

RECOGNIZING VIOLENCE

Reference Guide

Queer people can experience various forms of violence in their intimate relationships. This violence might relate to their gender identity or sexual orientation, even if their partner isn't cis or het.

Feeling safe is a fundamental right

Everyone has the right to feel **safe** in all areas of their lives, including in their intimate relationships. Everyone also has the right not to be discriminated against based on personal characteristics like sexual orientation, gender identity or gender expression. These are fundamental rights guaranteed by the *Charter of human rights and freedoms*.

When these rights are violated, it can lead to a violent situation.

Violence can take many forms

Violence between intimate partners goes beyond just arguments or tension. It can take **many forms** and manifest in different ways (several examples are listed on the following page).

Violence can happen **before** an intimate relationship begins, **during**, and even **after** it's over.

All violent situations are important and should be taken seriously.



RESOURCES ARE AVAILABLE

Identifying a violent situation isn't always easy.

There are resources to help people who experienced violence identify their situation and find tools and strategies based on their needs. There are also resources to support people who perpetrated violence in their relationships.

People in a violent situation seeking help can consult [Interligne's directory \(in French only\)](#).

Examples of violence

Psychological violence	<ul style="list-style-type: none">• Isolating their partner from their family and friends• Threatening to out them• Undermining their gender identity (e.g., misgendering them or using their deadname)• Preventing them from practising their religion• Not respecting clearly communicated boundaries (e.g., bringing up topics their partner said they didn't want to discuss or invading their personal space when they said they wanted to be alone)• Criticizing, belittling or refusing to recognize their partner's bisexuality• Making disparaging comments about their partner's weight, body hair, figure, or whether or not they conform with gender stereotypes• Consciously or unconsciously manipulating their partner into questioning their perceptions (gaslighting)
Sexual violence	<ul style="list-style-type: none">• Pressuring or blackmailing their partner to engage in a sexual activity they're not comfortable with• Physically forcing their partner to engage in a sexual activity• Sharing (or threatening to share) intimate photos of their partner without their consent• Failing to respect boundaries that were set before the sexual activity (e.g., ignoring a safe word or not using a condom even though their partner's consent hinged on this)• Making disparaging sexual comments about their partner
Economic violence	<ul style="list-style-type: none">• Controlling their partner's spending• Using their credit card without their consent• Preventing them from accessing their credit cards or identity documents (e.g., passport, immigration documents, drivers' licence)• Forbidding them from working
Physical violence	<ul style="list-style-type: none">• Shoving their partner• Forcibly confining them• Restricting their mobility (if they're disabled)• Preventing them from sleeping• Punching a wall• Hurting a pet

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