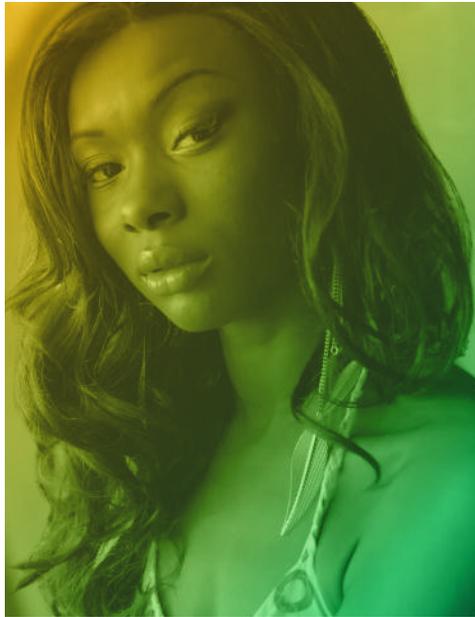


LGBTQ Resources in Connecticut

with Highlighted Resources from Across the Country



A Guide for Sexual Assault Crisis Counselors

**CONNECTICUT ALLIANCE
TO END SEXUAL VIOLENCE** 
Support. Advocate. Prevent.

EndSexualViolenceCT.org formerly CONNSACS

INTRODUCTION ○○○

Connecticut Alliance to End Sexual Violence is dedicated to providing culturally relevant and accessible services for survivors who self-identify as lesbian, gay, bisexual, transgender and queer. The Alliance also collaborates with LGBTQ groups, organizations, and community leaders throughout the state in an effort to highlight and combat sexual violence in the historically marginalized communities.

ASSUMPTIONS & DYNAMICS

The Alliance believes that LGBTQ identities are not the consequence of trauma, but rather valid and beautifully nuanced identities. We believe that LGBTQ people face systemic and historical oppression and experience additional barriers when seeking services. We also believe that self-determination and self-identification are important and integral to a survivor's identity, and we celebrate the uniqueness of each survivor.

Sexual violence happens in all communities; however, we know that marginalized communities disproportionately experience sexual violence and have less access to interventions when they are victimized. We live in a society that provides rights and privileges to cisgender heterosexual people, but LGBTQ people are not always afforded the same rights and privileges.

LGBTQ people are often viewed as deviant, less than, or other. This societal stigma not only makes LGBTQ people more vulnerable to experiencing violence, but it also creates challenges when LGBTQ survivors seek services. Dominant narratives about sexual violence cast men as perpetrators and women as victims, which contributes to the erasure of LGBTQ survivors and the isolation that many LGBTQ survivors feel. When advocating for LGBTQ survivors of sexual violence, advocates may need to do extra work to build trust with survivors and to ensure that they are providing culturally relevant and accessible services.

ADVOCACY & LANGUAGE

LGBTQ survivors need the same services and support that cisgender heterosexual survivors need; however, when advocating for LGBTQ survivors it is important to be aware of structural inequality and systemic oppression, and its impact on the lives of LGBTQ people. When people from marginalized communities share their experiences with oppression, they are often met with disbelief or are victim blamed. This disbelief can often be traumatic, isolating, and lead to LGBTQ survivors not accessing needed service or interventions.

Many LGBTQ survivors do not see themselves represented in the services that they are seeking, which can result in LGBTQ survivors feeling hesitant about accessing sexual assault crisis services. It is important to pay attention to your agency's staff, materials, language, and level of comfort in serving LGBTQ people at all levels of your agency's staff from reception to service provision. Systems advocacy with LGBTQ survivors also means ensuring that other service providers and systems are open and accepting; although it might feel like this is outside of the scope of your work, it is important to remember that we do this for survivors in emergency rooms, police departments, and other settings every day. For example, if a medical provider is misgendering a transgender survivor who has indicated their preferred name and gender pronouns, you should help to facilitate the use of the correct name and pronouns for the survivor.



