

You should never be hurt or made to feel bad for being who you are. If you or someone you know has been the victim of LGBT+phobia it's important that you speak up and let someone know.

LGBT+phobia

What is it?

When people hurt us or make us feel bad, unwelcome, or less important because of our sexuality or gender identity that's LGBT+phobia.

What might it look like?

- verbal and physical abuse
- physical violence
- teasing
- bullying
- threatening behaviour
- online abuse
- damage to property
- name-calling
- people outing you without your consent

No matter who has said or done something to make you feel bad about being LGBT+ it's important that you speak up.

Reporting

In an emergency always call 999 to get help.

How to report?

Depending on where it happens you might need to speak up to different people.

If you're bullied at school you might speak to a member of staff that you trust, if it happens in public you can report it to the police, if someone at home has hurt you you may speak to a trusted adult.

If you think that a crime has been committed then you can speak to the police, or report the incident anonymously through Crimestoppers.



Getting advice and support

How to report?

Mosaic LGBT+ Young Persons' Trust is an organisation that supports, educates and inspires LGBT+ young persons. Whether you are the victim or you witness LGBT+phobia Mosaic can help. How we support is up to you.

- If you've been made to feel bad about who you are it's important that you speak up.
- If you want to get it off your chest then we're here to listen.
- If you want to report it we can help you find the best person to tell and support you in reporting it.
- If you already reported the incident but didn't feel heard or it hasn't stopped then Mosaic can help.

Contact



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