



the LGBT+ anti-abuse charity

Thomas (He/Him)

Our Impact

Between April 2019 and March 2020, we worked directly with thousands of LGBT+ victims and survivors of abuse, supported thousands more to know their rights and options, released key research, and worked with policy makers to improve outcomes for LGBT+ survivors of abuse and violence.





Galop Services

Hate Crime Advocacy Service - LGBT+ Hate Crime Helpline – 020 7704 2040

Domestic Abuse Support Service (IDVA) - National LGBT+ Domestic Abuse Helpline – 0800 999 5428

Sexual Violence Support Service (ISVA, CHISVA) - Young People's Support Service (age 13-25)

Research and Policy work –

Rise the voices and experiences of LGBT+ survivors and make their life safe, just and fair



Galop Values

Empowerment Based:

Empowerment is about seeing each person as a whole human being. It is about recognising that there are many aspects to someone's identity and life experience, including sexual or romantic orientation and gender identity, as well as ethnicity, background, age etc. Violence and abuse can have an impact on all aspects of someone's identity.

Trauma Informed:

Our service understands what trauma is and how our brains and bodies react when faced with violence and abuse and its aftermath. We understand the impact of trauma on people's lives and we validate survivors' resistance and resilience in getting through in the best way they can.

Person Centred:

Our service is centred on the needs of the people we work with and is founded on the values of safety, respect, non-judgment, professionalism, and anti-discriminatory practice:



Case Study:

Amber, age 18



Barriers to Support

- The 'public story' – “That’s not me”/ “It’s not that bad”
- Assumptions – heteronormative & cisgendered
- Worries about experiencing more homo/bi/transphobia
- Invasive questions and dismissive comments
- “I will lose my friends and my community”
- Suffering is normalised and negative stereotypes are internalised
- Loss of control over privacy and identity (Outing Vs. Coming Out)





Implications & Risks for LGBT+ Young People

Domestic abuse at home

- Assessments excluding this risk
- Understanding homophobia/ biphobia/ transphobia
- Honour based abuse/risk
- Forced marriage/ FGM threat
- 'Corrective abuse'

Hate crime

- Bullying/Harassment – blame on LGBT+ YP

Education

- RSE
- Unsafe environment
- Anti-LGBT+ or no LGBT+ inclusion





Implications & Risks for LGBT+ Young People

Relationships

- Need for belonging and identity
- Need for modelling of LGBT+ lives and relationships
- Space for age appropriate exploration of identity
- Vulnerability to grooming and CSE “Manipulated Validation”

Online and Offline

- Highly sexualised adult environment
- Online abuse
- Intense small networks of LGBT+ young people

Stereotypes & Assumptions





The “Coming Out” process can be tough for many LGBT+ people and dangerous for some.





What we know to be true:

**If LGBT+ people cannot be out
or honest with you, then the
risks they are facing cannot
be assessed properly**





Ask Yourself:

- **What makes your space safe or unsafe for LGBT+ people?**
- **What messages do you give people that they are safe to be 'out' with your service?**





Individual Best Practices

- Make sure you are LGBT+ informed
- Introduce yourself with your pronouns
- Until told otherwise, use 'they/them' for everyone
- Ask all service users about sexuality, gender identity and pronouns
- Do not out anyone, deliberately or not
- Do not downplay homophobia/biphobia/transphobia
- Never assume someone's identity based on their perpetrator(s)
- Work with other agencies involved sensitively and appropriately
- Challenge anti-LGBT+ practices and discourse
- Accept that there is no physical indicator of being LGBT+





When in doubt, ask yourself: Am I Being LGBT+ Person Centred?

- Have I made assumptions?
- Have I provided a safe enough environment for people to answer me honestly?
- Have I looked at this intersectionally?
- Is consent an ongoing process or a one off form?
- Have I made this a safe space to provide new answers/names/facts about their identity?
- Have I considered my own capacity to create harm and established safety for the LGBT+ individual?
- Have I created safe pathways for this person to disagree or challenge me when they need too?





Organisational Best Practices

- Beware of heteronormative and cisnormative practices
- Public messaging, outreach and education is inclusive
- Be obvious about being an inclusive service
- Forms and databases are clearly inclusive
- Leave LGBT+ literature or posters in communal areas, or messages on social media, or any inclusion statements mentioning LGBT People **(be obvious!)**
- Share & seek LGBT+ resources
- Build referral relationships with LGBT+ organisations
- Build a diverse workforce which reflects the communities you work with
- Have an LGBT+ champion who colleagues can call on for advice
- Consult with LGBT+ communities about changes to your service.





Our vision for the future:

LGBT+ people who experience abuse face many barriers to accessing support, including not knowing whether their identity, relationships, or experiences will be understood or accepted.

It is our mission to build a future where no LGBT+ survivor is left behind or without somewhere safe to turn.





For referrals

www.galop.org.uk/report



advice@galop.org.uk

If you have questions or concerns about a young person, but don't necessarily want to refer them.

