

LGBT+ People & Sexual Violence

Galop 2022

the LGBT+ anti-abuse charity



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1 Foreword



The experiences of LGBT+ people around sexual violence in the UK are rarely talked about. Galop’s LGBT+ specialists have been working with members of our community affected by sexual violence, both as children and adults, for over a decade.

Through that work, we have seen the need to bring this conversation more into the foreground, and we are grateful to the Esmée Fairbairn Foundation for enabling us to undertake this piece of research — which represents almost 1000 LGBT+ survivors of sexual abuse and their experiences — and is being released in multiple parts.

Within this study, we have heard from a high proportion of survivors within our community who have experienced sexual assault due to their identity. We also hear about the significant impacts these assaults have on survivors, and how poorly LGBT+ sexual violence victims are being served by the systems that are supposed to protect and support them, leaving significant numbers of survivors either facing this experience alone, or trying to navigate often further damaging statutory services and systems. It is vital that these agencies increase their understanding of LGBT+ identities and experiences to ensure that all victims and survivors of sexual violence are offered help that meets their needs.

My thanks to Sarah West, Catherine Bewley, Honor Gray and Lou Withers Green for producing this important piece of work which can inform positive change, and the entire team at Galop who work hard every day to improve the lives of LGBT+ people across the UK. We are also hugely grateful to Hannah Lim and the Esmée Fairbairn Foundation who funded this project, and the many LGBT+ survivors who believed in this research, engaged with it, shared and contributed so generously with their time and experiences.

Leni Morris, Chief Executive Officer



Galop undertook an online survey and 25 semi-structured interviews asking over 1,000 LGBT+ people in the UK about their experiences of sexual violence.

The survey was not designed to indicate prevalence in the UK LGBT+ population. This report is part of a series based on that research, exploring the sexual violence that LGBT+ people experience as adults, including what they perceive to be the motivation of that abuse, the impacts, who they tell and what they need from those people.

Further reports in this series will focus on survivor experiences of support services and the criminal justice system, perpetrators of sexual violence and child sexual abuse.

3 Key findings



- LGBT+ respondents were subjected to a range of different types of sexual violence. 53% felt that their LGBT+ identity was linked to, or the reason for, at least one instance of sexual violence they were subjected to.
- Around two thirds of 684 survey respondents experienced an increase in suicidal thoughts (67%) or self-harm (64%) following sexual violence.
- Of 970 respondents, 82% had told someone about the abuse they had experienced. However, it had taken most of them a long time to do so - only one third (32%) of respondents had spoken about the abuse within six months of the incident taking place.
- Of 970 respondents who had experience sexual violence, 18% had never told anyone about their most significant experience of sexual violence.
- Sexual violence was found to affect people in profound and long-lasting ways: 85% experienced negative impacts on their mental health; 77% experienced negative impacts on their intimate relationships; 67% had an increase in suicidal thoughts and 64% increased self-harming.

4 Recommendations



The findings underline the need for increased understanding of LGBT+ identities and experiences in statutory services such as the police.

These services should be provided with training on LGBT+ identities, experiences of sexual violence and appropriate referral pathways to ensure that all LGBT+ victims and survivors of sexual violence are offered support that meets their needs.

LGBT+ victims of sexual violence require a specialist understanding and response. The UK government needs to provide dedicated, long-term national funding for specialist 'by and for' services that includes specialist advocacy, therapeutic services and practical support.

All young people should be educated about healthy relationships, which should explicitly include healthy LGBT+ relationships. These lessons should also educate young people about consent, as outlined in the Department for Education's statutory guidance¹, that is additionally and specifically inclusive of consent in LGBT+ relationships.

The government should bring forward a comprehensive ban on so-called "conversion therapy" without delay. The ban needs to cover the entirety of the LGBT+ community and must include the full range of so-called "conversion therapy" practices that exist.

