

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.

Safety Planning

Due to lack of visibility and biases against us, domestic violence resources in your area may not be competent in serving intersex or trans survivors. Here are some tips for you to plan your safety, adopted from National Coalition Against Domestic Violence with some modifications. Go over your safety plan with a friend if possible, because doing it alone can be very scary.

If you are still in the relationship, you can...

1. Think of a safe place to go if an argument occurs - avoid rooms with no exits (bathroom) or rooms with weapons (kitchen).
2. Make a list of safe people to contact.
3. Always keep change for the phone.
4. Memorize all important numbers.
5. Establish a code word so that your allies know when to call for help and what kind.

6. Think about what you will say to your partner if he or she becomes violent.
7. Remember that you have the right to live without fear and violence.
8. Keep copies of important documents at a safe place (e.g. your friend's house).

If you have left the relationship, you can...

1. Change your phone number.
2. Screen calls.
3. Save and document all contacts, messages, injuries or other incidents involving the abuser.
4. Change locks, if the abuser has a key.
5. Avoid staying alone.
6. Plan how to get away from confrontations.
7. If you have to meet the abuser, do it in public.
8. Vary your routine.
9. Notify school and work contacts.
10. Call a local domestic violence hotline or have a friend call to find out if it provides sensitive services to intersex and trans clients.

If you are leaving, take important papers and documents with you, which will enable you to apply for benefits or take legal action. These include social security cards and birth certificates for you and your children (even if they show the wrong name or sex), marriage license, leases or deeds that has your name, checkbook, charge cards, bank statements and charge account statements, insurance policies, medical documents, proof of income for you and your partner (pay stubs or W-2's), and the documentation of past incidents of abuse, if any (photos, police reports, medical records, etc.)

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A Guide for Intersex & Trans Survivors of Domestic Violence



Intersex & Trans Survivors of Abuse

SAFETY PLANNING FOR

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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