



Needs of LGBTQ+ People in Russia in 2023

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LGBTQ+ Non-Profit Organization Coming Out

Since 2008, Coming Out has been protecting the rights of the LGBTQ+ community and helping queer people of Russia live more peacefully.

Our main goal is to establish equal legal and social rights for everyone regardless of their sexual orientation and/or gender identity.






Our psychologists and lawyers provide free consultations for LGBTQ+ people and their loved ones. We monitor discrimination to collect evidence of the experiences of LGBTQ+ people in Russia, and work with the authorities on cases of discrimination and violence. We teach journalists to use inclusive language when reporting on the LGBTQ+ community and educate doctors, psychologists, and HRs to work with queer communities.

All services we provide are free of charge.

Book a consultation

- [Therapy services](#)
- [Legal assistance](#)
- [Career consultation](#)

Our social media

-  [instagram.com/comingout_eng/](https://www.instagram.com/comingout_eng/)
-  t.me/keepcalmandcomingout
-  [facebook.com/comingoutspb](https://www.facebook.com/comingoutspb)
-  twitter.com/comingoutspb
-  [youtube.com/user/ComingOutSP](https://www.youtube.com/user/ComingOutSP)

Contact us

contact@comingoutspb.org
<https://comingoutspb.com/eng/>

Methodology

The main goal of our research was practical: to find out what LGBTQ+ people in Russia need right now and what they think about the work of Coming Out and other LGBTQ+ organizations in order to base our work on this data in the near future. We have also tried to find answers to many small and more specific questions that might also help us organize our work:

- How have Russia's military invasion of Ukraine, sanctions, increased repression, and censorship affected the daily lives of LGBTQ+ people in Russia?
- How familiar are LGBTQ+ people with the work of Coming Out?
- What media and content formats are important to LGBTQ+ people in Russia?
- Which services provided by Coming Out do the potential and actual beneficiaries consider the most valuable?
- How do the beneficiaries rate each program provided by Coming Out?
- Why do LGBTQ+ people not reach out to Coming Out for help?
- How important do LGBTQ+ people consider the work of LGBTQ+ organizations in Russia?
- Do LGBTQ+ people plan to immigrate any time soon, and if so, why?
- Are LGBTQ+ people ready to get involved in LGBTQ+ activism in the current political situation in Russia?
- Are LGBTQ+ people ready to volunteer for Coming Out while living in Russia?
- Are LGBTQ+ people in Russia ready to donate money to Coming Out, and do they have the technical means to do so (for example, foreign bank cards or crypto wallets)?

In order to answer all of these questions, we've prepared a survey. It went on from July 10th to September 11th, 2023. Representatives from all Coming Out departments participated in compiling the questionnaire to ensure that the research results were as useful as possible for all branches. This is why the questions about each Coming Out program are not unified but correspond to different tasks assigned by the coordinators of different programs.

The survey was shared on Coming Out's social media platforms and through reposts from our partners: other LGBTQ+ organizations, publications, bloggers, and influencers. It was the only method of distribution available to us, since targeted advertising is no longer possible in Russia. It was crucial that all respondents who take the survey live in Russia because people from Russia are our target audience.

This method of data collection imposes certain limitations on our sample: there is a high chance that it includes people who are more knowledgeable about the work of LGBTQ+ organizations and are more loyal to them, and to Coming Out in particular.

In addition, our sample is gender skewed: there is a predominance of people who identify as female. There is also a higher proportion of transgender people than usual in the studies we conduct (usually they make up about 18–20%; in this study, 33%). Women are generally more willing to participate in surveys, and we were unable to overcome this tendency with the data collection methods available to us.

The increased proportion of transgender people can be explained both by how the survey was distributed (transgender organizations were actively spreading our questionnaire) and by the greater involvement of transgender people in the work of LGBTQ+ organizations due to the adoption of the law prohibiting gender transition and the concerns that it raised. Residents of the Central and Northwestern federal districts also significantly dominate our sample.

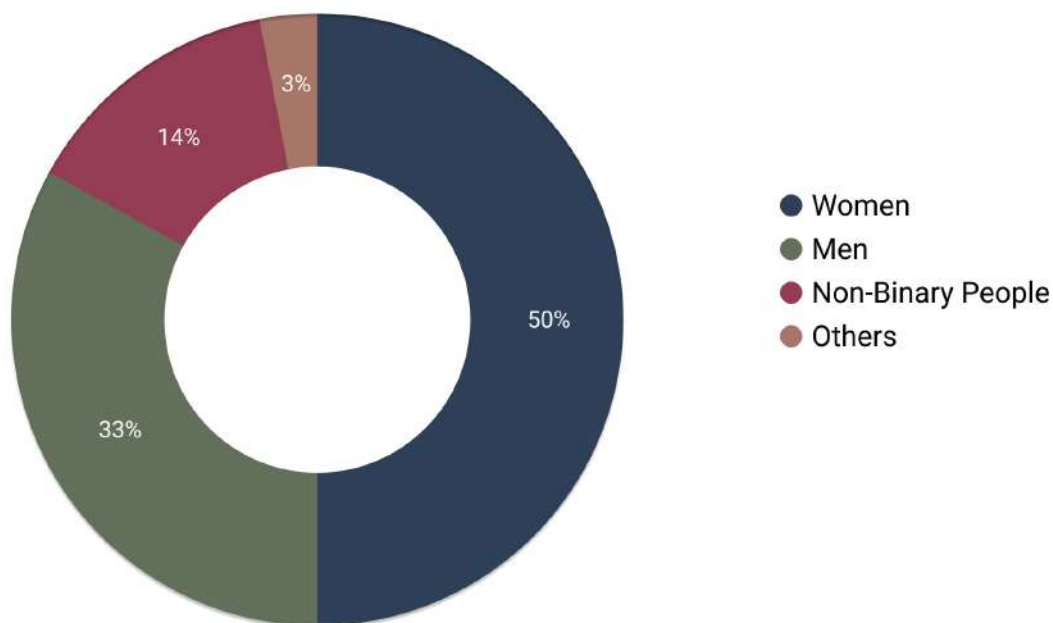
While interpreting our data, we accounted for the sampling limitations, but it is important to note that our conclusions may not reflect the entire spectrum of opinions and needs of LGBTQ+ people in Russia.

In the text of the report, there are quotes from the participants in the survey. They are signed according to the respondents' identities. All data and quotes have been anonymized.

Demographics

Our dataset consists of 4402 filled-out questionnaires. Questionnaires from straight cisgender people and LGBTQ+ people living outside of Russia, as well as responses containing insults and homophobic statements, were removed from the dataset. Of those who answered our questions, 50% (2,212 people) identified as women, 33% (1,416 people) identified as men, 14% (607 people) identified as non-binary, and 3% (122 people) chose other gender identities. The average age of our respondents was 23.7 years, and the median age was 22.

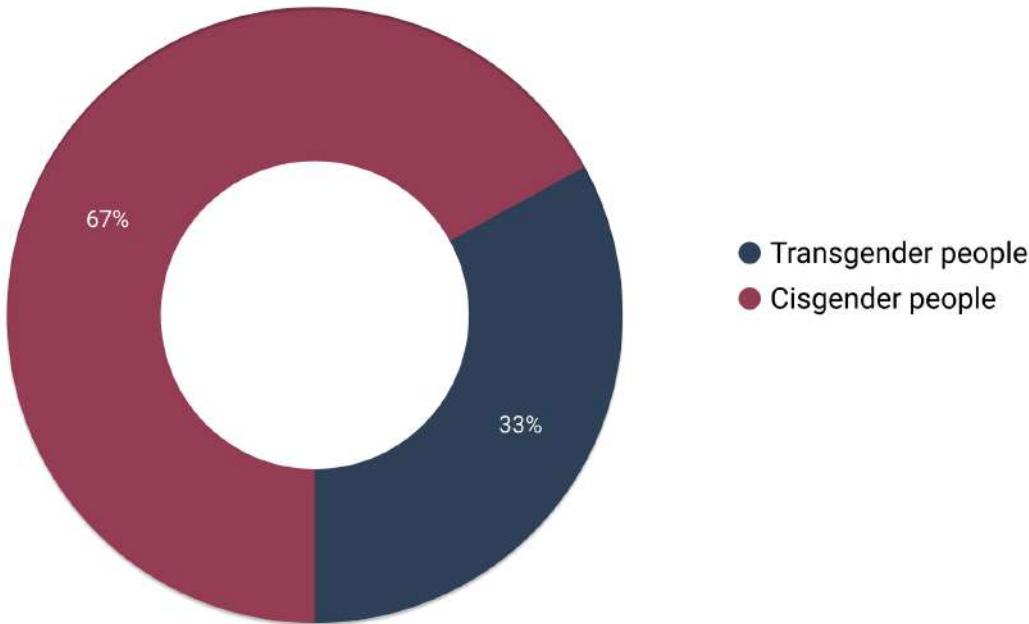
Gender identity



¹ Median age is a characteristic of a sample by age, according to which half of the sample (50%) is younger than the specified age and half (50%) is older.

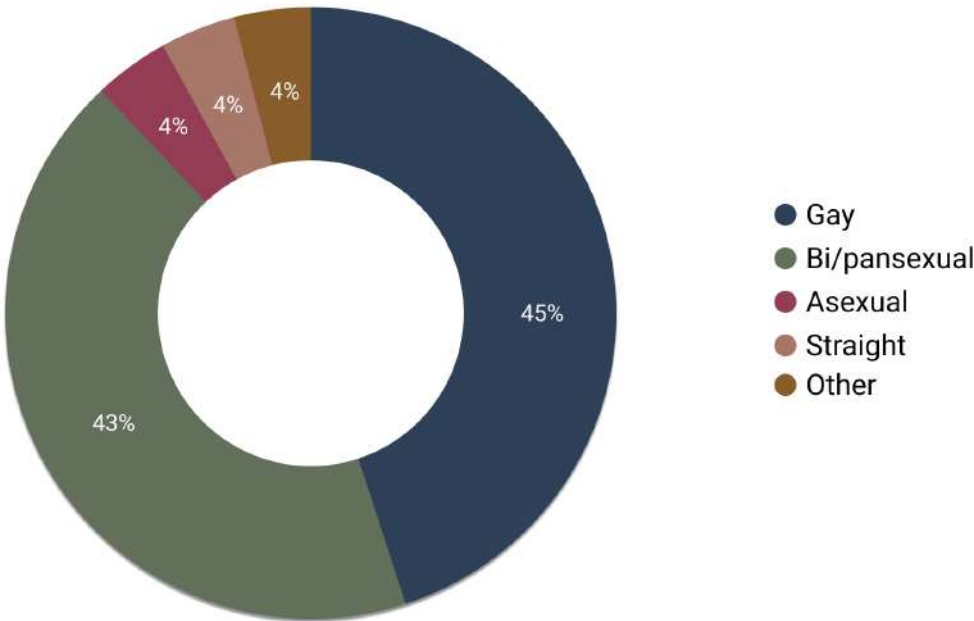
Among the study participants, 33% were transgender people (1474 people).

Trans/cisgender identity



The majority of respondents identified their sexuality as homosexual and bi/pansexual: 45% (1,990 people) and 43% (1,903 people), respectively. Approximately 4% each were accounted for by asexual and straight people and those who define their sexuality in some other way.

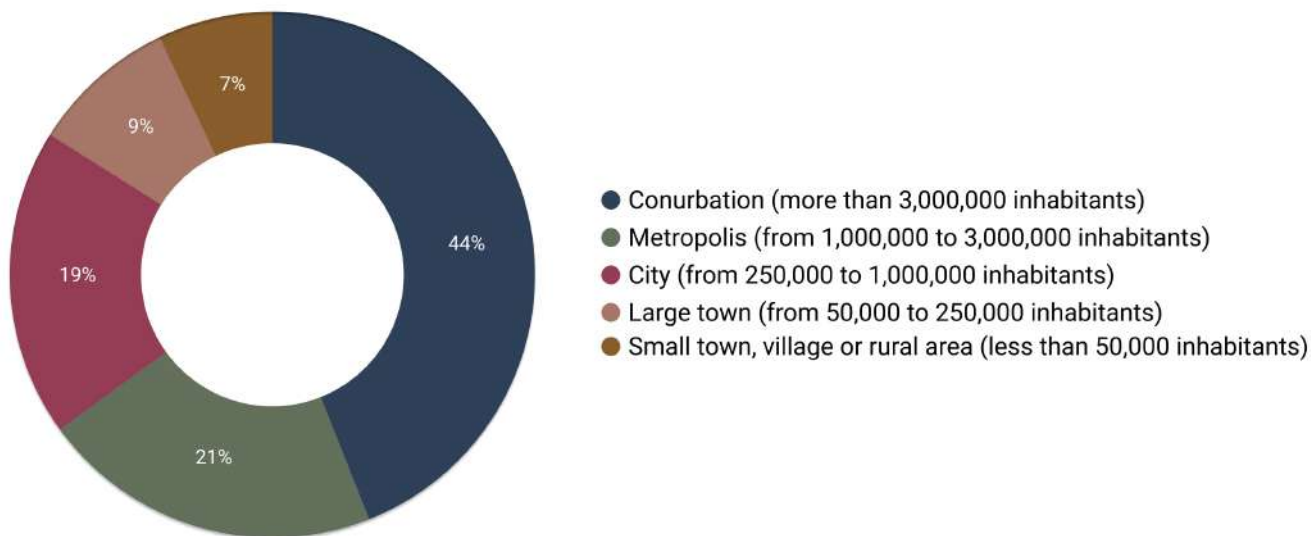
Sexuality



71 respondents (1.6%) identify as intersex people.

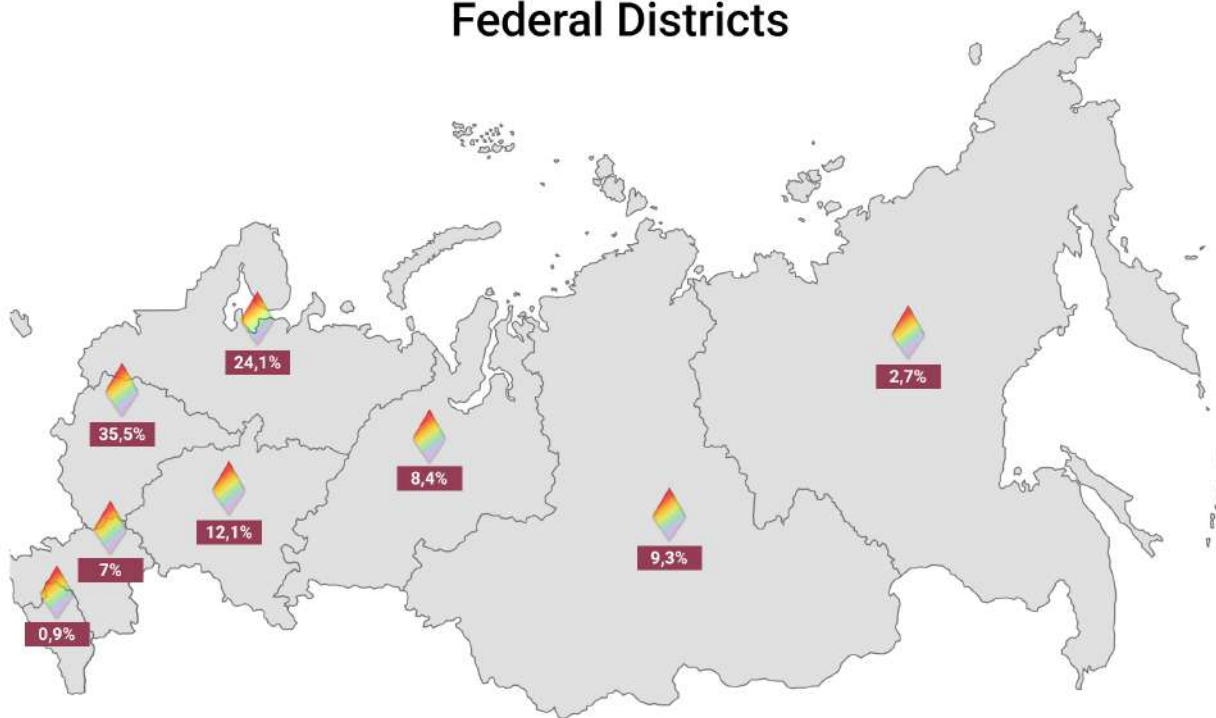
The majority of study participants live in large cities (Moscow and St. Petersburg) and cities with a population of one million or more (44% and 21%, respectively).

Settlement



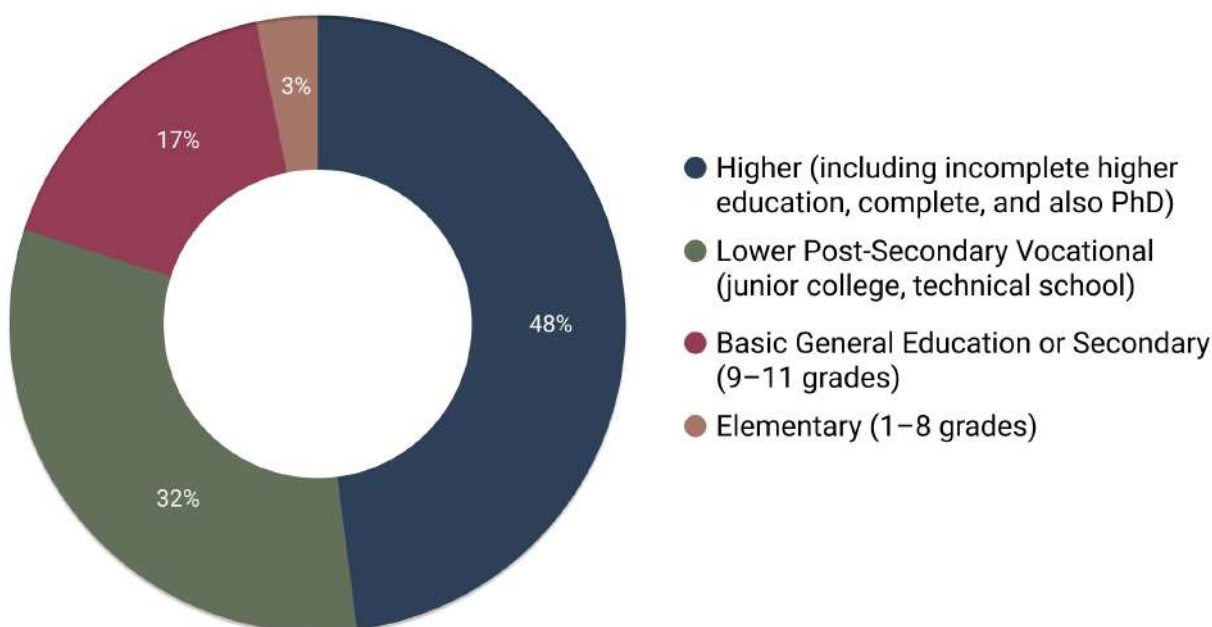
Most of the respondents live in the Central Federal District (1,564 people, 35.5%, including 1044 people from Moscow, 23.7% of the total) and in the Northwestern Federal District (1059 people, 24.1%, including 844 people from St. Petersburg, 19.1% of the total).

Federal Districts



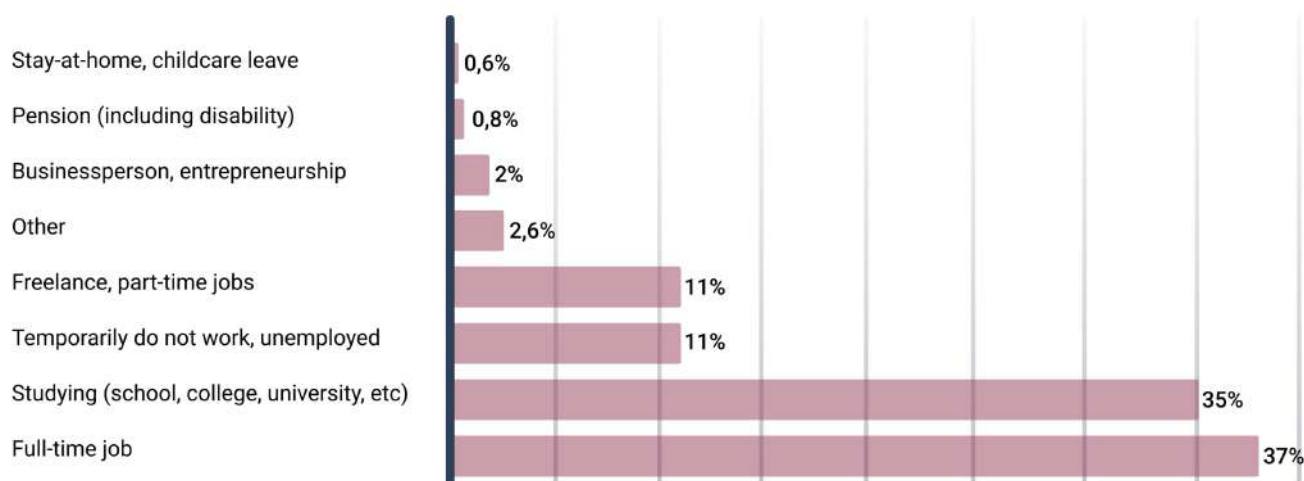
The majority of respondents have higher education (48%) or, as will be shown below, are in the process of obtaining it.

Education



Most of the study participants are employed full-time or are studying (37% and 35%, respectively).

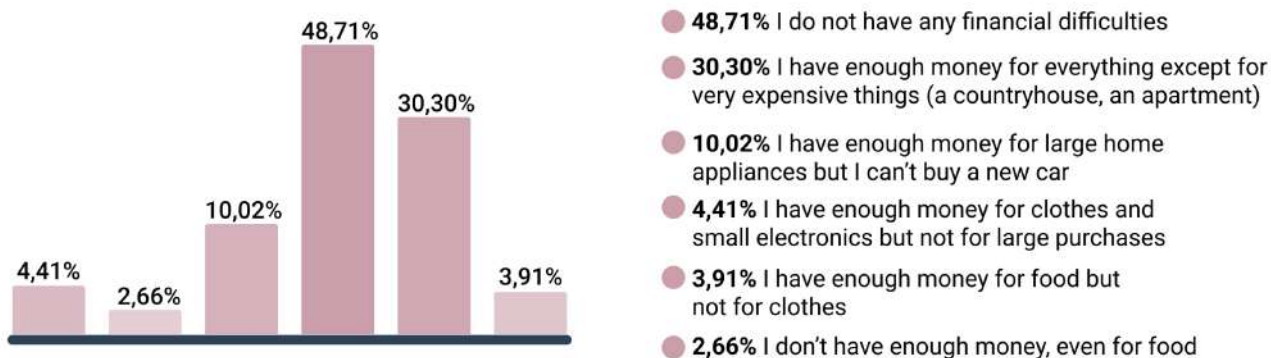
Occupation



Almost one-third of respondents (30.3%, 1,334 people) indicated that their income can only cover their food expenses. Half (48.7%, 2,144 people) noted that they have enough money for food, clothing, and cheap devices, but they cannot afford expensive purchases without saving in advance. These subjective assessments of income indicate both the low purchasing power of study participants and their challenging economic situation. However, taking into account the age range of our sample and the proportion of students in it, as well as numerical indicators of income, we can conclude that the majority of our respondents are fully or partially

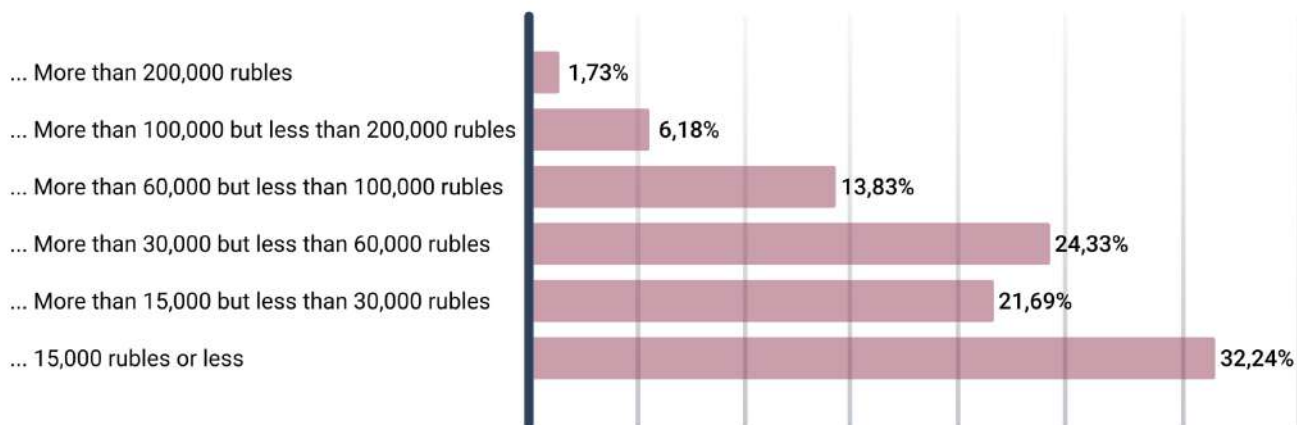
dependent on their parents and are not financially independent. Therefore, the subjective assessment of income is, on average, higher than the data on average monthly income.

