

**LGBTQ Domestic Violence Awareness Day**

**#SeenAndBelieved Campaign**

**Copy our example posts or, create your own!**

#SeenAndBelieved #LGBTQ #EndDV #EndDomesticViolence #NotNowNotEver

#StopDV #NoMoreSilence #NoMoreViolence

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| [Text  Description automatically generated](https://drive.google.com/drive/folders/16YcCm-VRX2ZebFUrjaXNsdJ-B9Rd2ojO?usp=sharing) | **Social Media Tile 1**  Only 3 in 10 LGBTQ people who have experienced Domestic or Family Violence have told someone about it.  To empower them to report, they must be #SeenAndBelieved |
| [Graphical user interface, application  Description automatically generated](https://drive.google.com/drive/folders/16YcCm-VRX2ZebFUrjaXNsdJ-B9Rd2ojO?usp=sharing) | **Social Media Tile 2**  Change starts with me #SeenAndBelieved |
| [Graphical user interface, application  Description automatically generated](https://drive.google.com/drive/folders/16YcCm-VRX2ZebFUrjaXNsdJ-B9Rd2ojO?usp=sharing) | **Social Media Tile 3**  I took the pledge to ensure that all victims of Domestic and Family Violence are #SeenAndBelieved will you join me? |
| [Text, application  Description automatically generated](https://drive.google.com/drive/folders/16YcCm-VRX2ZebFUrjaXNsdJ-B9Rd2ojO?usp=sharing) | **Social Media Tile 4**  I’m taking a stand against Domestic and Family Violence in LGBTQ communities.  #SeenAndBelieved |
| [Text  Description automatically generated](https://drive.google.com/drive/folders/16YcCm-VRX2ZebFUrjaXNsdJ-B9Rd2ojO?usp=sharing) | **Social Media Tile 5**  Shining a light on Domestic and Family Violence in LGBTQ communities so everyone is #SeenAndBelieved |
| [Graphical user interface, text, application  Description automatically generated](https://drive.google.com/drive/folders/16YcCm-VRX2ZebFUrjaXNsdJ-B9Rd2ojO?usp=sharing) | **Social Media Tile 6**  I’m raising awareness of Domestic and Family Violence for my LGBTQ loved ones to help ensure they are always #SeenAndBelieved |
| [Text  Description automatically generated](https://drive.google.com/drive/folders/16YcCm-VRX2ZebFUrjaXNsdJ-B9Rd2ojO?usp=sharing) | **Social Media Tile 7**  Take the pledge to help LGBTQ victims of Domestic and Family Violence be #SeenAndBelieved |
| [Graphical user interface, text, application  Description automatically generated](https://drive.google.com/drive/folders/16YcCm-VRX2ZebFUrjaXNsdJ-B9Rd2ojO?usp=sharing) | **Social Media Tile 8**  To my LGBTQ friends, colleagues and family. You are #SeenAndBelieved |
| [Text, chat or text message  Description automatically generated](https://drive.google.com/drive/folders/16YcCm-VRX2ZebFUrjaXNsdJ-B9Rd2ojO?usp=sharing) | **Social Media Tile 9**  #SeenAndBelieved - Because everyone deserves the right to live a life free from violence and abuse. |
| [Text  Description automatically generated](https://drive.google.com/drive/folders/16YcCm-VRX2ZebFUrjaXNsdJ-B9Rd2ojO?usp=sharing) | **Social Media Tile 10**  1 in 2 LGBTQ people will experience Domestic or Family Violence in their lifetime, yet reporting rates are incredibly low - help us ensure victims are #SeenAndBelieved |
| [Text  Description automatically generated](https://drive.google.com/drive/folders/16YcCm-VRX2ZebFUrjaXNsdJ-B9Rd2ojO?usp=sharing) | **Social Media Tile 11**  To end Domestic and Family Violence in LGBTQ communities, victims and survivors must be #SeenAndBelieved |
| [Text  Description automatically generated](https://drive.google.com/drive/folders/16YcCm-VRX2ZebFUrjaXNsdJ-B9Rd2ojO?usp=sharing) | **Social Media Tile 12**  What can you do? Know what the signs of an abusive relationship are and what you can do to help?  #SeenAndBelieved |

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|  | **Social Media Tile 13**  By breaking down barriers to information, education and help, we may create positive change in someone’s life.  Whether it’s you, or someone you know, know that you’re [#SeenAndBelieved](https://www.facebook.com/hashtag/seenandbelieved?__eep__=6&__cft__%5b0%5d=AZXysvg_2WR75tdhXuqIIpdw8-TGE3ihmVHClHMPkjuEEa0qxMkzuXMo-ZBtYtjM5S1a5soPcSmcjyXC50V9uxXiDz7dCr86HMAlvI1vUck5nbkM03jkjAU_XGcV3pXjOBCy9kSBKbRy23grwuBNHy3_YFIWcYVEPeWEBB4S2qQD_-YZQcyfNqs2AIBka4ZABf4&__tn__=*NK*F) ❤️  To seek assistance, or show your support, visit our website: [bit.ly/40t5Soj](https://bit.ly/40t5Soj?fbclid=IwAR3xzztH1wtBxNm3F7gEjZ2Z5LjOwX1pg3CpXoPsvaMpANqlbeP7oDjm_jo) |
|  | **Social Media Tile 14**  Experiencing domestic or family violence can have a serious impact on one’s mental health and self-esteem.  Remember, it’s OKAY to give yourself space to heal. You’re allowed to take up space, speak up for yourself and take a stand! 🏳️‍🌈 🏳️‍⚧️ |
|  | **Social Media Tile 15**  In a healthy relationship, partners are equals, meaning neither individual has “authority” over the over 💞  Healthy relationships are built on a foundation of trust and respect. This trust can be built over time as your relationship progresses and you learn more about each other.  Sometimes, understanding the difference between a healthy relationship and an unhealthy relationship can be difficult - So, @lgbtq.dvafoundation have put together a quick reference guide outlining some key differences.  #SeenAndBelieved #LGBTQ #EndDV #EndDomesticViolence #NotNowNotEver  #StopDV #NoMoreSilence #NoMoreViolence |
|  | **Social Media Tile 16**  Experiencing domestic or family violence can have a serious impact on one’s mental health and self-esteem.  Remember, it’s OKAY to give yourself space to heal. You’re allowed to take up space, speak up for yourself and take a stand! 🏳️‍🌈 🏳️‍⚧️  #SeenAndBelieved #LGBTQ #EndDV #EndDomesticViolence #NotNowNotEver  #StopDV #NoMoreSilence #NoMoreViolence |
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