

How to support a member of the LGBTQ+ community...

TOGETHER WE CAN END
DOMESTIC VIOLENCE &
SEXUAL ASSAULT



Believe what the victim is telling you

Domestic Violence and Sexual Assault can happen in any relationship, including LGBTQ+ relationships. If a friend or family member discloses their relationship is violent, it is important to believe what they are telling you. Many abusers are masters at hiding their abusive behaviour but it's important that you do not share your shock with the victim as it could be interpreted as disbelief.

Listen without judgement

For many people who identify as LGBTQ+, the nature of the abuse may be different to heterosexual and/or cisgendered relationships. Unique aspects of abuse may be Outing, Orientation and Gender Focused Abuse, Isolation from the Community, and the fear of disclosing their sexuality to specialist support. If the individual experiencing a violent relationship feels they are being judged by their friend or they dismiss the behavior as an excuse, they may remain in the relationship and no longer look for specialist support.

Signpost to support

All IDVA services should work with men and women, although some provide specialist services for those who identify as LGBTQ+. For more information visit uksaysnomore.org/learn/lgbtq. If you suspect someone you know may be in danger, *Bright Sky* can help you. This free mobile application provides access to information to help you determine if you are witnessing a violent relationship. Search *Bright Sky* in your app store today.



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For more information, please visit:
[UKSAYSNOMORE.ORG](https://uksaysnomore.org)