Changing with pride

A national framework to prevent violence against LGBTIQA+ people

Our Watch and Rainbow Health Australia

Summary

OurWatch

Rainbow Health Australia

Acknowledgement of Country

Our Watch and Rainbow Health Australia at the Australian Research Centre in Sex, Health and Society (ARCSHS) acknowledge and pay our respects to the Traditional Owners of the land on which our offices are located, the Wurundjeri people of the Kulin Nation. As national organisations, we also acknowledge the Traditional Owners and custodians of Country across Australia, and pay our respects to them, their cultures and their Elders past, present and future.

Our Watch and Rainbow Health Australia also acknowledge organisations and advocates working to advance and protect the human rights, health, wellbeing and safety of Aboriginal and Torres Strait Islander LGBTIQA+ people, including Sistergirls and Brotherboys.

Australian Government
Department of Social Services

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About this summary

This is a summary of *Changing with pride: A national framework to prevent violence against LGBTIQA+ people*, developed by Our Watch and Rainbow Health Australia at the Australian Research Centre in Sex, Health and Society (ARCSHS)

The full framework includes extensive references to support the points made in this summary document and can be found at www.ourwatch.org.au/change-the-story/changing-with-pride

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The following consultation reports were designed to be read alongside *Changing with pride:*

National consultation report for *Changing with pride:*
A national framework to prevent violence against LGBTIQA+ people

Aboriginal and Torres Strait Islander LGBTIQA+ Sistergirl and Brotherboy domestic and family violence consultation report for Queensland

Aboriginal and Torres Strait Islander LGBTIQA+ Sistergirl and Brotherboy domestic and family violence consultation report for the Northern Territory

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Changing with pride expands on the evidence and guidance contained in Rainbow Health Australia's groundbreaking work *Pride in Prevention: A guide to primary prevention of family violence experienced by LGBTIQ communities*.

Suggested citation: Our Watch & Rainbow Health Australia, ARCSHS. (2026). *Changing with pride: A national framework to prevent violence against LGBTIQA+ people – Summary.* Melbourne, Australia: Our Watch.

What is *Changing with pride*?

Changing with pride is Australia's national framework for preventing violence against LGBTIQA+ people. It brings together international evidence and national consultation findings.

The framework provides a foundation for a primary prevention approach, and a guide to undertaking the collective work that is needed to create a future where all LGBTIQA+ people live free from violence.

Changing with pride **has been developed to:**

- build on and deepen the understanding of violence against LGBTIQA+ people
- offer a conceptual model that explains the underlying drivers of this violence, including the overlap with the drivers of violence against women
- provide a set of actions that address the drivers of violence against LGBTIQA+ people
- identify stakeholders and priority sectors and settings for action
- describe principles that should guide the way the actions are implemented.

Changing with pride can be used by anyone working in policy, strategy, programs, organisational practice, workforce development, research, advocacy and community-led action.

Changing with pride serves as a companion document to *Change the story: A shared framework for the primary prevention of violence against women in Australia*.

Change the story is Australia's evidence-based framework for preventing violence against women.

Why do we need *Changing with pride*?

Violence against LGBTIQA+ people is a serious violation of human rights.

Globally and across Australia, LGBTIQA+ people experience intimate partner violence, domestic and family violence, sexual violence and sexual harassment, alongside other forms of violence, abuse and harassment, at significant levels. However, this violence is not inevitable – it is preventable.

Preventing violence requires action to address the social, cultural and systemic conditions that create and reinforce LGBTIQA+ inequality, discrimination and exclusion.

