Stonewall



LGBTQ+ Life in Wales: 2026



Stonewall is a charity campaigning, supporting and advocating for Lesbian, Gay, Bi, Trans+ and Queer people.

We will work until every person who is LGBTQ+ is living free from discrimination, prejudice and inequality, making our shared future safer, fairer and more prosperous.

Stonewall is a diverse and inclusive organisation, underpinned by values that have helped us achieve decades of life-changing impact for LGBTQ+ people.

Our objectives, set out in our strategy *In Courage and Unity, Is Hope*, are to provide leadership to navigate turbulence for LGBTQ+ issues; to shape a policy and legislative agenda focused on improving LGBTQ+ lives; and to develop safe and inclusive places where everyone can work, play and succeed throughout their lives.

We will not rest until everyone, everywhere has equal rights.

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FOREWORD

Simon Blake OBE



In our strategy *In unity and courage, is hope* we committed to ensuring data and evidence drives all of our work. I am therefore delighted to present our new report *LGBTQ+ Life in Wales: 2026*.

We last published research of this depth in 2018. If you, like me, are a before and after person, that was before Covid. So much has happened since then and so it was important we ask lesbian, gay, bi, trans+ and queer people in Wales about their lives now.

Working with YouGov, we asked more than 300 people in Wales about their families, their safety, their health, their work and money. And importantly about their hopes and fears in the years ahead. I am delighted that we now have the most comprehensive picture of the experience of the LGBTQ+ community in Wales for almost a decade.

The good news first.

Nearly half of the people we spoke to believe acceptance of LGBTQ+ people is higher than it was ten years ago. Those who are open with family and friends overwhelmingly feel accepted by them. Fewer people are hiding who they are at work than those that are open. Three in four people who use LGBTQ+ community spaces find them welcoming. None of this happened by accident. It came from decades of campaigning, from pushing for changes to the law, and from millions of ordinary acts of courage: coming out at work, at the school gate and at the family dinner table.

But progress is not the same as arrival and there is so much more to do.

Half of the LGBTQ+ community feel pessimistic and worried about where equality is heading, and only a quarter feel optimistic. Importantly when we last asked, optimism outweighed pessimism by a wide margin. Something has shifted, and many people in our communities are now anxious, even fearful. Fewer than one in five believe politicians take our rights seriously. A similar number trust the police, the courts and government bodies to protect them. That should be a wakeup call for every single one of us.

For trans+ people, the picture is even starker. Many are pessimistic about the future, and some avoid streets, bars and gyms, and even their own families, to stay safe. That is a dark stain on our shared humanity.

When we asked what LGBTQ+ campaigning should prioritise over the next ten years, trans+ rights was the most common answer.

Some of the statistics are harder still. More than half of LGBTQ+ people have considered suicide at some point in their lives. Take that in.

Just as in 2017, fewer than half would feel comfortable holding a partner's hand in the street.

These findings must not be a reason to despair. They are a heat-map. They show where legal changes have improved lives and where they have not yet reached people. They also show where changes have hurt our community.

They show why LGBTQ+ equality must remain a priority for all politicians.

They remind us that those in our community most likely to be left behind must shape what comes next including trans+ people, disabled people, people of colour, asylum seekers and refugees and people of faith. The findings also show us that those things that make the biggest difference to people's lives – being able to be yourself and being accepted by the people around you – are within our collective power to change.

LGBTQ+ Life in Wales: 2026 reflects what many of us instinctively feel: there has been genuine progress towards achieving equality for the LGBTQ+ community, but that progress is not experienced equally by all of us. For trans+ people in particular things feel worse not better, and for the whole community the future looks uncertain.

We are standing at a crossroads: we must continue working for positive change as the political and cultural climate poses new and real risks to our freedoms and our families. Some of the data in this report makes for tough reading, and it should sharpen our resolve to unite for change.

This report looks both backwards and forwards. It provides important data as we work to create a safe and equal world for all LGBTQ+ people to live, work and thrive.

My ask is that you work with us to make sure the next report tells a better story. That means all of us understanding what this data tells us and being determined to act. Thank you to everyone who took the time and energy to share their experiences with us, sometimes in painful detail. Together you have given us a clear picture of who we are and what we need.

As I say often, 15-year-old me who was in awe of the people who had the courage to found Stonewall would never have believed the progress in his lifetime. 52-year-old me cannot believe how much further we still have to go to realise our vision of a world where everyone, everywhere has equal rights.