¹ Department for Education (2019) Relationships Education, Relationships and Sex Education (RSE) and Health Education [Link](#)

5 Experiences

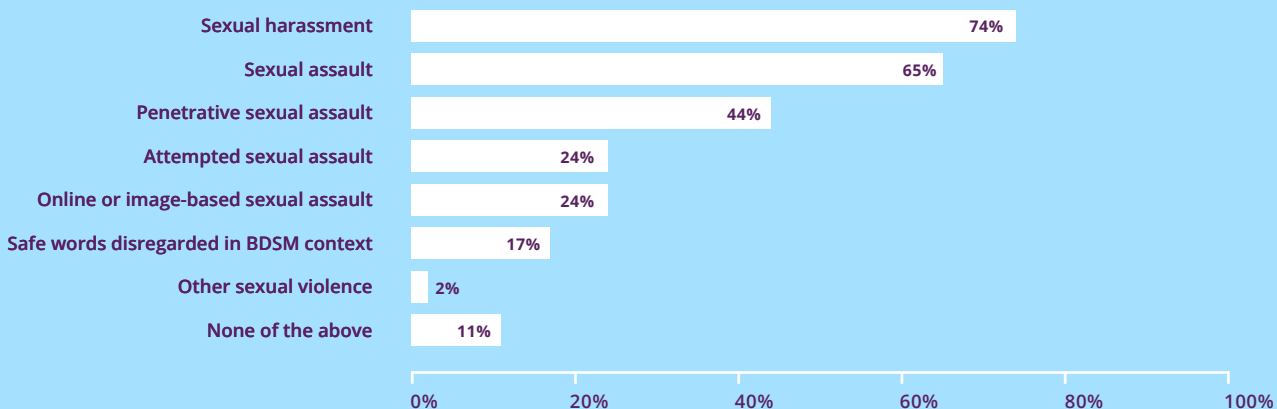


LGBT+ experiences of sexual violence

LGBT+ respondents experienced a range of different types of sexual violence. Although this study does not indicate prevalence, high levels of sexual violence against LGBT+ people were found.

Survey respondents were asked “After turning 18, has anyone done any of the following to you without your consent?” with 892 responses.

Figure 1. Experiences of sexual violence in adulthood (n=892)



Percentages are rounded. Respondents could select multiple categories.

28% of respondents who had experienced sexual violence since turning 18 had experienced four or more different types of sexual violence.

Respondents were asked where their most significant experience of sexual violence took place. Of 973 answers, the most common were the home of the perpetrator (25%), their home (24%), at a place of work or study (10%) and outside e.g. on the street (10%).

88% of adult respondents who were subjected to sexual violence in childhood went on to experience further sexual violence in adulthood.

5 Experiences

Interview participants described a range of different incidents of sexual violence, including from different people in different contexts.

“

It is impossible to list everything, I would be here forever.

”

“

I was sexually assaulted a few times as a teenager: once by a stranger on a beach, once by a manager at a job, once at a job interview. These were groping and forced kisses... When I was 19 I was drugged and raped by a customer/customers at a pub where I worked.

”

“

I have been forced into unconsenting sex, twice from different people, through the use of physical force.

”

Sexual violence within relationships

“

She kept on trying to kiss me and that whole sort of thing... and it just kept on escalating, me being like, 'No, stop, I don't want this'.

”

“

It was with my very first relationship where my then partner physically abused me [...] I left him, but unfortunately I was stalked by him for around a year afterwards and that was horrendous.

”

5 Experiences

Online sexual abuse

Many interview participants described receiving unsolicited and non-consensual sexual images and comments via text, on social media and dating apps on a regular basis.

Participants had experiences of: being groomed or manipulated into sharing sexual content; perpetrators taking non-consensual sexual images or videos of them; non-consensual sharing of sexual content; and/or using this sexual content to manipulate or threaten them into further experiences of sexual acts.

Young and disabled LGBT+ interview participants described their experiences of relying on the internet to connect with people with shared identities. Within these spaces, they were subjected to online and image-based abuse.

“

Having to figure out my sexuality alone and online [...] you meet someone who knows and you believe everything they say, it takes a long time to realise things aren't right.

”

“

A lot of my social life was online, being autistic I struggled with real life friendships. When I was exploring my sexuality that was the only place accessible to me to find people who understood. I imagine I was seen as an easy target for grooming and harassment because I'd been open about being so alone.

”

Sexual violence targeted at LGBT+ identities.

Participants described many different ways in which they felt they had been subjected to sexual violence because of their LGBT+ identity.

This included being hypersexualised and fetishised because of who they were. Participants also described their experiences of sexual violence as the result of the perpetrator's desire to convert their orientation or gender identity, or due to anti-LGBT+ prejudice.

Survey respondents who had experienced sexual violence over the age of 18 were asked whether any of these experiences of sexual violence were linked to, or because of, their identity as an LGBT+ person.

