

**LGBTQ  
DOMESTIC  
VIOLENCE  
AWARENESS DAY**

**TOOLKIT**

**28 MAY**

Find out more:  
[DVAFoundation.org](http://DVAFoundation.org)

# LGBTQ Domestic Violence Awareness Day

You are invited to play a simple but significant part in  
**LGBTQ Domestic Violence Awareness Day on 28 May.**

Our ultimate goal is to eradicate domestic, family and intimate partner violence and abuse (DFV) within LGBTQ+ communities.

We want to increase visibility and understanding to give hope and courage to victims and survivors and empower them to seek the support they need.

Your participation will not only shed light on the critical issue of DFV within LGBTQ+ communities but also help create a safer and more inclusive world for everyone.

## WHY IT'S IMPORTANT

More than **60%**

of LGBTQ+ people\* will experience violence or abuse by an intimate partner or family member in their lifetime.

**72%**

of LGBTQ+ people\* who experienced domestic or family violence did not report the abuse to anyone.

Due to extremely low levels of reporting, victims and survivors remain largely invisible and silent.

The right to live a life free from violence and abuse is every person's most basic human right but for many LGBTQ+ people, this is not a reality.

\* Source: Hill, A. O., Bourne, A., McNair, R., Carman, M. & Lyons, A. (2020). *Private Lives 3: The health and wellbeing of LGBTIQ people in Australia.*





## The theme of LGBTQ Domestic Violence Awareness Day is

**#SeenAndBelieved**

With your support, we can:

Shine a light on the prevalence of violence and abuse affecting LGBTQ+ people and make the invisible victims and survivors, visible.

Let LGBTQ+ victims and survivors know that they are **#SeenAndBelieved** and that there are people and organisations out there to support them.

Advocate for and support the empowerment of LGBTQ+ victims and survivors of DFV.

Recognise LGBTQ+ victims and survivors and provide hope and courage to those experiencing DFV.

You can make a real difference in stamping out domestic and family violence in

# 6 EASY STEPS





## STEP 1

### Take the Pledge

Stand up and help put an end to domestic and family violence in LGBTQ+ communities by pledging to create change.

It starts with you. **One person** and **one workplace** at a time.

Take the pledge now to show your support for victims and survivors and change the conversation about DFV so their voices are heard.

**When you take the pledge, you will receive an email with:**

- Your pledge certificate
- Links to resources and social media tiles that will help you fulfil your pledge

**TAKE THE PLEDGE**



## STEP 2

### Use your Voice



#### Go Rainbow

Whether it's with your school, workplace or by yourself, go rainbow to show your stance against LGBTQ+ domestic and family violence.

#### Host an Activity

Get together with friends and colleagues and host an event to raise awareness and funds to help end LGBTQ+ domestic and family violence.

Your event will make a difference, whether it's a morning tea or a trivia night, a bake sale or a fun run, a team training session or a flag-raising ceremony.



Workplaces, friends and families play important roles in preventing and responding to domestic and family violence by being prepared to assist a friend, family member or staff member affected by abuse.

## INDIVIDUALS

- Learn more about what makes a healthy relationship.
- Understand what resources and support services are available for LGBTQ+ people experiencing domestic and family violence and how to safely refer them.
  - Promote LGBTQ Domestic Violence Awareness Day on social media and at your workplace, university or community.
  - Support our digital communities by following and tagging us at:



@lgbtq.dvafoundation



@lgbtq-dvafoundation



@lgbtq.dvafoundation



@lgbtq.dvafoundation

## WORKPLACE

- Ensure your workplace domestic and family violence policy is inclusive of all genders, sexualities, ethnicities, abilities, backgrounds and religions and that LGBTQ+ people are included in all domestic and family violence initiatives and conversations.
  - Make LGBTQ-specific DFV resources available to employees.
  - Ensure you can identify and respond to the needs of LGBTQ+ staff members or clients.
  - Promote LGBTQ Domestic Violence Awareness Day on social media and in the workplace.
- **Light up your building** in rainbow colours in the week leading up to 28 May in support of the millions of LGBTQ+ victims and survivors of DFV.  
**Let us know that you're lighting up your building, monument or structure and we'll amplify your voice.**



## STEP 3

# Fundraise and Donate

### Tip 1

#### Fundraise with Merch

Use rainbow merchandise to drive fundraising. You could:

- Give free merchandise to people who donate.
- Sell merchandise and donate the proceeds.

