

*"If It's Not A Hell Yes,  
Then It's A Conversation"*

Support Materials for Youth Workers and  
Professionals



[www.galop.org.uk](http://www.galop.org.uk)

These materials have been developed by Galop and Project Indigo to support youth workers and other professionals who want to use the film in a youth group setting.

## **INTRODUCTION**

In 2018 Galop invited Project Indigo to be involved in a small project about LGBTQ+ young people and safety. At the same time, Galop's work with LGBTQ+ young people was growing rapidly and we knew that young people felt confused about consent.

In 2019, Galop asked Project Indigo if the group would be interested in coming together to make a film about consent aimed at LGBTQ+ young people.

The project started with a series of workshops focused on consent, led by Galop's specialist workers. This was followed by workshops, led by Lily Ash Sakula through which group members expressed the issues in animation and text. The film is the result of months of joint work, guided by young people.

The film was written, directed, animated and voiced by young LGBTQ+ people. It aims to be a message of hope and support for all young queer people in the UK, who can see and hear their concerns and questions about consent finally reflected.

Young LGBTQ+ people can feel excluded from mainstream conversations about sex, relationships and consent. .

Due to the legacy of Section 28, which prevented the promotion of a homosexual lifestyle in schools and colleges, entire generations of LGBTQ+ young people never accessed formal relationship and sex education from their perspective.

LGBTQ+ young people face a number of additional challenges and risks, such as threats to 'out' them, oversexualisation of their sexual or gender identity, homophobia/biphobia/transphobia, and rejection from their families or communities. LGBTQ+ young people may be at risk of experiencing sexual violence and sexual exploitation during their formative years while they explore their sexuality and gender identity.

We believe that LGBTQ+ young people deserve information about consent and empowerment in relation to their relationships. They deserve to see themselves mirrored in resources, and their perspectives and identities validated.

This document supports the film and offers some ideas for youth workers and other professionals leading a session with young people based on the film.



There are many reasons why survivors of sexual violence do not speak up about what has happened. This film aims to encourage a conversation, learning and support for LGBTQ+ young people. For some, the film may prompt thoughts or questions about their own experiences, whether these are in relationships or hook-ups past or present, or about abuse perpetrated in other contexts, for example familial child sexual abuse, sexual exploitation or online abuse. Some participants may start thinking about their own behavior and need support or counselling to think this through, or feel worried that they will be labeled a perpetrator and prosecuted if they talk about something.

### **Reasons survivors may not speak up include:**

- Fear of reprisals, especially if they are still in an abusive situation
- Fear of being outed if they speak up, or having to explain the context or type of sex when they are not sure if the person they are telling will be homophobic, biphobic or transphobic
- Worries about being excluded from their friendship group or community if they speak up about someone within that community being abusive
- Feeling unclear whether what happened was sexual assault (it may have felt 'not right' but they are not sure)
- Feeling ashamed, guilty or to blame for 'letting' it happen
- Feeling like they are the only one who has gone through this
- Thinking that there is no support available
- Believing 'this is what LGBTQ+ people do', especially if they've been told this by an older LGBTQ+ person.

It is really important that the main message of this film – ***if it feels wrong, then speak up about it*** – is communicated to young people, who may be feeling incredibly alone and burdened by what's happened/happening to them – or worried about their own behaviour. There is always hope and there are independent professionals available who can help.

## Specialist support for those experiencing sexual assault

It will be useful to know how to access independent specialist support and advice. This can be done via ISVAs (Independent Sexual Violence Advocates) and SARCs (Sexual Assault Referral Centres).

### 1) ISVAs

ISVAs provide practical and emotional support to survivors of sexual violence to ensure that they get the best advice about counselling, mental health and other support available to them. They can also help someone think through their options around reporting to the police and help them do so, if that's what they want. Many ISVA services work with survivors who do not want to report and provide a space for people to get trauma-informed support and well-being help.

- LGBT+ survivors in London can access ISVA support from [Galop](#).
- Survivors of sexual violence who are not LGBT+ or are not sure of which service is available to them in London, can contact the [Survivors Gateway](#).
- Rape Crisis England and Wales have a [search engine of their ISVA services](#)
- Rape Crisis Scotland have a [search engine of their ISVA services](#)
- [The Survivors Trust](#) has a directory of ISVA services accross the country
- [Survivors UK](#) supports all men (including trans and non-binary survivors) who have experienced sexual violence



Not all ISVAs work within organisations open to all genders or knowledgeable about LGBT+ young people. Contact your local ISVAs service to ask about their policies, especially around working with men and with trans/non-binary people, before referring a young person

## 2) Sexual Assault Referral Centres (SARCs)

SARCs offer medical, practical and emotional support for people who have been sexually assaulted, usually within the last 12 months. They are open 24/7 and offer services to everyone, of any age and all sexualities and gender identities. SARCs have specially trained doctors, nurses and support workers, including ISVAs and young people's services. Click here to find [local SARCs](#).

However, SARCs will vary about how familiar they are about working with LGBTQ+ young people, especially in relation to trans/non-binary inclusion, so it can help an LGBTQ+ young person if you facilitate their contact beforehand.

## 3) IDVAs

For young people experiencing sexual assault in an intimate partner relationship and who want to leave the relationship or have a space to think about their options, help from an IDVA (Independent Domestic Abuse Advocate) can be helpful.

IDVAs are independent specialists who know how to risk assess and support survivors of domestic abuse to get out of an abusive situation, at a pace and in a way that suits them, and can help access safe housing, refuges and civil remedies.

For IDVA support for LGBTQ+ people in London, contact [Galop](#).

Outside London, most local authorities will list their local IDVA services on their website (under domestic abuse) or contact [Refuge](#).

## 4) LGBTQ+ specialist organisations that support to LGBTQ+ young people

- [Galop](#) Supports all LGBT+ people experiencing violence or abuse
- [Stonewall Housing](#) helps LGBT+ people to live in safer homes
- [Albert Kennedy Trust \(AKT\)](#) Supports young (16-25) homeless LGBT+ people
- [LGBT Foundation](#) supports LGBT+ communities in Greater Manchester
- [Birmingham LGBT](#) provides supports in Birmingham and the West Midlands
- [Survivors Network](#) support survivors of sexual violence and abuse in Sussex
- [Switchboard LGBT+ Helpline](#) has information about relevant local services

## Specialist Helplines

- Galop UK-wide [LGBT+ Domestic Abuse Helpline](#); Monday – Friday 10:00 – 17:00, late opening until 20:00 every Wednesday and Thursday.
- [Rape Crisis England & Wales](#); open 12:00-14:30 and 19:00 - 21:30 every day.
- [Rape Crisis Scotland](#); support available every day between 6pm – midnight.
- [Survivors UK](#); webchat, text and WhatsApp support for male survivors and anyone who identifies as male, trans, non-binary, or has identified as male in the past, available every day 12:00-20:00.
- The [National Domestic Abuse Helpline](#) is available 24/7.
- [Respect](#) is a safe and confidential space for those worried about their own behaviour in a relationship.
- [Revenge Porn Helpline](#) can help if a someone's intimate images were shared online without their consent.

