

Sexual Violence in LGBTIQ2SA+ Communities: information for support

Wherever you are at in your relationship(s) or your life, you deserve to be safe and healthy in your relationships and community.

It can happen to anyone

Sexual and intimate partner violence in queer and trans relationships occurs at about the same rate or higher than in cisgender heterosexual relationships. It's important to recognize that sexual assault is about power and control, and so identities that hold less power or privilege in our society are often more targeted with this form of violence. In keeping with this, the rate of sexual assault is higher among people who hold one or more identities that experience marginalization, including trans, bi/pansexual, Indigenous, racialized, and differently abled. Statistics often don't accurately reflect the complexities of people's intersecting identities.

You may feel

If you are in an unhealthy relationship, involved with someone who is abusive, or have been sexually assaulted, you may feel:

- Alone, scared, depressed, and confused
- Worried that if you speak to someone about the abuse that you'll be outed to family, friends and co-workers, and even risk losing family
- Anxious about being believed, what will happen, or for your safety if you reach out for help to a program, the police, a health care provider, landlord, teacher, or clergy
- Worried that if you leave your partner, you will lose your friends or community
- Afraid your friends or community will take your partner's side
- Worried about seeking support because you may have to navigate gender segregated services, or risk harm through a lack of knowledge or competency about trans care or LGBTQ2S+ sexual health by professionals

Things you should know

- Abuse is never mutual
- Abuse is not the same as consensual sexual behaviour, including BDSM
- All programs at SACE are explicitly queer and trans-inclusive, and we only need your pronouns and preferred name for you to access our support services. If different, a legal or previous name can be provided for SACE to support you with victim's benefits statements or other government-facing services, but we will never require this

How trauma works

- Memories can be missing, disjointed or confusing, so it can be hard for people to remember and/or talk about their experiences
- People respond to trauma in all sorts of ways: there is no wrong way to respond, and all your feelings are valid

If you have experienced sexual violence, know that you are not alone: we see you, and supports are available.

For help & more information

SACE services info and intake

780.423.4102

One Line for Sexual Violence Support & Info 9am to 9pm daily: call, text, or chat

1.866.403.8000
or **sace.ca**

Chew Project LGBTQ2S+ mental, social, and sexual health support:

chewprojectyeg.org

It's **not**
your fault.

The only person responsible for sexual assault is the person who chooses to harm.



Like bamboo, LGBTQ2SA+ folks can have a lot of resilience to adapt to adversity.

Emotional coping, self-acceptance, positive reframing, and connections to community and social supports, including SACE, can all support resilience in coping with the trauma of sexual violence.



Listen. Believe. Support.
sace.ca