### Tip 2

#### Fundraise with an Activity

LGBTQ Domestic Violence Awareness Day activities are great ways to fundraise:

- Donate a portion of ticket sales.
- Encourage participants to donate.

### Tip 3

#### Use a Fundraising Platform

Use fundraising platforms to help collect your donations.

- Create a fundraiser on Facebook and select **LGBTQ Domestic Violence Awareness Foundation** as your recipient
- Raise funds through **ShoutForGood** or **PayPal**

Your donation can make a real difference in the lives of DFV victims and survivors.

#### All funds raised are used to:

- Develop and distribute resources on the complexities of DFV in LGBTQ+ communities
  - Educate victims and survivors
  - Break down barriers to reporting and seeking help
- Upskill friends, allies, workplaces and communities to identify, respond and support LGBTQ+ victims and survivors

Your **donation** will change lives and may even save one.

All donations over \$2 are tax deductible.

**DONATE HERE**



## STEP 4

### Wear your Support

When you purchase LGBTQ Domestic Violence Awareness Day merchandise, know that proceeds go straight back to supporting the mission of the Foundation.



#### Awareness Pin

Our brand-new high-quality enamel pins are sturdy and stylish.

[ADD TO CART](#)

#### Unisex T-Shirt

Made from soft 180 GSM 100 cotton, these super-comfy t-shirts come in a range of colours.

[ADD TO CART](#)





# STEP 5

## Spread the Word

Download a range of digital resources and spread the word about LGBTQ Domestic Violence Awareness Day on social media, in your workplace and in your community. You can also visit our **YouTube channel** to view messages of support and learn how you can make a genuine difference.



Posters



Banners



Postcard



Online Meeting Background



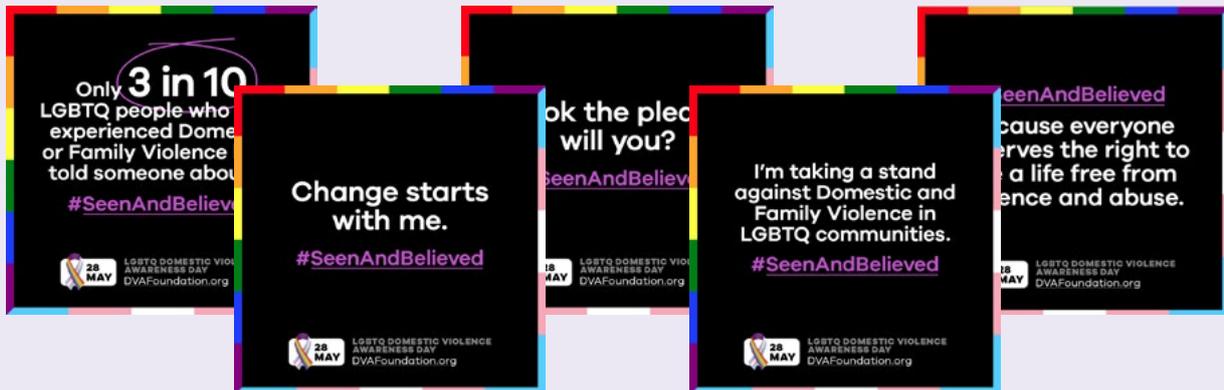
## STEP 6

### Share to Social

Write a personal message of support or download and use one of our

#### Social Media Tiles

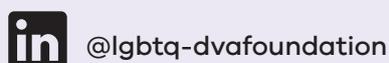
that resonates most with you.



