

Promoting Bodily Autonomy

in LGBTQ+ Communities

to Prevent Sexual Violence



Did you know?

It can be hard to talk about sexual violence, but if we work together, we can prevent it from happening. It's particularly important to talk about prevention in LGBTQ+ communities.

Lesbian, Gay, and Bisexual people experience higher rates of unwanted sexual contact than straight communities, and women in these communities even more so.

SOURCE: NISV SURVEY,
2016-2017

Transgender people are also targeted at high rates, particularly those who are Black or Native American.

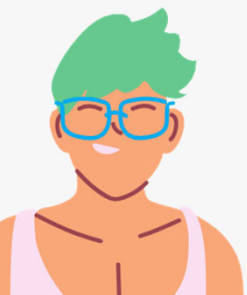
SOURCE: U.S. TRANSGENDER
SURVEY, 2015

In Michigan, **LGBTQ+** youth experience higher rates of sexual violence than their straight peers.

SOURCE: YRBS HIGH
SCHOOL DATA, 2019

'Sexual violence' is any sexual activity that happens without consent, including sexual assault, harassment, abuse, and rape.

There is hope!



LGBTQ+ communities and their allies can help prevent sexual violence by increasing

Protective Factors

What is a Protective Factor?

A protective factor decreases the likelihood that a person will experience sexual violence.

Bodily Autonomy

is an important protective factor for LGBTQ+ communities in Michigan.



What is Bodily Autonomy?

Bodily autonomy means I have complete say over my body. No one else gets to control what happens to it.

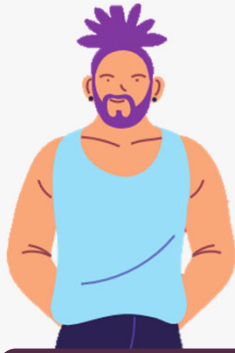
Bodily autonomy means I am free to make choices about my sexuality, and medical care without others getting in the way.

The Michigan Community Sexual Violence Prevention Assessment (CSVPA) heard from LGBTQ+ community members about how to increase bodily autonomy. The following page shares needs and actions you can take to help prevent sexual violence in LGBTQ+ communities.

What are the needs?

LGBTQ+ sex education

for all ages that covers sex, sexuality, pleasure, consent, dating violence and more.



Positive role models

who can teach about healthy romantic and sexual relationships among LGBTQ+ partners.



Informal education

to support self-awareness, self-esteem and self-advocacy skills.

What can you do?

- **Learn** about resources for comprehensive, accessible, and inclusive sex education for youth, families, and adults. **LGBTQIA+ Inclusivity Toolkit** (URL: <https://shorturl.at/bpDFX>)
- **Educate** yourself and your LGBTQ+ loved ones of all ages and share educational resources.
- **Speak** to your local school board or Sex Education Advisory Board about offering LGBTQ+ inclusive sex education in your local schools. **A Sex Education Advisory Board Member's Guide to Sex Education in Michigan K-12 Schools** (URL: <https://shorturl.at/ejFL1>)
- **Encourage** faith leaders and churches to talk about consent, respecting your partner, domestic and sexual violence, and LGBTQ+ relationships.



“**Queer and trans youth want to be educated about their bodies.** They so badly want resources that reflect their experiences. They want to be able to talk about periods, virginity and purity culture, and having sex for the first time.”

-CSVPA
interview participant

Background: These are select findings from the Michigan Community Sexual Violence Prevention Assessment (CSVPA). The CSVPA included interviews with individuals from Michigan's LGBTQ+ communities, guidance from an Advisory Council of LGBTQ+ professionals working in the field of sexual violence prevention, and secondary data collection. To learn more about the CSVPA and sexual violence prevention work in Michigan, visit: www.mphi.org/svp

1. Chen, J., et al. (2023). The National Intimate Partner and Sexual Violence Survey (NISVS) 2016/2017: Report on Victimization by Sexual Identity. <https://www.cdc.gov/violenceprevention/pdf/nisvs/nisvsReportonSexualIdentity.pdf>
2. James, et al. (2016). The report of the 2015 U.S. transgender survey. <https://transequality.org/sites/default/files/docs/usts/USTS-Full-Report-Dec17.pdf>
3. Centers for Disease Control and Prevention. (2019). High school youth risk behavior survey data. <https://yrbs-explorer.services.cdc.gov/#/graphs?questionCode=H20&topicCode=C01&location=M1&year=2019>