Subjective Income Assessment



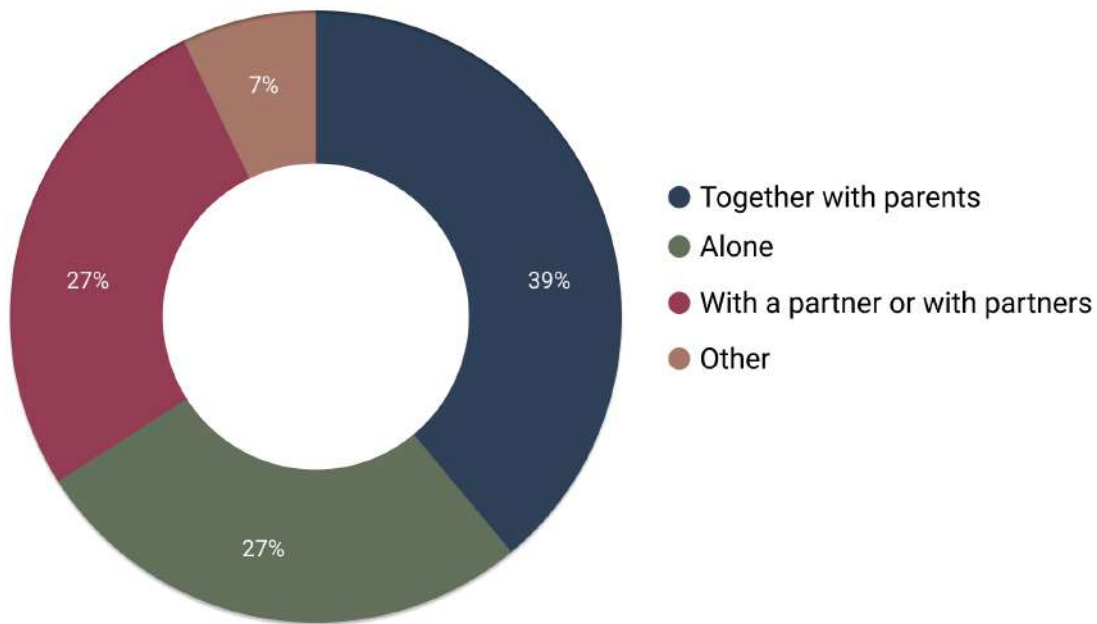
One-third of respondents (32.24%, 1,419 people) earn 15,000 rubles or less per month, placing them within or below the minimum wage level (in 2023, the minimum wage is 14,375 rubles, and for able-bodied citizens, it is 15,669). A quarter of the study participants (24.3%, 1,071 people) earn between 30,000 and 60,000 per month. Another 21.7% earn from 15,000 to 30,000 rubles. In essence, about 80% of our sample earns less than the average salary in Russia (the average Russian salary as of March 2023 is 71,334 rubles).

Income



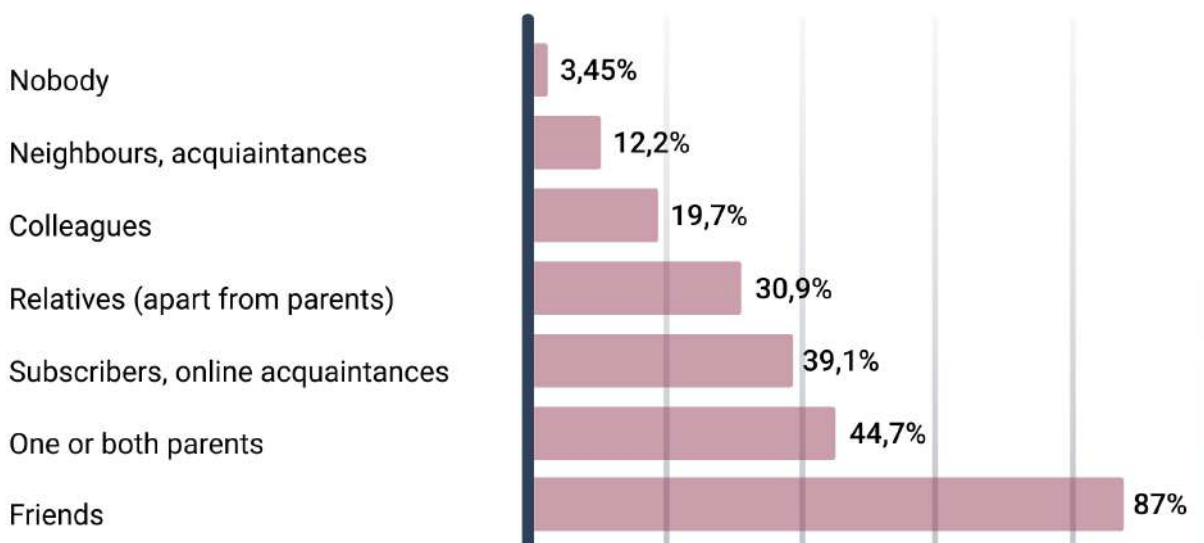
The majority of respondents live with their parents (39%), reaffirming our assumption that most survey participants are financially dependent on older relatives. An equal number of those participating in the study live independently and with a partner or several partners (27% each).

Living Situation



The majority of those who filled out our survey were open about their sexuality and/or gender identity (SOGIE) with their friends (87%, 3,830 people). Just under half (44.7%, 1,969 people) are open about it with their parents (at least one). 39.1% are open about it on their social networks or have a blog and are open about it with their followers. Our respondents least often open up about it to their colleagues, neighbors, and distant acquaintances. 3.45% (152 people) are completely closeted: no one knows about their SOGIE.

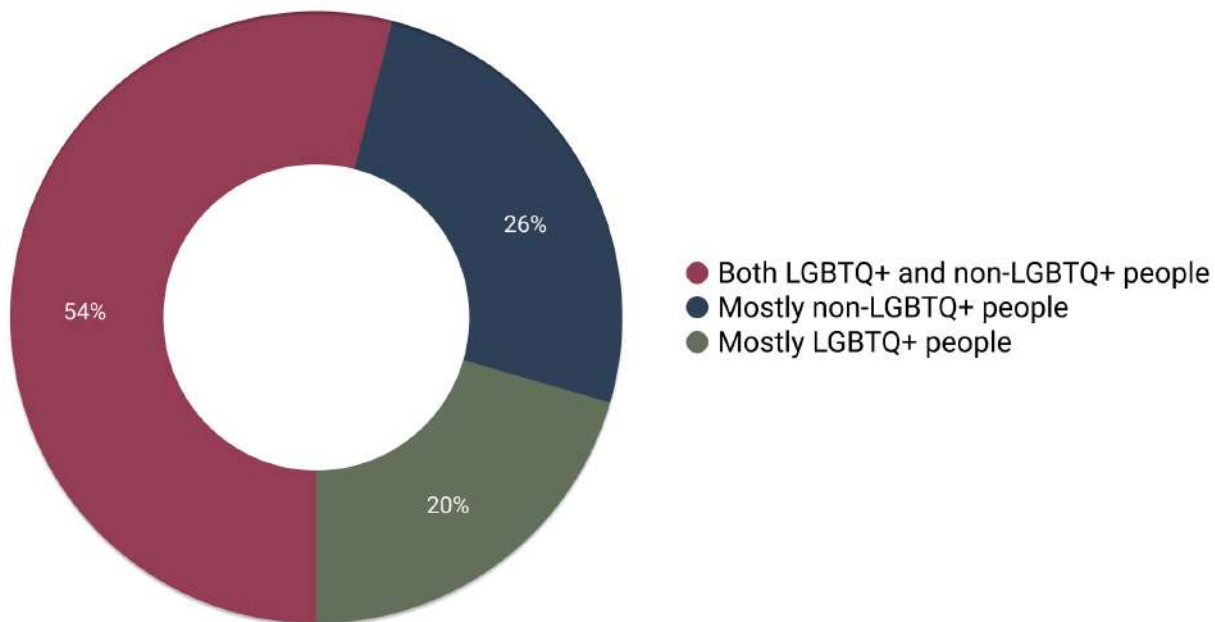
Out to



Openness rates have fallen compared to 2021. The number of those who came out to their loved ones (friends, parents, relatives) decreased by 3–6%: in 2021, 93% of online respondents were open about their SOGIE with their friends, 47.9% with parents, and 33.8% with other relatives. With fewer close people (neighbors, colleagues), the disclosure rates of LGBTQ+ people decreased even more significantly, by 10%: in 2021, 29.7% were open about it with their colleagues and 22% with their neighbors. Thus, we see that LGBTQ+ people in 2023, against the backdrop of repression, new homophobic and transphobic laws, and increased hate speech, are becoming more closeted.

More than half of respondents (54%, 2,382 people) indicated that their close social circle included both LGBTQ+ and cisgender heterosexual people. 26% are surrounded by mostly cisgender heterosexual people, and 20% noted that their social circle is predominantly LGBTQ+ people.

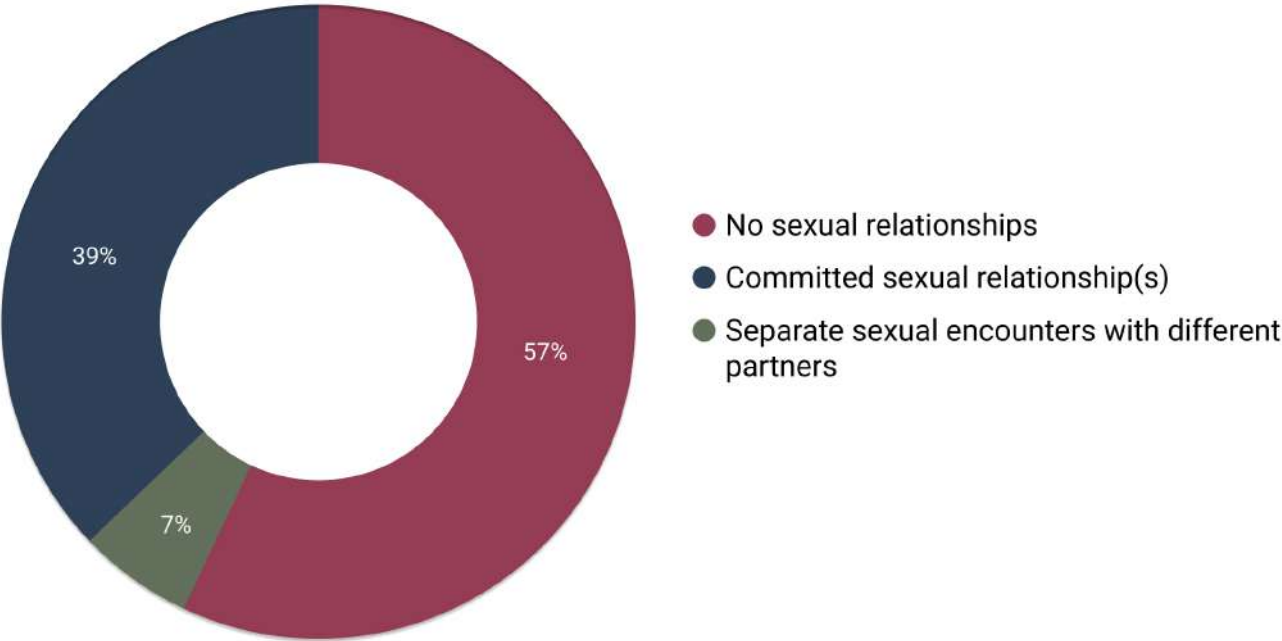
Social Circle



Relationships and Sexual Health

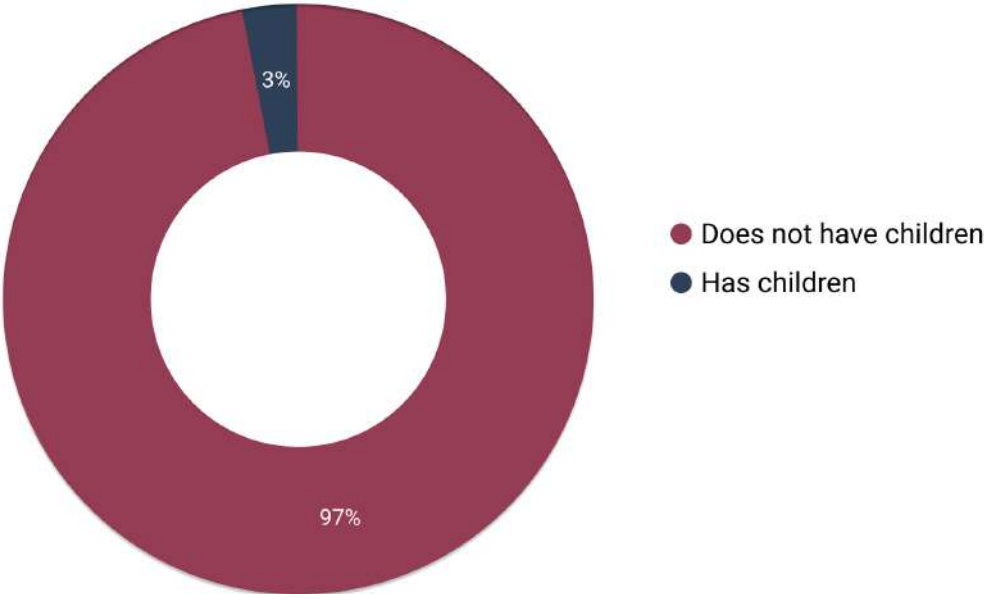
At the time of the survey, more than half of our participants (54%, or 2367 people) reported having no sexual relationships. Among them, the percentage of transgender people who had no such relationships is higher (65%). 39% of all the participants had a committed sexual relationship with one partner (1725 people), and 7% had separate multiple sexual relationships with different partners (310 people).

Relationships



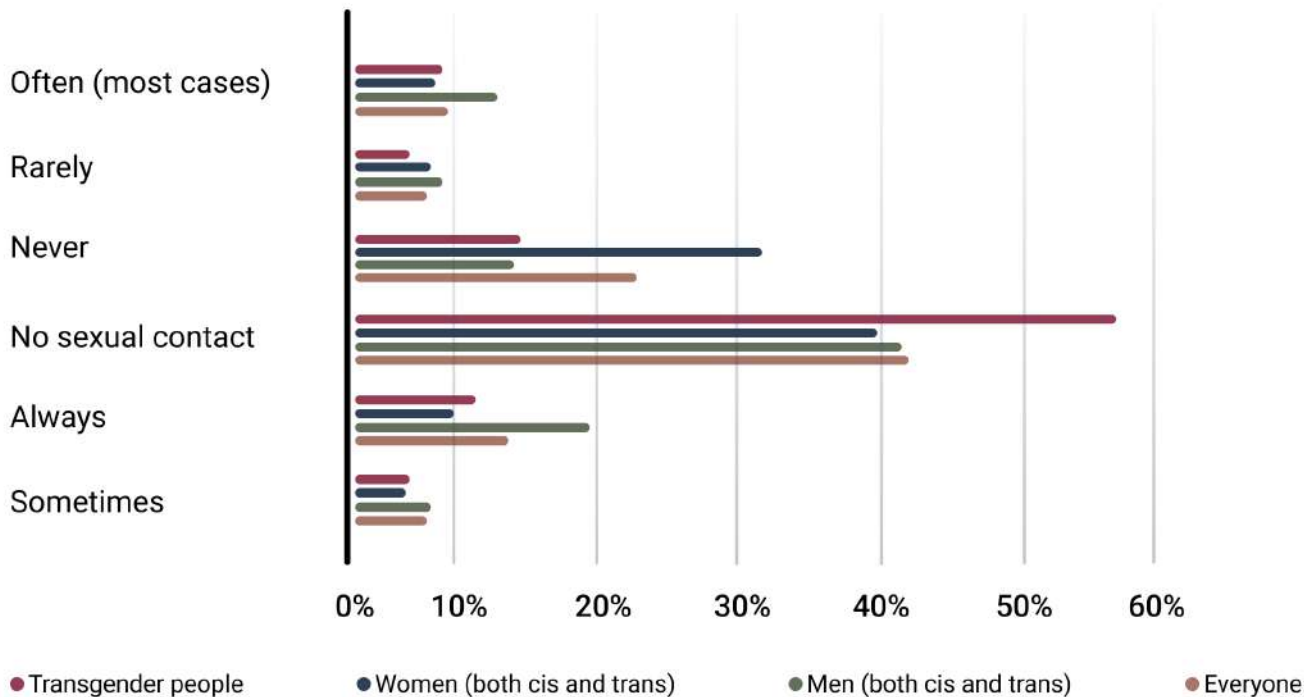
Only 3% of the participants (144 people) have children.

Children

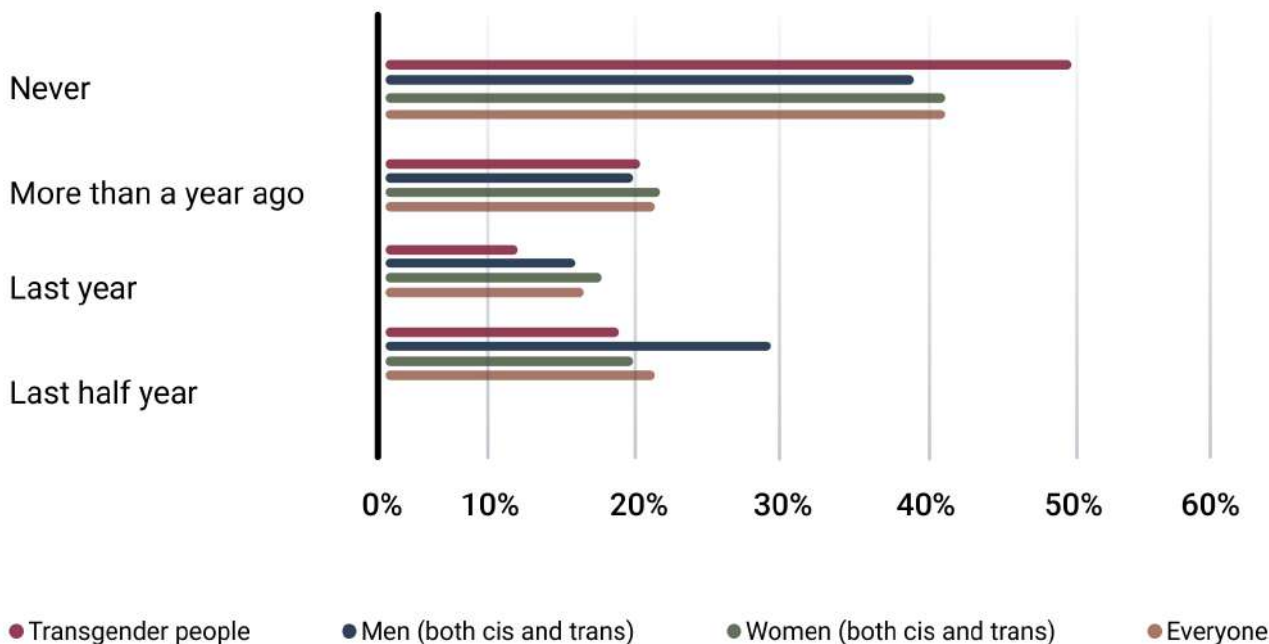


A third of the participants who identify as women (33%) never use condoms or other methods of barrier contraception. Half of them identify as gay. Among the participants who identify as men, approximately half of those who are in a sexual relationship use barrier contraception methods always or often.

Usage of Barrier Contraception



STD and HIV Tests



Transgender participants get tested for sexually transmitted diseases (STIs) and human immunodeficiency viruses (HIV) considerably less frequently: half of them (49.8%, 735 people) have never been tested. Participants who identify as men get tested more frequently: 29% have done so in the past six months, and another 15% in the past year.

62 people (1.4% of all the participants) out of those who have been tested for STIs and HIV at least once have been found HIV-positive.² Among them were 56 men (90%), 5 women (8%), and 1 non-binary person (2%). 13 participants (21% of the HIV-positive participants) have encountered difficulties with accessing HIV treatment and testing over the past year. One participant said that they had not yet encountered such difficulties but were aware of the possibility of that happening in the future. When talking about the difficulties with accessing HIV treatment and testing, the participants have mentioned the following:

“ I had to switch to another drug as the old treatment became unavailable. ”
Cisgender gay man, 50, Sverdlov Region

“ I wasn't given emtricitabine at the HIV treatment center, and it's the only thing that works for me. ”
Cisgender bi/pansexual woman, 31, Saint Petersburg

“ The last time was a wake-up call; they only gave me enough medication for a month. Before, I would get enough to last me at least three. And my medication is of the more accessible kind: efavirenz, abacavir, and lamivudine. ”
Cisgender gay man, 45, Ulyanovsk Region

21 HIV-positive participants (33.9%, or every third) have encountered discrimination on the grounds of their HIV status. When responding to the open question about their experience with discrimination, participants have opened up about the everyday discrimination of HIV-positive people:

“ They threatened and followed me. They refused to use the same plates and cutlery as me, co-live with me, and discriminated against me in other domestic situations of the kind. ”
Cisgender gay man, 23, Irkutsk Region

² 25 people chose not to disclose this information.

“

I have to hide my HIV status and fear that someone will find out about it. Most people don't understand what HIV is; they think they could contract it from me through touch alone. If my colleagues find out about it, I will lose my job.

Cisgender gay man, 28, Altai Region

”

Participants have also faced discrimination from medical professionals:

“

The GP at the medical center refused to give me a checkup because of my HIV status and made me stand outside her office while she was filling out my medical record.

Cisgender gay man, 38, Moscow Region

”

“

A dentist once refused to see me for some made-up reason (after I shared that I was HIV+). And finding a partner has become so much more difficult because of it.