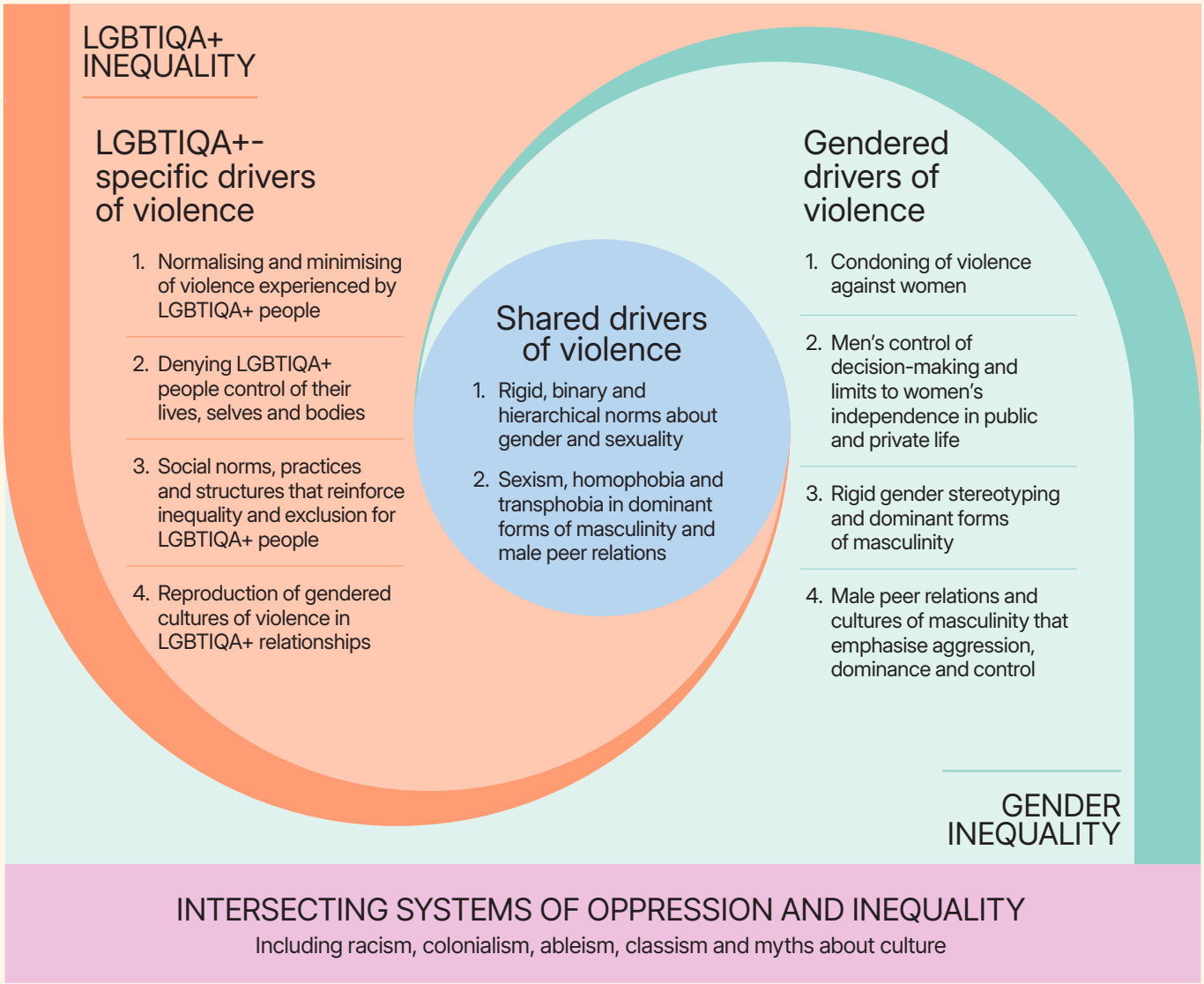
This framework offers guidance to support evidence-informed, intersectional and principled approaches to policy and practice that contribute to the prevention of violence against LGBTIQA+ people.

> LGBTIQA+ equality and gender equality go hand in hand: we can't achieve one without the other. We must work together – across sectors and organisations – to make this future a reality.

What drives violence against LGBTIQA+ people?

To stop violence against LGBTIQA+ people before it starts, it is critical to identify and address the underlying drivers of violence – the specific social factors that make violence more likely and enable it to continue. *Changing with pride* describes the drivers of violence against LGBTIQA+ people and how these overlap with the drivers of men's violence against women.

Conceptual model for the drivers of violence against LGBTIQA+ people



LGBTIQA+ -specific drivers

These four specific expressions of LGBTIQA+ inequality create an environment where violence against LGBTIQA+ people is more likely:

1. **Normalising and minimising of violence experienced by LGBTIQA+ people**
2. **Denying LGBTIQA+ people control of their lives, selves and bodies**
3. **Social norms, practices and structures that reinforce inequality and exclusion for LGBTIQA+ people**
4. **Reproduction of gendered cultures of violence in LGBTIQA+ relationships**

Shared drivers

Two shared drivers describe the specific expressions of gender inequality and LGBTIQA+ inequality that work together to drive violence against both women and LGBTIQA+ people.

