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Research article

"That was terrifying!": When 2SLGBTQQ+ individuals and rural women experiencing intimate partner violence are stalked

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Supplementary materials

Interview guide 1: Interview guide for the rural women study.

I. I	I. Background/demographics:		
1.	Can you please tell me your age? (in years)		
2.	Are you currently employed?		
	a. No		
	b. Yes – full time		

	c. Yes – part time		
	d. Yes – casual		
3.	What is the highest grade/level of education you have <u>completed</u> ?		
4.	What is your total annual household income (approximate)?		
5.	With which ethno-cultural or racial group do you most identify?		
	5a. Are you a newcomer or recent immigrant (came to Canada within the last five years)? Yes No		
6.	6a. What is the relationship status with your abusive partner/ex-partner?:		
	a. Married Separated/Divorced		
	b. Common-law Single		
	c. Dating Widowed		
	d. Other (specify)		
	6b. Is this a same-sex relationship? Yes No		
7.	Do you have children? Yes No (if "No" skip to question 10).		
8.	If yes, how many? Ages?		
9.	Do your children live with you? YesNo		
9a. If yes, how many of your children live with you? 9b. If some of your children live elsewhere, where do they live?			
	Father/Mother		
	Grandparents or other relative		
	Child welfare: temporary placement permanent placement		

	Children live on their own (adult children)
	Other (describe)
10	. While you were in a violent/abusive relationship, were you responsible for the care of farm animals or livestock? Yes No
II.	Nature of the violence/women's experiences of abuse
1.	In whatever detail you are most comfortable with, can you please describe the nature of the violence/abuse you experienced at the hands of your partner/ex-partner?
2.	Are you still in a relationship with this person?
	2b. If not, when did your relationship end? How did your relationship end?
	2c. Did you continue to experience abuse/violence after you separated?
3.	Experiencing violence/abuse from an intimate partner can have profound impacts on women. How has your partner's/ex-partner's violence impacted you?
	Probes: Emotionally/psychologically, physically/medically, spiritually, financially, employment/school, relationship with others, relationship with your children/mothering?
4.	Do you believe living in a rural area/municipality has exacerbated (or worsened) these impacts? How so?
5.	In addition to what you mentioned, are there other issues/challenges you are facing in your life that you believe are connected to your experiences with abuse/violence and living in a rural area?
	Probes: Addiction, physical disabilities, cognitive impairment, mental health issues, stress, etc.
6.	Has the COVID-19 pandemic had an impact on your experiences with abuse/violence?
	Probe: Please explain why/how this has occurred.
III	. Help seeking experience
yo	Many women (but not all) seek help for the violence perpetrated against them. We'd like to ask u some questions about your experiences of seeking help.
1.	Have you ever told someone about the abuse you experienced by your partner/ex-partner?

Probes:

If no, why not?

If yes, who did you tell (i.e., family, friends, co-workers, neighbours, clergy/faith leader, professional)

- When was this?
- What made you decide to do this?
- Did living in a rural area effect your decision to disclose your experience with violence? How so?
- 2. Have you ever sought help from professionals as a way to address the violence perpetrated against you? If so, can you please tell me who you sought help from and what help you were hoping to receive?

Probes: Police/RCMP, Victim Services, shelter, lawyer, medical personnel, counsellor, crisis line, child welfare

E.g., to obtain physical safety, urgent medical attention, to recover/heal from physical and psychological stress, to stop the violence in the relationship

3. What was your experience with seeking help like?

Probes: What was your journey like (both positive or negative experiences)? Did you find their assistance helpful? Unhelpful? Why or why not?

4a. Seeking help can be very difficult for many women. Did anything make it difficult to disclose or seek help? What challenges did you face?

Probes:

- Isolation (including geographic)
- Access to technology (i.e., poor/unreliable/unavailable internet connection, cellular service)
- Transportation barriers (i.e., lack of transportation, expensive)
- Fear of losing your privacy, confidentiality? Fear of stigma, shame?
- Fear of racism/discrimination?
- Was it hard to find services?