Cisgender gay man, 28, Leningrad Region

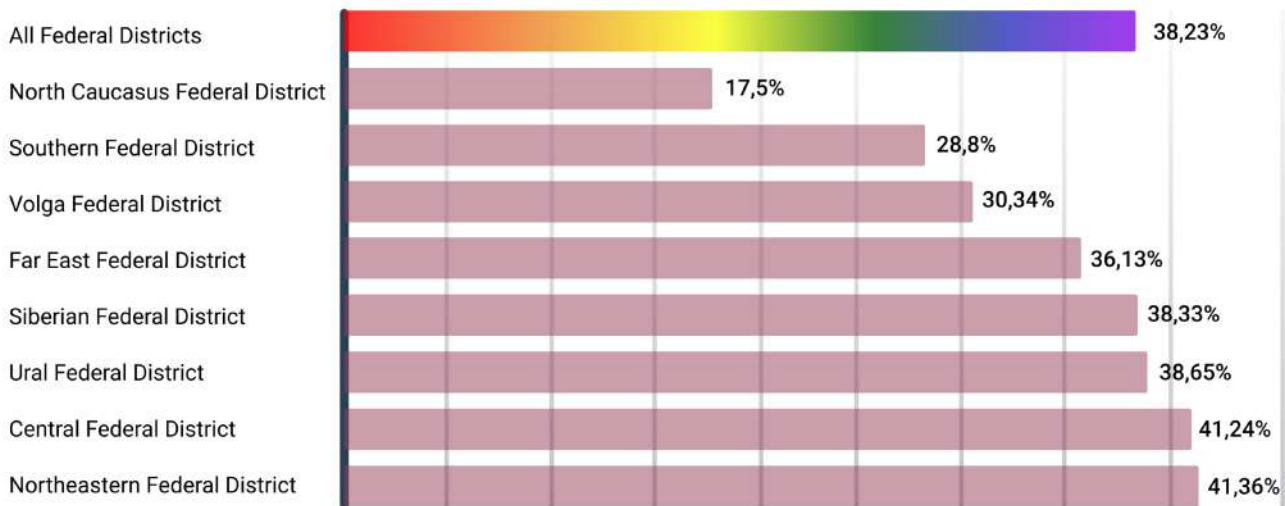
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Impact of the War and Repressions

LGBTQ+ Clubs and Events

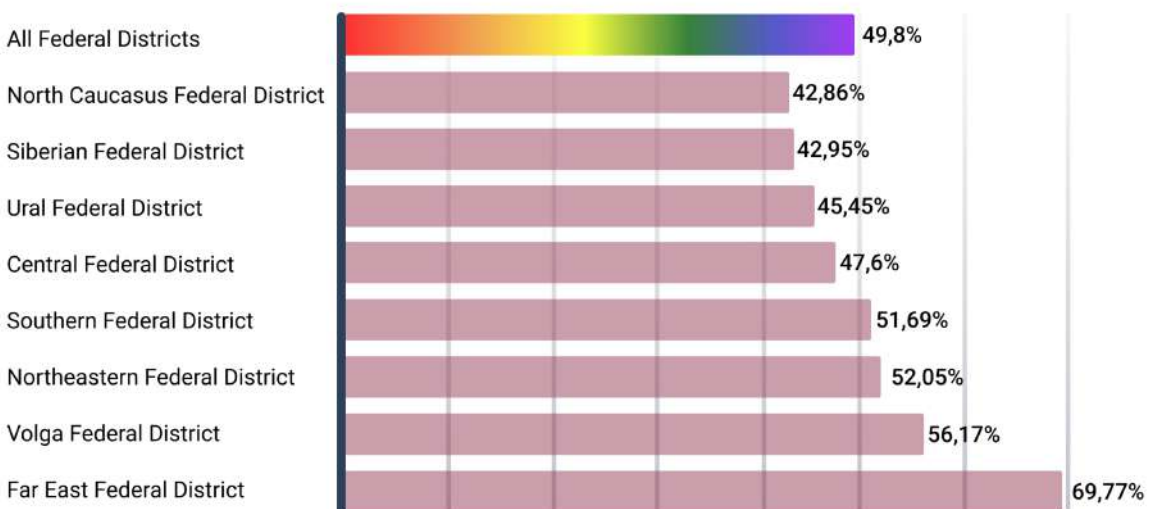
38% of participants in our study (1683 people) reported attending LGBTQ+ clubs and events. The majority of respondents with such experiences were in the Central and Northwestern federal districts. A smaller percentage was observed in the North Caucasus, Southern, and Volga federal districts.

Visited LGBTQ+ Clubs or Parties



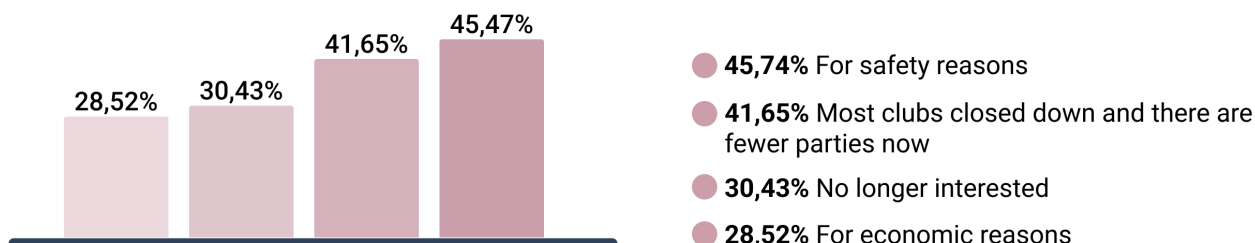
Among those who had ever attended LGBTQ+ clubs and events, half (49.8%, 838 individuals) noted that they had been going less frequently in the past year. The proportion of those who reduced their visits to clubs or events with queer themes was significantly higher in the Far Eastern federal district (69.77%). Above the sample average, the percentage of those reducing visits to clubs or events in the Volga federal district was noted (56.17%).

Started to Visit LGBTQ+ Clubs or Parties Less Often



The most common reason for this change was safety concerns, with 45.47% of respondents stating that they now attend LGBTQ+ clubs and events less frequently because they consider these spaces unsafe for themselves. Slightly fewer respondents mentioned that many LGBTQ+ clubs in their city had closed, and LGBTQ+ events were organized less frequently.

Started to Visit LGBTQ+ Clubs or Parties Less Often



Explaining the reasons for attending LGBTQ+ clubs and events less frequently, respondents shared experiences of violence and a general atmosphere of insecurity:

“

My partner was severely beaten near the club, and every time I return there in my thoughts, I get very nervous.

Cisgender bisexual man, 25, Omsk Region

”

“

The tense situation in the country, many immigrants everywhere around, people are embittered by everything. It has become unsafe.

Cisgender gay man, 42, Moscow

”

Those living away from megapolises noted the absence of clubs and events in their cities or limited choices:

“

I moved to a small town where there are no clubs or events.

Cisgender bi/pansexual woman, 25, Kostroma Region

”

“

I don't have the opportunity to come to St. Petersburg or Moscow.

Transgender bisexual/pansexual woman, 51, Belgorod Region

”

“

In Samara, there is only one LGBTQ+ club, and nothing has changed there for many years.

Cisgender gay man, 21, Samara Region

”

Additionally, the war and the forced emigration of a close circle of relatives and friends could influence the desire to attend entertainment events:

“

Friends (also LGBTQ+) left the country, so I don't want to go [to LGBTQ+ clubs and events] by myself anymore .

Cisgender gay woman, 29, Sverdlovsk Region

”

“

I don't feel emotional strength and can't rejoice in such times, even if it's for a good reason.

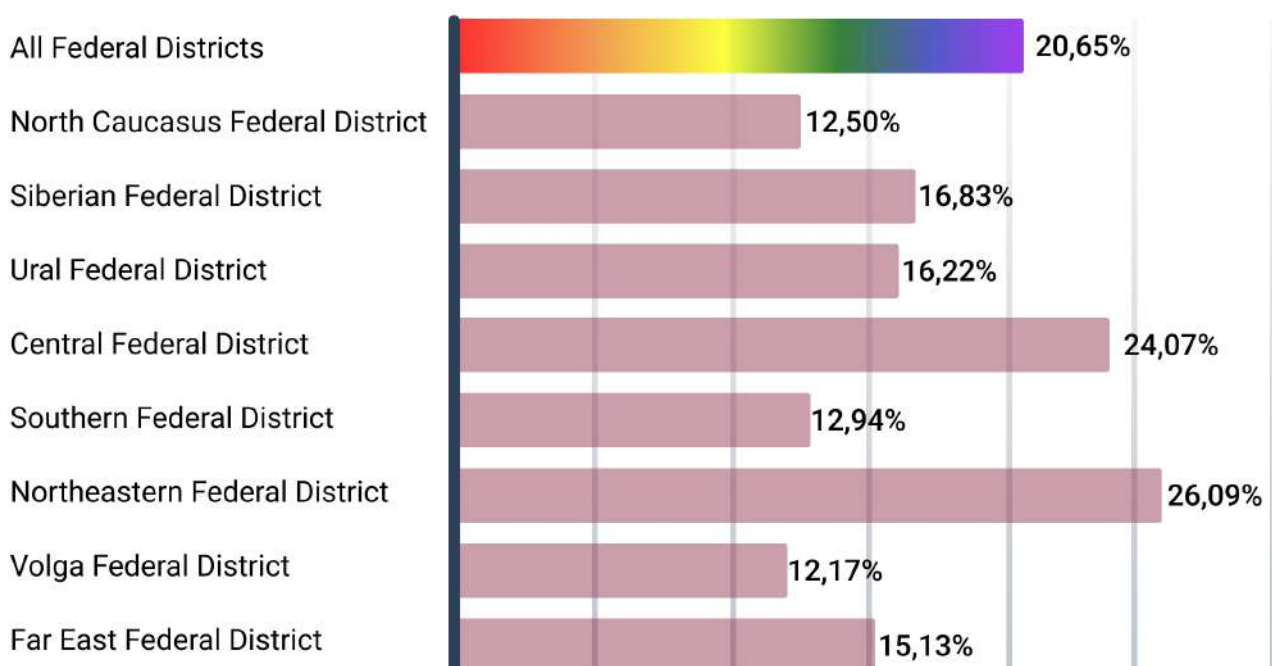
Cisgender bi/pansexual woman, 25, Moscow

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LGBTQ+ Performers' Concerts

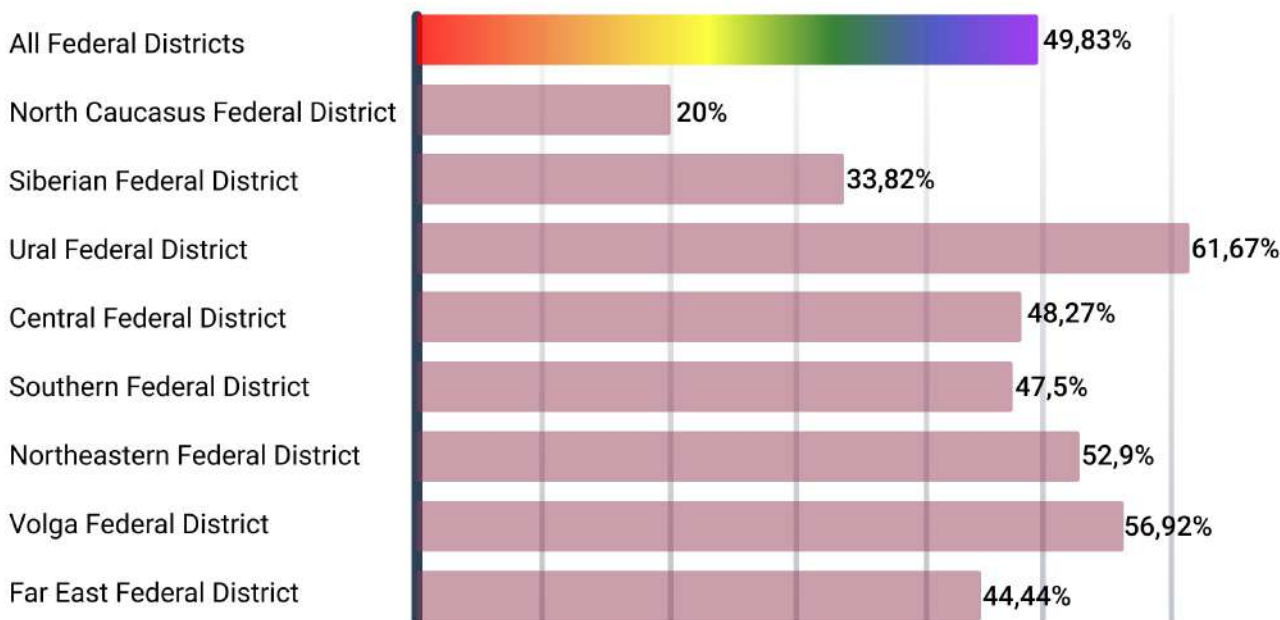
Only 20.65% of respondents (907 people) had ever attended concerts by LGBTQ+ performers (openly LGBTQ+ or closeted but assumed to be LGBTQ+). The highest percentage of people with such experiences was in the Northwestern (26%) and Central (24%) federal districts. The lowest percentage was in the Volga, North Caucasus, and Southern federal districts (12–13%).

Visited Concerts by LGBTQ+ Performers



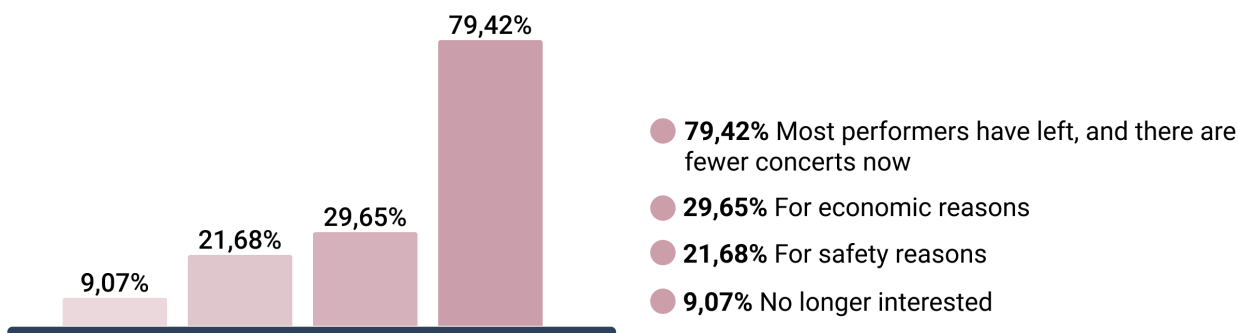
Half (49.83%, 452 people) of those who had ever attended concerts by LGBTQ+ performers mentioned that they attended such events less frequently in the past year. The proportion of those who now attend LGBTQ+ musicians' concerts less frequently is particularly high in the Ural, Volga, and Northwestern districts.

Now Visit Concerts Less Often



Among the reasons people have stopped attending LGBTQ+ performers' concerts or attend them less frequently, the following reason leads: many performers have left the country, and the number of potentially interesting concerts has decreased. This was stated by 79.42% of those who actually attended such concerts less frequently. About a third of them also cited economic reasons: they can no longer afford it (29.65%).

Why Visit Concerts Less Often?



Clarifying the chosen reasons, participants in this research also mentioned that foreign queer performers no longer come to Russia due to its ongoing military invasion of Ukraine. Additionally, due to intensified censorship, some performers have stopped performing works with LGBTQ+ themes or have completely refused to perform, while others have openly supported the war, impacting people's decisions to attend their concerts.

“ Many performers left, and there are fewer concerts. And some foreign ones, like Gerard Way, a non-binary person, won't come anymore. ”

Transgender gay man, 26, St. Petersburg

“ Alena Shvets, for example, no longer performs queer songs and did not express her support. I don't want to attend concerts by such authors. ”

Non-binary gay person, 25, Tyumen Region

“ Because of the performer's support for the war. ”

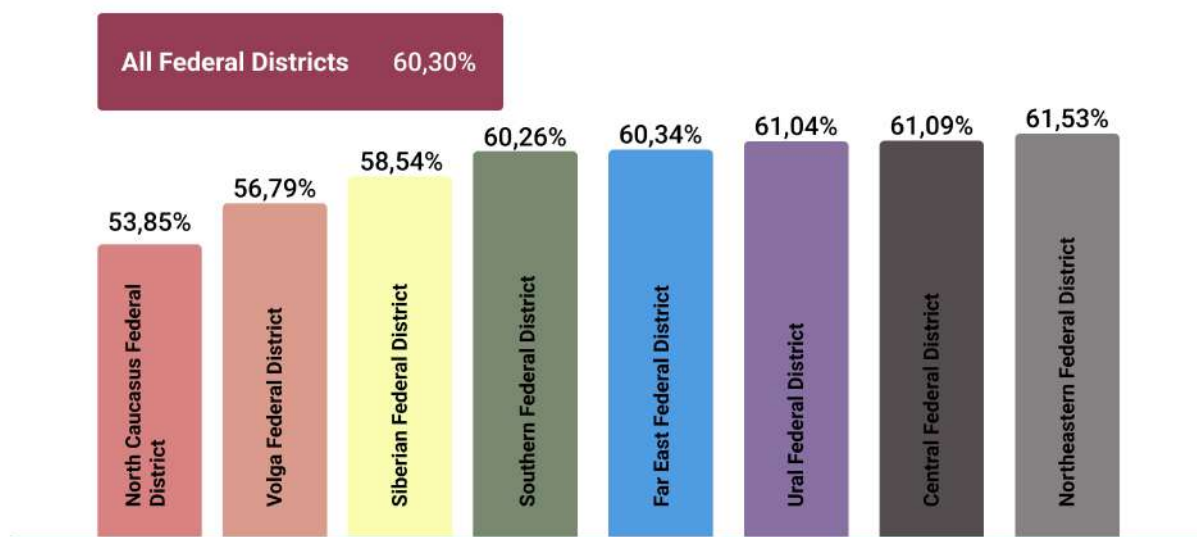
Cisgender gay man, 24, Yaroslavl Region

“ Some performers among my friends, whose concerts I attended, have stopped performing because they don't feel safe. ”

Non-binary gay person, 24, Moscow

Access to LGBTQ+ Content

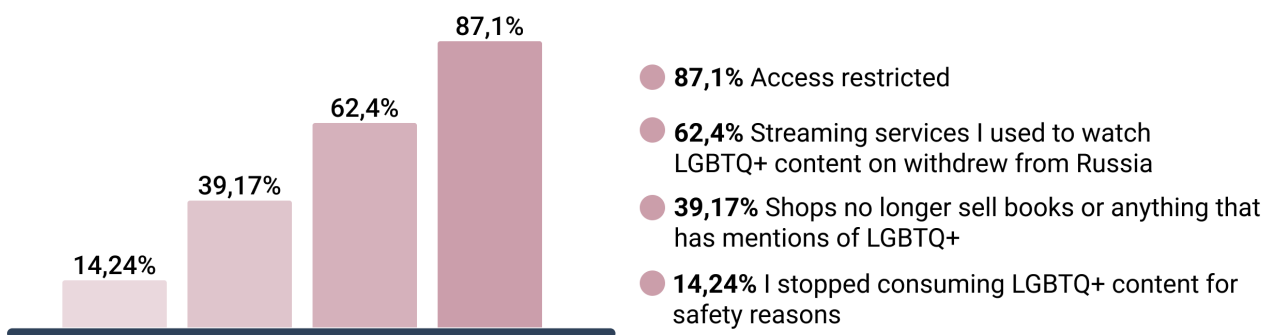
Issues with Accessing LGBTQ+ Content



98.41% of our respondents were interested in LGBTQ+ content at some point in time (the difference between federal districts by this parameter does not exceed 1%). 60.3% of them had difficulties accessing LGBTQ+ content in the last year. The distribution of those who have encountered problems with access to LGBTQ+ content across federal districts is approximately equal, with the exception of the North Caucasus Federal District, in which the share of those who noticed such problems is slightly lower than in other regions (53.85%).

Among the most common problems with accessing LGBTQ+ content is restricted access to websites. Almost every respondent pointed this out (87.1% have had these issues). Another problem that was mentioned by more than half of the respondents (62.4% of those who had issues accessing LGBTQ+ content) is the withdrawal of streaming services that had LGBTQ+ content from Russia. 39.17% of survey participants encountered stores refusing to sell books or other informational products with LGBTQ+ content.

Issues with Accessing LGBTQ+ Content



When clarifying the problems with access to LGBTQ+ content on the internet, respondents highlighted general search difficulties that arose with increased censorship:

“ Lack of knowledge on where to find a particular resource ”
Transgender gay man, 20, Samara Region

They also reported the disappearance of LGBTQ+ books from stores and the resulting increase in their prices:

“ A sudden rise in the prices of books that have been moved into the category of bibliopolical rarities. I paid crazy money for Kathy Acker and bought some old things from Kolonna after their nominal closure. ”
Cisgender gay woman, 27, Moscow

Respondents also noted censorship on Russian streaming platforms and in cinemas, which either refused to show LGBTQ+ content or cut out relevant fragments from films or TV series, as well as in stores, including online retail:

“ They cut out scenes on TV and in cinemas, and, in general, LGBTQ+ movies went off the air. ”
Non-binary gay person, 34, Moscow

“ LGBTQ+ accessories in popular marketplaces went off the shelves. ”
Transgender asexual woman, 22, Samara Region

Respondents noted further issues with the VPNs, which make accessing blocked resources even harder:

“ Many LGBTQ+ and gay communities in V Kontakte have closed down or were blocked by the administration, and websites as well. Instagram and Facebook don't work even through VPN! ”
Cisgender gay man, 51, Krasnodar Territory

Many have spoken about the increased self-censorship, because of which the book authors themselves limit access to their work out of fear of persecution:

“ The voluntary withdrawal of authors from social media for safety reasons. ”
Cisgender bi/pansexual woman, 24, Novosibirsk Region

Social Media Usage Practices

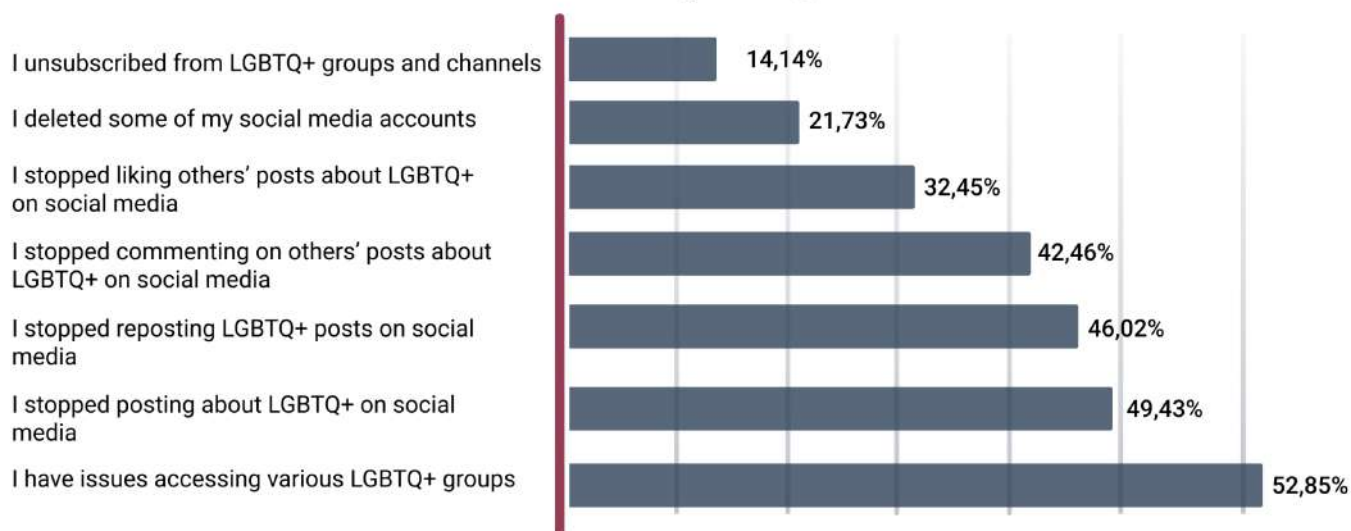
At least 47.8% of the respondents (2,108 people) indicated that after the passage of the new law banning LGBTQ+ propaganda, their behavior on the Internet and social networks has changed.

Most often, the respondents pointed out the problems with access to different LGBTQ+ communities and groups on social media (52.85% of those who noted that their online behavior has changed with the adoption of the law). The majority of respondents noted that they stopped posting and reposting LGBTQ+ content on social networks (49.43% and 46.02%, respectively).

Many people also stopped commenting on other people's posts about LGBTQ+ (42.46%), and a third of those who noticed changes in their use of social networks

recently even avoided liking posts on LGBTQ+ topics (32.45%). However, deleting social media accounts and unsubscribing from LGBTQ+ groups and channels are uncommon (21.73% and 14.14%, respectively, 458 and 298 people).

What exactly changed?



Judging by the answers to open-ended questions about changes in the use of the Internet and social networks, LGBTQ+ people have many fears and concerns due to the introduction of the new anti-LGBTQ+ legislation. Many people emphasize that they are forced to use VPN services constantly, restrict and censor their publications, and strive for more online anonymity. Some people note that VPN does not circumvent all restrictions, and the need to constantly turn it on also affects how often they consume LGBTQ+ content:

“ VPN is becoming more and more necessary to access LGBTQ+ resources online. As a psychologist, I had to remove the ‘LGBTQ-friendly’ label from my webpages because lawyers said that it could be considered propaganda. Homophobia, including online homophobia, became even more obvious and less punishable. ”

Genderfluid gay person, 34, Krasnoyarsk Territory

“ I don't post stories or photos with my partner on Instagram anymore. ”

Cisgender bi/pansexual woman, 20, Novosibirsk Region

“ I no longer post anything about the queer part of my life or LGBTQ+ stuff in general in public places/chats where I'm unsure of my safety; I've also anonymized my accounts on social networks. ”

Transgender non-binary bi/pansexual person, 23, St. Petersburg

“

I'm afraid to repost news on Instagram because I don't have a private account. I am afraid to express my position on Instagram in any way. Sometimes, I don't want to turn on my VPN, which makes me unable to access LGBTQ+ communities every day.

Cisgender gay woman, 23 years old, Moscow

”

“

I deleted all pictures of me and my partner kissing from social media. I stopped posting photos like that. My favorite groups/accounts/sites were blocked. Some restrictions could not be bypassed even by VPN.

