Supporting Healthy Relationships for LGBTQ+ Young People

Healthy relationships

Healthy LGBTQ+ relationships share similar characteristics as all healthy relationships—open communication, boundaries, and mutual respect. LGBTQ+ young people also have some unique considerations for their relationships as it is important for their sexual and gender identity to be respected by their partner. Young people should accept and affirm their partner’s sexual and gender identity and respect their partner’s choice to share or not share their gender and/or sexual identity with others.

- **LGBTQ Relationships**: information on signs of healthy and unhealthy relationships for LGBTQ+ youth, barriers, and supports
- **Supporting your partner through transition**: guidance on navigating a partner’s transition
- **Dating while trans**: guidance on dating, sex, and relationships for trans youth

Intimate partner violence

Research shows that LGBTQ+ young people are at a greater risk for experiencing intimate partner violence. Therefore, it’s important to make sure discussions about intimate partner violence are inclusive of LGBTQ+ young people by talking about what abuse can look like in LGBTQ+ relationships.

Misconceptions about what LGBTQ+ relationships are like can make it difficult for LGBTQ+ young people to identify abuse. LGBTQ+ relationships are commonly perceived to be less violent and abusive than cisgender, heterosexual relationships because most of the stories we hear about abuse are about cisgender men abusing cisgender women. This can lead to false narratives, like the assumption that women can’t abuse women, men can’t be abused, and feminine people can’t abuse masculine partners. However, it's important to emphasize that anyone can experience abuse or abuse a partner and teach young people to recognize the signs of abuse in all relationship dynamics.

- **Trans-Specific Power and Control Tactics** details abuse tactics specifically used by and against trans partners
- **Power and Control Wheel for LGBT Relationships** describes abuse tactics for all LGBTQ+ people
- **Stalking and LGBTQ+ Individuals**: information on the prevalence and impact of stalking among LGBTQ+ people and support resources