- Fear of removal of children from CPS?
- Fear of retaliation, use of firearms?
- Care of pets, livestock, or family farm?
- Fear of financial insecurity/lack of housing?
- Fear of losing immigration status?
- Religious or faith-based considerations
- Parenting concerns
- Other challenges?

4b. How did living in a rural area impact your help-seeking or disclosing your experiences of abuse?

5. Were there other issues/challenges in your life that impacted your ability to seek help?

Probes: Financial, care of children/others, physical/mental health, sexuality or gender-diversity issues, immigration status, new to the community?

6. Has the COVID-19 pandemic impacted your ability to seek and/or receive help?

Probe: Please explain why/how this has occurred.

- 7. Did you have to leave your home community to access services or escape the abuse/violence? If so, what was this experience like for you and your children (if woman has children)?
- 8. Is there anything else you'd like to tell me about your experience disclosing the violence perpetrated against you or your experience seeking help?

Probes: with informal sources of help (E.g., friends and family)? With formal sources of help?

- 9. We'd like to know if you have any suggestions or recommendations for ways in which services for rural women who experience IPV could be improved. Can you please offer suggestions or recommendations?
- 10. Is there anything else that you would like to tell us about your experience of IPV? Is there anything else you think we should know?

Thank you for taking the time for this interview and for sharing your thoughts and experiences. This can be a difficult topic to talk about and your responses are very valuable in helping us to understand the experience of rural women.

Interview guide 2: Interview guide for the 2SLGBTQQIA+ study.

I. I	Background/demographics:
1.	Can you please tell me the year you were born?
2.	What city/town do you reside in?
3.	What is your gender?
	Prompts: agender, man, woman, non-binary, trans, Two Spirit, another gender or additional gender identity.
4.	What is your sexuality or sexual orientation?
	Prompts: asexual, bisexual, gay, heterosexual (straight), lesbian, pansexual, queer, questioning/unsure, Two Spirit, another or an additional sexuality/sexual orientation.
5.	Are you currently employed?
	a) No
	b) Yes, full time
	c) Yes, part time
	d) Yes, casual
6.	What is the highest grade/level of education you have completed?
7.	What is your total annual household income (approximate)?
8.	Do you identify as having a disability and/or chronic health condition?
	a) Yes No
	b) If yes, please specify
9.	With which ethno-cultural or racial group do you most identify?

a) Are you a newcomer or recent immigrant (came to Canada within the last five years)?
Yes No
10. a) What is the relationship status with your abusive partner/ex-partner?
Married Separated/Divorced
Common-law Single
<u> </u>
Dating Widowed
Butting Wide Wod
Other (specify)
Other (specify)

II. Experiences of intimate partner violence

In this next section, we will ask you to discuss your experiences of intimate partner violence. When recounting your experiences of violence/abuse, please do not use any names of current or former partners.

- 11. In whatever detail you are most comfortable with, can you please describe the nature of the violence/abuse you experienced.
- 12. Experiencing violence/abuse from an intimate partner can have profound impacts. How has your partner's/ex-partner's violence impacted you?

Probes: Emotionally/psychologically, physically/medically, spiritually, financially, employment/school, relationships with others

13. Do you believe that your identification as a diverse gender identity and/or sexual orientation has impacted your experiences of intimate partner violence?

Probes: forms of IPV specific to 2SLGBTQQ+ communities (i.e., threats of being outed, misuse of pronouns, not honoring chosen name, etc.). If yes, please describe how.

III. Experiences seeking help

Many victim/survivors (but not all) seek help for the violence perpetrated against them. We'd like to ask you some questions about your experiences of seeking help.

- 14. Have you ever reported your experiences of intimate partner violence to an informal support (i.e., friends, family, religious leader, etc.)?
 - a) If yes, describe your experience.

