationship in which one person holds **power and control** over another. It could take many forms: physical, verbal, sexual, emotional, economic, medical, spiritual, etc. Intersex and trans people often find themselves victimized by domestic violence because abusers have much more leverage against intersex and trans people due to the oppressions that target us.

## Power & Control Checklist

Here is a checklist you can use to help determine if you are in an abusive relationship. This list was adopted from several similar lists developed by different organizations, with some questions specific to intersex or trans survivors added by Survivor Project.

### Does your partner...

- isolate you from your family and friends?
- grab, push, pinch, shove or hit you?
- call you "it" or other pronouns not preferred by you?
- embarrass or humiliate you in front of others?
- touch where you do not want to be touched?
- ridicule how your body looks?
- intimidate or threaten you to gain compliance?
- sabotage your medical treatment, or coerce you into treatment you don't want?
- tell you that nobody would believe you because you are a "freak"?

- force you to engage in sexual acts you don't want?
- use alcohol or drugs as an excuse to hurt you?
- threaten to take away children?
- demand detailed explanations of where you were and how you spent your money?
- tell you that nobody will love you because of your body?
- tell you that you are not a real man/woman?
- blame you for how they feel or act?
- threaten to "out" you to your employer, friends or family members?
- break or hide things that are important to you?
- call you sick or crazy?
- force you to engage in sex work or force you not to?

### Do you...

- feel like you are walking on eggshell?
- feel that you must change yourself in order to help your partner change?
- frequently do what your partner wants rather than what you want to do?
- stay with your partner because you are afraid of what your partner would do if you leave?
- feel like all these abuses are somehow your own fault?

If you feel that your partner has power and control over your life in these ways, talk to someone you trust. Call a domestic violence hotline listed in the phone book, or have a friend call. No matter what your partner and the society have told you - you do not deserve to be abused. You deserve to be in a relationship where equality and mutual respect prevail.

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Do you feel like it's your fault  
when you are hurt? (it's not!)



*Intersex & Trans  
Survivors of Abuse*

**BASIC INFORMATION FOR**

Survivor Project has been a fiscally sponsored 501(c)(3) project of Tides Center in San Francisco since June 2000. Your donation is very much appreciated, and is tax deductible.

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Founded in 1996, Survivor Project is a non-profit social justice organization of survivors and their allies dedicated to addressing the needs of intersex and trans survivors of domestic and sexual violence. We have provided workshops, presentations, consultation, materials, information and referrals to many organizations and conferences across the United States. While we do not have our own shelter or hotline, we are available as a resource to any organization fighting to end domestic and sexual violence. We are also interested in building alliances with other organizations working on other social and economic justice issues, because we believe that a broad range of social changes need to take place in addition to the intersex and trans liberation in order for all intersex and trans survivors to be free from violence and oppressions. To find out more about Survivor Project, intersex and trans survivors' issues, or how to help, please visit our web site at <http://www.survivorproject.org/> or contact us in one of the following ways:

*About Survivor Project*