Advocacy may also mean promoting changes to policies or systems to improve the response to future LGBTQ survivors.

For some LGBTQ people, coming to the realization that they are not cisgender and/or heterosexual can be a monumental moment in their lives. Some LGBTQ people describe getting to a point where they can celebrate their identity as a critical piece of their journey and sense of self. LGBTQ people often have to fight to be recognized as a whole and complete people; therefore, one of the most important steps advocates can take to support LGBTQ survivors is to not use heterosexist language and to be mindful about pronouns. It is critical to not make assumptions about someone's identity, as well as to always mirror the language of the survivor. Everyone deserves the dignity of being referred to by their proper name and pronouns.

TERMS & DEFINITIONS ○○○

GENDER IDENTITY

A person's sense of being feminine, masculine, neither, or both.

GENDER BINARY

The belief that there are only two genders – male and female – and that all people identify as one or the other.

GENDER NON-CONFORMING

Someone whose gender expression and/or identity does not conform to society's standards of their sex assigned at birth. Someone who is gender non-conforming may or may not also identify as transgender.

SEXUAL ORIENTATION

A person's desire to be sexually and/or romantically involved in relationships with people of the same gender/sex, a different gender/sex, or multiple genders.

GAY

Men who are sexually and/or romantically attracted to men. Gay has often been used as an umbrella term for the entire LGBT community; however, since it particularly references men it should not be used as an umbrella term.

LESBIAN

A woman who is sexually and/or romantically attracted to women.

BISEXUAL / PANSEXUAL

A person who is sexually and/or romantically attracted to more than one gender. Many people prefer the term pansexual over bisexual, because it is not dependent on the assumption that there are only two genders.

GENDER EXPRESSION

A person's presentation of their gender identity.

QUEER

Although queer has historically been used as a pejorative term for those whose gender and/or sexuality did not align themselves with societal norms, many people now reclaim the use of the word queer to indicate their rejection of traditional hetero-normative language and identities, as well as a rejection of the gender binary.

TRANSGENDER

Someone whose sex assigned at birth does not match their gender identity.

ASEXUAL

Someone who is not sexually attracted to anyone and does not identify as having a sexual orientation; however, just because someone is asexual does not mean that they cannot have romantic feelings for another person.

INTERSEX

A general term used for a variety of conditions in which a person is born with reproductive or sexual anatomy that does not fit the typical definitions of female or male.

ALLY

A person who is a member of a dominant group who uses their privilege to support, draw attention to, and/or take action to positively impact those in a non-dominant group.

“

If I don't define myself for myself, I would be crunched into other people's fantasies of me and eaten alive.

”

— Audre Lorde

CISGENDER

Someone whose gender identity is the same as the sex they were assigned at birth.

HETEROSEXISM

A system of oppression that deems heterosexuality as the norm, and any other sexual orientation as deviant and other.

CISSEXISM

A system of oppression that upholds that there are only two genders, which are considered the norm. Cissexism privileges cisgender people over transgender and gender non-conforming people.

WANT MORE INFO?

Additional terms can be found at Trans-Academics, an online resource library of educational material and academic publications on gender.

www.trans-academics.org/lgbttsqiterminology.pdf

LGBTQ ORGANIZATIONS ○○○

TRIANGLE COMMUNITY CENTER

Triangle Community Center (TCC) offers programs, services and events that provide critical and in some cases life-saving resources and assistance to the LGBTQ community in Fairfield County. TCC offers a co-sponsored housing program that works directly with TCC's case manager, provides emergency financial assistance to clients in need, and other direct services. TCC works closely with Mid-Fairfield AIDS Project and World Health Clinicians on HIV/AIDS related outreach, testing initiatives, and creating a more informed and healthy LGBTQ community.