- If yes, did you find the assistance helpful? Unhelpful? Why or why not?
- Both positive and negative experiences?
- Did you feel safe/respected during these encounters?
- b) If no, what prevented you from telling anyone about the violence or seeking help?
- 15. Have you ever reported your experiences of intimate partner violence to a formal support agency (i.e., police, victim services, legal service, shelter, etc.)?
 - a) If yes, describe your experience.
 - If yes, did you find the assistance helpful? Unhelpful? Why or why not?
 - Both positive and negative experiences?
 - Did you feel safe/respected during these encounters?
 - Was the agency/organization equipped to support victims/survivors from 2SLGBTQQ+ communities?
 - b) If no, what prevented you from telling anyone about the violence or seeking help?
- 16. Seeking help can be difficult for victims/survivors who identify with a 2SLGBTQQ+ community.
 - a) Did your gender identity and/or sexual orientation impact your help-seeking or disclosing your experiences of abuse?
 - b) Did anything else make it difficult to disclose or seek help?
 - c) What challenges did you face?

Probes:

- Fear of stigma, shame?
- Isolation (including geographic)
- Access to technology (i.e., poor/unreliable/unavailable internet connection, cellular service)
- Transportation barriers (i.e., lack of transportation, expensive)
- Fear of losing your privacy, confidentiality?

- Fear of racism/discrimination?
- Fear of retaliation?
- Fear of financial insecurity/lack of housing?
- Fear of losing immigration status?
- Religious or faith-based considerations
- COVID-19 pandemic
- Other challenges?
- 17. Have you ever been involved with the criminal and/or family court systems because of the intimate partner violence that you've experienced?
 - a) If yes, describe your experience.
 - b) Was the court sensitive to matters specific to 2SLGBTQQ+ communities (i.e., honoring chosen name, correct use of pronouns, etc.)?
- 18. Did you experience intimate partner violence during the COVID-19 pandemic?
 - a) If yes, what issues/challenges did this present in terms of your ability to seek help?
- 19. Do you have any suggestions or recommendations for ways in which services for members of 2SLGBTQQ+ communities who experience intimate partner violence could be improved?

IV. Perceptions of intimate partner violence

- 20. Do you perceive intimate partner violence to be a significant problem within 2SLGBTQQ+ communities?
 - a) If yes, why?
 - b) If no, why not?
- 21. Do you feel that the issue of intimate partner violence in 2SLGBTQQ+ communities is taken seriously? Probes: by professionals, by the broader community, by other members of 2SLGBTQQ+ communities?
- 22. Have you encountered any myths/misconceptions surrounding intimate partner violence in 2SLGBTQQ+ communities?

- a) If so, where? From whom?
- b) In your opinion, what are the impacts of these myths/misconceptions?
- 23. Is there anything else you'd like to tell me about your experiences of intimate partner violence? Is there anything else you think we should know?

Thank you for taking the time for this interview and for sharing your thoughts and experiences. This can be a difficult topic to talk about and your responses are very valuable in helping us to understand experiences of intimate partner violence in 2SLGBTQQ+ communities.

Table A. Diagnostic statistical manual of mental health disorders V5 diagnoses and comparisons with phantom stalking [1].

DSM-5 diagnosis	Comparison of diagnosis with phantom stalking
Post-traumatic stress	PTSD would be explained by intrusively re-experiencing a
disorder (PTSD)	distressing memory, dream, or dissociative reaction of stalking and
	harassment that occurred during the relationship. Phantom stalking on
	the other hand consists of an ongoing experience where
	victims/survivors believe they are being stalked when in actuality
	they are not; victims/survivors are not necessarily reliving an
	experience, but rather living in an experience.
Persistent fear or negative	Refers to an individual being in a state of persistent fear or negative
belief about oneself,	emotional state. This has overlap with the phantom stalking
others, or the world	phenomenon, however, differs in the sense that it feels as if it is
	occurring; it is not necessarily an emotional reaction to something
	that could be, but rather of something that is.
Depersonalization and	These terms suggest that individuals are detached from themselves
derealization	and in a potentially dissociative state; individuals experiencing
	phantom stalking are fully in control of themselves and perceptive of
	their surroundings, however, have strong rationale for perceiving
	stalking in their lives due to the capacity of the ex-partner to engage
	in such behaviours.
Paranoid ideation	This term is established by the DSM-5 with little information.
	Phantom stalking has some overlap with this term, however, is not
	involved with an ideation of paranoia but rather a heightened
	response and perceived threat due to the very likely possibility of
_	their ex-partner to stalk them.