- 49% of 744 respondents said yes.
- Respondents who are trans (64% of 338), cis men (64% of 87) or monosexual (61% of 203) were more likely to believe that experiences of sexual violence were linked to, or because of, their LGBT+ identity.
- Cis women were less likely to believe that their experiences of sexual violence were linked to, or because of, their LGBT+ identity, with 36% of 295 respondents believing this.

53% of survey respondents felt that their LGBT+ identity was linked to or was the cause of at least one of the instances of sexual violence they faced either as a child or as an adult.

6 Sexual violence



Nearly a quarter (24%) of survey respondents were subjected to sexual violence which they believe was intended to convert them to heterosexuality, their assigned gender at birth, or to punish them for their gender or sexual identity.

Some groups surveyed were more likely to experience sexual violence with intent to convert or punish than others. This included trans men (35% of 72), non-binary people (32% of 276) and ace people (34% of 212).

Anti-LGBT+ prejudice

Interview participants often gave examples of sexual violence motivated by LGBT+ prejudice, which spanned from verbal harassment to sexual assault and rape.



As I was transitioning I looked androgynous and people saw this as an open invitation to abuse me both verbally and sexually.



I was raped and beaten as a teenager and he verbally abused me through homosexual slurs and blamed my sexuality for his actions.



6 Sexual violence



Lesbian, trans men and non-binary interview participants in particular described being targeted for being gender non-conforming and 'doing womanhood wrong'.

“ I was sexually harassed for looking like a dyke. I was told I needed a good dick to sort me out. ”

Ace interview participants frequently experienced partners or friends disregarding their identity, either treating their boundaries and refusals as a 'challenge', or as a problem that could be fixed through sex.

“ I told him what I was going through, discovering my asexuality, and he laughed. He said that I simply hadn't had sex yet and that he could fix me. After that he assaulted me. ”



Sexualisation & stereotypes

Interview participants described feeling hypersexualised due to the stereotypes associated with certain sexualities.

Bisexual and pansexual interview participants described how they are perceived to be 'up for anything'.

“

When I used the word bisexual I got treated as an object and people assumed I was up for anything. It was like I wasn't allowed boundaries.

”

“

The man who raped me said he was mainly attracted to me due to my bisexuality, that it is 'hot' and 'kinky'. He repeatedly tried to coerce me into threesomes until I blocked him on all social media.

”

Interview participants also talked about how being young and exploring their sexuality had led to people assuming they were sexually active, or ready for sex, simply because they were open about their orientation.

“

[I]n the eyes of people... especially in [a small town] [...] to say something like, I am sure about something that is considered a sexual identity is to say, I am ready to have sex.

”

6 Sexual violence

The assumptions and stereotypes that people experienced differed depending on their ethnicities. South Asian men talked about being desexualised, for example being ignored on apps such as Grindr. Black interview participants of all genders were most likely to describe hypersexualisation and a lack of respect for their boundaries from others, predominantly white people.

“

There's like a type of hypersexuality that you get treated with, like even if I was a really hypersexual person, to be expected to be like that just because of race, or being expected to be exotic.

”

Fetishisation of trans people

Trans interview participants spoke about the links between their experiences of sexual violence and the fetishisation of their bodies.

“

The rape was definitely linked to fetishising of trans bodies.

”

“

I always disclose being trans immediately in any dating app as I fear I could be criminalised if I don't, but being open about being trans has caused me to be targeted by chasers who see me as a fetish. I often fear that if I reject their advances they may turn violent.

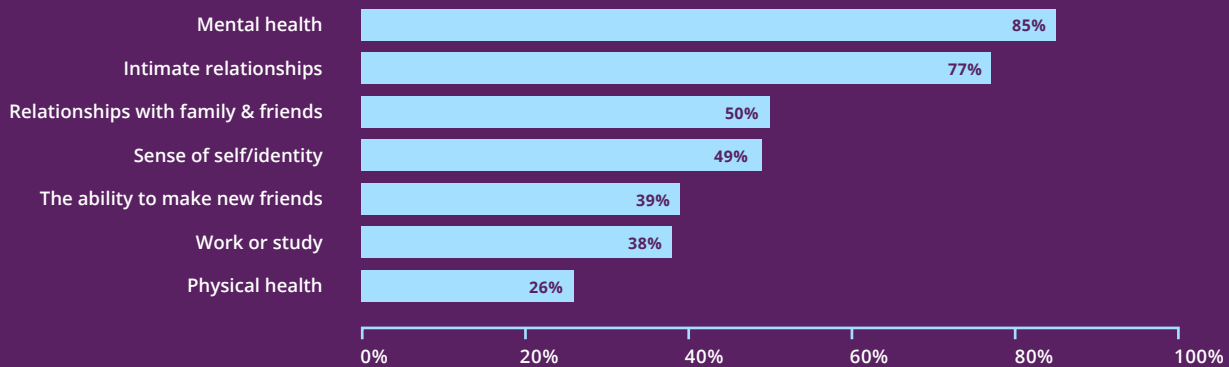
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The impact of sexual violence.