SIMON BLAKE OBE
CEO, Stonewall

LGBTQ+ equality must remain a priority for all politicians

Executive summary

LGBTQ+ Life in Wales: 2026 examines the lives of LGBTQ+ people across the nation, documenting experiences of equality, belonging, safety, health, work, and future planning. The first major report of its kind from Stonewall since 2018, it reveals that many believe acceptance has increased over the last ten years, while also finding significant pessimism about the future.

It shows that unacceptably high numbers of LGBTQ+ people in Wales are experiencing discrimination in public, at the workplace, and in accessing healthcare. The greatest burden of inequality often falls on the more marginalised within our community, including those with disabilities, ethnic minorities, and trans+ people.

This report provides comparative analysis with UK-wide data presented in *LGBTQ+ Life in the UK: 2026*, highlighting notable variations in some areas of life. Respondents in Wales reported higher incidence of discrimination in public in many settings compared with the UK average, but were less likely to adjust their behaviour to avoid hostility. Compounding this, trust in state institutions, including police, courts, and the government, to protect LGBTQ+ rights, was notably lower in Wales than the UK average.

Consistent with UK-wide findings, mental health and wellbeing is a particular concern for LGBTQ+ people in Wales, and the data on suicidal ideation is stark. Despite strong need, mental health support appears harder to reach in Wales: just one in ten accessed support in the last year, almost half of the UK-wide rate, and respondents in Wales were more likely to describe NHS mental health services as difficult to access.

At work, reported levels of discrimination were higher in Wales than UK-wide findings: almost a quarter of those in work reported experiencing certain types of negative behaviour due to their LGBTQ+ identity in the last year. Yet respondents in Wales were less likely to take action in response to incidents.

While the national picture may be challenging, it is positive to discover that LGBTQ+ people generally report feeling accepted by their immediate social networks. Most find friends, family, and their LGBTQ+ community to be sources of support and belonging, and there are greater levels of openness about sexual orientation in Wales compared with the UK average.

Our data also reveals that LGBTQ+ people in Wales are making plans for their future in greater numbers than the UK average. Uptake of family formation services is higher in Wales, and slightly more LGBTQ+ people are making advance plans for their care needs in older age. However, too many are still encountering barriers in planning for their futures.

Many believe acceptance has increased over the last ten years, but there is significant pessimism about the future

Together, the evidence presented in this report suggests there has been progress made toward the goal of achieving equality for LGBTQ+ people in Wales over the last decade, but as challenges have arisen – notably organised opposition to trans+ rights and the proliferation of an anti-rights rhetoric – progress feels fragile as we look to the future.

In the face of these challenges, policymakers must now renew their commitment to LGBTQ+ equality so that solutions to the issues highlighted in this report are found, and that the progress made is safeguarded, built on, and extended to all LGBTQ+ people in every part of Wales.

Key findings

1 Equality - progress, challenges, and the state

- 45% of all LGBTQ+ people in Wales believed that acceptance was higher than ten years ago, compared with 31% who believed acceptance was lower.
- Nearly half (49%) of LGBTQ+ people were pessimistic about the direction that LGBTQ+ equality is going in the UK.

2 Belonging - family, friends, and community

- Three quarters (75%) of LGB+ people were open about their sexual orientation to family, with 90% to friends.
- Most LGB+ respondents felt accepted by family (94%) and friends (98%) they were open to.

3 Safety - discrimination, crime, and abuse

- 8% of LGBTQ+ people reported that they had ever been questioned about their sex assigned at birth when using single-sex spaces.
- Of those who experienced a potentially criminal incident in the last year, 30% believed that it might have been motivated by their sexual orientation, while 12% believed their gender identity might have been a factor.

4 Health - services, mental health, and wellbeing

- 16% of LGB+ people said that healthcare staff lacked understanding of LGB+ health needs.
- More than half (56%) of all LGBTQ+ people had ever considered suicide, and 22% had attempted suicide.

5 Work - inclusion, discrimination, and finances

- A quarter (26%) of LGBTQ+ people had hidden or disguised their identity at work during the last year.
- One in ten LGBTQ+ people had experienced negative comments or conduct from colleagues (11%) and customers or clients (12%) on account of their LGBTQ+ identity in the last year.

6 Future - financial planning, family formation, and older age care

- Over half (55%) of LGBTQ+ people do not have confidence in being financially secure in retirement.
- A third (32%) of LGBTQ+ people have confidence that care providers would understand their needs as an LGBTQ+ person.