1. **Rigid, binary and hierarchical norms about gender and sexuality**
2. **Sexism, homophobia and transphobia in dominant forms of masculinity and male peer relations**

Gendered drivers

Change the story identifies four specific expressions of gender inequality that create an environment where violence against women is more likely:

1. **Condoning of violence against women**
2. **Men's control of decision-making and limits to women's independence in public and private life**
3. **Rigid gender stereotyping and dominant forms of masculinity**
4. **Male peer relations and cultures of masculinity that emphasise aggression, dominance and control**

Intersecting systems of oppression

An intersectional approach recognises that the experiences of individuals and groups within LGBTIQA+ communities are influenced by multiple and intersecting systems of oppression – both as LGBTIQA+ people and as people impacted by sexism, racism, colonialism, ableism, classism and myths about culture.

Additional forms of discrimination and inequality also impact LGBTIQA+ people, such as age, religion, immigration status and geography. These influence the prevalence and dynamics of violence experienced by LGBTIQA+ people, and must be attended to in policy, programming and practice that aim to prevent violence.

What actions prevent violence against LGBTIQA+ people?

Advancing LGBTIQA+ equality is essential to ending violence. *Changing with pride* provides a comprehensive set of actions that together tackle the underlying drivers of violence against LGBTIQA+ people.

Foundational actions

There are three 'foundational actions', that together will create an enabling environment for primary prevention of violence against LGBTIQA+ people.

1. **Ensure all gender equality and violence prevention work appropriately includes LGBTIQA+ communities**
2. **Ensure that work addressing LGBTIQA+ equality is supported to enhance violence prevention**
3. **Ensure inclusion, coordination and prioritisation at all levels of government**

Essential actions

These six actions build on the foundational actions and together make up a comprehensive approach to preventing violence against LGBTIQA+ people.

1. **Work in solidarity to challenge rigid, binary and hierarchical norms around gender and sexuality**
2. **Ensure all work to address socially dominant masculinities and male peer relations includes efforts to challenge homophobia and transphobia**
3. **Validate LGBTIQA+ experiences of violence, and promote the right of all LGBTIQA+ people to live free from violence**
4. **Promote and uphold the rights of LGBTIQA+ people to control their lives, selves and bodies**
5. **Change social norms, practices and structures to ensure inclusion and celebration of LGBTIQA+ people**
6. **Strengthen individual, relationship and community capabilities for safe and loving relationships with LGBTIQA+ people**

Roles and settings

Preventing violence against LGBTIQA+ people requires a cohesive national effort, with increased and sustained investment. Every sector, organisation, institution and community has a role to play.

Actions need to be taken in many sectors and settings, and at all levels of society. *Changing with pride* outlines the leadership and participation required of various stakeholders.

Government responsibilities

Governments have primary responsibility for realising the human rights of LGBTIQA+ people, and have access to the legislative, policy and funding levers essential for lasting change.

Priority cross-sectors for collaboration

Prevention is most likely to succeed if existing work is leveraged and brought together in new ways. The priority cross-sectors for primary prevention of violence against LGBTIQA+ people are:

- Organisations and services working in LGBTIQA+ family violence, health, wellbeing and equality.
- Organisations and services working in family, domestic and sexual violence, violence against women, women's health and gender equity.

Additional priority sectors and settings

A number of additional sectors and settings should be prioritised in actions to prevent violence against LGBTIQA+ people, including:

- health and wellbeing
- education
- media, social media and online
- sport
- workplaces and organisational change
- men and masculinities.

> We all have a role to play in creating a society that is respectful, equal and free from violence.

Principles for working with and for LGBTIQA+ communities

The following principles are described in *Changing with pride* and should guide all work with and for LGBTIQA+ communities:

- Meaningful engagement, community ownership and partnership
- Whole-of-population and shared approach to prevention
- Strengths-based and values-based messaging
- Evidence-building through reflection and learning

All primary prevention that aims to address the experiences of LGBTIQA+ people must be done in ways that build community leadership and capacity: 'Nothing about us without us.'

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