Sexual violence affects people in profound and long-lasting ways. The areas of life reported by the most respondents as being negatively impacted following sexual violence include: mental health, intimate relationships, relationships with family and friends, sense of self and identity, and vulnerability to future incidents.

Respondents who had experienced sexual violence were asked what areas of their life were negatively impacted by their most significant experience. There were 868 responses.

Figure 2. Areas of life negatively impacted following sexual violence (n=868)



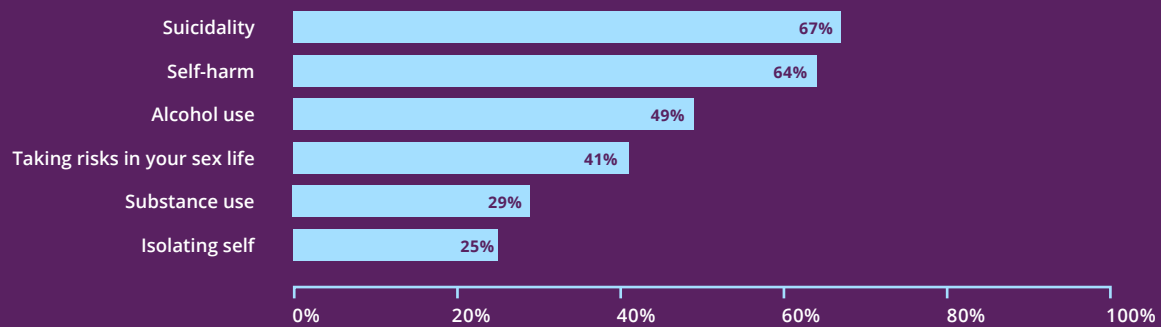
Percentages are rounded. Respondents could select multiple categories.

Younger survey respondents were highly likely to state that their mental health had been impacted, with 90% of 16-17-year-olds reporting this, compared to 60% of over 55s.



Participants who had experienced sexual violence were asked whether certain behaviours increased after their experience.

Figure 3. Behaviours that increased after sexual violence (n=684)



Percentages are rounded. Respondents could select multiple categories.

Younger respondents, trans respondents and ace respondents were more likely to experience an increase in suicidality or self-harm:

- Of 85 LGBT+ 16-17-year-olds, 81% had an increase in suicidality and 82% increased self-harm.
- Of 330 trans respondents, 75% increased self-harming.
- Of 143 ace respondents, 76% increased self-harming.



Effects on mental health

Interview participants frequently described experiencing anxiety, depression and low self-esteem following sexual violence, as well as trauma responses such as flashbacks, panic attacks, dissociation and nightmares, with some formally diagnosed with post-traumatic stress disorder (PTSD).

Older participants often spoke of having pushed their mental health to one side following sexual violence in order to focus on practical matters.

“

My emotional needs, my needs for therapy, I didn't think about them, they weren't what was important. In doing the practical, you can forget the emotional, or I can.

”

7 Impact

Effects on future relationships

Interview participants described impacts on relationships that had been ongoing at the time of the incident.

“

It massively affected my relationship at the time. My girlfriend at the time didn't really understand [...] and that caused me to distance myself from her and detach as well.

”

Interview participants, when talking about new relationships, discussed the length of time it had taken them to be able to trust someone enough to get close to them after their experiences of sexual violence.

“

As an adult I have found it difficult to connect with partners and this has affected my relationships throughout my life.

”

7 Impact

A number of interview participants told us about their experiences of being in relationships with other survivors of sexual violence. For some, this brought shared understanding, but for others it was a barrier to talking about their experiences.

“

He's had different non-consensual experiences, and it's [...] really validating to hear other people's experiences and like I look at him and I don't think negatively of him because of the things he's experienced, I still love him, still want him to live his best life, so I can turn that around to myself and tell myself that I deserve that too.

”

“

My girlfriend [...] also has sexual trauma and this has impacted our relationship a bit. We can support each other but also it means it's hard to share my experiences as it's triggering for her.