Non-binary bi/pansexual person, 21 years old, Nizhny Novgorod Region

”

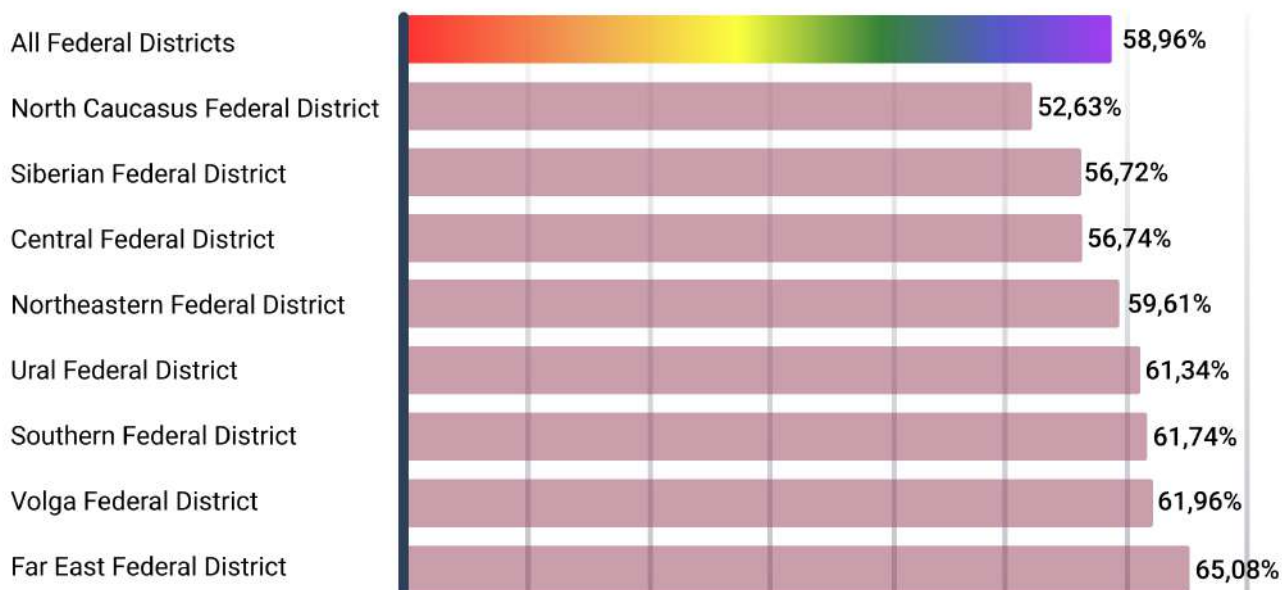
LGBTQ+ Symbols

Half of the people who participated in our survey had previously worn LGBTQ+ symbols (51.32%, 2,259 people). Of these, the majority noted that they had started to do so less frequently in the last year (58.96%, 1,332 people). The highest share of respondents who have started wearing LGBTQ+ symbols less often recently is in the Far Eastern Federal District (65.08%). Some respondents indicated that they have become less likely to wear LGBTQ+ symbols for security reasons:

Have Worn LGBTQ+ Symbols



Started Wearing LGBTQ+ Symbols Less Often



“ I will be fined or imprisoned for it; I don't wear them, of course. ”
Cisgender gay woman, 31, Moscow

“ For security reasons, I have stopped wearing symbols altogether. ”
Cisgender bi/pansexual woman, 23, Moscow

“ I don't wear them at all anymore, as I live in a bad neighborhood, and I am afraid that I will be threatened and ridiculed again, like in my previous place of residence. ”
Non-binary bi/pansexual person, 15, Pskov Region

Search for LGBTQ-Friendly Specialists

The majority of respondents (58.36%, 2,569 people) reported that they had sought LGBTQ+ professionals across different fields (doctors, psychologists, lawyers, etc.).

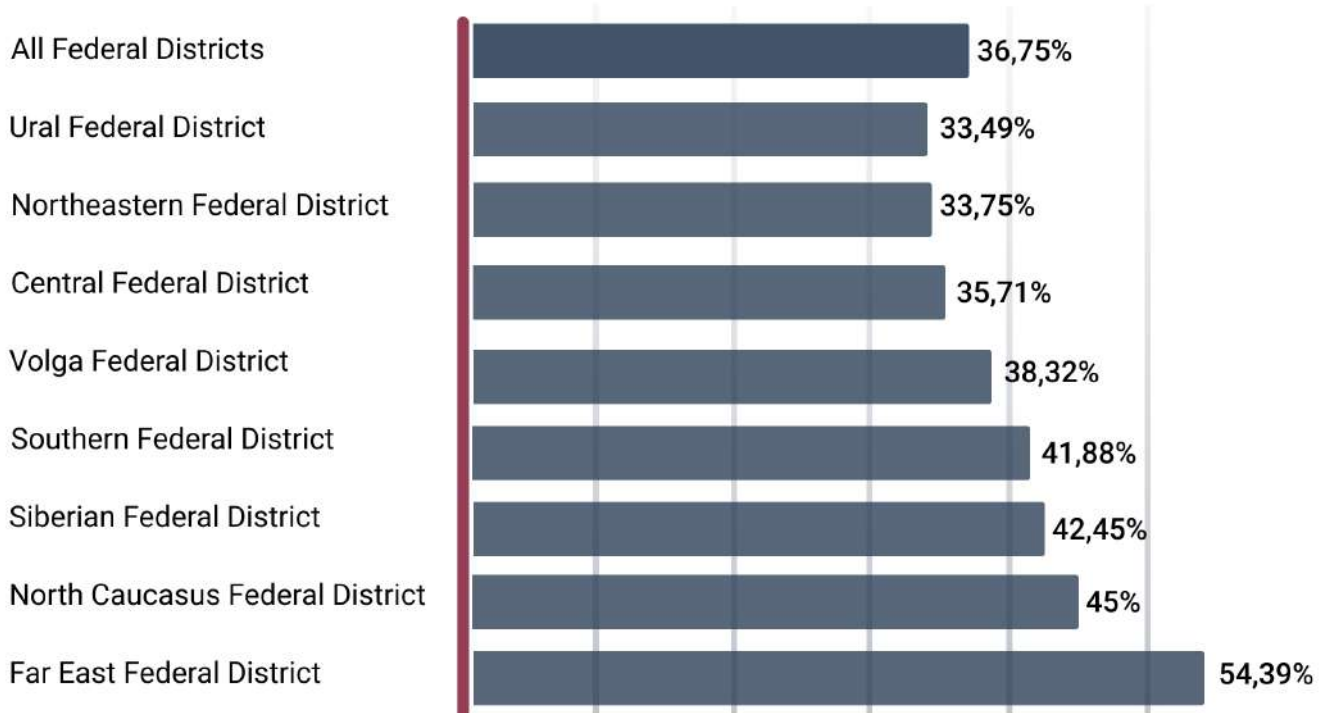
Just over a third (36.75%, 944 people) of those who have searched for LGBTQ+ professionals confirmed that finding LGBTQ+ professionals has gotten harder in the last year and a half. The Far East (54.39%) and the North Caucasus (45%) account for a significantly higher proportion of those who found it more difficult to find the necessary specialists.

Have Searched for LGBTQ-Friendly Specialists



Specifying their answer, respondents noted that with the adoption of the new law about propaganda, it is now unsafe for professionals to position themselves as LGBTQ-friendly and this affects the search for a suitable specialist. In addition, according to the observations of those surveyed, homophobia has increased, and people are more likely to make homophobic and transphobic remarks in public.

It Has Become Harder to Find Friendly Specialists



“ As a friendly specialist myself, I have a hard time finding friendly colleagues (psychologists). It's disgusting and horrible, and now, also dangerous. ”

Non-binary person, 26, Volgograd Region

“ I was looking for a friendly psychologist both before the law was enacted and after. Now that it has become harder to look for one, many people started negatively speaking out about LGBTQ+. ”

Transgender straight man, 17, Novosibirsk Region

“ I think the professionals themselves are also a bit afraid to list this in their 'About Me' section. As a trans person, it is harder for me to look for an endocrinologist. ”

Transgender bi/pansexual man, 19, Voronezh Region

Transgender respondents emphasized that the anti-gender transitioning law has also affected the availability of friendly specialists.

“ It is difficult to find highly specialized trans-friendly doctors, such as general practitioners, proctologists, gastroenterologists and so on, who you can't hide your trans status from. ”

Transgender bi/pansexual man, 27, St. Petersburg

“ Transphobia in society has become stronger. Some professionals who used to work with transgender people now refuse to do so. ”

Transgender bi/pansexual man, 35, Moscow

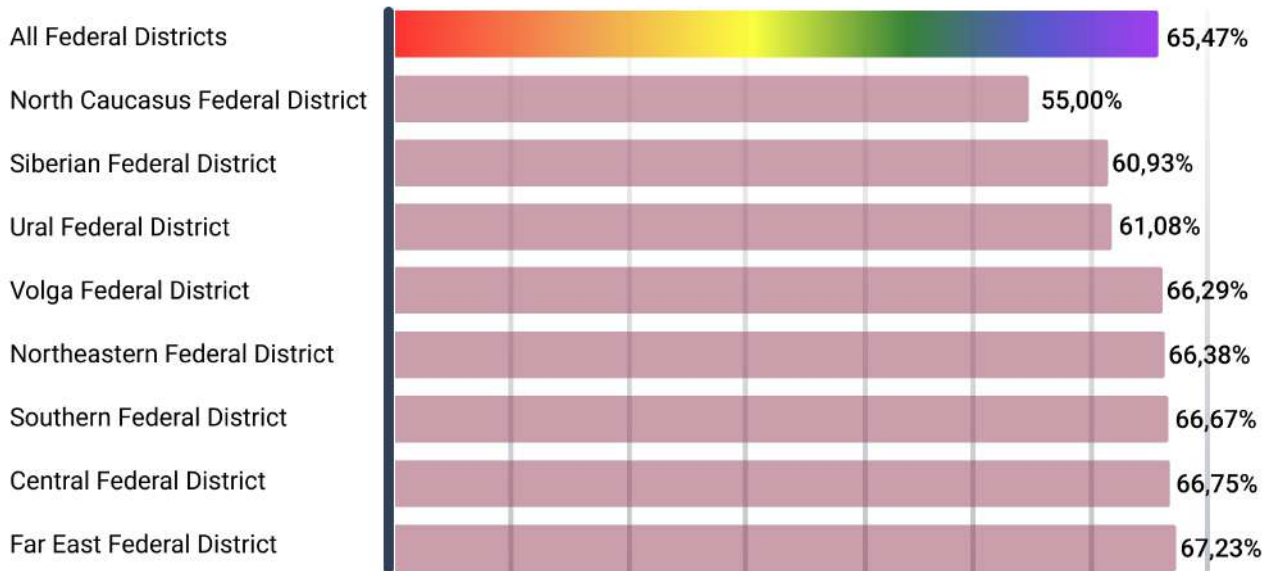
“ My endocrinologist deleted the bot through which we communicated. ”

Transgender gay man, 34, Rostov Region

Dating Apps

Most participants (65.49%, 2883 people) in our survey have used dating apps before. That percentage is significantly lower in the North Caucasus Federal District (55%).

Used Dating Apps



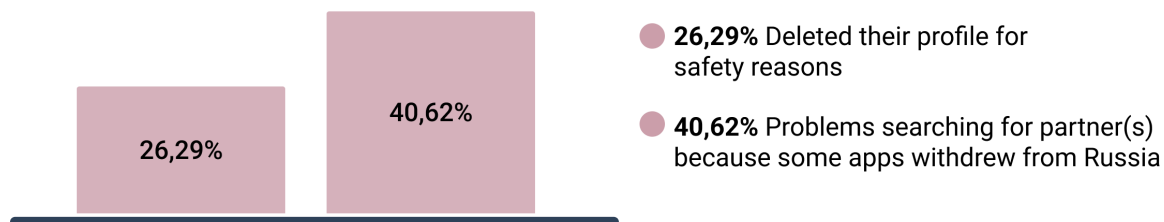
23.48% (677 people) of those who have used dating apps before reported changes in their dating app usage within the past year. The highest percentage of those reports came from the Far Eastern (27.5%) and Southern (26.7%) federal districts.

Usage Practices of Dating Apps Have Changed



40.62% (275 people) of those who reported changes in the way they have been using dating apps recently highlighted issues with finding a partner due to some of the apps being discontinued or blocked in Russia. 26.29% (178 people) deleted their profiles out of safety concerns.

Issues with Dating Apps



Participants note that, as some of the apps have been discontinued in Russia, they do not see any other alternative. Some report censure on Russian dating apps; others feel unsafe using them or cannot find as many LGBTQ+ people there as on foreign dating apps.

“ Many dating apps have left Russia... Those that are left do not provide the same opportunity to meet people as before... Russian dating apps often block my profile when I even mention being trans. ”
Transgender gay woman, 20, Chelyabinsk Region

“ Tinder was safe to use, but now there is no alternative for LGBTQ+ people. ”
Cisgender gay woman, 22, St. Petersburg

“ Tinder has been blocked; I’ve tried using other apps, but very few people know about them at the moment. ”
Cisgender gay woman, 19, Saint Petersburg

“ Tinder is gone, and I don’t feel safe saying that I’m trans on Russian dating apps. ”
Transgender non-binary bi/pansexual person, 26, Moscow

LGBTQ+ people have been more careful when using dating apps, being aware of the dangers of fake dates, blackmail, or threats.

“ I’ve been too scared to meet anyone on dating apps. ”

Transgender bi/pansexual woman, 20, Tomsk Region

“ I’m scared to openly mention my sexuality, scared of fake dates. ”

Cisgender gay woman, 44 years old, St. Petersburg

“ More and more fake accounts have been appearing recently: no social media photos, they refuse to record a video or an audio message, they get angry when you suggest calling, but they try to set up an in-person meeting as quickly as possible. Unfortunately, some people in my social circle have encountered that, and it ended at best in threats and at worst, in physical violence and stalking. ”

Cisgender gay woman, 22, St. Petersburg

Participants have mentioned that the number of users on the dating apps that remain in Russia has decreased; people have become more secretive and suspicious, which makes it harder to find a partner.

“ There’s fewer people; many delete their profiles, are scared to show their face, etc. ”

Cisgender gay man, 20, Irkutsk Region

“ It’s no use trying to find someone because everyone has left [dating apps], and I don’t feel as safe on them either. ”

Non-binary bi/pansexual person, 24, Altai Republic

Participants have also noticed an increase in homophobia and transphobia on dating apps lately.

“ People have insulted and humiliated the LGBTQ+ community in general, as well as threatened me personally because of my sexuality. ”

Cisgender bi/pansexual woman, 17, Bryansk Region

“

People’s attitude towards the LGBTQ+ community has changed; there have been more messages from non-LGBTQ+ people, and I don’t even want to think about what they could want from me. It’s terrifying to meet people now.

Cisgender gay woman, 19, Moscow

”

Coming Out in the Public Eye

LGBTQ+ Organizations and Coming Out in the Public Eye

There is a bias in our data towards the beneficiaries of Center T (probably because they actively helped us with the distribution of the questionnaire), and it is this organization that leads among those whose services were used by our respondents. If we omit this anomaly, Coming Out is the leader among other organizations working with Russian LGBTQ+ people: 7.84% of respondents have used services, and 43.28% are aware of its work, although they have not sought its help. We should make a reservation that the main channels of questionnaire distribution were our own social networks and reposts of our partners, so the audience unfamiliar with

Organization	I know and have used services	I know but have not used services	The name is familiar but I don't know about it	I don't know and haven't used the services
Coming Out	7.84%	43.28%	15.40%	33.48%
Russian LGBT Network	4.61%	39.05%	19.29%	37.05%
Sphere	1.95%	30.03%	19.76%	48.25%
Center T	18.51%	27.33%	8.88%	45.27%
Side by Side	4.23%	26.17%	14.40%	55.20%
LGBT+ Case	2.61%	24.81%	12.49%	60.09%
Action	4.82%	20.79%	14.24%	60.15%
LGBT Resource Center	3.00%	20.74%	16.06%	60.20%
Kilkota	6.34%	18.65%	8.11%	66.90%
Queer Svit	2.04%	17.70%	12.47%	67.79%
SNoW	2.32%	10.70%	10.81%	76.17%
Moscow community center for LGBT initiatives	1.45%	8.47%	10.93%	79.15%
T9 NSK	1.48%	5.91%	6.13%	86.48%
PPPT	1.29%	3.82%	4.59%	90.30%

Coming Out was difficult for us to reach (and yet, one third of the sample does not know anything about Coming Out).

Well-Known Organizations

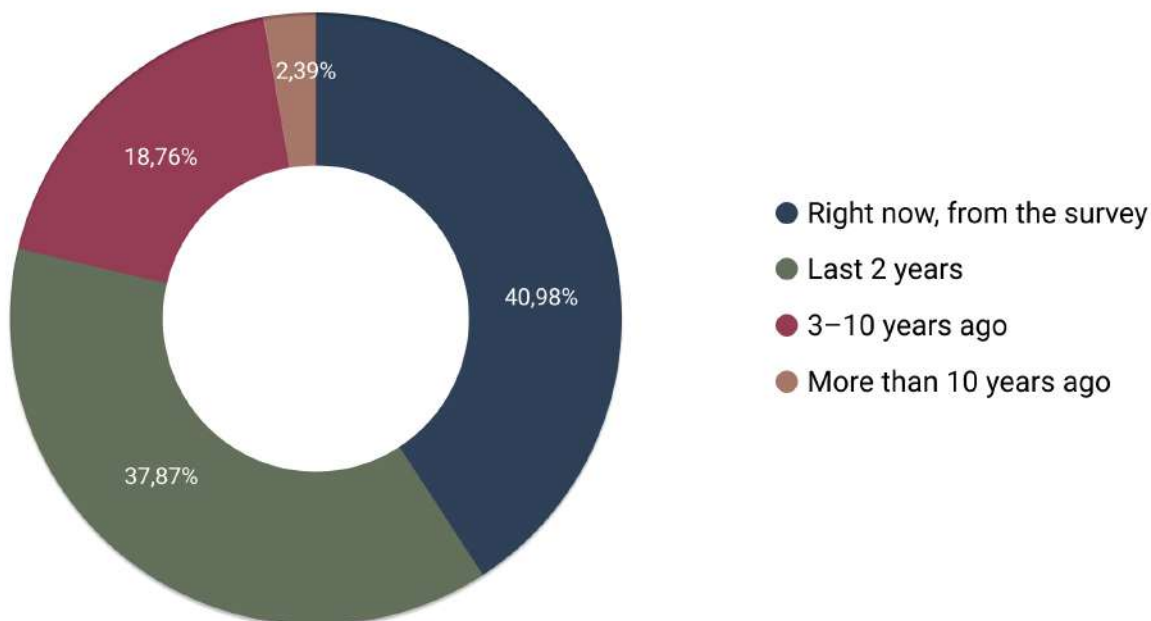
Coming Out	43,28%
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Side by Side	26,17%
LGBT+ Case	24,81%
Action	20,79%
LGBT Resource Center	20,74%
Kilkota	18,65%
Queer Svit	17,70%

If we compare our data with the research on the needs of LGBTQ+ people conducted by Coming Out in 2021 in St. Petersburg, we can see that Coming Out significantly outperformed the “Side by Side” Film Festival (which in 2021 outperformed Coming Out in terms of the number of people who used the organization's services). The difference between the performances of Coming Out and Russian LGBT Network remained roughly the same. At the same time, there are new organizations (Sphere, LGBT+ Case), which also have high visibility but are still lagging behind Coming Out (at least if we are talking about those we managed to recruit to participate in the research).

The table and the diagram represent those organizations and initiative groups whose names we suggested to the survey participants. But the interviewees could also write down the names of the LGBTQ+ organizations they know.

Among those that respondents recalled on their own, the leading ones were Guys +, Lasky, Overcoming Together, Resource, and Pulsar.

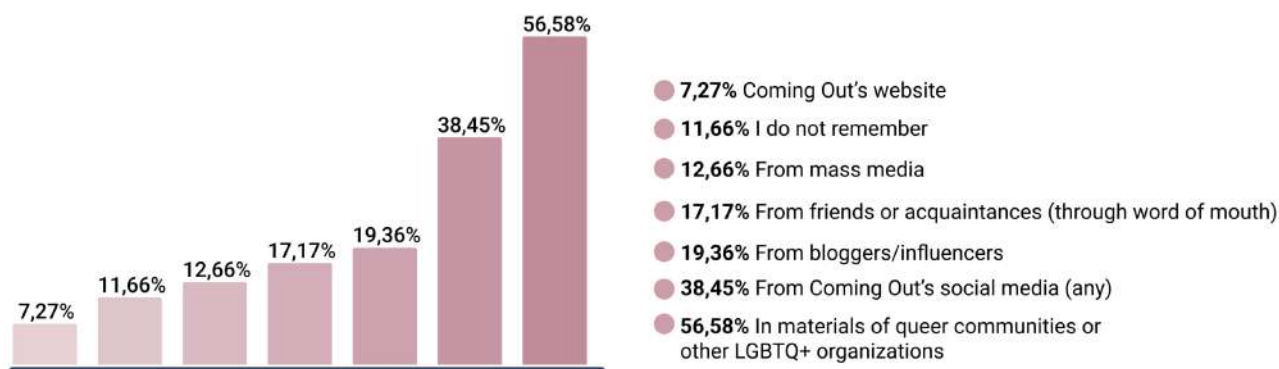
Became Aware of Coming Out



The share of those who learned about Coming Out for the first time in the survey amounted to 40.98%. This figure is significantly higher than in 2021 (27.7% at that time). The proportion of those who learned about Coming Out in the last couple years is almost double the proportion who did so between 3 and 10 years ago. This indicates that Coming Out has significantly increased its audience in recent years, but there are still quite a few people within Russia who are unfamiliar with the organization.

The following question was directed only at those who had heard of Coming Out before the survey began. According to the answers of respondents, most often they first learned about Coming Out from the resources of queer communities or other LGBTQ+ organizations (in other words, from reposts or mentions of Coming Out by the organization's partners): 56.58% of respondents answered this way. Next in frequency are the social networks of Coming Out itself (38.45%), as well as bloggers or influencers (19.36%).

How did you become aware of Coming Out?



These data differ significantly from the figures for 2021, when the most frequent sources from which people first learned about Coming Out were the Vkontakte group (63.9%), word of mouth (33.1%), and the Coming Out website (29.2%). Such differences indicate significant changes in publicizing strategies and their success, and on the other hand, show how the ways of disseminating information about LGBTQ+ people have changed (Vkontakte can no longer be called the leading social network, for example).

Coming Out's Social Media

One third of respondents (34.22%, 889 people) familiar with Coming Out were not subscribed to any of its social networks at the time of the survey. Among those who are subscribed, Telegram (46.77%), Instagram (20.25%), and Vkontakte (17.32%) lead the way. From the position of the main source of information about Coming Out (in 2021, 63.9% marked it), the Vkontakte group dropped to third place, while the importance of the Telegram channel and Instagram account increased. In 2021, 6.8% chose the Telegram channel, and 26.8% chose Instagram as the source of information about Coming Out, which is more than this year; however, it was previously in fourth place in terms of answer choice frequency, but now it has risen to second place.³

What social media of Coming Out are you subscribed to?

None	34,22%
Facebook	1,27%
TikTok	2,73%
X (ex-Twitter)	6,35%
Coming Out's newsletter	6,66%
YouTube	7,51%
VKontakte	17,32%
Instagram	20,25%
Telegram	46,77%

How is it more convenient to read/watch us?

Facebook	2,08%
E-mail newsletter	7,85%
TikTok	10,01%
X (ex-Twitter)	12,59%
VKontakte	14,67%
Insragram	25,98%
YouTube	32,76%
Telegram	89,49%

Preferred Content

When asked how they would be more comfortable reading or watching our content and learning about LGBTQ+ news, respondents overwhelmingly chose Telegram (89.49%), as well as YouTube (32.76%) and Instagram (25.98%).

As for the content they would be most interested in, survey participants most often chose short social media posts (62.82%), social media cards (57.43%), and longreads (52.73%). Also in the top 5 preferred content categories are long social media posts (44.3%) and podcasts (40.45%).