^{1.} American Psychiatric Association (2013) *Diagnostic and Statistical Manual of Mental Disorders* (DSM-5). 5 Eds., Washington: American Psychiatric Association. https://doi.org/10.1176/appi.books.9780890425596

Table B. Themes and subthemes for the 2SLGBTQQ+ and rural women communities. Related quotes are provided along with the predominant community that themes were observed in. RW = Rural Women.

Subtheme	Quote	Community
	Theme 1: Isolation and physical monitoring	
Isolating the person experiencing IPV	"I wasn't allowed to talk to anybody." RW	Rural Women
	"I would have to say that he, he was very, isolating. Like I mean—I mean I couldn't—I couldn't walk out of the house without physically telling him where I was going and if I didn't, I was gone more than longer than I said I was going to be he would get on his bike and look for me and I mean he even, I, finally he was no longer able to come to my workplace 'cause he would just stand at the door and watch me." RW	
	"And there were times when it got so bad, like, especially the mental stuff, that I would leave and go stay at a motel nearby for one night. And, you know, it sounds weird now even saying it, but it was like the pressure was so bad, and I knew I couldn't run away and leave the kids, but I'd drive in for like forty-five minutes to the closest town, about forty-five minutes I think, to stay at a motel. I did that a couple times and then he'd come, and he'd shut off my cell phone service and take, I don't know how he'd get into my car and take all my stuff". RW	
	"I couldn't have friends over. I couldn't go anywhere unless he was there." RW	
Stalking and showing up to one's residence	"It's not easy because I lived with one partner after and it was hard for her because he found us, in two houses, because we moved twice to see if that would help. And that didn't help our relationship either He showed up to the school one night when I wasn't aware and was banging on the door and yelling at [my co-workers] through the door I sold the house, we sold the house we lived in. And then, trying to find a rental, especially after he started showing up at the houses is really hard because disclosing why you	Rural Women

Subtheme	Quote	Community
	place is really difficult, because then if you say my abusive ex-husband will show up, that instantly closes doors. So, I would just say the lease was up or whatever. But finding a safe place to live is not easy when he continually finds you During the start of COVID when everybody was stuck at home and not able to go anywhere is when he would come by the house I was in. I must have phoned RCMP at least forty times in the first six months of COVID because he would just sit outside across the street from our driveway or he would, that's when the tires got slashed, that's when the window got broken." RW	
	"Oh yeah. He broke into my friend's house and tried to take my dog. Yeah." RW	
	"I was sleeping at different houses, at one point with the kids, you know, we'd rotate every three days, from house to house, so we weren't at home anymore, because it just wasn't safe for us anymore. You know, he would, I'd come inside the house one time, you know—I come back from visiting my family in Vancouver, and I go to punch in my code, like we had wireless code service, and to get into the house, and he had changed it." RW	
Technological Surveillance	Theme 2: Use of technology "I'd have to send him pictures like, the confirm you are where you say you are, kind of thing. And, location was turned on on my phone so he could see where I was all the time anyway." RW	Both
	"I remember my counsellor saying to me 'well, you could phone the police'. 'No, I can't'. Still living in that conditioning that I lived 20 miles out of town, and they wouldn't get there in time. That's part of the other thing too when, the surveillance aspect, right? Of having your phone, the GPS on your phone, like I don't even know what he put on what, but I know he found me in places that there's no possibility he would have just showed up there. I was in a cemetery outside of town one night and he found me. Twenty minutes/half an hour after I had been there, he	

showed up and I'm like...at the time it didn't even register. I just remember thinking that it doesn't matter where I go, he'll find me...". RW

"Not really, because we've not been in the same town for about three years and everything else. She just, it's all Facebook, messages and text messages. At the point of time, text messages, phone calls." 2SLGBTQQ+

"So, then she would like, on snapchat you can turn your location on. She would turn my location on my phone, she would turn my location on any kind of app that allowed for that so that she could have access to my whereabouts throughout the city even though I would tell her I'm going to a doctor's appointment or that I'm going to school or going to pick my kid up from the bus, she would still track my location. She would change settings on my phone all the time to accommodate her being able to figure out either my text messages or my whereabouts. I found out after I left her that there was spyware downloaded onto my desktop computer and my phone and so she just really made sure she knew who I was texting what I was calling anyone about, and she would read everything. She made sure that she had access to my phone... She placed those trackers and spyware on my devices..." 2SLGBTQQ+