”

Interview participants also experienced impacts on their sex lives.

“

There have definitely been times when my mental health linked to this has felt really tough and I've then been unable to have sex.

”

7 Impact

“

I was so proud to be queer, and to be open about sexuality, that it was taken as a sign of being 'up for anything'. Then it happened so much that it damaged my sense of queerness, my ability to be open and enjoy sex [...] I still can't have sex regularly or without great personal trauma, even with my long term NB partner.

”

Some interview participants talked about the significant impact of adolescent sexual violence on their ability to navigate relationships as adults.

“

No-one seemed to realise that what happened to me as a teenager might completely shape my idea of what a relationship should be like [...] it really does like melt your understanding of what's okay to put up with.

”

“

I put up with the behaviour from men because I couldn't value myself. And I couldn't value myself because I perceived myself as being worthless as a result of the abuse I had experienced.

”

“

That's how most of the other assaults and stuff happened really, during really toxic relationships that I just stayed in because I didn't have a sense that anything better was possible, or that I deserved any better.

”

7 Impact

Some interview participants explained that, following sexual violence, they had engaged in sex and/or relationships that they now consider risky.

“

I've realised I have become more risky I guess. I know that comes from an unhealthy place of wanting for it to happen again, which sounds really twisted and weird. Almost wanting to put myself in risky situations again so I feel like I'm taking back control... I know it is, it's almost like self-sabotage.

”

Sexual risk-taking was a response which was poorly understood by therapists.

“

In the counselling session she insinuated that I was acting like a slag. I think that if she'd known a bit more about trauma in sex she might not have said that.

”

Effects on identity

Interview participants stated that their experiences caused them to question, or feel invalidated in their LGBT+ identity, and that this caused significant additional emotional distress.

“

Every time it's happened it always shakes my identity. I question myself for a long time afterwards, it hurts more to have my beliefs shattered like that than the physical aspect.

”

7 Impact

“

I feel like sexual violence made me doubt whether my asexuality was truly a valid sexuality or just a result.

”

“

And then being raped in my first year [...] like I could have been pregnant and that really freaked me out because I don't like to acknowledge that I have any biological capacity for pregnancy at all so that really wasn't okay.

”

Trans and non-binary interview participants discussed how their experiences of sexual violence had made it more difficult to process and make sense of feelings around their gender identity. Several trans interview participants believed sexual violence had delayed their transition, either because of the impact on their own journey to realising they were trans, or because professionals had used this as a reason not to support access to transition-related healthcare.

“

When I told a GP I was trans and had dysphoria she told me my being trans and my dysphoria could have been a result of the trauma of the sexual assault and she was reluctant to refer me to a GIC. Telling me so didn't get rid of the dysphoria or stop me from being trans, but it made me feel not valid.

”

“

I feel like being raped robbed me of years, it meant I didn't transition until now and I cannot put into words how angry that makes me.

”

For some interview participants, thinking about being LGBT+ brought back thoughts of the abuse, making it hard to accept their identity.

7 Impact



“

The reason it took me so long to come out even to myself was that when I was a teenager thinking about being gay took me right back to those events and it had become a huge confusing, upsetting thing that I couldn't talk about.

”

“

I [repressed] the fact that I was attracted to women from a very young age and I still feel uncomfortable around women and girls that are older than me due to the fact that my female best friend raped me at a very young age.

”

Interview participants who were aware of their identity and already 'out' before the sexual violence, discussed changes in behaviour following sexual violence.

“

As all my experiences are with cis men, I did for a while try to deny being bisexual because I was so afraid of men.

”

Victim blaming

Interview participants who experienced sexual violence while intoxicated or during chemsex often felt responsible for what had happened due to societal stigma.

They often described changing their behaviour after sexual violence to avoid risky situations, but still experienced further sexual violence.

“

I felt betrayed, like I did everything I was told I needed to do, and I still couldn't keep myself safe.

”

“

After that it was quite difficult. I did exactly what the police asked me to do, I quit drugs, I quit chemsex. I was with a friend, drinking a glass of red wine and then the same thing [sexual violence] happened.

