

Our values

Sexual Violence Support Service



www.galop.org.uk

Our values

The Sexual Violence Support team at Galop is committed to the rights and well-being of LGBT+ survivors, and dedicated to offering a high quality service to all LGBT+ people in London.

These are our values:

Safety



Our service is safe, in terms of holding survivors who may be experiencing distress or difficult times, and in terms of offering a warm individual service within clear boundaries. We are strong about confidentiality and will never 'out' you or share your details without your permission, unless you are in immediate danger. We have robust safeguarding processes, founded in an empowerment perspective.

Empowerment

Our service is empowerment-based. This means our work aims to enable LGBT+ people to have choice and control over their lives. This is incredibly important for survivors, when choice and control have been taken away from you. Empowerment is about seeing each person as a whole human being. It is about recognising that there are many aspects to your identity and life experience, including your sexuality and gender identity, and also your ethnicity, background, age and so on. Sexual violence can have an impact on all aspects of your identity.





Respect

We believe that the working relationships we create with survivors are fundamental to the healing process. We aim to be friendly and personal, within clear, safe boundaries, to encourage each person to be more empowered.

We believe that LGBT+ people who have experienced sexual violence deserve respect.

Trauma-informed care

Our service understands what trauma is and how our brains and bodies react when faced with sexual violence 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. We work with survivors to find the right holistic and therapeutic services for them. We share information about trauma and provide in-depth listening and practical grounding to support survivors on their journey of healing.



Non-judgement



We respect and understand the many ways that LGBT+ people choose to live and express themselves. We never judge the choices someone has made in their life and the context within which sexual violence has taken place. We clearly say that any form of non-consensual sexual contact is wrong and we support those who have experienced this. Whether people's ways of surviving and coping are constructive or not in the long term, we honour survivors for their resilience and work to help each person find the right ways to heal and flourish for them.



Professionalism

Our caseworkers are trained, supported and supervised effectively. We are clear about the limits of what we can offer and operate within national standards regarding the delivery of sexual violence services. This includes robust practices around case management, record keeping and safeguarding. We work to the highest standards of conduct about our behaviour and practice at all times.

Anti-discrimination

We know that LGBT+ people have intersecting identities and experiences of marginalisation and discrimination, for example related to race and ethnicity, faith, disability, age, and class. We understand how the experiences of poverty, asylum-seeking, mental ill-health and other inequalities affect the risk and experience of sexual violence.

Our service has an in-depth understanding of homophobia, biphobia and transphobia. We know how hate crime and discrimination based on sexuality and gender identity interact with the experience of sexual violence.