Live Streams (webinars)	17,71%
Brochures	28,79%
Reels/Shorts	34,18%
Long videos (more than 5 minutes)	34,53%
Comic strips	36,91%
Podcasts	40,45%
Long social media posts	44,30%
Long articles, longreads	52,73%
Cards on social media	57,43%
Short posts on social media	62,82%

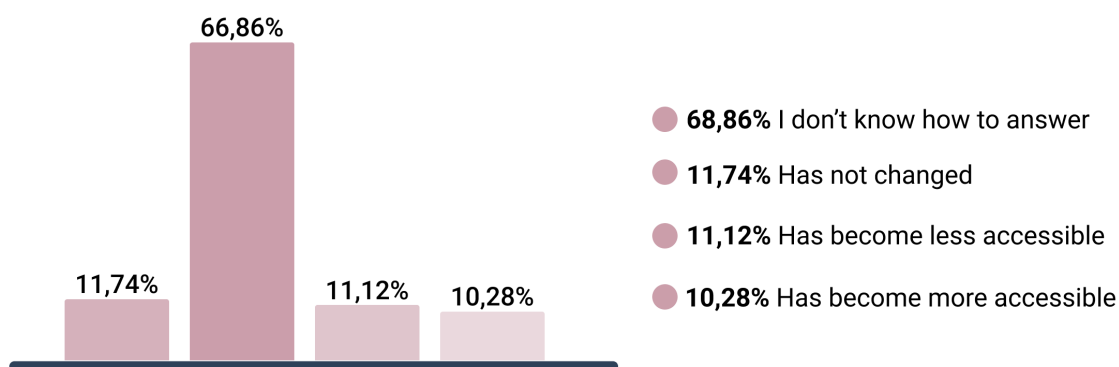
³ It should be taken into account that the question in 2021 was posed in a slightly different way: "Please list the sources of information about Coming Out that you use". In 2023, we asked which of our social networks the respondents were subscribed to.

Among the media they like and trust, respondents most often named the following:

- Medusa;
- Mediazona;
- Doxa;
- TV Rain;
- Guys Plus;
- Holod;
- Novaya Gazeta;
- Sota;
- Wonderzine;
- BBC.

In addition, the interviewees often referred to social media bloggers or influencers, among whom Ekaterina Shulman, Maxim Katz, Karen Shainyan, and Ilya Varlamov can be singled out.

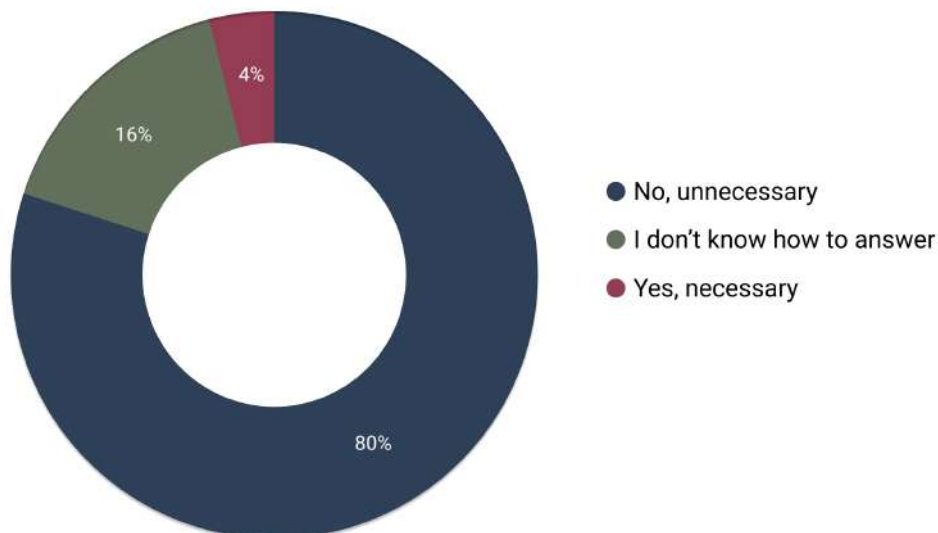
Access to information about Coming Out



The question of whether the availability of information about Coming Out has recently changed confused respondents, probably because the majority of the audience joined Coming Out recently or does not follow Coming Out public awareness campaigns closely enough. The majority chose the “don't know” option (66.86%), while the opinions between those who believe that the situation with the availability of information about Coming Out has improved, worsened, or has not changed in any way were roughly equally divided (10.28%, 11.12%, and 11.74%).

The majority of respondents indicated that they do not need visual descriptions for Coming Out posts on social networks (80%). Only 4% (114 people) indicated that they or their acquaintances needed such an opportunity.

Visual Descriptions Necessity

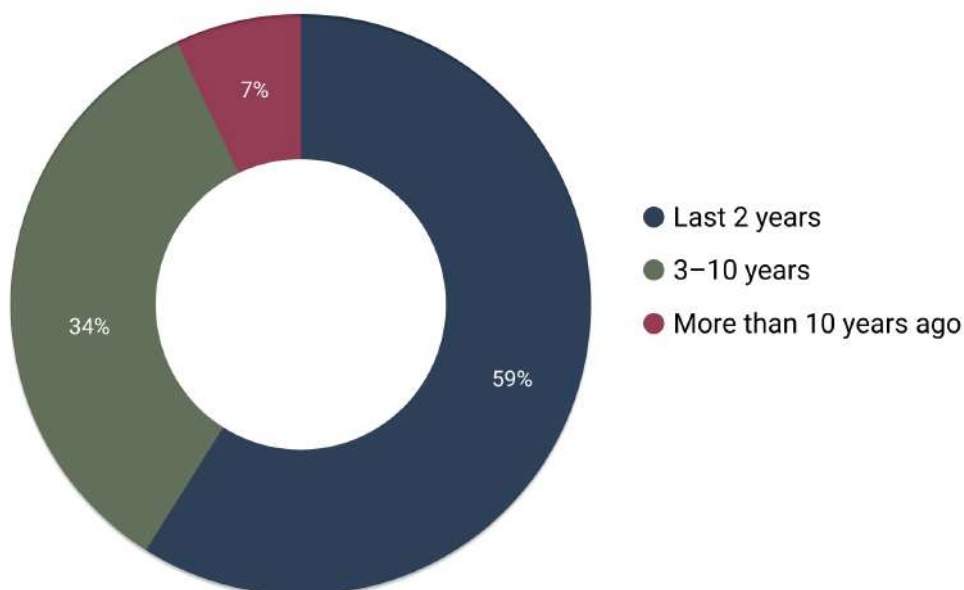


Demand for Coming Out's Services

333 participants in our survey have ever sought services from Coming Out. Half of them are transgender people (49%). 39% identify as women, 36% as men, 21% as non-binary people, and 3% in some other way. Predominantly, these are people under 35 years old (83%).

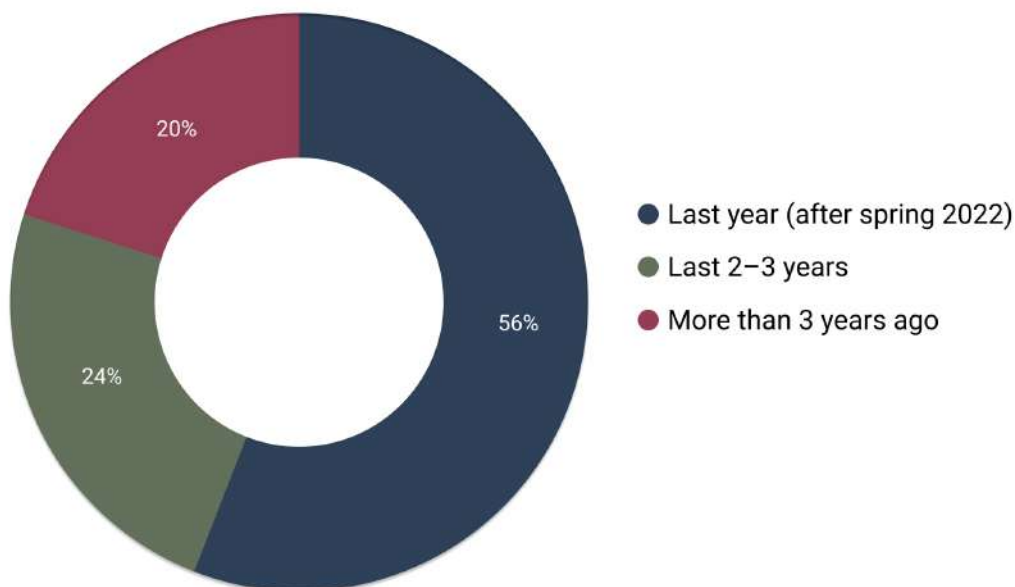
Among the Coming Out beneficiaries in our sample, more than half (59%) had contacted Coming Out for the first time in the last couple of years, 34% between 3 and 10 years ago, and only 7% more than 10 years ago.

When did you first reach out for help?



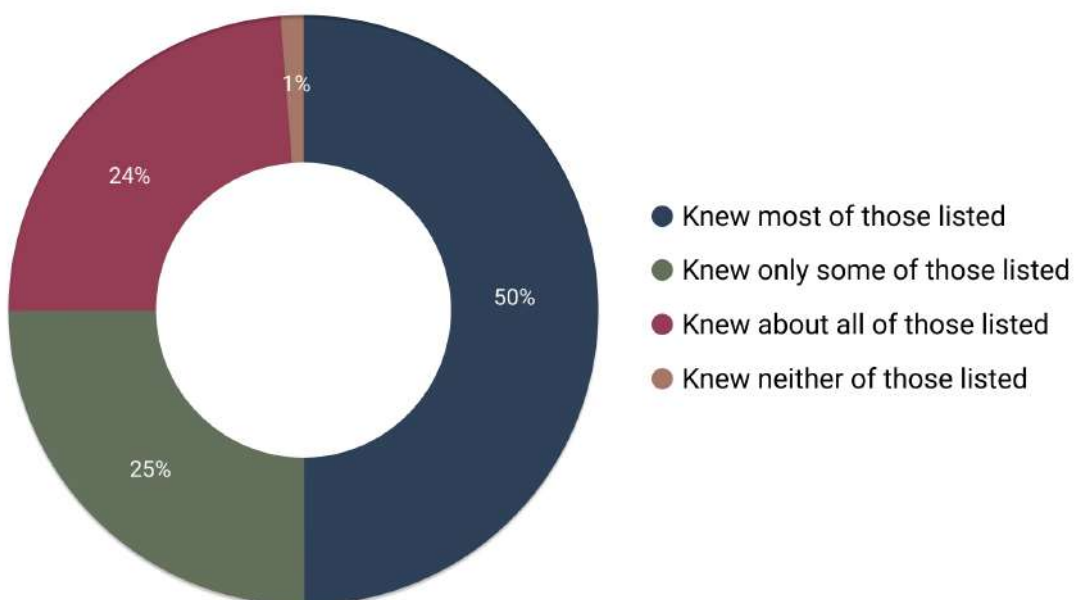
More than half of the surveyed beneficiaries contacted Coming Out shortly after the beginning of Russia's military invasion of Ukraine (56%, 185 people).

When was the last time you requested help?



Among the most demanded services by the interviewed beneficiaries were informational resources in their various forms, individual psychological consultations for LGBTQ+ people and their loved ones, webinars and live broadcasts by specialists, support groups for LGBTQ+ people, legal consultations for LGBTQ+ people and their loved ones, as well as peer-to-peer consultations for transgender people. Among the services that beneficiaries have not yet used but consider potentially important or interesting for them are legal consultations, career consultations for LGBTQ+ people, peer-to-peer consultations for transgender people, and support groups for LGBTQ+ people.

Information Awareness about Coming Out's Services

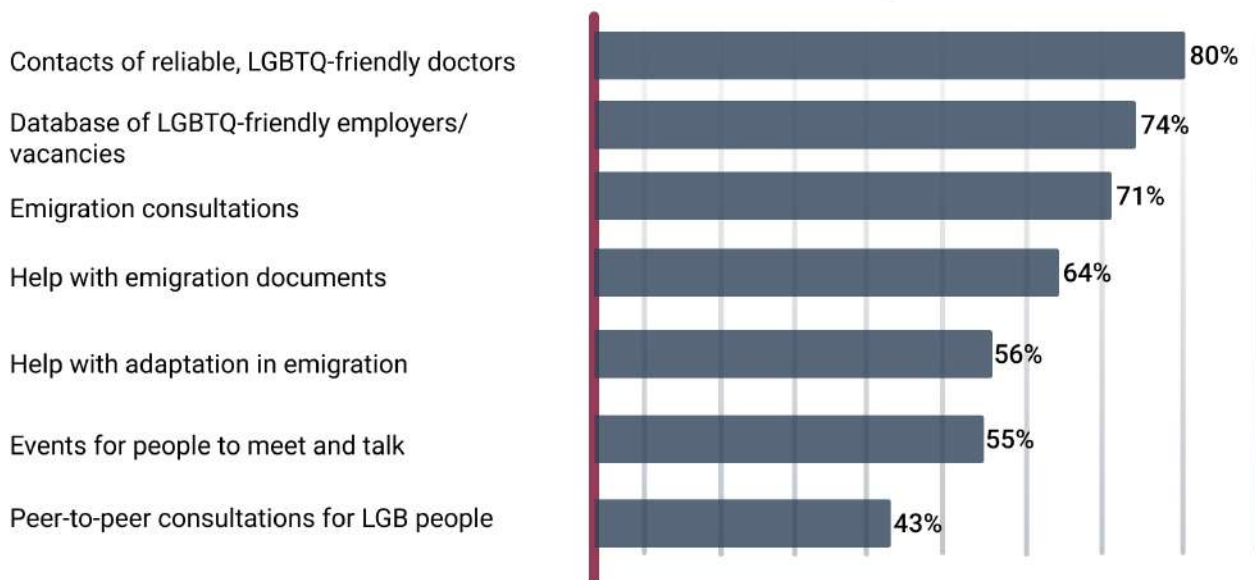


Services	Used it, and it's very important.	Used it, but it is not important anymore	Did not use it, but it could be important	Did not use it, and it is not important
Informational materials (cards, articles, videos, podcasts)	63.06%	6.31%	24.02%	6.61%
Individual psychological consultations for LGBTQ+ people and their relatives	50.45%	11.12%	33.63%	4.80%
Webinars and live events from lawyers, psychologists and career consultants	44.74%	5.41%	37.84%	12.01%
Support groups for LGBTQ+ people	24.02%	5.71%	58.26%	12.01%
Legal consultations for LGBTQ+ people and their relatives	19.52%	3.60%	64.86%	12.02%
Support groups for transgender people	22.22%	6.17%	58.03%	13.58%
Peer-to-peer consultations for transgender people	17.28%	6.17%	59.26%	17.29%
Career consultations for LGBTQ+ people	10.51%	3.91%	62.76%	22.82%
Support groups for parents of LGBTQ+ people	5.40%	2.40%	47.15%	45.05%
Support chats and streams for LGBTQ+ families	3.90%	1.80%	49.55%	44.75%
Support groups for those who left Russia	3.60%	1.50%	52.85%	42.05%

Half of the surveyed beneficiaries (50%) were aware of most of the services provided by Coming Out that were listed in the survey. 24% knew about all of them, and 25% knew about only a few services on the list. Compared to 2021, the percentage of those who know about all of Coming Out's services increased by 12.9% (up from 11.4%), demonstrating improvement in how well beneficiaries are informed about all of Coming Out's services.

From the list of services that Coming Out does not provide but which could be of interest to beneficiaries, as in the previous survey, the leading ones are a database of contacts of reliable, LGBTQ-friendly doctors and a database of LGBTQ-friendly employers (80% and 74%, respectively). About as often, LGBTQ+ people indicated their need for emigration consultations (71%) and help with relocation paperwork (64%). More than half of respondents expressed interest in services aimed at adaptation while in emigration and events for dating and socializing (56% and 55%, respectively). Peer-to-peer consultations for lesbian, gay, bisexual, or pansexual people were the least interesting from the proposed list: they were chosen by 43% (143 people).

Services That Are Lacking



Among the open responses are proposals to organize LGBTQ-friendly meetings and leisure activities (excursions, thematic events, tea parties, etc.), meetings for both dating and friendship, separate meetings for men only, for non-binary people, meetings for parents, for people 35 and older, a movie club, and a literary club. There are proposals to create a chat room for students of specific universities or a space for Russian-speaking queer researchers and queer women researchers to provide mutual help and support within the community. In other words, there is a big demand for the establishment and moderation of grassroots communities.

Many open responses were related to creating a list of LGBTQ-friendly professionals and helping to find opportunities to interact with LGBTQ-friendly people: renting/leasing an apartment to “their own” people, trainers working with physical adaptation for pre- and post-op transgender people (feminization of gait, chang-

ing muscle mass distribution, etc.), nutritionists, gyms, leisure activities, doctors, notaries, lawyers, schools, and kindergartens.

For assistance related to emigration, there were requests for consultations and guides on adopting children in other countries, obtaining humanitarian visas, evacuation from more dangerous regions with financial factors being taken into account, help when leaving the Russian Federation, and the possibility of transitioning in other countries.

There are requests for information on financial and legal literacy (for example, in the form of links to relevant sources and NGOs that work in this area), advice on transferring money from abroad, organizing language and professional courses, psychological support chat rooms, suicide prevention measures, and coverage of the lives of LGBTQ+ people in different regions.

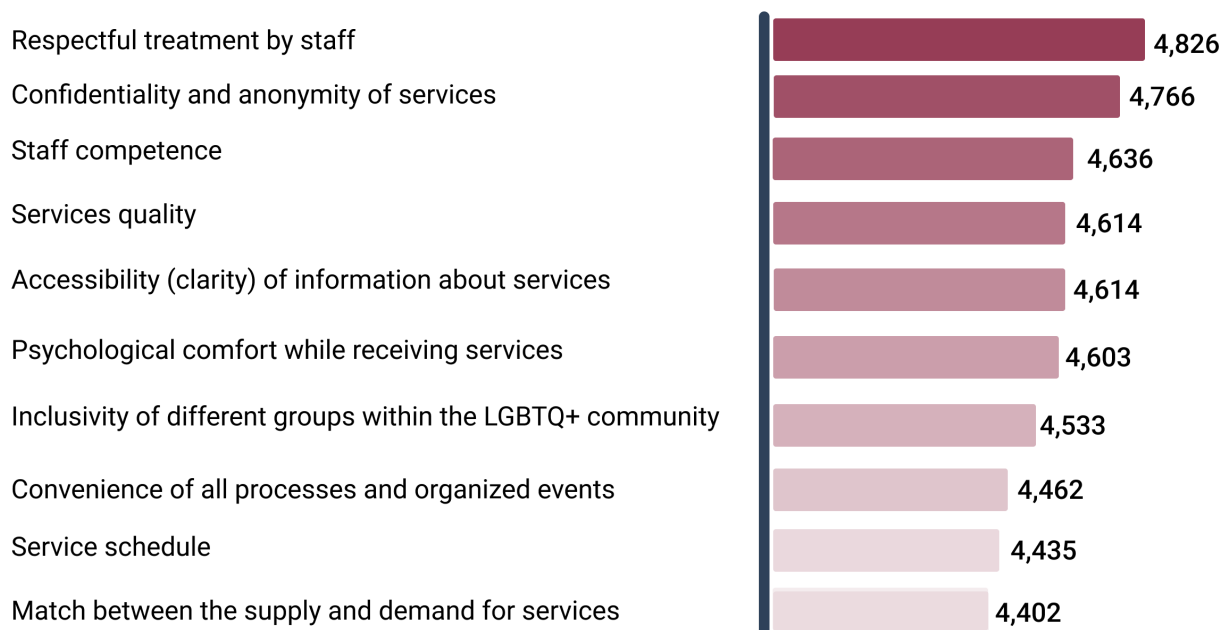
Coming Out's Services Assessment General Assessment

We requested an assessment from the participants who have used Coming Out's services since the spring of 2022 (185 people).

Similar to the 2021 report, the highest scores were given to Coming Out for respectful treatment of employees and volunteers (the score went up from 4.76 to 4.83) and confidentiality and anonymity of services (4.76, same as the previous year).

The scores for employee proficiency and quality of services have gone up from 4.53 and 4.51 to 4.65 and 4.61, respectively.

How people rate Coming Out in different aspects



The score for psychological comfort when receiving Coming Out's services has remained the same at 4.6 (4.58 the previous year). The score for accessibility and transparency of services has also remained the same, with an insignificant decrease of 4.61 (4.65 the previous year). The same can be said about the score for inclusivity for different groups within the LGBTQ+ community (4.56 the previous year, 4.53 now).

The score for service scheduling has decreased significantly from 4.55 to 4.435, which could be attributed to the fact that the participants now live in different time zones. A similarly low score was given to organization of all proceedings and events at 4.46 (this characteristic was not assessed in the previous report).

Same as in 2021, the lowest score was given to correspondence between the recipients' needs and the services. It has, however, slightly increased since 2021 (from 4.36 to 4.4).

When expanding on their scores, the participants have noted a lack of information about emigration and campaigning against homophobia, as well as events for bi- and pansexual people. Reports also concerned issues with Coming Out's Telegram bot and other technical aspects. Participants have noted a reduction in the quantity of information on the sign-up bot. We also received a request for more services for asexual people. Participants have suggested providing more information about the services and resources, especially for people from faraway regions who are unable to attend events on Moscow time. There have also been reports regarding the discrepancy between the expected waiting time (3 working days) and the real waiting time: one participant reported waiting 7 to 16 days for a response from Coming Out's legal services. Furthermore, we received requests to deliver consultations with experts via messengers, audio, and video calls as opposed to email consultations only.

The overall satisfaction rate of Coming Out's service recipients is 4.533/5.0. 68.1% of all the participants gave Coming Out an overall 5.0/5.0 (meaning they were fully satisfied with the services). In 2021, that percentage was 65.2%.

Only 5 participants have encountered transphobia at Coming Out (the organization overall, any of the programs, within the volunteer community, during events, in published content). That percentage has decreased significantly from 6.7% (13 people) in 2021.

The responses to the prompt regarding exactly what the participants liked or did not like about Coming Out contained many positive reviews and gratitude for the services: helpful resources, inclusivity, self-acceptance, therapy services, respectful and pleasant communication with the volunteers, supportive atmosphere, quick and helpful psychological and legal consultations. We have also received complaints regarding a lack of response to a question or request, which usually referred to issues with signing up for consultations. Participants have also requested a more careful consideration of the specifics of different regions of Russia when providing assistance or conducting consultations.