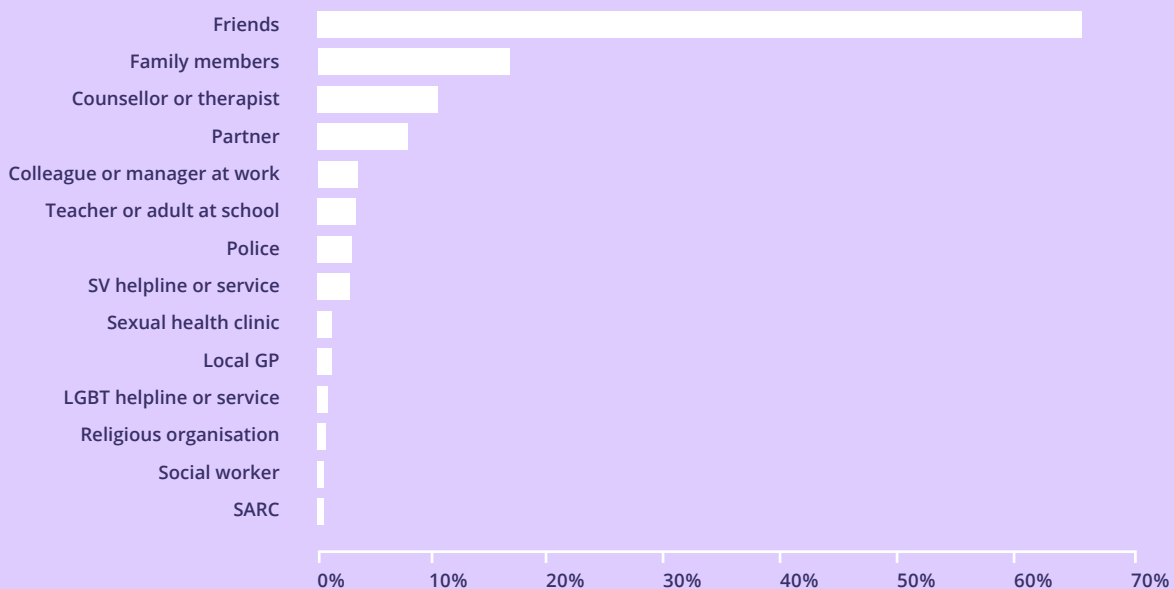
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Disclosing experiences of sexual violence.

The majority (82%) of LGBT+ survivors polled had told someone about the sexual violence they were subjected to, however it often took them a long time, with only 1 in 3 (32%) of respondents disclosing in the first six months. Almost one fifth of survey respondents had never told anyone what had happened to them.

Those who had told someone were asked who they first told. Of 680 respondents, the vast majority (82%) first spoke to someone they knew personally about what had happened, almost three times as many as those who first spoke to a professional (28%).

Figure 4. Person first told about the most significant incident of sexual violence (n=680)



Percentages are rounded. Respondents could select multiple categories.

8 Disclosing experiences

Those who had told someone were asked how the first person responded. Of 677 respondents, 71% said they listened to them, 56% took them seriously and 31% helped them to understand what happened. However, 20% of confidants did nothing to help the victim, and 17% did not believe them. When asked how helpful they found the response, 56% of 683 found it helpful or very helpful.

When asked what response they had been hoping for, the majority of 670 survivors had hoped for them to be kind and listen (75%), provide emotional support (68%), and respond with respect and understanding (62%).

Not disclosing instances of sexual violence

Of 970 respondents, 18% had never told anyone about their most significant experience of sexual violence.

It had taken several people many years to discuss their experiences, while some had told nobody at all.

“

This is the first time I've ever spoken about my experiences, and it's hard but I feel maybe it might help just to type the words out and help get it off my chest.

”

“

Me not being 'out' definitely impacted my ability to speak up. I was afraid that the school/police would out me to other people and I was afraid that I would be treated negatively when that happened.

”

9 Not disclosing experiences

Barriers to disclosing

Interview participants faced barriers to speaking up about sexual violence. These included the impact of stereotypes that women are not perpetrators and men are not victims, concerns around the response they would receive, and fear of judgement.

Women perpetrators

Interview participants who were women and who were assaulted by other women often discussed being unaware that women could be perpetrators, due to this not being represented in society and media, resulting in them not recognising their experiences as sexual violence at first.

“ I was literally, completely and FULLY unaware that women could commit acts of sexual violence, I had the understanding that only men could do it. ”

“ I had no point of reference as to what a healthy LGBT relationship looked like and it was easy for her to manipulate that ignorance into forcing me to believe that I was in a ‘normal’ LGBT relationship. I also had no frame of reference for LGBT specific sexual violence. I didn’t know that women could rape women even though I was experiencing it weekly. ”

Interview participants discussed how the concept that women could not be perpetrators is commonly accepted in lesbian communities.

