IT'S OKAY TO ASK FOR HELP

Being LGBTQIA+ can sometimes feel isolating — especially when spaces don't yet feel welcoming.

But you're not alone.

Reach out for advice and support when you need it.

You can contact:

- **NSPCC** – www.nspcc.org.uk
- **Childline** –www.childline.org.uk
- **Cara-Friend** – www.cara-friend.org.uk
- **The Rainbow Project** - www.rainbow-project.org
- **Lifeline** – 0808 808 8000

Many young people involved in this campaign attend LGBTQIA+ youth clubs — safe, fun places to meet others, find support, and build confidence.

KEY MESSAGES

This youth-led campaign is about creating safe, inclusive spaces for LGBTQIA+ young people — and challenging the culture that enables harassment, exclusion, and gender-based violence.

We're calling for:

- Visible support from staff and adults
- Direct action against harassment and hate
- Equal treatment for all identities and expressions
- Education on healthy relationships and consent
- Safer public spaces across Northern Ireland

Because feeling unsafe, judged, or unwelcome should never be part of growing up.

WHEN WE MAKE EVERY SPACE SAFE TO BE, WE MOVE CLOSER TO ENDING VIOLENCE AGAINST WOMEN AND GIRLS – AND TOWARDS A SOCIETY BUILT ON RESPECT, EQUALITY, AND CARE FOR EVERYONE.

SAFE TO BE

NSPCC NORTHERN IRELAND

Cara-Friend

HOMOPHOBIA, BIPHOBIA, AND TRANSPHOBIA DON'T STAND ALONE.

They grow from the same harmful systems as sexism and misogyny — systems that tell us whose voices matter, who deserves respect, and who belongs.

Misogyny tells women and girls their voices don't count.

Homophobia targets people for loving who they love.

Biphobia targets people who can love more than one gender.

Transphobia tries to force everyone into narrow boxes of "male" and "female."

These attitudes share one root: gender inequality and control.

They feed the same culture that excuses harassment, silences victims, and tolerates violence — against women, girls, and anyone who challenges gendered expectations.

When young people — especially LGBTQIA+ youth — experience judgement, mockery, or harassment on buses, in shops, libraries, or online, the message is loud and clear: you're not safe, and you don't belong. Young people have told us that they don't feel safe and accepted in public spaces in Northern Ireland. That isn't okay.

THAT'S WHY WE'RE SPEAKING UP.

Because creating safer, more respectful communities means ending the attitudes that allow inequality, hate, and gender-based violence to thrive.

Because healthy relationships education must reflect all of us — women, girls, boys, and LGBTQIA+ young people alike.

Because public spaces, communities, and businesses need to stand up against hate — not stay silent.

Because we all deserve to feel seen, safe, and supported.

TOP TIPS FOR YOUNG PEOPLE

You deserve to feel safe, included, and respected in every public space.

Look for the **Safe to Be** sticker when you're out — it shows that the organisation has thought about how to make LGBTQIA+ young people feel welcome.

If someone targets you with homophobia, transphobia, or any form of harassment:





- Tell a staff member or trusted adult.
- Ask for support — you have a right to safety.
- Remember: discrimination and harassment are never acceptable.

Healthy relationships start with respect — and that includes respecting your boundaries, your identity, and your voice.

YOUR VOICE MATTERS

You can help make Northern Ireland a place where everyone feels safe to be themselves.

Share your experiences, tell spaces what helps you feel welcome or unsafe, and suggest ways they can improve.

By speaking up, you're helping change the culture

LGBTQIA+ young people face silence on LGBTQIA+ communities, tolerance of harmful language and behaviour, and hostility towards their identities. By speaking up, you're helping change the culture through action and care.

Through this, we can end violence, discrimination and abuse, not just against women and girls, but against anyone made to feel unsafe because of who they are.