618 West Avenue, Ste 205, Norwalk, CT 06850
203-853-0600 | tcc@ctpridecenter.org
www.ctpridecenter.org

GLSEN CONNECTICUT

GLSEN Connecticut is an accredited chapter of the Gay, Lesbian and Straight Education Network (GLSEN). GLSEN works to ensure safe schools for all students, regardless of sexual orientation and gender identity. There are over thirty-five chapters around the country, working on a variety of issues, from public policy and teacher training to supporting students and educators.

P.O. Box 2405, Stamford, CT 06906-0405
203-533-9613 | connecticut@chapters.glsen.org
www.glsen.org/chapters/connecticut

RAINBOW CENTER AT UCONN

The Rainbow Center serves the University of Connecticut's diverse community of gender identities, gender expressions, and sexualities by fostering personal growth, leadership development, and community engagement. It also provides students with resources, services, educational materials, training and advocacy.

Unit 3096, Student Union 403
2110 Hillside Road, Storrs, CT 06269-3096
860-486-5821 | rainbowcenter@uconn.edu
rainbowcenter.uconn.edu

NEW HAVEN PRIDE CENTER

New Haven Pride Center was started by activists working to get domestic partnership recognized by the New Haven board of alderman in 1991. It has since changed into a community center that offers a variety of support groups and programming geared toward the LGBTQ community.

84 Orange Street, New Haven, CT 06510
203-387-2252 | nhglcc@gmail.com

CT TRANS ADVOCACY COALITION

The mission of the Connecticut Trans Advocacy Coalition (CTAC) is to make Connecticut a safe and tolerant place for the trans and gender non-conforming individual through education and social advocacy. CTAC is a coalition and primarily grassroots organization dedicated to the advancement and attainment of full human rights for all trans and gender non-conforming people.

P.O. Box 111, Farmington, CT 06034
860-255-8812 | www.transadvocacy.org

TRUE COLORS

True Colors is a non-profit organization that works with other social service agencies, schools, organizations, and within communities to ensure that the needs of sexual and gender minority youth are both recognized and competently met. The organization trains more than 2400 people annually, organizes the largest LGBT youth conference in the country with more than 3000 attendees and manages the state's only LGBT mentoring program.

30 Arbor Street, Suite 201A, Hartford, CT 06106
860-232-0050 | ourtruecolors.org

PFLAG HARTFORD

Founded in 1972 as Parents and Friends of Lesbians and Gays, Inc., PFLAG is the nation's largest family and ally organization. PFLAG Hartford offers support groups, advocacy and education for families, allies and people who are LGBTQ.

P.O. Box 260733, Hartford, CT 06126-0733
860-785-0909 | pflaghartford@gmail.com
www.pflaghartford.org



LGBTQ ORGANIZATIONS ○○○

THE HARTFORD GAY AND LESBIAN HEALTH COLLECTIVE

The Hartford Gay and Lesbian Health Collective (HGLHC) currently provides medical services, dental services, support groups, and health education tailored to the lesbian, gay, bisexual, transgender, and queer communities, but serves clients of all genders and gender identities, sexual orientations, ages and ethnicities. The Hartford Gay and Lesbian Health Collective is especially proud of its services to people living with HIV/AIDS.

841 Broad Street, Hartford, CT 06114
860-278-4163 | www.hglhc.org

LGBTQ CAUCUS TO END SEXUAL VIOLENCE

The LGBTQ Caucus to End Sexual Violence is for self-identified lesbian, gay, bisexual, transgender and queer advocates at The Alliance and its member centers. This caucus is dedicated to supporting and sustaining LGBTQ sexual assault advocates through professional development and community building. Members of this caucus gain skills they will be able to bring back to their respective organizations to bolster a collective response to LGBTQ survivors of sexual violence. The LGBTQ Caucus is committed to anti-oppression, open communication, and active learning.