Coming Out's Psychological Services

116 respondents contacted Coming Out's Psychological Service over the past year. 48% of them have stated that after seeking psychological help, they were able to partially solve their problem. 39% reported having solved their issue entirely. Only 13% said that they weren't able to solve their problem at all. The reviews of the psychological consultations were generally positive. Even when the person wasn't able to solve their problem entirely, they still received the needed help and support:

“ I definitely got some food for thought and encouragement, but there is still room for improvement. ”

Cisgender bisexual/pansexual woman, 23, St. Petersburg

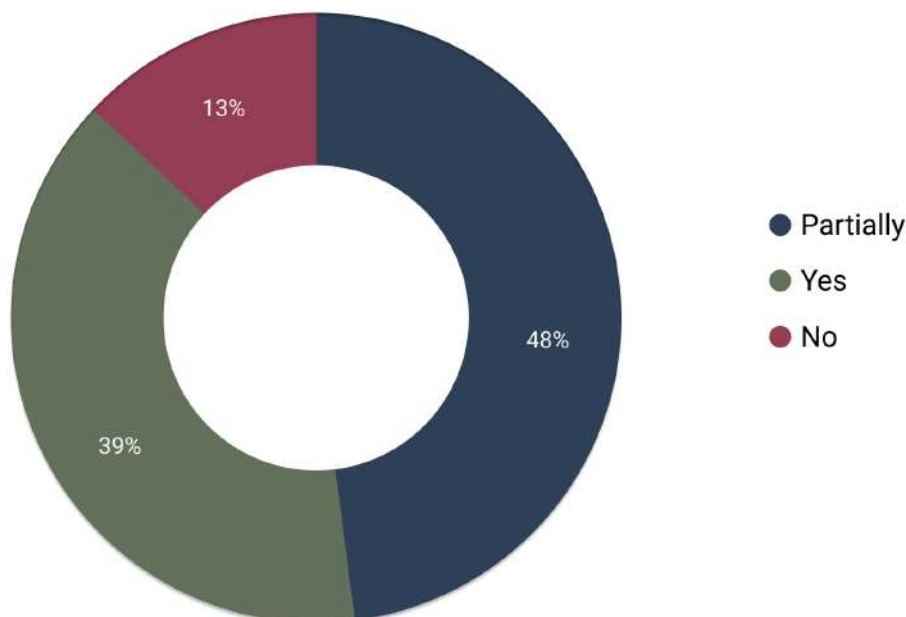
“ I had two topics: myself being trans and derealization. Regarding my trans identity, my mother and I were told, 'I can only support you,' although we wanted to discuss this more in-depth. As for derealization, my therapist shared some very useful techniques that are really helping me now. ”

Transgender bisexual/pansexual man, 17, Tyumen Region

“ The problem I came with turned out to be too much to cover in the allotted number of sessions. But overall, even after the fixed number of consultations, things have already gotten better. ”

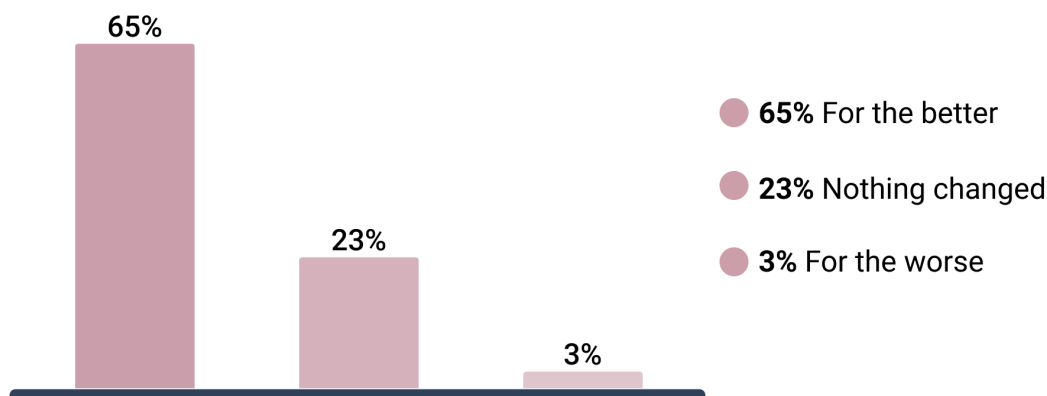
Cisgender non-binary gay person, 30, Moscow

Was the problem resolved?



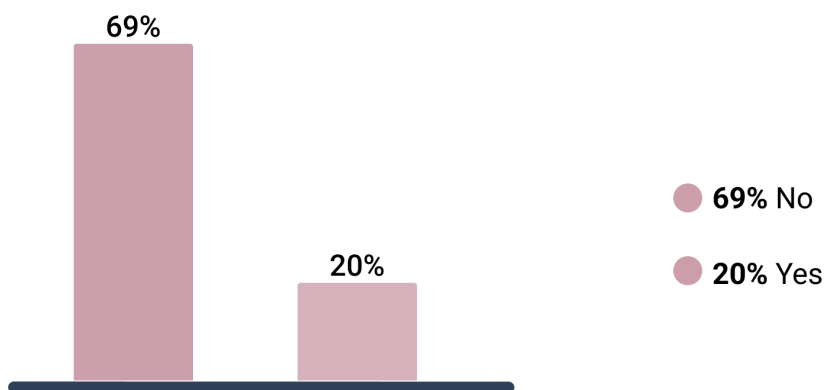
The majority of surveyed beneficiaries confirmed that after the psychological consultations, their lives changed for the better (69%, 75 people). Another 23% reported no change, and only 3% said that their lives had changed for the worse.

How did your life change after therapy?



Every fifth beneficiary that contacted the psychological service continued to have consultations with a therapist on a commercial basis when the limit of free consultations was reached.

Did you continue therapy on a commercial basis?



The overall perception of the psychological service is predominantly positive.

“

I liked everything; everything was okay :). From communication with volunteers to the choice of the platform for talking with specialists and the specialists themselves. Such sincere, tactful people. Personally, I don't think any changes are necessary.

”

Cisgender gay woman, 22, Lipetsk Region

“

I liked how much attention was paid to the process of matching me to the necessary specialist, and the communication with psychological service volunteers was really nice.

Transgender pansexual man, 25, Samara Region

”

“

I got a very responsive therapist; everything was helpful and done from the bottom of the heart, which is important to me. She also helped with additional contacts of specialists in other topics, such as a psychiatrist, for example.

Transgender bi/pansexual non-binary person, 37, Arkhangelsk Region

”

Among the wishes were requests for a larger number of available consultations and for maintaining a more active dialogue in consultations and psychological help groups.

“

I liked everything. If free consultations were available more than once a year, that would've been great.

Cisgender gay woman, 38, St. Petersburg

”

“

I like that I can learn from other people's experiences. I dislike that the online format still works as a monologue; there is not enough lively discussion and time.

Cisgender gay man, 24, Yaroslavl Region

”

“

I wish therapists took up a more guiding and engaged role.

Cisgender gay man, 18, Moscow Region

”

“

I was in a support group. When a new presenter came in, everything went wrong. After one of the meetings, I realized that this format was rather anxiety-inducing, because the leading therapist essentially had no control over the meeting and did not participate herself (meaning that she did not make any comments; everyone just took turns talking by themselves).

Cisgender gay woman, 26, Khanty-Mansiysk Region

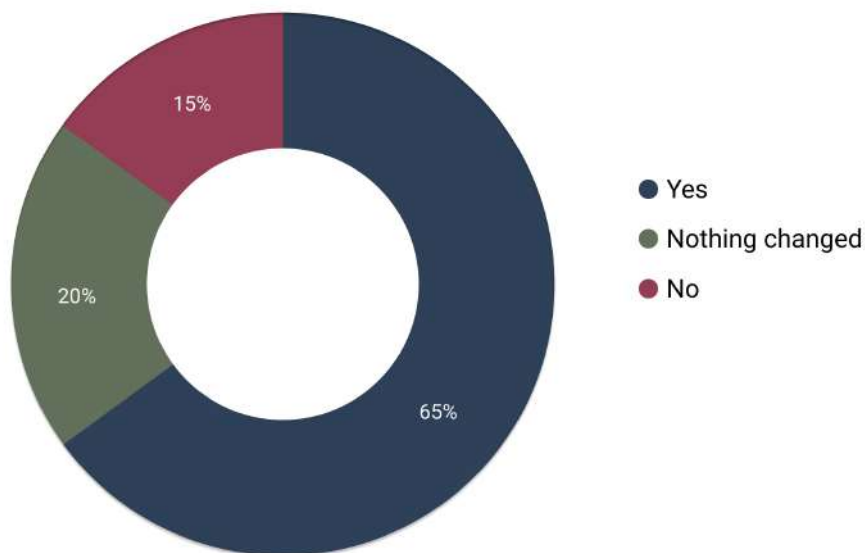
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In 2021, the share of those who were completely dissatisfied with the quality of psychological services was 21.4%. In 2023, we slightly changed the system for assessing our psychological services. However, the number of negative reviews has noticeably decreased (this year there are practically no negative reviews), and the proportion of those who were unable to solve their problem when contacting Coming Out was very low.

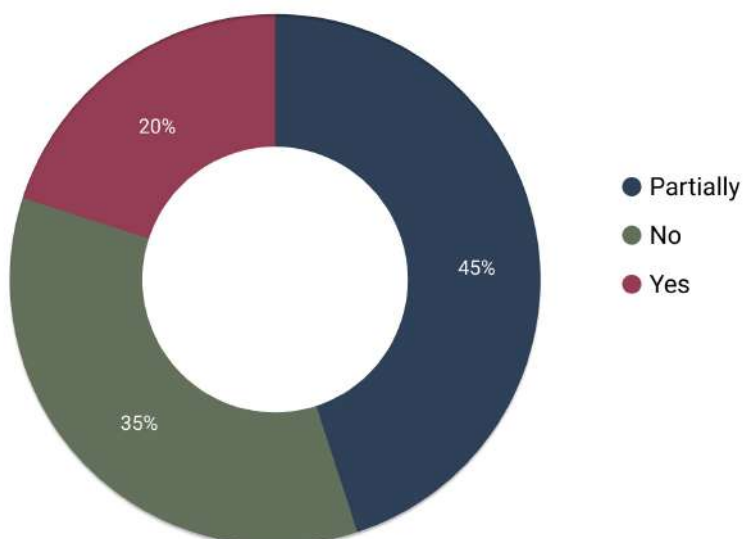
Career Consultations for LGBTQ+ People

20 respondents sought career consultations from Coming Out. The majority of them (65%) indicated that, after the consultations, they had a better understanding of how to search for jobs or advance their careers. 20% responded that nothing changed for them, while 15% mentioned that they did not gain a better understanding after the consultations.

Did understanding of the job market improve?



Did career consultations help solve a problem?

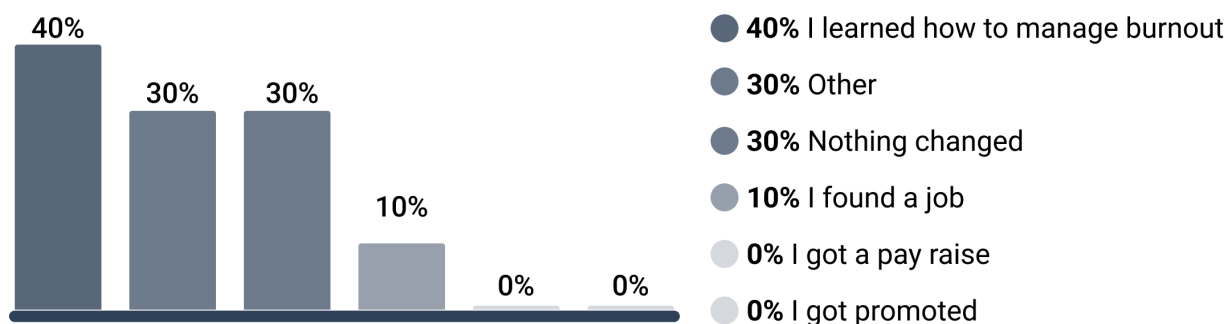


Most of the beneficiaries (45%) reported that career consultations partially helped them solve their problem. One-third (35%) said that career consultations did not help them at all, and 20% noted that they were able to completely resolve their issue thanks to career consultations.

The most common outcome of career consultations was that people managed to cope with burnout (40%). It was less likely for beneficiaries to find a job (10%), and no one mentioned that they were able to increase their salary or get a promotion after career consultations. However, respondents provided their insights into how the consultations specifically helped them:

- “I managed to create a proper profile on the job search portals.”
- “I gained a better understanding of myself and a strategy for the future.”
- “I got an understanding of how to better navigate the job market.”
- “I altered my perception of the job-search situation.”
- “I’ve only had one consultation so far, and changes are in progress.”

What was achieved after career consultations?



While describing their impressions of the career consultation service, beneficiaries more often provided positive feedback, even if they didn’t resolve their issue completely:

“ It was a very concise and useful consultation. We addressed everything within the scope of the request. ”

Cisgender gay woman, 27, Moscow

“ The specialist tried to help and explained things very thoroughly, but ultimately, it didn’t help me. ”

Transgender asexual woman, 22, Samara Region

“ The consultation was friendly, the specialist was great, and it was nice, friendly communication. I have a very rare profession. The career consultation rather brought me psychological assistance, mostly. ”

Transgender bi/pansexual man, 34, St. Petersburg

We also received some negative and critical reviews:

“ Nothing but a show-off! Your specialists are extremely incompetent! ”

Cisgender gay man, 52, Krasnodar Territory

“ I did not have a clear understanding of positions and places where I could work, how to realize myself in all the directions that interest me, where to start, plus, due to my mental specifics, my possibilities were limited. The consultant’s assistance consisted of telling me that I need to choose my field (as if I don’t know) and also saying that regular vacancies are not recommended; it will be difficult for me with my mental state – and I mean, it is true, yes – but in the end, after this consultation, I didn’t get more answers; I rather got completely lost in what I should do and how to advance my career. ”

Non-binary queer person, 24, St. Petersburg

“ I have already emphasized that the specifics of regions often differ from the types of advice for the ‘average’ LGBTQ+ person: ‘career consultations,’ for example, for non-Caucasian regions, focus specifically on the career aspect, while Caucasus regions are focused mostly on the safety aspect so that, with ‘career aspirations,’ one does not end up under repressions, most of which no one will ever know about! ”

Cisgender homosexual man, 54, Adygea Republic

There was also a suggestion for a further development of this direction within Coming Out:

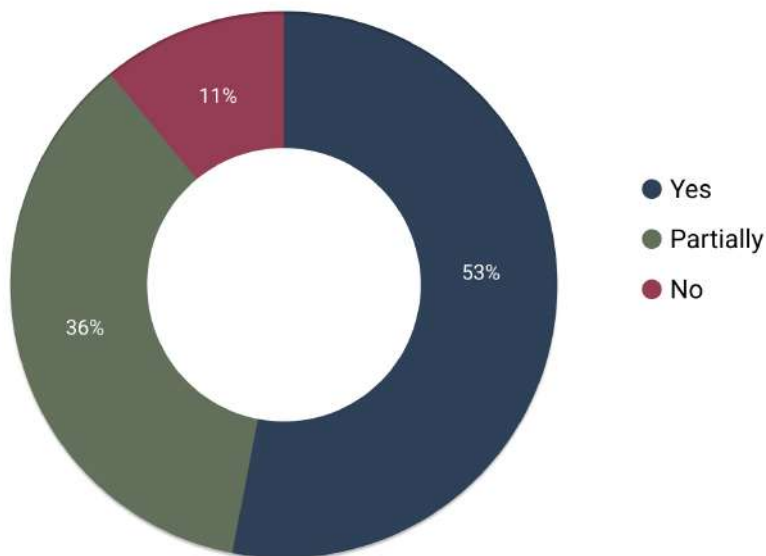
“ The service clearly needs to find its niche as a group, allowing it to establish its own structure for the job search and referral programs. ”

Cisgender gay man, 31, St. Petersburg

Legal Support Program

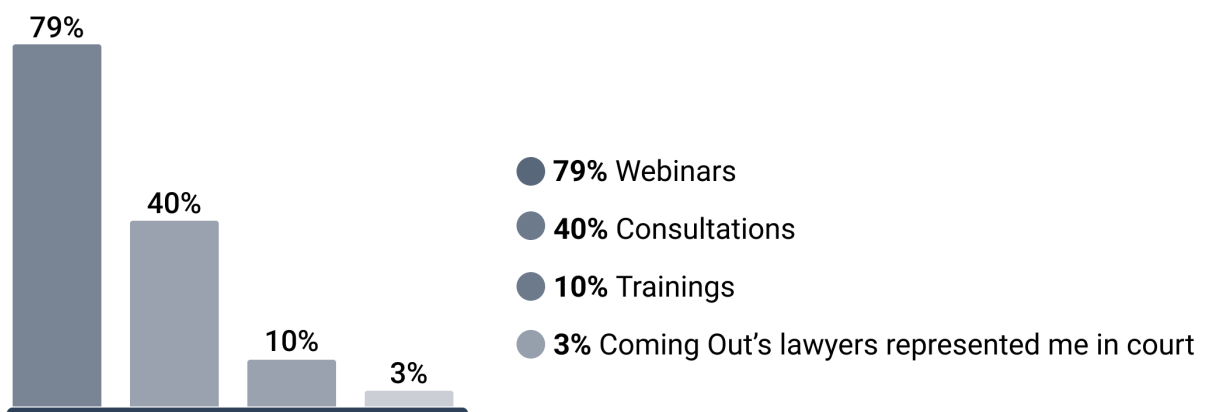
Only 62 participants in the survey used the services of our legal support program (including consultations, webinars, live streams, and other resources). 53% of them found that their issue was resolved completely, and for 36%, it was resolved partially.

Was a request fulfilled?



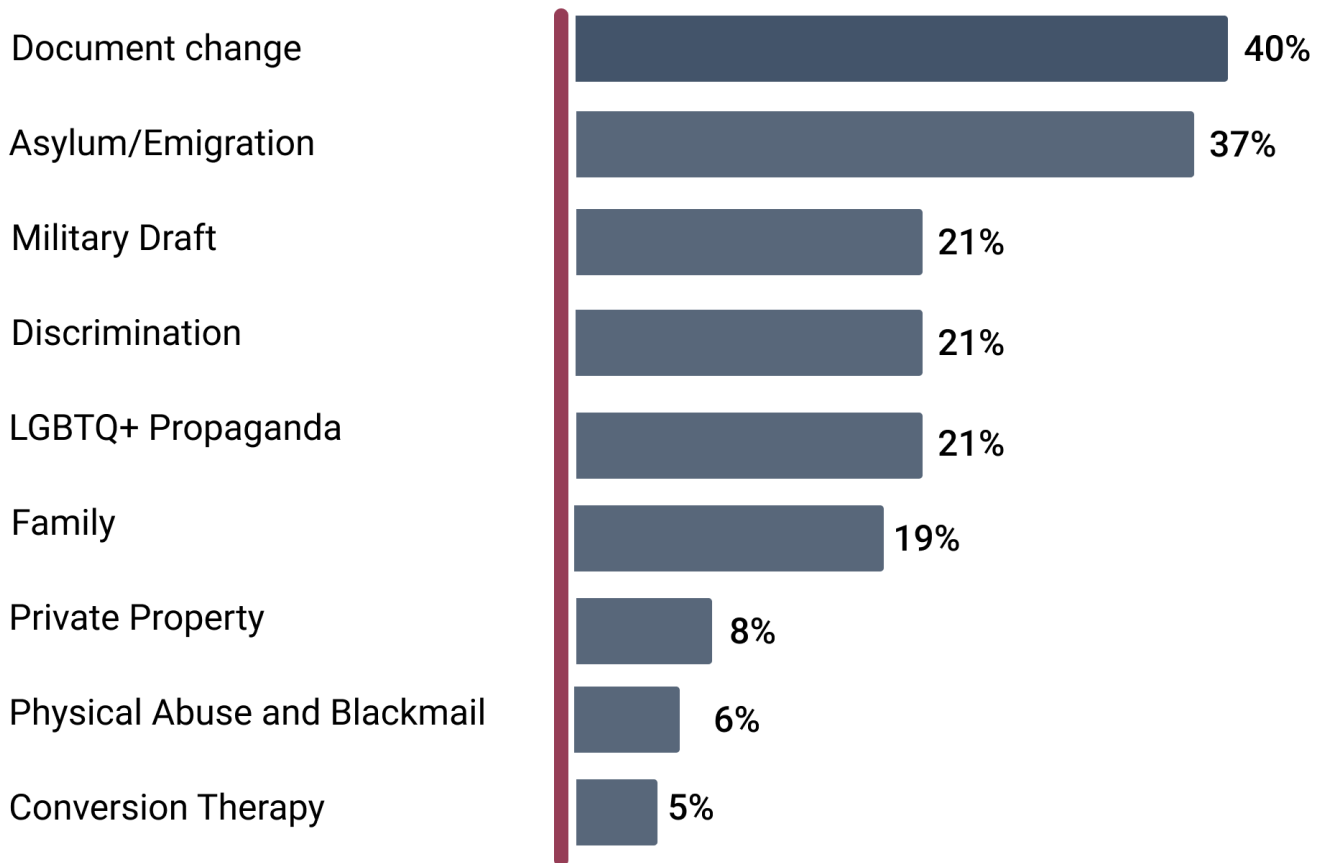
Most of the participants (79%) have watched Coming Out's legal webinars. 40% received consultations, 10% attended training sessions hosted by the legal support program, and 3% were represented by Coming Out's attorneys in court. One person also mentioned legal articles published by Coming Out.

How did you interact with the legal service?



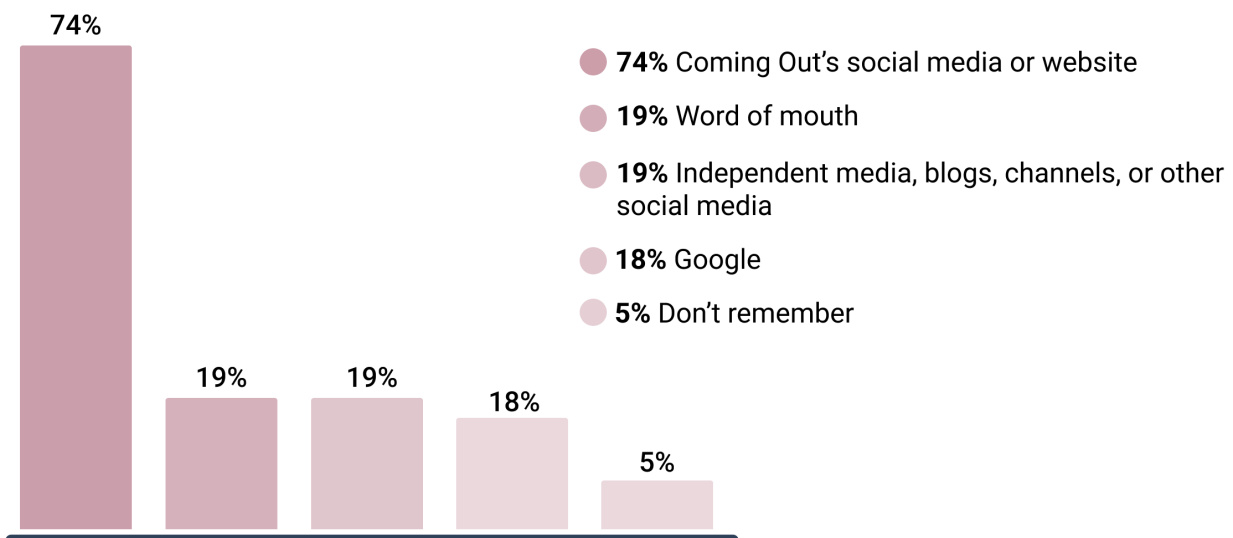
Most legal consultation requests concerned document changes (40%) or immigration and asylum claims (37%).

Request Topic



Most of the participants discovered Coming Out’s legal services through our social media or website (74%). Roughly the same percentage of participants discovered our legal services through word of mouth, media outlets and social media (unrelated to Coming Out) or when searching for the required service on their own (19%, 19%, and 18%, respectively).

How did you find out about Coming Out’s legal service?



Most of the participants were satisfied with the legal support they received:

“ The webinar was very informative in terms of what documents are required for immigration. Very helpful, thank you! ”

Cisgender gay woman, 32, Moscow

“ Great experts, lots of useful information. ”

Transgender straight man, 40, Khabarovsk Territory

Other participants, however, were unsatisfied with the services to various degrees:

“ Cooperating after receiving the service was a tad complicated, but overall, it was great. ”

Transgender gay non-binary person, 24, Moscow

“ The overall impression was very positive. I found the consultation helpful and learned a lot of useful information at the webinars. Alas, the webinar host's video quality was usually quite poor, but overall, it did not affect my impression of the webinar. ”

Transgender gay man, 18, Tyumen Region

“ The court returned the lawsuit your attorneys filed. And they aren't replying to my emails! The impression is DETESTABLE. ”

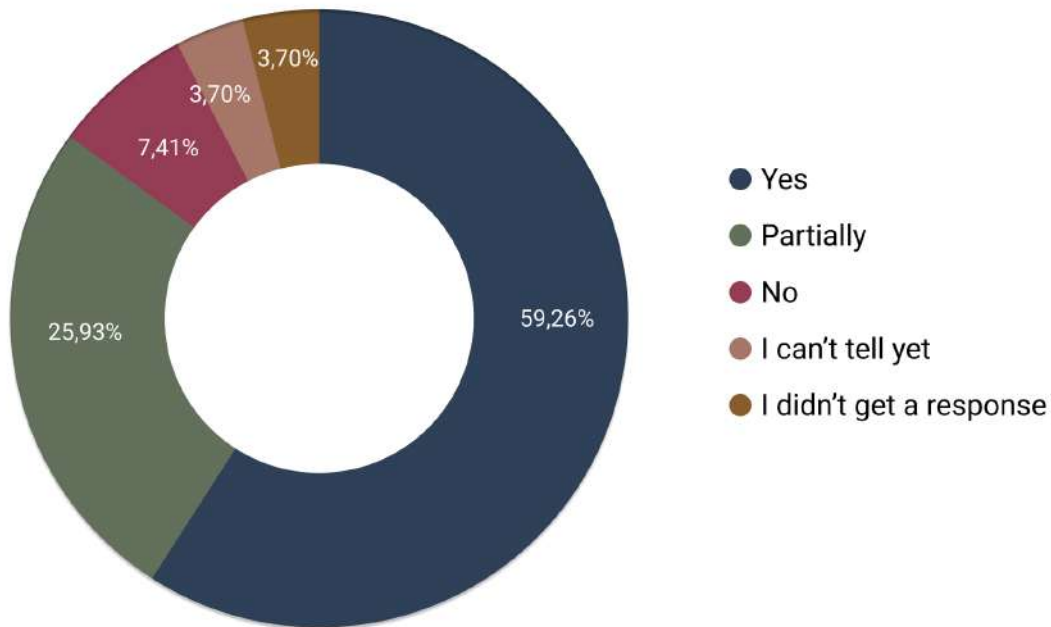
Cisgender gay man, 51, Krasnodar Territory

Compared to 2021, the percentage of participants fully satisfied with the services decreased by 8.2%; however, the percentage of participants partially satisfied with the services increased by 11.5%. The percentage of participants unsatisfied with the services decreased by 3.5%.

