

SIGN ME UP!

Yes, I want to join **Project Rainbow Net** and help to provide domestic violence resources to the LGBT community!

Please complete the information form below and designate your areas of interest.

We appreciate your support!

NAME: _____

ADDRESS: _____

CITY: _____

STATE: _____ ZIP: _____

HOME PHONE: () _____ - _____

WORK PHONE: () _____ - _____

MOBILE PHONE: () _____ - _____

E-MAIL ADDRESS: _____

I would like to volunteer for these committees:

- AWARENESS FUNDRAISING SERVICES
- ADVOCACY TRAINING

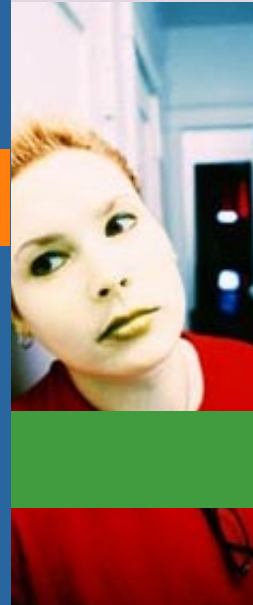
I would like to make a donation in the amount of:

- \$500 \$100 \$75 \$50 \$25
- OTHER: _____

Send a check made payable to NCCADV, with "Project Rainbow Net" in the memo line to: NCCADV, 115 Market Street, Suite 400, Durham, NC 27701

Or you can make a secure online credit card donation by visiting www.projectrainbownet.org and clicking on the *Make a Donation* icon.

THIS PROJECT IS AN INITIATIVE OF THE
NORTH CAROLINA COALITION
AGAINST DOMESTIC VIOLENCE



WWW.PROJECTRAINBOWNET.ORG

PROJECT RAINBOW NET

is an initiative of the
**North Carolina Coalition
Against Domestic Violence
(NCCADV)**

115 Market Street
Suite 400
Durham, NC 27701

phone: 919-956-9124
toll free: 888-232-9124
fax: 919-682-1449

www.nccadv.org
www.projectrainbownet.org



The North Carolina Coalition Against Domestic Violence (NCCADV) is a statewide membership organization dedicated to ending domestic violence.

This project made possible through funding from the Gill Foundation.

RESOURCES FOR THE LGBT COMMUNITY

CALL TOLL-FREE 1-888-232-9124

DOMESTIC
VIOLENCE



PROJECT RAINBOW NET

Project Rainbow Net is an initiative of the North Carolina Coalition Against Domestic Violence. Our **mission** is to end domestic violence in the LGBT community and to create an open and accepting society which embraces the diversity within NC, through education, advocacy and support.

PARTNER ABUSE

Partner abuse, also called domestic violence, is when one person in an intimate relationship uses a pattern of coercion and control against the other person during the relationship and/or after the relationship has ended. It often includes physical, sexual, emotional, or economic abuse.

This abuse can be complicated by the fact that we live in a society which undervalues and discriminates against LGBT people. Abusers will often exploit society's mistreatment of LGBT communities for their own purposes.

Every relationship is different, and abusers can use many different tactics to control their partners.

TACTICS OF ABUSERS

- **Physical and Sexual Violence:** pushing; biting; strangulation; kicking; treating you like a sex object; forcing sex; shoving; hitting; pinching; controlling access to hormones or medication
- **Intimidation:** using looks, gestures, or actions to cause fear; hurting pets; displaying weapons
- **Emotional Abuse:** put downs; name-calling; mind games; humiliation; questioning if you are “really” gay, lesbian, bisexual or transgender
- **Isolation:** controlling where you go or who you talk to; using jealousy to control you; saying no one will believe you because you are LGBT
- **Minimizing, Denying and Blaming:** making light of the abuse or saying it didn't happen; saying the abuse is your fault; saying people of the same sex can't abuse one another
- **Using Children:** making you feel guilty about the children; using children to relay messages; threatening to take the children; threatening to “out” you in order to jeopardize custody
- **Using Privilege:** making all of the big decisions; treating you as inferior; using society's discrimination against you; demanding that abuser's needs always come first
- **Economic Abuse:** preventing you from getting or keeping a job; making you ask for money; keeping all property in the abuser's name
- **Coercion and Threats:** threatening to harm you; threatening to leave or commit suicide; driving recklessly; threatening to “out” you; stalking

HOW TO HELP A FRIEND

1. **Do** tell your friend you are concerned for his/her safety.
2. **Do** offer steady, non-judgmental support.
3. **Do** respect the survivor's decisions.
4. **Do** talk to your friend about ways to stay safe.
5. **Do** learn about partner abuse and know what resources are available.
6. **Don't** be negative about the batterer—this can increase the survivor's shame.
7. **Don't** make promises you can't keep, especially about confidentiality.

HOW TO GET HELP

If you are in immediate danger, dial 911.

If you are being abused, call for help. Talk to someone you trust, or call the National Domestic Violence Hotline at **1-800-799-SAFE (7233)**, **1-800-787-3224 (TDD)**.

The Hotline is available 24 hours per day. All calls are free and confidential.

To get information about your local domestic violence service provider, safety planning, or about legal options for survivors, visit www.projectrainbownet.org or www.nccadv.org