96 Pitkin Street, East Hartford, CT 06108
860-282-9881 | beth@endsexualviolencect.org
endsexualviolencect.org/lgbtq-caucus

IN OUR OWN VOICES

In Our Own Voices (IOOV) grew from the efforts of three social action groups: the Feminist Action Network (FAN), Sisters and Brothers in the Life (SABIL), and the Gay Men of Color Alliance (GMOCA). Later, they were joined by the Social Justice Center. These organizations came together initially to encourage other human and civil rights groups to broaden their agendas to include the issues that affect LGBTQ people of color.

245 Lark Street, Albany, NY 12210
518-432-4188 | info@inourownvoices.org
www.inourownvoices.org

AUDRE LORDE PROJECT

The Audre Lorde Project (ALP) is a lesbian, gay, bisexual, two-spirit, trans and gender non-conforming people of color center in New York City. Through mobilization and education, Audre Lorde Project focuses on community wellness and progressive social and economic justice.

Manhattan: 147 West 24th Street, 3rd Floor,
New York, NY 10011-1911
212-463-0342 | www.alp.org

Brooklyn: 85 South Oxford Street,
New York, NY 11217-1607
718-596-0342 | www.alp.org



THE NETWORK / LA RED

The Network / La Red is a survivor-led, social justice organization that works to end partner abuse in lesbian, gay, bisexual, transgender, BDSM, polyamorous, and queer communities.

24-Hour Hotline: 617-742-4911
617-695-0877 | tnlr.org

HIGHLIGHTED RESOURCES:

Some Do's and Don'ts for Working with LGBTQ Folks

http://www.avp.org/storage/documents/Training%20and%20TA%20Center/TNLR_Dos_and_Donts_Working_with_LGBTQ.pdf

LGBTQ Partner Abuse (for Community)

www.avp.org/storage/documents/Training%20and%20TA%20Center/2010_TNLR_Partner_Abuse_Handout_for_Community.pdf

LGBTQ Partner Abuse (for Providers)

www.avp.org/storage/documents/Training%20and%20TA%20Center/2010_TNLR_Partner_Abuse_Handout_for_Providers.pdf

LGBTQ ORGANIZATIONS ○○○

GLAAD

Formerly known as Gay and Lesbian Alliance Against Defamation, GLAAD is a national organization that works to ensure adequate and accurate media representation of the LGBTQ community. GLAAD tackles tough issues to shape the narrative and provoke dialogue that leads to cultural change. GLAAD protects all that has been accomplished and creates a world where everyone can live the life they love.

www.glaad.org

INTERACT: ADVOCATES FOR INTERSEX YOUTH

InterAct: Advocates for Intersex Youth is an advocacy organization that uses innovative legal strategies to advocate for the human rights of children born with intersex traits.

365 Boston Post Road, Suite 163,
Sudbury, MA 01776
707-793-1190 | info@interactadvocates.org
interactadvocates.org

GLBTQ LEGAL ADVOCATES & DEFENDERS (GLAD)

Through strategic litigation, public policy advocacy, and education, GLBTQ Legal Advocates & Defenders works in New England and nationally to create a just society free of discrimination based on gender identity and expression, HIV status, and sexual orientation.

30 Winter Street, STE 800, Boston, MA 02108
617-426-1350 | gladlaw@glad.org
www.glad.org

ANTI-VIOLENCE PROJECT

Anti-Violence Project (AVP) empowers lesbian, gay, bisexual, transgender, queer, and HIV-affected communities and allies to end all forms of violence through organizing and education, and supports survivors through counseling and advocacy.

116 Nassau Street, 3rd Floor,
New York, NY 10038
24-Hour Hotline: 212-714-1141
212-714-1184 | avp.org

HIGHLIGHTED RESOURCES:

Sexual Orientation and Gender Identity Terms and Definitions

www.avp.org/storage/documents/Training%20and%20TA%20Center/2007_AVP_Glossary_of_Terms.pdf

LGBTQ Power and Control Wheel

www.avp.org/storage/documents/Training%20and%20TA%20Center/2000_AVP_IPV_Wheel.pdf

Tips for Creating Dialogue with Potential LGBTQ Clients

www.avp.org/storage/documents/Training%20and%20TA%20Center/AVP_Tips_for_Creating_Dialogue_with_LGBTQ_Clients.pdf

FORGE

FORGE is a national transgender anti-violence organization, federally funded to provide direct services to transgender, gender non-conforming and gender non-binary survivors of sexual assault.