“ There was a lot of casual discussion around “bad sex” that was really sexual assault among lesbians back then. But no one wanted to call it that. ”

9 Not disclosing experiences

“

There desperately needs to be literally any form of campaign of awareness of sexual violence within Lesbian or WLW [women loving women] communities... It's hard when you're trying to find the words for your own experience and there is a culture of silence and denial surrounding anyone who might have had something similar happen.

”

“

I feel like sexual violence between women is really neglected, it's assumed they don't commit assault and I feel pretty alone as someone who's had negative experiences with women.

”

Male victims

2 'Othering' refers to a social phenomenon where individuals or groups within a society are labelled as not fitting in with the social norms of the hegemonic group.

Participants who were men explained that the lack of representation of men as victims of violence and abuse, combined with little depiction of relationships between men in mainstream media, made it harder to recognise their experiences as abusive, and to realise they could seek support.

“

At the time, I didn't realise it, that you know, this isn't normal to be in relationships with men who are angry and violent. I didn't realise that you could get support if you were a man, and I don't think you hear much about it even today.

”

GBT+ male interview participants' individual experiences of marginalisation, along with historical 'othering'² and prejudice against their identities as a group, contributed to an expectation that they won't be believed or receive a supportive response if they did seek help.

“

When I was raped, my lifetime of being othered as a gay man stopped me being able to fully articulate what happened to me. I defaulted to the tactic I had used to manage when I was coming to terms with my sexual orientation in a heteronormative and sometimes homophobic world: I hid it away.

”

9 Not disclosing experiences

Interview participants who were men discussed how stereotypes surroundingGBT+ men's promiscuity and high sex drives led others to assume that all sexual activity would be welcome or wanted, not leaving room for the possibility that they could be victims of sexual violence.

“Men have felt it was okay to make sexual advances towards me without my consent. There's an assumption that men don't have unwanted experiences, that you'd fight if you weren't into it so you must have wanted it.”

Fearing negative responses

Many had not told family members about their experience due to concerns about their response.

“I didn't really feel like I could talk to my family, to my parents, because I wasn't ready to come out to them and I didn't know how to explain what happened without that part. I was worried they'd blame me for what had happened and would be ashamed of me.”

Interview participants were concerned that people around them would think that their identity was a result of their experiences of abuse, and some had actually experienced people making this assumption.

“On multiple occasions I had people, especially my mother, say 'maybe the reason why you're queer is because of what happened to you', and I had to explain on multiple occasions that no, that is not the case, it never has been the case.”

9 Not disclosing experiences

Fear of judgement

Interview participants described contexts in which sexual violence had occurred which were poorly understood by people outside of a particular 'scene', and rarely had much visibility. Examples of this include non-consensual experiences in a chemsex context, or within kink and BDSM communities.

“

I had tried to talk to people about what was going on, and about my sexuality, but they didn't listen.

They were very judgemental of my sexuality, and also they didn't understand. So then I ended up going more underground with those type of behaviours because I knew they would not approve of what I was doing. Something bad had to happen before I could talk to my family about what was going on and have them understand.

”

Interview participants spoke about the ways in which they were able to heal and positively move forward in their lives after sexual violence.

They talked about a range of ways they coped, including small acts of self-care, supporting other survivors and engaging in activism.

While participants did state that their experiences of sexual violence continued to have a significant impact on their daily lives many years later, the majority found it easier to cope as time went on.

They mentioned meeting basic needs such as getting enough sleep, staying hydrated, eating healthily and enjoying positive hobbies as things that helped them.

Many interview participants gave examples of different types of activism being beneficial to their recovery, such as sharing their experiences to raise awareness and bring about change, even if this had been anonymous or only focused on specific aspects of their experiences.

“

I would say that activism is probably the key thing that gives me the most purpose in my life and has been the thing that has pulled me out of quite dark places because [...] for me, it's the thing that you do when you are able to imagine that things could be different.

”

People also discussed a wide range of campaigns they were involved with, including mental health support, substance use and chemsex safety, transformative justice and trans rights.

“

In 2017 I started a support group focussing on men and non-binary people who've experienced sexual violence [...] That work helped me process a lot of my trauma.

”

Interview participants also used a wide range of online and real-world spaces to connect with each other, share and find information about sexual violence and trauma, and raise awareness about issues that are important to them.

The research comprised of an online survey and 25 semi-structured interviews which were informed by a desk-based review of the existing evidence.

