POWER AND CONTROL WHEEL choking, pulliport FOR RAINBOW HOMOPHOBIA **RELATIONSHIPS**

Most Rainbow relationships are based on love and mutual respect. People are able to be themselves, communicate what they want, negotiate and feel free to say no to things they don't want to do. Everyone involved feels listened to when they speak.

But sometimes what's happening in our relationships doesn't feel alright. These are the forms of controlling behavior in Rainbow relationships identified in community hui hosted by Hohou Te Rongo Kahukura - Outing Violence.

A Rainbow relationship is any relationship where at least one person identifies under the sex, sexuality and gender diversity umbrellas.



To find out more about building Rainbow communities without violence, visit: www.kahukura.co.nz

BIA,

0

Hd

2

grabbing,

A C

punching,

OF

*Adapted from the Duluth LGBT Wheel

HETEROSEXISM

VIOLENCE SEXUAL PHYSICAL destroys your things pressures you not to 'come out oversexualizes you e.g. pressuring bi people to have threesomes threatens to hurt people you love threatens to hurt themselves when upset with you says, 'if i can't have you, no one can' USING INTIMIDATION. COERCION & THREATS scares you when they are angry spreads rumors about vou threatens to harm vou threatens to 'out' you pressures you to be keeps track of vou "straight-acting" questions your gender/sexuality USING EMOTIONAL ABUSE tells vou no one else will want vou POWER tells you no one will believe you about abuse makes you deny other lovers were important pressures you to "come out" when it's not culturally CONTRO withholds hormones, medication or gender affirming items

RACISM

puts you down

humiliates you

ridicules vour body

calls you names

appropriate or safe

USING WHITE, CIS & OTHER PRIVILEGE

misgenders or deadnames you

uses Rainbow experience to pressure you:

"this is gay sex...

undermines cultural expectations

stops you using disability aides

says racist things to you

treats your culture

as 'exotic'

HICHING

says you don't makes you feel crazy "deserve" children

threatens to take your children criticizes your parenting

USING CHILDREN

threatens to use state system's racism/ homophobia/biphobia/transphobia to have children removed

> dismisses rights/responsibilities of non-biological parent

says you don't belong in Rainbow spaces USING INTERNALISED

HOMOPHOBIA. BIPHOBIA OR TRANSPHOBIA

says you're letting down your community if you talk about abuse says you're confused. undermines or makes fun of your gender/sexual identity

'outs' you at work or school uses costs around transitioning healthcare to control you

TIPAN'S S

E.

BH

hitting

BIPHOBIA,

НОМОР

tripping

shoving

DUShind

interferes with your work or education

USING ECONOMIC ABUSE

threatens your access to benefits keeps your name off joint assets

keeps you from having or spending your money

controls who you see or talk to

uses jealousy to "prove" they love you

insults you in front of others

USING ISOLATION

encourages others to "take sides" biting twiting

stops you going to cultural or Rainbow events

> says no one will believe you about abuse

> > MSINE

DENYING. MINIMISING & BLAMING

blames abuse on their trauma history

uses alcohol or drugs

as an excuse

makes light "it's just drama'

blames abuse on vou. or vour mental health, disability or HIV status

says women can't abuse women /men can't abuse men

says this is normal in Rainbow relationships

PHYSICAL VIOLENCE SEXUAL HETEROSEXISN