P.O. Box 1272, Milwaukee, WI 53201
414-559-2123 | www.forge-forward.org

HIGHLIGHTED RESOURCES:

Practical Tips for Working with Transgender Survivors of Sexual Violence

www.avp.org/storage/documents/Training%20and%20TA%20Center/2008_FORGE_Tips_Working_with_Trans_SV_Survivors.pdf

Services Outside of the Box

www.avp.org/storage/documents/Training%20and%20TA%20Center/2011_FORGE_Services_Outside_the_Box.pdf

Transgender Domestic Violence and Sexual Assault Resource Sheet

www.avp.org/storage/documents/Training%20and%20TA%20Center/2011_FORGE_Trans_DV_SA_Resource_Sheet.pdf



BOOKS & OTHER PUBLICATIONS ○○○

NSVRC SEXUAL VIOLENCE AND INDIVIDUALS WHO IDENTIFY AS LGBTQ

This information packet contains nearly a dozen resources focused on serving, engaging, and collaborating with individuals and communities who identify as lesbian, gay, bisexual, transgender or queer or questioning. The packet contains resources to support counselors, advocates, preventionists, technical assistance providers, and allied professionals committed to affirming all individuals and communities.

www.nsvrc.org/publications/nsvrc-publications-information-packets/sexual-violence-individuals-who-identify-lgbtq

CDC NATIONAL INTIMATE PARTNER AND SEXUAL VIOLENCE SURVEY

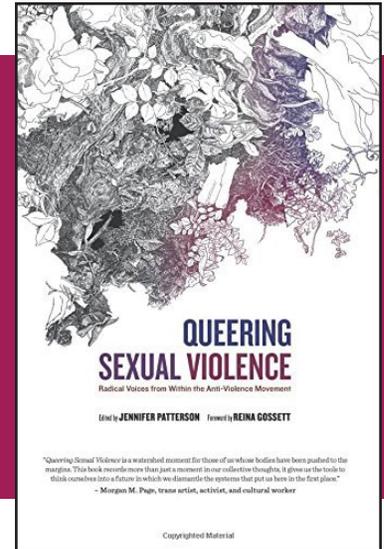
This 2010 report discusses the rates of intimate partner violence and domestic violence.

www.cdc.gov/violenceprevention/pdf/nisvs_report2010-a.pdf

QUEERING SEXUAL VIOLENCE

Queering Sexual Violence: Radical Voices from Within the Anti-Violence Movement is an anthology that puts queer, transgender and gender non-conforming survivors at the center of the anti-violence movement and creates a space for their voices to be heard. Moving beyond dominant narratives and the traditional "violence against women" framework, the book is multi-gendered, multi-racial and multi-layered.

queeringsexualviolence.com



INJUSTICE AT EVERY TURN

Injustice at Every Turn: A Report of the National Transgender Discrimination Survey is the most extensive survey of transgender discrimination ever undertaken. Over 6,450 responses are included in the survey, which explored discrimination in all aspects of life.

endtransdiscrimination.org/report.html

“

Perhaps for some of you,
I am the face of one of your
fears. Because I am a woman,
because I am Black, because
I am lesbian, because I am
myself – a Black woman warrior
poet doing my work – come to
ask you: are you doing yours?