"It's, it's absolutely nuts the amount of times that she tried to access my Facebook. She actually did access my Facebook, and she deleted the chats between her and I. And so, there was no, I didn't have any record of that, like, particular chat between her and I. So, it was so nauseating the amount of times. Even after the no contact order that she still tried to influence my life and still tried to affect my life. So, then, eventually that died off, eventually she stopped trying to access my social media accounts..."

2SLGBTQQ+

"There is also another person that I dated... She tried to like, find me at work. And this was someone that I

never met. But every school has a school resource officer... I remember like talking to him about this, because I was getting all these text messages that were threats." 2SLGBTQQ+

"... and then the block button was a really good friend eventually and then they added me again and I was like holy crap and they were so sorry... this is completely unrelated but I posted a picture of... I went out to lunch with my brother, and they knew like, like I have brothers, right? And they got so mad they were like who you going out to dinner with..." 2SLGBTQQ+

"He, he was like, still, like text bombing me and like, emailing me and messaging me and he was like, trying to get my attention in different ways. Like, like, like, I was doing like a lot of work online at the time too and he was able to like get onto all of my old accounts and like, all of my stuff and like, like, he was really like, trying to get my attention and after he like deleted all of my stuff... I will have to have like a no contact order or some kind of restraining, emergency restraining order." 2SLGBTQQ+

Theme 3: Ineffectiveness of legal systems in the context of stalking

"So going with the court system, the judge just said Both to me, ma'am, I don't know why you're not divorcing him, you know. And, but I was, I like I said to the judge, I was hoping for a hard change." RW

"He's off of probation in June, then I get, then I have to apply for um, a restraining order. Like I said to them I said Why do I have to do, why can't you guys just grant me one because you know what I've been through what's been going on? Why do I now have to spend hours and hours and hours, cause a, a, restraining order is a lot of work. It is. Tons of work. And I said I've been the one that's had to do all the work." RW

"then shortly after, it probably would have been, 2 months after the first no contact order, he did post an

N/A

intimate image as well, so ya I would say it continued for quite some time after the relationship ended." RW

"He came by the house twice when there was still an EPO in place which the police didn't do anything about. They just said I didn't have proof because there were no video cameras at the time. He took, he slashed all of my tires on my car that was parked out front. In one of the rentals I was at, he broke a window." RW

"I guess the fact that there's nothing that I can, I can really do to protect my children from him, his, his abuse, because he is their father, and he has the right to visit them and the law doesn't protect the victim, like our family court system doesn't protect the victim in fact, usually, we end up being the ones punished" RW

"He broke the emergency protective order by following my vehicle and pinning it into my parking stall... And then with the court dates, you fill out things with your address on them and if he sees those court documents with the address, that's how he finds me... You have to appear in court with that person, which is super intimidating. It's super unsafe. He approached me twice outside the courthouse because we had many court dates and yet it doesn't matter because they count it as not a breach because it's at a court date. And it was just, like, there's no one to go with you unless you bring your own friend or something. There's no safety set aside. You're sitting outside in the hallway for court with the same person three feet away from you. There's nothing in place to help that. So, if you have an EPO or restraining order, on the court date it's basically ineffective. He could do whatever he wanted at that time, and nothing could be done. Twice for court dates he sat down in a chair directly beside me in the waiting area to intimidate me. It was just, I couldn't do anything aside from move, which I did but you can't do anything. You can tell the police and they're like 'Well, it's a court date. It's not his fault. It's not

