

Five things you can do today to be a safer adult for LGBTIQ+ young people



Explore our interactive learning tool

LGBTIQ+ young people who have been sexually abused often navigate a world that doesn't fully see them, and their safety and well-being depend on professionals who do. Whether you are a teacher, youth worker, sports volunteer, or any adult in a young person's life, small actions from you can make a real difference.

These five small actions can help begin creating more inclusive spaces today.

Why this matters

LGBTIQ+ children and young people are at greater risk of sexual abuse, not because of their sexuality or gender, but because of systemic discrimination, social isolation, and lack of support.

You don't need to be an expert to make a difference. You just need to be inclusive, compassionate and willing to learn.

Remember

Being a safe adult means creating spaces where LGBTIQ+ young people feel seen, believed, and supported. You don't have to have all the answers. Your care, respect and willingness to take action is a powerful first step.

Want to learn more? Please [click here](#) to explore our interactive learning tool: Being a safe adult: Understanding the unique barriers to disclosure for LGBTIQ+ young people who are victims and survivors of child sexual abuse – a guide for professionals.

Five things you can do today

1. Acknowledge and affirm

Use the young person's chosen name and pronouns and mirror their language about gender or sexuality. This simple act builds trust and signals safety.

2. Create visible signs of inclusion and speak up

Wear a rainbow pin or display LGBTIQ+ affirming posters or symbols. Speak up against homophobia or transphobia in your setting.

3. Make space for young people's stories

Let young people know you're someone they can talk to, who will listen without judgement and respect their story.

4. Pause and reflect

Would an LGBTIQ+ young person feel safe to share their story with you? What signals do you give that show you are safe? How would the young person know you are a safe adult?

5. Know how to connect young people with support

Familiarise yourself with local LGBTIQ+ support services and trauma-informed sexual abuse response organisations. A warm referral can be life changing.