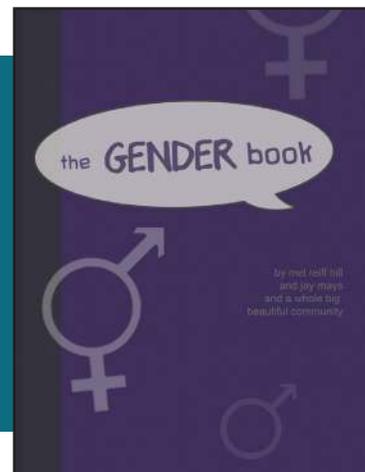
”

— Audre Lorde

THE GENDER BOOK

This illustrated book explores gender identity, expression and the socialization of gender. It is available as a downloadable e-book on a donation-based pay-what-you-want basis or as a hardcover book. All proceeds go toward a scholarship.

www.thegenderbook.com



DOCUMENTARIES & OTHER MEDIA ○○○

NO! THE RAPE DOCUMENTARY

Produced and directed over a period of eleven years by Aishah Shahidah Simmons, an incest and rape survivor, this award-winning documentary features riveting testimonials from Black women rape survivor who defy victimization.

notherapedocumentary.org

GENDERBREAD PERSON

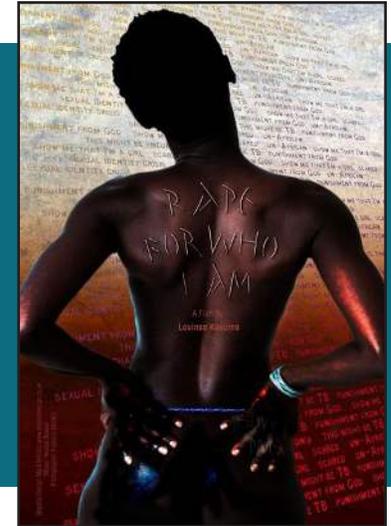
This infographic is used to illustrate the intricacies of gender and sexuality.

bit.ly/genderbread

RAPE FOR WHO I AM

In South Africa, homophobia is being 'expressed' through targeted rape of black lesbians. Four extraordinary women expose the harrowing experiences and struggles of African lesbians. Rape for Who I am is their courageous refusal to become victims of their sexuality.

film.britishcouncil.org/rape-for-who-i-am



(A)SEXUAL

Facing a sex obsessed culture, a mountain of stereotypes and misconceptions, and a lack of social or scientific research, asexuals — people who experience no sexual attraction — struggle to claim their identity.

[www.asexuality.org/wiki/index.php?title=\(A\)sexual](http://www.asexuality.org/wiki/index.php?title=(A)sexual)

BOYS AND MEN HEALING

This documentary focuses on the impact sexual abuse of boys has on both the individual and society, and the importance of male survivors speaking out and healing.

bigvoicepictures.com/production-3/boys-and-men-healing/

SHADES OF CHANGE

This guide provides resources for service providers supporting LGBTQ survivors of sexual and domestic violence.

www.casa.org/wp-content/uploads/2015/06/Shades-of-Change-LGBT-Best-Practices-Guide.pdf

WHAT IT'S LIKE TO BE INTERSEX

Buzzfeed and InterAct produced a short video on what it means to be intersex.

youtu.be/cAUDKEI4QKI



STATISTICS ○○○

40% of gay men report experiencing sexual violence in their lifetime.

1 in 5 bisexual women report being raped by an intimate partner.

47% of bisexual men report experiencing sexual violence.

Lesbian and bisexual women are

3 times more likely to experience sexual violence than heterosexual women.

2 in 5 gay men will be sexually abused.

1 in 2 bisexual men will experience sexual violence.

1 in 8 lesbian women will be sexually assaulted.

1 in 4 bisexual women will experience sexual violence in their lifetime.

GRANT INFORMATION

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SOURCES:

Walters, M.L., Chen J., and Breiding, M.J. (2013). The National Intimate Partner and Sexual Violence Survey (NISVS): 2010 Findings on Victimization by Sexual Orientation. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention.

Grant, Jaime M., Lisa A. Mottet, Justin Tanis, Jack Harrison, Jody L. Herman, and Mara Keisling (2011). Injustice at Every Turn: A Report of the National Transgender Discrimination Survey. Washington: National Center for Transgender Equality and National Gay and Lesbian Task Force.