Subtheme	Quote	Community
	valid'. There's just no safety set-up in that at all.	
	Which is also why I haven't bothered going	
	backbecause I don't want to have to go back and	
	have to see him again. It's not safe for me to go and	
	expose myself to him again and again." RW	
	"the positive one was also in victim assistances in	
	xxxxxxxxxx, she, the lady was very awesome and	
	caring. She was great. She went to court with me, so	
	I have, so I have good" RW	
	"The family mediation like it was in family law, I	
	think that's where I think I found a lot more support	
	is that, you know, we had a mediator, we had people	
	helping me with the paperwork, we had people	
	within the family law system that just understood it." RW	
	"With the restraining order, I felt like really safe with	
	that. I felt like with that, that this person wouldn't	
	hack my account or wouldn't try and, and still get	
	access to me, but that wasn't true. She actually, like I	
	have 40, 50, 60 login attempts for my Facebook, for	
	my, my Google account." 2SLGBTQQ+	
	"I found the court system quite onerous to get the-a	
	restraining order and then the process because here I	
	am, I feel, I shared what happened to me but then	
	they're able to write a response to what I wrote	
	Supposed to be a one-way restraining order, not	
	mutual, and I just didn't understand because I didn't	
	have money for a lawyer and didn't wanna you know	
	keep telling my story or ya." 2SLGBTQQ+	
	Theme 4: Less common stalking behaviours	
Using a third	"He did have a friend of his who lives in the same	Both
individual to obtain	rural community that I do reporting back to him, and	
information		
	watched 'cause they were always onlineat the same time." RW	
	"She [the doctor] looked at me she's like you're fine.	
	I don't understand what the big deal is and then she	

Subtheme	Quote	Community
	actually broke my confidence, and she told my partner that I was telling her that there was problems and she confronted my partner and literally my partner came home and like, like mentally and verbally assaulted me for going to my doctor about the problems we were having at home." 2SLGBTQQ+	
Looting through one's garbage	"'All of your, like, garbage is in my garbage, all of your like, recycle is in my recycle'. And so like, I knew immediately like that [Name] that's gone through my stuff, has gone through everything, like everything he could just to see what he could find. And then dumped it somewhere else." RW	Rural Women
Theme 5:	: Impact of stalking—ongoing fear and vigilance (phanton	n stalking)
Phantom stalking	"I just stayed in my house. Locked all the doors, and I just made sure I told the neighbors and then made sure I was like, I was checking every time I went, I'd lock the doors". RW	Both
	"You know, I was very fearful when I moved to [name of city]. I wouldn't answer the door. I always had the blinds drawn, and my son knew to be quiet if a doorbell rang in case, you know, his Dad had come to find us." RW	
	"[My ex-partner's violence] eroded every part of me. It's affected my trust of other people, of myself. I'm not in a relationship and I'm not working because I'm afraid that he'll find me. So, it's affecting my safety, my ability to earn a living. It affected, in every perspective, my quality of life. I, for two and a half years, couldn't sleep. So, I would go to sleep in terror absolutely exhausted, and I would wake up in terror. I didn't trust even my own kids. I was really afraid that he would target them, so nobody knew where I lived for the first three years. Only one of my children had access to where I lived. It eroded my self-worth." RW	
	"I sleep with a bat next to my bed. I, nobody has ever tried to break into my house. I've lived in the same	

house since I was three, and now I sleep with a bat next to my bed. Nobody has ever tried to break into my house. There's no reason for me to be doing that". RW

"I sleep with a nightlight because even though I know he doesn't know where I've moved to, it still makes me very nervous that he might find out you know" 2SLGBTQQIA+

"I don't really like going outside or going out after dark or being by myself or anything like that." 2SLGBTQQIA+

"I've never felt so vulnerable as feeling as I, I can't have passwords of my own, I can't have privacy of my own, I can't, you know independently exist on my own without feeling like I'm going to be hacked or I'm going to be followed or I'm going to be looked at or my messages are going to be read."

2SLGBTQQIA+

"We were just like fearful that they were going to come after me again. You know, bought a home, we put like massive security and cameras around so that we can be protected from damage, you know some other people, what's the word, I don't want to say vengeful, but vexatious I guess, vexatious in nature." 2SLGBTQQIA+

"[Following the end of the relationship], like I remember the first day I went back to work, even though he had never done anything that would imply it, because we had talked about being married one day and like no sex before marriage, I did kind of have a bit of a panic attack that he might try something." 2SLGBTQQIA+



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