Peer-to-Peer Consultations for Transgender People

27 respondents sought peer-to-peer consultations for transgender people. The majority of them were fully satisfied with the consultation (59.26%), while 25.93% were partially satisfied.

Was the request fulfilled?



Overall, the beneficiaries had positive impressions; many expressed their gratitude:

“ They helped me a lot, answered my questions, and provided necessary links and information. I am very grateful. ”

Pansexual transgender man, 19, St. Petersburg

“ Everything suited me. The consultants always respond in detail, recommend what is needed, and are willing to share their experiences. I wish them patience. ”

Cisgender gay woman, 21, Lipetsk Region

“ I am a peer-to-peer consultant myself :) I love my work, and I have sought help from colleagues, which was, in essence, a mini peer-to-peer consultation. Everyone is competent in their field, and together we know a lot and can solve a lot. ”

Non-binary transgender bi/pansexual person, 19, Moscow Region

There were also suggestions and negative experiences related to the behavior of other participants in training:

“

I received a quick response, but it would have helped me if my request from the Google form had been duplicated to my email :))) because I got the reply but almost forgot about it...

Transgender asexual man, 25, Tula Region

”

“

The training, as far as I remember, was enjoyable, but there was one situation where I felt uncomfortable due to a statement made by another participant.

Non-binary transgender asexual person, 19, St. Petersburg

”

People Who Have Never Used Coming Out's Services

As of 2021, the most common reason why people did not use Coming Out's services was the lack of information about the available services within our group (35.36%).

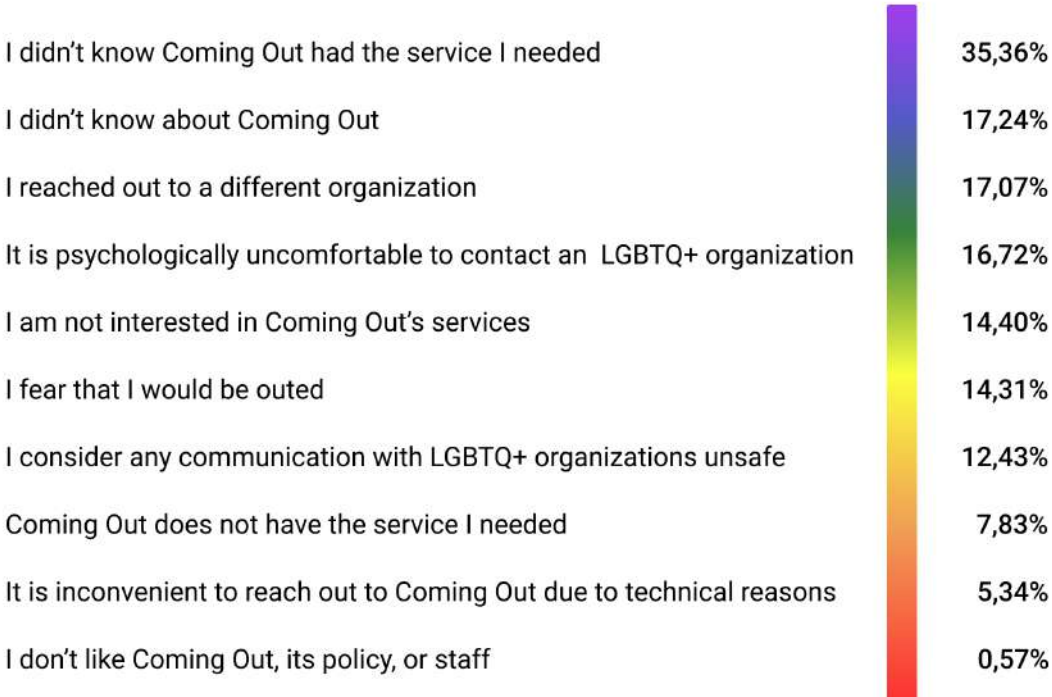
The next most frequent reason was that people simply did not know about Coming Out (17.24%). Approximately the same number (17.07%) stated that they sought services from another organization. This percentage has significantly increased compared to 2021 (which was 5.1%). This is likely because Coming Out has become a nationwide organization, now competing for attention with a greater number of organizations and initiatives.

The percentage of those who feel psychologically uncomfortable reaching out to an LGBTQ+ organization decreased by 2.2%, from 18.9% to 16.7%. Conversely, there was a 2.3% increase in those who fear being outed due to contacting an LGBTQ+ organization (from 12% to 14.31%). It can be assumed that reaching out to LGBTQ+ organizations has become more normalized, while the overall sense of insecurity in society has intensified.

The percentage of respondents not interested in the services provided by Coming Out significantly decreased, from 23.4% to 14.4%. This may indirectly indicate a growing overall interest in the help provided by LGBTQ+ organizations, including Coming Out.

Technical reasons and dissatisfaction with the policies of Coming Out or its staff are almost negligible. Only 5.34% and 0.57% of respondents mentioned these reasons.

Why did you not reach out to Coming Out?



When explaining their answers, people cited safety concerns, inconvenient methods of communication, inconvenient ways of how information is presented on the Coming Out social media pages, introversion, and an unreadiness to communicate. Many respondents mentioned that they handle things on their own and don't need help from LGBTQ+ organizations. Some stated that they try to save the organization's resources, understanding that their issues are not as significant as others. At the same time, many provided positive feedback as well as expressed support for Coming Out and its activities.

“

Perhaps a simpler language in posts/texts [would be better]. The community is undoubtedly very beautiful, but I get lost in the number of buttons and text. I would like more articles on practical matters (transitioning, moving, etc.).

Transgender bi/pansexual man, 16, Moscow

”

“

I fear being visible; recently, a guy from my town was taken to the woods and beaten because of a comment on social media. So, even if I need help, I'll think a hundred times before reaching out.

Cisgender bi/pansexual woman, 18, Amur Region

”

“

I thought of seeking psychological help, and although this service's page outlined issues they could help with, I still felt like my problems were trivial. Therefore, perhaps it's worth detailing the points to make it easier for anxious people like me to decide to seek help.

Cisgender gay man, 20, St. Petersburg

”

“

I don't know because I accept myself and don't need help (psychological or physical). Just keep debunking stereotypes and highlighting LGBTQ+ issues in this medieval country.

Bigender bi/pansexual person, 27, Kurgan Region

”

“

I don't follow Coming Out's activities that closely, unfortunately. In terms of any internal struggles, I am 'my own psychologist,' for example. I am not used to asking for help, although I don't rule out reaching that point in current conditions. But I really respect the desire of people who care about lives of other members of the LGBTQ+ community and simply wish you the utmost success in the fight for good and justice.

Cisgender gay man, 39, Chelyabinsk Region

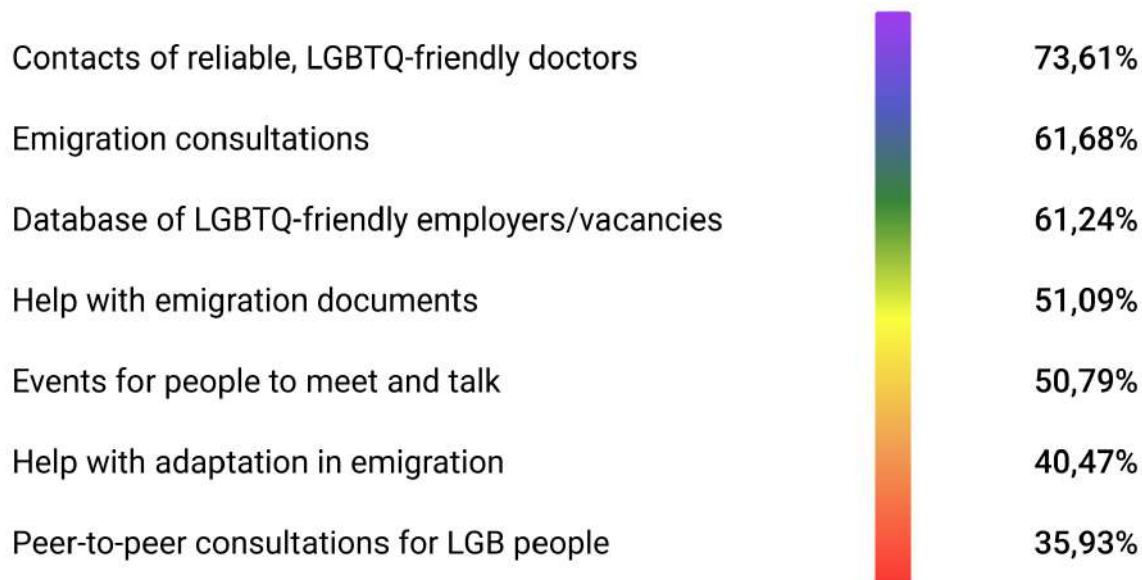
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Those who have never contacted Coming Out are more interested in various informational materials from Coming Out and individual psychological consultations (62.46% and 60.75%, respectively). Support groups for LGBTQ+ individuals, webinars, live broadcasts with specialists, and legal consultations are also notable (47.18%, 41.33%, and 41.21%, respectively). Only 5.6% indicated that none of the listed services from Coming Out interested them.

Coming Out's services I would potentially be interested in



Services I would potentially be interested in



Among the services that Coming Out does not provide, respondents are potentially interested in contacts of reliable and LGBTQ-friendly doctors (73.61%, the figure leads the same way as among Coming Out’s beneficiaries). Consultations on emigration rank second (61.87%), just slightly above LGBTQ-friendly employers/job listings (61.24%).

When asked what else might interest or motivate people to contact Coming Out, respondents most often mentioned emigration-related information, expressing a demand for any help in this matter. Requests for information on verified places, chats, and groups for LGBTQ+ people to meet and communicate were also quite common. Many indicated that reviews and personal stories of people who received help from Coming Out would motivate them.

Relevant Issues and Public Perception of LGBTQ+ Organizations

In 2023, the list of current issues facing LGBTQ+ individuals closely mirrors the 2021 data. The top three concerns remain discriminatory laws, societal homophobia and transphobia, and the necessity to conceal their SOGIE in social settings. However, there has been a significant increase in the proportion of individuals identifying these issues as the most pressing for themselves, rising from 73.7%, 63.6%, and 56.2% to 78.71%, 72.17%, and 68.72%, respectively.

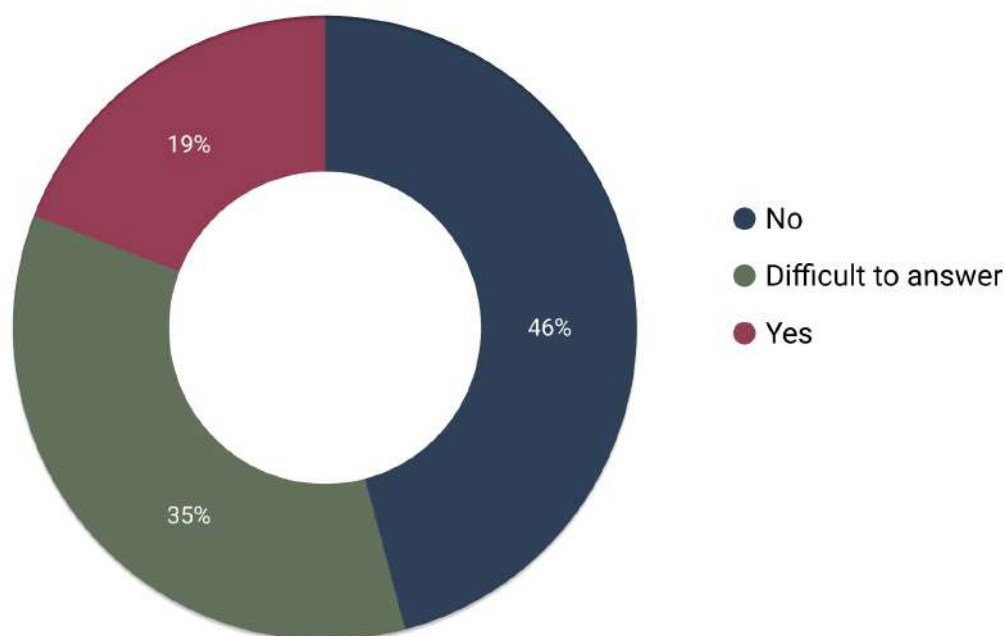
Approximately 54.25% express worry about the effects of the war and mobilization, while 42.34% are concerned about the restrictions imposed by sanctions.

Relevant Problems



Among the respondents, 46% do not have immediate plans to leave Russia, but roughly a third are undecided. The substantial demand for information on emigration implies that many are contemplating leaving the country, with 19% (836 people) intending to do so in the near future.

Are you planning to leave Russia?



When explaining their decision not to leave, participants often cited financial constraints (lack of funds for relocation), emotional barriers (insufficient mental strength for such a move), family obligations (the need to care for relatives or emotional ties to them), ongoing studies, and a lack of proficiency in a foreign language.

“ If I had the money, I would leave right now. It all comes down to financial issues and the language barrier. ”

Cisgender gay man, 24, Khakassia Republic

“ It would be great to leave since I no longer believe in a bright future, but my salary is 30 thousand rubles, and I have neurological disorders, which make it very difficult for me to pursue something lucrative. I'm stuck in this cycle, and I don't know how to break free. ”

Transgender bisexual man, 25, Moscow

“ In my situation, the easiest thing would be to move to heaven. Let nothing else happen; I'm tired of it. ”

Transgender gay man, 20, Murmansk Region

“

The only thing that keeps me in Russia is my family, who can't bring themselves to emigrate, and the prospect of being separated from them is a deeply distressing thought for me. Perhaps the tipping point would be facing criminal charges or a situation where staying here becomes life-threatening (not that we're far from it...)

Cisgender bi/pansexual woman, 19, Yaroslavl Region

”

“

My studies prevent me from emigrating. I intend to stay in Russia for at least another 2 years. So many 'red lines' have already been crossed that it seems my departure could only be hastened by the introduction of an even more extreme measure, something like capital punishment for one's sexuality.

Cisgender gay man, 21, St. Petersburg

”

Regarding events influencing the decision to leave, individuals point to the start of the war with Ukraine, the law prohibiting gender transition, the new anti-“LGBTQ+ propaganda” legislation, and an uptick in homophobia and transphobia.

“

The war and the endorsement of it by some people I know were the final straws in my relationship with Russia, leaving me with a broken heart.

Cisgender bi/pansexual woman, 27, St. Petersburg

”

“

Everything has already happened. Initially, I didn't have a strong desire to live in Russia, but with the introduction of transphobic and homophobic laws, I now see no reason to stay in a country that oppresses you. +The war also affects this. I'm from the Donetsk People's Republic, and I'm very tired of all this crap. I just want to escape from these problems. In essence, the events of 2022's war solidified this wish.

Non-binary bi/pansexual person, 26, Rostov Region

”

“

The transphobic law prohibiting any medical interventions for 'sex reassignment' solidified my desire to emigrate.

Transgender bi/pansexual person, 16, Volgograd Region

”

“ t's already happened. The start of the war with Ukraine was enough for me, but the transphobic law intensified this desire millions of times, and fortunately, I now have at least a little money. ”

Bigender bi/pansexual person, 27, Kurgan Region

“ I wanted to leave immediately after they decided to restrict LGBTQ+ content EVEN for adults... And I don't know what's happening now with the laws against this community; I just want to run away because it feels like it's only going to get worse. ”

Non-binary bi/pansexual person, 21, Leningrad Region

People identified the escalating repressions and oppressions under the regime, the criminalization of LGBTQ+ and “LGBTQ+ propaganda,” military operations taking place in their place of residence, direct threats to personal safety, and a desire to create a family or have or adopt children as potential events influencing the decision to leave Russia in the future.

“ A witch hunt, when they start apprehending not only activists but also ordinary trans people. ”

Transgender gay man, 24, St. Petersburg

“ Implementing criminal liability for ‘LGBTQ+ propaganda’, death penalties, or lynching, although everything is already very dire at the moment. ”

Cisgender gay woman, 24, St. Petersburg

“ If warfare erupts on my city's territory or there's a crackdown on social networks. But I don't want to leave because I have a lot of animals, and it's challenging to relocate with them, plus I don't have enough money to rent an apartment, etc. ”

Non-binary bi/pansexual person, 21, Leningrad Region

“ A draft letter, changes in the political agenda, internal deterioration, military actions. ”

Cisgender bi/pansexual man, 21, Primorsky Region

“

Probably, an assault or threats from the authorities. My own and my girlfriend’s safety is paramount to me, so whether this happens or not, we still plan to leave.

Cisgender bi/pansexual woman, 18, Moscow

”

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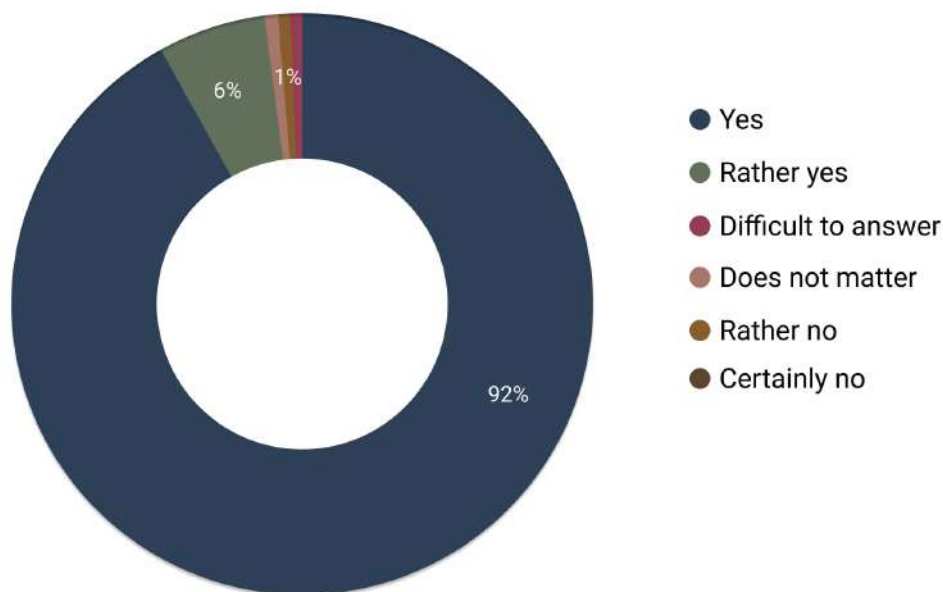
In the future, I plan to adopt a child, and I would like my partner to be listed as a parent or guardian if I ever decide to tie the knot with another person.

Cisgender bi/pansexual woman, 18, Amur Region

”

The vast majority of respondents believe that LGBTQ+ organizations are definitely needed now (92%) or rather needed (6%). The share of those who are indifferent or do not agree that they are needed does not exceed one percent.

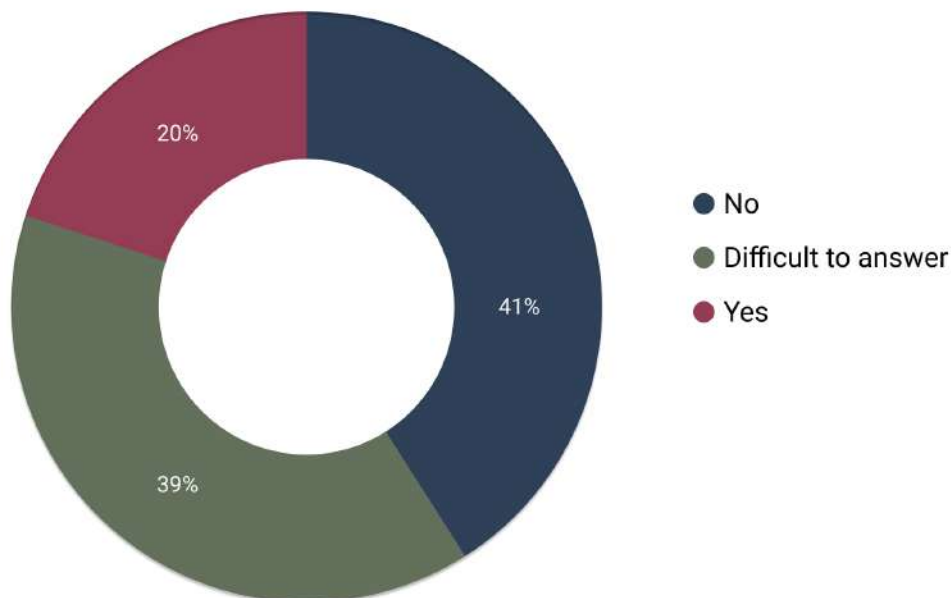
Are LGBTQ+ organizations needed right now?



At the same time, only 20% of respondents accept any form of participation in LGBTQ+ activism for themselves now. 39% find it difficult to answer this question, and 41% do not see any possibilities for this.

When discussing how exactly they could participate, respondents most often mention anonymous volunteering, safe methods to spread information, educational initiatives, and support for civil society. People frequently express fear and mention a lack of safe forms of activism. However, it is important that many understand the importance of some kind of civic or activist action in the current moment, and there are those who are willing to take risks and get involved in civic and LGBTQ+ activism in one way or another.

Do you see yourself taking part in LGBTQ+ activism?



“ I'd like to contribute, but I'm uncertain about how to do it safely. I worry about my personal safety, fear imprisonment or violence, and fines are intimidating since there are times when I struggle to afford even basic necessities. Anonymous volunteering is an option, although there's no guarantee that my anonymity won't be compromised.

” Transgender straight man, 31, Samara Region

“ Carefully spreading information about support, educational programs, and backing civil society. It might not be entirely safe, but it's possible at the moment.

” Cisgender bi/pansexual woman, 32, St. Petersburg

“ Creating informational materials, like guides such as 'How to Write About Transgender People and Not Screw It Up.' Engaging in anonymous volunteering or anything that doesn't require money, allowing me to contribute without risking getting into legal trouble, albeit with only a 30% certainty.

” Transgender bi/pansexual woman, 16, Novgorod Region

“ Despite the adoption of these disturbing laws, I don't want to hide. I want to help without concealing my identity. Even though it may be risky, hiding and disappearing will only benefit the current policy.

” Cisgender gay woman, 35, Rostov Region

“

Participating in rallies and pickets, offering psychological support for people facing similar issues, distributing brochures/leaflets, and providing financial assistance. I could also write themed posts on social networks, educate people, and help in any way possible.

Cisgender gay woman, 15, Yamalo-Nenets Autonomous Area

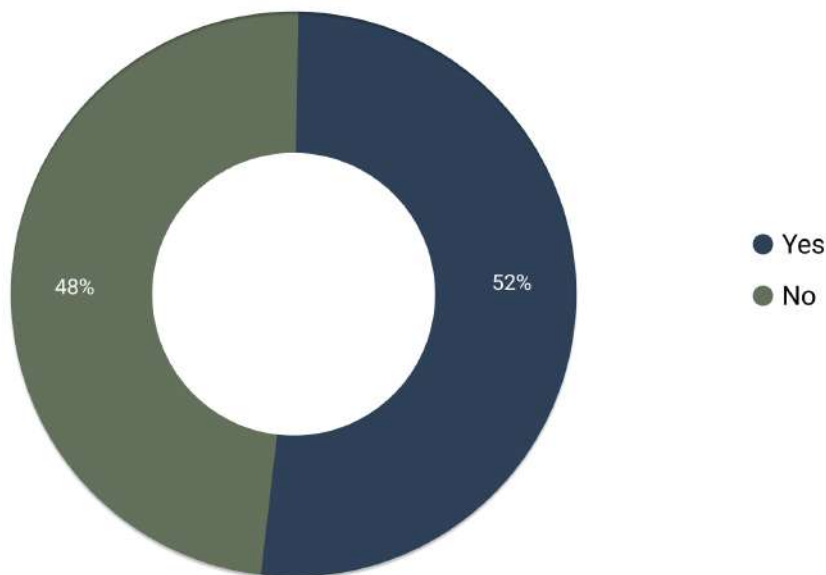
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Volunteering for Coming Out

At the time of the survey, 992 respondents (20.9%) were aware of the opportunity to volunteer at Coming Out.

