

Preventing domestic and family violence in families with LGBTIQ+ people:

What can parents and caregivers do?



Responsibility for preventing family violence sits with everyone. This tip sheet outlines some key actions that parents and caregivers can take to help prevent violence in families with LGBTIQ+ people. Together we can address the underlying reasons that violence exists in the community including negative attitudes and beliefs.

1. Promote inclusion, respect and equality

Be inclusive of LGBTIQ+ people and their relationships (e.g. include visual signs like flags and [posters](#) in your home).

Break down gendered stereotypes in your home. Encourage your children of any gender to do the same activities regardless of their gender (e.g. cook, play ball games or express their emotions respectfully).

Encourage the leadership of girls and gender diverse children and young people.

2. Challenge homophobia, biphobia, transphobia and endosexism

Be aware of the [language](#) used in your home, and be inclusive.

If anyone accidentally says homophobic or transphobic things, model bringing it up respectfully and encourage them to bring it up with you.

Challenge incorrect assumptions that all children are either girls or boys and that everyone's body looks clearly male or female.

Hearing or seeing violence towards parents can have a similar impact on children as being harmed themselves.

Children exposed to family, domestic and sexual violence can experience long-term effects on their development and have increased risk of mental health issues, and behavioural and learning difficulties ([Campo, 2015](#)).

3. Celebrate and educate about LGBTIQ+ people

Celebrate LGBTIQ+ [histories](#), [people](#) and events, focussing on all the letters of the acronym.

Read [books](#) and watch shows that educate and include LGBTIQ+ people.

Acknowledge that everyone's body is different and that's something to celebrate!

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4. Normalise respectful relationships

[Model consent](#) and respect between yourself and others.

Read [books](#) that educate children about personal safety and respectful relationships.

Be aware of, and try to minimise how much violent or inappropriate content children are exposed to on screens.

Teach your children about [consent](#). Let your children know it's okay to say no to people if they're making you feel uncomfortable, even if they're someone important like a doctor or a teacher.

5. Educate about and embrace all gender expressions, and support gender diverse children and young people to be themselves

Educate yourself and your children about gender diversity, [intersex people](#) and [pronouns](#).

The [Parents of Gender Diverse Children](#) network has information and resources on caring for gender diverse children.

6. Create a family culture which says no to violence

Hold a family meeting and set aside intentional time to discuss safety strategies.

Learn how to respond if you do hear a [disclosure](#) of abuse.

Download this [toolkit](#) to teach children and young people protective skills.

Watch our [webinar](#) on the prevention of violence in LGBTIQ+ communities.

If your family needs support

In crisis situations, call the police on 000.

Contact [Kids helpline](#) for information on sexual, domestic and family violence, 24/7 on 1800 55 1800.

Contact [Rape & Domestic Violence Services Australia](#), telephone and online crisis counselling for people of all genders, 24/7 on 1800 424 017.

Contact [sayitoutloud.org.au](#) for information on sexual, domestic and family violence in the LGBTIQ+ community, with information on services in every state.

Access [Minus 18](#) for resources for LGBTIQ+ young people.

Call [QLife](#), national telephone and web counselling service for LGBTIQ people, families and friends, 3pm to midnight on 1800 184 527.

Access [Parents of Gender Diverse Children](#) network of parents supporting other parents, with resources and information.

Visit [Intersex Peer Support Australia](#) for peer support, information and advocacy for all intersex people and their families.

More than two-thirds (68%) of mothers who had children in their care when they experienced violence said their children had seen or heard the violence ([Australian Bureau of Statistics, 2017](#)).

People who, as children, witnessed partner violence against their parents were 2-4 times as likely to experience partner violence themselves (as adults) as people who had not ([Australian Bureau of Statistics, 2017](#)).

Research shows that family support greatly increases the wellbeing of LGBTQ young people ([Ryan et al., 2010](#)).



For more information or a referrals list visit [StrongSafeFabulous.online](#)