



abuse [in polyamory]

Freephone 24-hr National Abuse Helplines
UK: 0808 2000 247 (Refuge)
USA: 800-832-1901 (The Network/La Red)

The below resources have been compiled by Claire Louise Travers for Poly Pages to accompany a Poly Pages Event.
CashApp: Epolypages | Paypal: @claireltravers

The following books are recommended reading for abuse in polyamory:

Why Does He Do That?: Inside the Minds of Angry and Controlling Men by Lundy Bancroft
The Gaslight Effect: How to Spot and Survive the Hidden Manipulation Others Use to Control Your Life by Robin Stern

The Gift of Fear and Other Survival Signals that Protect Us From Violence by Gavin de Becker
The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by Bessel van der Kolk
The Verbally Abusive Man - Can He Change? A Woman's Guide to Deciding Whether to Stay or Go by Patricia Evans

Controlling People: How to Recognize, Understand, and Deal with People Who Try to Control You by Patricia Evans

Emotional Blackmail: When the People in Your Life Use Fear, Obligation, and Guilt to Manipulate You by Susan Forward

The Revolution Starts at Home: Confronting Intimate Violence Within Activist Communities ed by Ching-In Chen, Jai Dulani, Leah Lakshmi Piepzna-Samarasinha

Strong Helpers Teachings (The Value of Indigenous Knowledges in the Helping Professions) by Cyndy Baskin
Beyond Survival: Strategies and Stories from the Transformative Justice Movement ed by Ejeris Dixon & Leah Lakshmi Piepzna-Samarasinha



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theNetworklaRed

Survivor-led organizing to end partner abuse
Dirigida por sobrevivientes • Movilizando para acabar con el abuso de pareja

What is partner abuse?

Partner abuse is a systematic pattern of behaviors where one person non-consensually uses power to try to control the thoughts, beliefs, actions, body, and/or spirit of a partner.*

**By "partner," we are referring to a range of intimate relationships including but not limited to: play partner, date, primary, secondary, or other non-monogamous partner, spouse, sexual partner, boyfriend/girlfriend, boo, hookup, life partner, lover.*

Partner abuse is also called domestic violence, battering, intimate partner abuse, and/or dating violence.

Partner abuse happens in lesbian, gay, bisexual, transgender, queer, intersex, polyamorous, SM/kink, and straight communities.

Abusive partners might say:

- "Why are you acting so jealous? You must not *really* be poly..."
- "Everything you say to me will be reported to my other partners."
- "You need to impress my primary partner..."
- "Group sex is the only way to build group intimacy."
- "You owe me for how much time you've spent with your other partner(s)."
- "If you don't do this... I will tell your family that you are poly."

Does your partner:

- Insist that their way of practicing polyamory is the only way to practice polyamory?
- Prevent you from joining a polyamory community or learn more about non-monogamy?
- Threaten to "out" you to friends, family, or co-workers?
- Violate your safer sex agreements?
- Try to control your other relationships?
- Isolate you from your friends and family?
- Ridicule you when you try to express limits or emotions?
- Force you to choose between partners or control your contact with other people?



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The following is a compiled list of red flags. If you are experiencing any of these, please call the helplines provided to discuss your options.

Are you afraid of them?

Are you getting distant from friends or family because they make those relationships difficult?

Is your level of energy and motivation declining, or do you feel depressed?

Is your self-opinion declining, so that you are always fighting to be good enough and to prove yourself?

Do you find yourself constantly preoccupied with the relationship and how to fix it?

Do you feel like you can't do anything right?

Do you feel like the problems in your relationship are all your fault?

Do you repeatedly leave arguments feeling like you've been messed with but can't figure out exactly why?

Is your (digital) privacy disrespected regularly?

Do you feel demeaned or humiliated?

Are you unable to conduct private conversations with your partner/metamour?

Do you feel pressured to have group sex to be part of your polycule?

Do you feel pressured to accept an open relationship?

Do you find yourself doubting your own grip on reality?

Do you feel unsure of your status in your relationship, and unsure when or if to expect support or harm?

Are you finding that the things your partner and your metamour say don't match up?

Does your partner/meta claim to be the only/best source of information about polyamory or kink?



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