Those unaware of this opportunity were asked whether they would like to volunteer at Coming Out. 52% (2281 people) expressed their desire to volunteer.

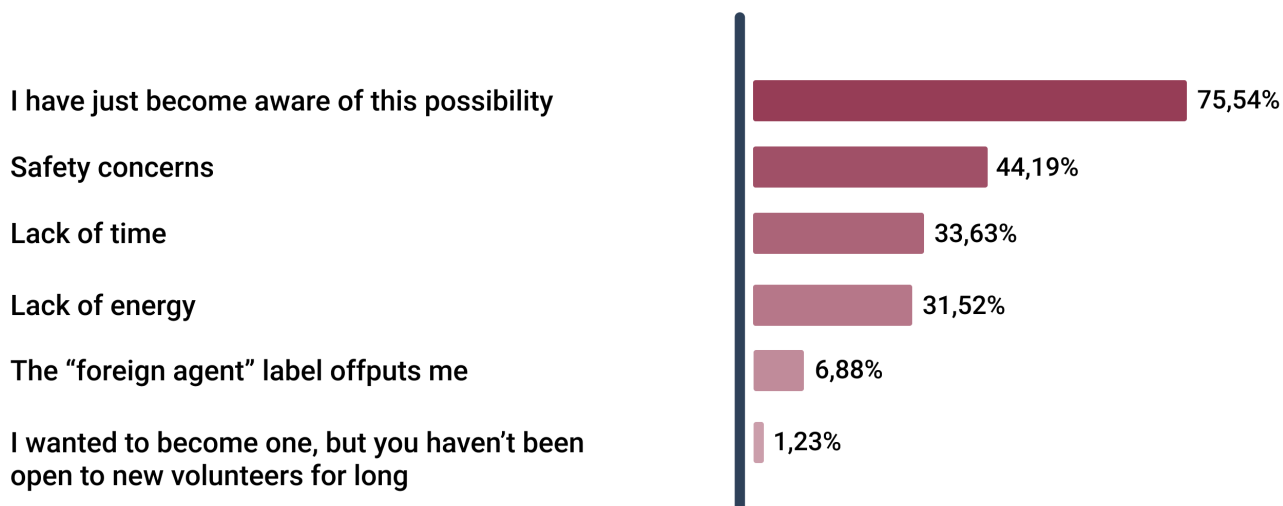
Would you want to volunteer for Coming Out?



However, among those who stated they would like to become Coming Out volunteers, concerns about safety were widespread, with 44% indicating this. Additionally, respondents mentioned a lack of time (33.63%) or energy (31.52%). Only 6.88% reported that they were fazed by the Coming Out foreign agent label.

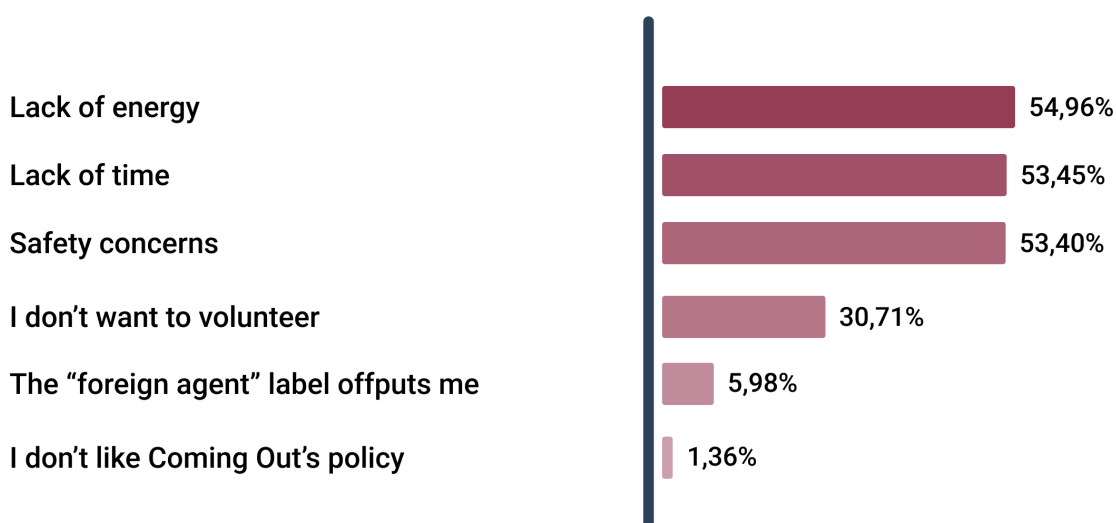
For those who did not wish to volunteer at Coming Out, lack of energy (52.38%) or time (33.33%) were the most frequently reported reasons for their reluctance, with fear for their safety coming in third.

Why can't you volunteer? (among those who would like to)



In summary, among those interested in volunteering, the primary obstacle is fear for their safety, while among those not interested, the main barrier is the perceived lack of energy for volunteering.

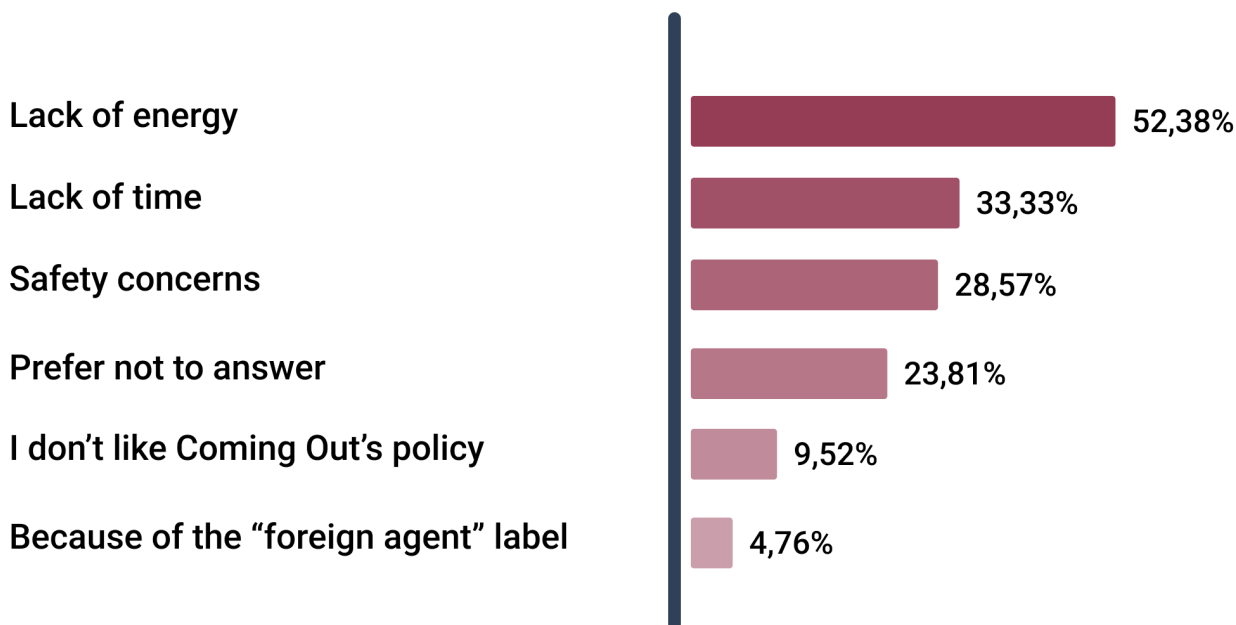
Why can't you volunteer? (among those who would not like to)



When asked about additional reasons for not volunteering, respondents mentioned plans to move or live in another region (indicating unawareness that Coming Out is not operating from Russia and volunteering does not require physical presence). Some mentioned a lack of knowledge about Coming Out or what volunteers can do (some expressed potential interest if more information was provided). Others stated they were already volunteering for other organizations. A few respondents reported other reasons, such as their age (they were minors), lack of experience or qualifications, as well as personal challenges such as social phobia or health issues (limited energy or, for example, that they are hard of hearing).

21 people mentioned that they had previously volunteered at Coming Out but are no longer part of the volunteer team. The most common reason for their resignation was a lack of energy (52.38%). 33.33% mentioned insufficient time for volunteer work, and 28.57% (6 people) left due to concerns for their safety. Only 2 people stated that they left because they disagreed with the organization's policies, and one person mentioned that their leave was connected to Coming Out's foreign agent status.

Why did you stop volunteering?



When asked for further details on their resignation, many respondents explained that they stopped volunteering due to issues related to Coming Out's departure from Russia.

“ I left when Coming Out kept its volunteers in the dark about its departure from Russia. ”
Transgender bi/pansexual man, 25, Moscow

“ Besides what I mentioned earlier, when Coming Out left Russia, I stopped relying on this organization's support for those staying here. Hence, I reoriented my volunteer activities to focus on people within the country. ”
Cisgender bi/pansexual woman, 25, St. Petersburg

Some people simply switched the organization for which they volunteer:

“ I completely switched to volunteering in ‘Side by Side’; it’s more comfortable there! ”

Cisgender gay woman, 41, St. Petersburg

One respondent clarified that her decision not to volunteer was due to relocation:

“ I returned to my hometown to take care of a sick relative; I’m unsure of what I can contribute here. I hadn’t left officially; I just lost contact with Coming Out. I would be happy to continue volunteering. ”

Cisgender gay woman, 37 years old, Kemerovo Region

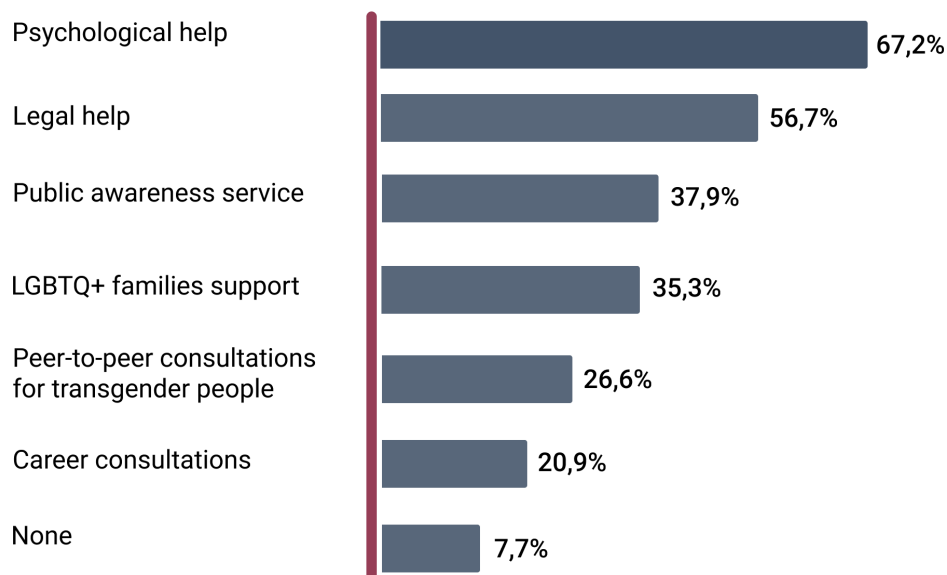
Financial Support for Coming Out

69.85% of respondents (3,075 people) agree that contributing to Coming Out can support LGBTQ+ individuals in Russia. 27.19% (1,197 people) find it challenging to answer this question, while a total of 130 individuals (2.95%) believe that donations to Coming Out cannot impact the situation of LGBTQ+ people in Russia.

Among respondents, 56.6% (2,494 people) are confident that financial contributions to Coming Out will be utilized effectively. 39.6% (1,743 people) find it challenging to provide a definite answer to this question. A mere 165 respondents (3.75%) directly question the effectiveness of Coming Out's donation expenditures.

The respondents showed the most willingness to support the psychological help program (67.2%) and the legal aid program (56.7%). Only 7.7% mention they are not in favor of supporting any of the programs, though not everyone who expressed this desire has the financial means to contribute.

What service would you like to support?



Considering that a majority of respondents have a low income or rely on parental support, their ability to donate substantial amounts to Coming Out is limited. Consequently, most respondents (approximately 41%) suggest amounts ranging from 500 to 1000 rubles for a one-time donation.

For regular donations, around 37% of respondents (at least 1,642 people) found amounts in the range of 1 to 200 rubles affordable.

Approximately 38% (at least 1,577 people) considered amounts ranging from 200 to 500 rubles appropriate for regular donations.

Less than 20% mentioned amounts greater than 500 rubles (the higher the amount, the fewer people suggested it), and 11.9% (526 people) identified 1000 rubles as an appropriate donation.

Only 729 people (16.5% of respondents) expressed readiness to promote Coming Out's donation efforts on their social networks.

When explaining their willingness to donate to Coming Out, respondents highlight the importance of the organization's work:

- I find you really cool, and I want to be part of this amazing project. We're all human, and you're helping people, so I'm contributing a portion of my finances – it's the least I can do for those in need.
- Coming Out is one of the crucial agents supporting LGBTQ+ individuals in Russia. It's vital to do everything in our power to back its efforts so those in need receive the help they deserve.
- I donated because I value the quality work of Coming Out and want to support both the activists and the community.
- Upholding the right values, especially during times of persecution, is essential. I want to live in a perfect future Russia where I can openly be a lesbian, knowing that the law protects me instead of banning my existence.
- We're all in this together as LGBTQ+ individuals. In a time of emerging repressions, it's crucial to offer each other the utmost support. If there's a chance to contribute a small sum to the efforts of organizations that, on the whole, make our lives easier, why not do it?

Many respondents express concerns about their limited funds, fears for their safety, and worries about potential legal consequences for supporting a foreign agent or even extremism. Transparent reports on donation usage are also requested.

- 1. Any non-cash transaction is monitored. 2. Sponsoring “a foreign agent” today may mean supporting extremism tomorrow. 3. Cash transactions are not viable.
- 1. The state monitors fund movements. 2. Personal financial constraints prevent me from donating for now.
- Currently, a significant portion of my funds go towards a mental health professional, and I'm trying to limit my exposure to information noise. I feel powerless and doubt that the situation in the country can change, though I hope you have the strength. I reached out to the Ministry of Health regarding the swiftly-adopted recent law on sex reassignment. But they responded after it was adopted, as it happened too fast. I'm hopeful that you have the energy to

persist, and while I'm willing to contribute sporadically, I cannot commit to regular donations. Providing transparency on how and where the funds are utilized would be greatly appreciated.

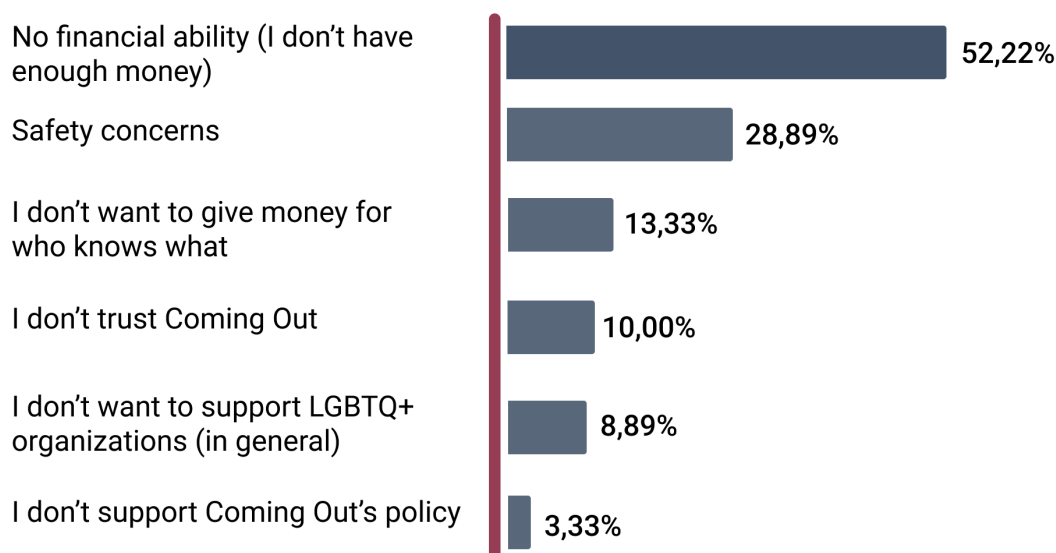
- If my workplace discovers that I support LGBTQ+ organizations, it could lead to my being fired and potential legal consequences.
- Russian laws suggest that future punishment may arise for donations, similar to the repercussions faced by those supporting Navalny.

Technical Capacity for Donations

211 participants reported having a foreign bank account. Only 16.59% of them (35 people) are willing to use it to make a donation to Coming Out. The main reason participants were not ready to donate money from foreign bank accounts to Coming Out was a lack of financial means to do so (52.22%). Many owners of foreign bank accounts also indicated safety concerns (28.89%). Moreover, participants mentioned the inconvenience of using a foreign bank account for donations due to high commission rates or difficulty transferring funds from a Russian bank account to a foreign one.

- “Foreign bank accounts mean higher commission rates. Between a regular account and a foreign one, I will always choose the former.”
- “I don’t have any money in my foreign bank account. It’s more convenient to make donations from Russia (while it’s possible).”

Why are you not ready to donate? (cards)

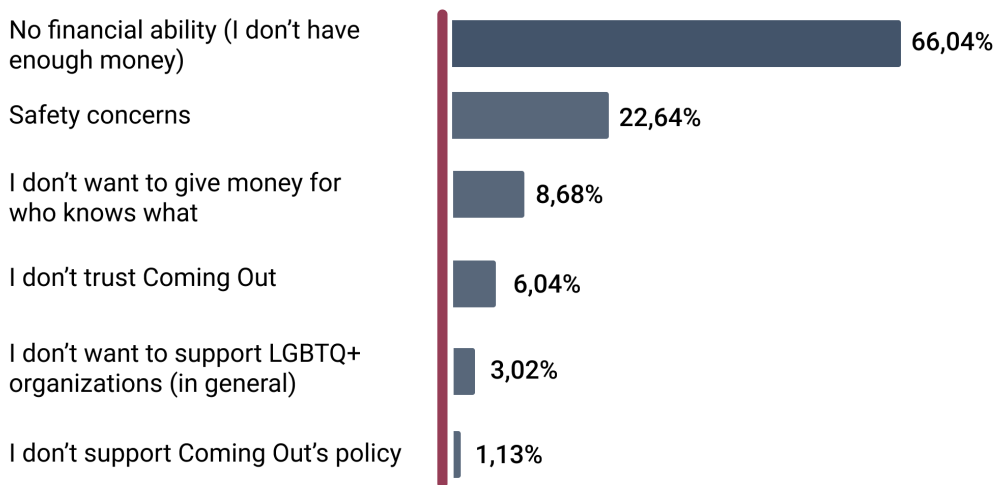


Only 405 participants reported having experience with cryptocurrency. The most popular cryptocurrencies mentioned by those participants were as follows (most to least): Bitcoin (BTC), Tether (USDT), and Ethereum (ETH).

34.57% of the participants (140 people) who were experienced with cryptocurrency were ready to donate cryptocurrency to Coming Out. For cryptocurrency holders, the main obstacle to donating to Coming Out was a lack of

financial means. 22.64% also had safety concerns (although that percentage is lower compared to those with foreign bank accounts).

Why are you not ready to donate? (cryptocurrency)



Out of the participants who have not had any experience with cryptocurrency, 43.66% (1745 people) were ready to learn to use it.

Conclusion

Results of our research show that the war, increased repressions, and new homophobic and transphobic laws have significantly impacted the lives of LGBTQ+ people. They more frequently feel in danger, act more cautiously and discreetly, and avoid openly writing about themselves on social media or visiting places where they could be considered LGBTQ+ people. This has an impact on their purchasing, leisure, and dating habits: there are fewer and fewer opportunities. Additionally, access to LGBTQ+ content and objective information about gender and sexuality has become substantially more difficult. Restricted access to websites, selective censorship, and withdrawal of foreign streaming services from Russia do not fully prevent people from accessing LGBTQ+ content but make it less convenient. It takes more time to find the necessary information and circumvent the constraints, and not everyone has the resources (technical, material, emotional, or temporal) to do so. Furthermore, since people who live in Russia are now more reluctant to repost LGBTQ+ content or write posts about LGBTQ+ aspects of their lives, the needed information is circulating less within the communities.

At the same time, most LGBTQ+ people recognize the importance of LGBTQ+ organizations' work and hold Coming Out in high regard. The overall evaluation of the initiative's activities and the assessment of each individual program are overwhelmingly positive. In the answers to open-ended questions, there is a lot of positive feedback, words of appreciation, and support, even from those who have never used Coming Out's services but have only heard about its work. However, there is also some criticism: a portion of surveyed beneficiaries give a low rating to the service operating hours, mention technical difficulties (for instance, with the Telegram bot) and problems when communicating with consultants (did not receive a response or had to wait for it longer than the time stated).

The Coming Out LGBTQ+ Group emerged as the most recognizable and sought-after organization among the major Russian LGBTQ+ initiatives (though the limits of our sample must be considered). The public awareness campaign has noticeably improved: Coming Out's outreach has drastically increased, and information sources about Coming Out's activities have changed. Now, the main sources of information about Coming Out are its own social media (primarily, Telegram), as well as posts from friendly LGBTQ+ organizations, queer communities, mass media, bloggers, and influencers, whereas previously, the leading means of becoming aware of Coming Out's existence was the Vkontakte group and word of mouth (acquaintances' recommendations). Coming Out's public awareness campaign is rated highly: Respondents give positive feedback about content on Coming Out's social media and express gratitude for published articles and conducted webinars. Having said that, there is a high demand for video content (YouTube is the second most convenient social media platform for receiving news and important information, right after Telegram). After Telegram, YouTube is the second most convenient social media platform for receiving news and important information.

When discussing what services LGBTQ+ people currently lack, it is critical to emphasize any information about emigration (there is high demand for it among both Coming Out's followers and those who are unfamiliar with our initiative). According to our findings, more than half of those surveyed are considering leaving

Russia, either temporarily or permanently. As a result, it is not surprising that, when asked what they would like to receive from LGBTQ+ organizations, many survey participants mentioned consultations, guides, or other forms of emigration information in varying degrees of detail. That being the case, the primary demand is for informational resources, whereas help with emigration documents or adaptation during emigration is in less demand. This could indicate that people need assistance deciding whether or not to leave, and if so, where to go and what steps to take.

Aside from information about emigration, there is demand for LGBTQ-friendly doctors and other specialists, as well as for the database of LGBTQ-friendly job openings. In an environment of high censorship, anxiety, and privacy, LGBTQ+ people have actively expressed the need for grassroots associations, networks to exchange verified information, and safe spaces for communication.

The main barrier to reaching out to Coming Out was a lack of information about the services available at Coming Out as well as about the initiative in general. Questions of safety and technical restrictions are less substantial. The same could be said about the willingness to volunteer for Coming Out: Many people express their desire to help but lack the necessary energy or time. The foreign agent label, for the most part, does not deter them. Furthermore, it is clear from the open-ended questions that many people are unaware that Coming Out is entirely online, and thus volunteers can come from anywhere.

In terms of willingness to donate to Coming Out, the opposite is true: the safety issue is substantial here. Many people are concerned that funding a foreign agent will put them in danger of being prosecuted. Beyond that, many are afraid that it will soon be equivalent to financing extremist organizations. Striking cases of persecution of those who donated to the Anti-Corruption Foundation or Navalny's command centers, for instance, have alarmed many participants. Fear for one's own safety, however, is not the primary reason for reluctance or unwillingness to donate. The majority of respondents mentioned their difficult financial situation, expressed regret about their inability to donate, or even expressed frustration when asked about charity.

To summarize, LGBTQ+ people in Russia currently live in an anxiety-inducing environment of danger, censorship, and selective monitoring from the state. As a result, on the one hand, it is harder for them to get involved in supporting LGBTQ+ initiatives or to openly speak about themselves, their SOGIE, or their political stance. Repressive laws, on the other hand, make people realize the significance of the work that LGBTQ+ initiatives do. Thus, many people are willing to do whatever is feasible and safe for them in order to contribute to the work of Coming Out and other initiatives.