Post your support across social media on 28 May using the hashtag

### #SeenAndBelieved

Be sure to follow and tag us at:





## About LGBTQ Domestic Violence Awareness Day

Held annually on 28 May, LGBTQ Domestic Violence Awareness Day is the first campaign of its kind in the world.

Its inception in Australia in 2020 was a ground-breaking moment in history when it became the first initiative to spotlight domestic, family and intimate partner violence and abuse occurring in LGBTQ+ communities.

LGBTQ Domestic Violence Awareness Day has grown to become a global event with hundreds of organisations and government departments from several countries recognising the day including England, France, Wales, the USA, Canada, Brazil, Ireland, New Zealand and the Netherlands.



## About the LGBTQ Domestic Violence Awareness Foundation

We are a strong voice for victims and survivors of domestic, family and intimate partner violence and abuse within LGBTQ+ communities.

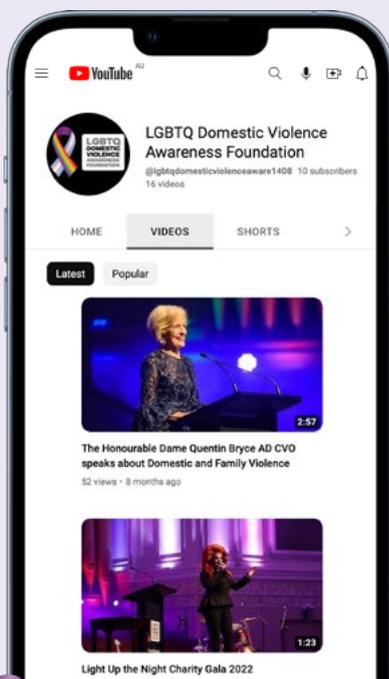
The Foundation is a registered charity that is driven by passionate volunteers to ensure that we shine a light on an epidemic that's plagued LGBTQ+ communities for far too long.

Research indicates more than 60 per cent of LGBTQ+ people have experienced domestic, family and intimate partner violence.

Compounding this issue is a fundamental lack of awareness, representation and understanding that this abuse is so prevalent, leading to a scarcity of relevant resources where victims and survivors can source help and support.

It is our ambition to confront these issues and to advocate for necessary changes in both the visibility of LGBTQ+ people's experiences and the quality of response they receive when reaching out for help.

We aim to create change and bring greater awareness to this issue to ensure everyone – no matter their sexuality or gender identity – feels **#SeenAndBelieved** and receives safe and inclusive support.



Visit our **YouTube channel** to learn more about:

- The LGBTQ Domestic Violence Awareness Foundation
- Ways DFV can present in LGBTQ+ communities
- Barriers to people recognising DFV in LGBTQ+ communities
- How bystanders can help someone experiencing DFV
- How victims and survivors of DFV in LGBTQ+ relationships can find help
- How medical practitioners can care for their LGBTQ+ patients



## Where to Get Help



We are proud to partner with **Say it Out Loud** to ensure everyone has access to the support they need.

### Understand

- Are you in a healthy relationship? **Do the quiz.**
- Are you being abused? **Learn about the different types of abuse.**
- Are you hurting someone? **Find out how to know if you're hurting someone.**

### Get Help

- **Find help near you** in Australia.
- **Create and securely save a safety plan** to help keep you and your dependents safe.

### Friends, Family and Community

- **Understand domestic and family violence** in LGBTQ+ relationships
  - Find out **what you can do to help**
- If you know or suspect that someone is in an abusive relationship, **download the Friends and Family Toolkit**

### For more information:

Please contact [hello@dvafoundation.org](mailto:hello@dvafoundation.org) or visit our website at [DVAFoundation.org](http://DVAFoundation.org)



**LGBTQ  
DOMESTIC  
VIOLENCE**  
AWARENESS DAY

**28 MAY**

[DVAFoundation.org](http://DVAFoundation.org)