Online survey

An anonymous online survey for LGBT+ individuals aged 16+ living anywhere in the UK was carried out using a convenience sampling strategy. Due to the sampling strategy and the current difficulty in accurately calculating the size of the UK LGBT+ population, the sample must be considered a non-random community sample and therefore cannot be used to calculate the prevalence of sexual violence within the LGBT+ community in the UK.

The survey was live for 15 weeks between February and May 2020. It was advertised as a survey on sexual violence and was promoted via social media and email networking including sponsored social media posts.

Respondents were informed in advance about the nature of the questions, and how the survey would be presented.

In total, 1,468 survey responses were received, of which 1,020 were included in the final sample. Responses were removed on the basis that: the respondent did not identify as LGBT+; lived outside the UK; did not progress sufficiently far through the survey; stated they were aged under 16. Under 16s were disqualified from progressing past the page of demographic questions and redirected to a page of support resources for young people.

The questions used in the survey were designed in collaboration with a reference group of LGBT+ survivors.

Semi-structured interviews

25 semi-structured interviews were undertaken. Participants were selected through survey respondents who had identified themselves as survivors and who had expressed an interest in taking part. They were additionally selected to include a wide range of ethnicities, genders and orientations. An overview of the questions was also shared in advance of the interview, so that those who wished to had the opportunity to think about their answers.

All interviews were conducted remotely. 22 of the 25 interview participants chose to complete their interview over a video call and three interviewees preferred to participate using a real-time messaging application.

Ethical considerations included:

- Participants consented to being recorded and provided written consent prior to the interview.
- Audio files and messages from the interviews were deleted after transcription to ensure confidentiality.
- Information sheets and recruitment emails provided full details to what was involved in the interview process in a simple and non-pressured way.
- Participants were signposted to support resources before and during their interviews, and offered a debrief session with a caseworker from the sexual violence team.
- Questions were only mandatory when linked to eligibility criteria (e.g. age), or routing through the survey (e.g., being routed to different questions based on a previous answer).
- Links to sources of support were signposted throughout the survey.

Manual thematic analysis was used to analyse the interview transcripts. Following initial analysis by the primary researcher, a group of survivors contributed to the analysis phase through various activities, replicating the Participatory Theme Elicitation approach. The themes identified by survivors were amalgamated into the coding framework used by the research team during further analysis.

Interview participants and members of the survivor reference group received gift vouchers as a token of thanks for their contributions to the project.

The full sample was 1,020.

Age

1020 responses

16-17	12.5%
18-24	32.0%
25-34	28.4%
35-44	13.0%
45-54	7.9%
55-64	4.2%
65+	1.9%

Gender

1020 responses

Woman inc trans femme	44.5%
Man or boy inc trans masc	22.0%
Non-Binary	29.6%
Questioning	3.8%
Other	0.1%

Trans

1018 responses

Has a trans history	43.5%
Does not have a trans history	54.4%
Unsure	1.9%

Orientation

1275 responses

Ace	22.6%
Bi+*	47.1%
Monosexual	29.2%
Lesbian	13.7%
Gay	11.3%
Heterosexual	0.9%
Other	0.2%

* Bi+ includes all orientations that describe attraction to more than one gender.

Respondents could select multiple categories.

Intersex

253 responses

Intersex	7.9%
Not intersex	85.4%
Unsure	6.7%

Disability

1020 responses

Disabled	62.5%
Not disabled	35.5%
Unsure	1.4%
Prefer not to say	0.6%

The full sample was 1,020.

Religion

1000 responses

No religion	59.8%
Buddhism	2.1%
Christianity	11.5%
Islam	1.2%
Judaism	2.3%
Paganism	7.5%
Personal spirituality	12.3%
Other faith	3.3%

Ethnicity

1019 responses

Asian	2.6%
Black	2.1%
Mixed	4.2%
Other	2.7%
White	88.3%

Region

1020 responses

Scotland	8.6%
Northern Ireland	1.3%
Wales	8.0%
England	82.1%

Get help

If you are LGBT+ and experiencing violence or abuse, such as hate crime, domestic abuse or sexual violence, you can contact Galop directly.

galop.org.uk

National Conversion Therapy Helpline

0800 130 3335
cthelp@galop.org.uk

LGBT+ Hate Crime Helpline

020 7704 2040
hatecrime@galop.org.uk

National LGBT+ Domestic Abuse Helpline

0800 999 5428
help@galop.org.uk

Galop

info@galop.org.uk
galop.org.uk

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