Introduction

In 2017, Stonewall commissioned YouGov to survey LGBTQ+ people on their experiences of everyday life across key areas such as health, home and community, work, and university. More than 5,000 LGBTQ+ people generously shared their experiences, which formed the basis of a series of reports, *LGBT in Britain*, published in 2018.

This was a landmark series, cited widely by those in the sector and beyond. It was also published in a markedly different political climate. Since then, LGBTQ+ people have faced growing pressures, and as we experience increasing threats both to our community and to broader civil society, there is a perception among many that life has become more challenging.

LGBT in Britain was also released at a time when published data on LGBTQ+ people was limited. Following its release, the evidence base has grown through the UK Government's National Survey in 2018, the Censuses of 2021/22, and research by LGBTQ+ and other organisations. We know more about the needs and wants of the LGBTQ+ community than ever before, but as this report reflects, this doesn't always translate into action from policymakers.

Almost a decade on, it is time to build on the legacy of *LGBT in Britain*, renew our evidence base, and establish how life has changed for LGBTQ+ people since 2017. *LGBTQ+ Life in the UK: 2026* identifies where there has been progress, where issues remain, and where emerging challenges demand action.

For the first time, this series includes a report specifically focussed on the experiences of LGBTQ+ people in Wales, reflecting Stonewall's commitment to advancing LGBTQ+ equality in Wales. This report, *LGBTQ+ Life in Wales: 2026*, exists as a supplement to the UK-wide findings. We make comparisons between the UK-wide data and the data generated through the Welsh sample to identify where there are notable differences in experiences between the nations, but the findings of this report stand alone.

Since *LGBT in Britain*, the acronym we use to refer to our community has changed, and it is right that the title of this new report reflects this. *LGBTQ+ Life in Wales: 2026* better represents Stonewall's inclusive approach to securing equality for all lesbian, gay, bisexual, trans and queer+ people across the nation.

For the first time, this series includes a report specifically focussed on the experiences of LGBTQ+ people in Wales

The data underpinning this report, once again generated in collaboration with YouGov, is rich and expansive. It allows us to understand where experiences are similar across the LGBTQ+ population, as well as where outcomes differ between parts of the community. Throughout the report, we present these differences wherever possible, recognising that the LGBTQ+ population is not monolithic.

This report is divided into six substantive chapters, each covering a different theme. These are:

- Equality – progress, challenges, and the state;
- Belonging – family, friends, and community;
- Safety – discrimination, crime, and abuse;
- Health – services, mental health, and wellbeing;
- Work – inclusion, discrimination, and finances;
- Future – financial planning, family formation, and older age care.

LGBTQ+ Life in the UK: 2026, and its Welsh and Scottish companion reports, is just one way we are meeting our strategic objective of shaping policy and legislative change through evidence. However, their value extends beyond these reports: their findings add to existing evidence on LGBTQ+ experiences across the four nations, and will inform our work in the coming years to ensure all LGBTQ+ people are safe, equal, and thriving.

Welsh legal and policy context

In the decade since Stonewall last surveyed LGBTQ+ people on their experiences of life in the UK, governments at both the central and devolved levels have increasingly included sexual orientation and gender identity in policymaking, and there have been progressive legislative reforms which have advanced LGBTQ+ equality in Wales.

In 2023, Welsh Government published its LGBTQ+ Action Plan for 2023-2026, representing the first national plan to respond to the needs of the LGBTQ+ community, and setting out a series of actions and activities with the aim of making Wales the most LGBTQ+ friendly nation in Europe.[1] Moreover, the Census of England and Wales conducted in 2021 strengthened our understanding of the LGBTQ+ community, with data being collected on sexual orientation and gender identity for the first time.

At Westminster, laws aimed at addressing the historic injustice of the criminalisation of same-sex activity were also adopted in the last decade. Fifty years on from partial decriminalisation in England and Wales, the 'Alan Turing Law' introduced automatic pardons for historic convictions.[2] In 2022, the scheme was expanded to a wider range of offences, and also covered women for the first time.[3]

Additional initiatives included addressing the dismissal of LGBTQ+ people from merchant ships in 2017,[4] and the 2023 Etherton review into systemic abuse and criminalisation of LGBTQ+ people in the UK armed forces.[5]

Progressive laws have also been adopted to address contemporary harms to LGBTQ+ people. The *Crime and Policing Act 2026* was adopted in England and Wales earlier in the year, bringing penalties for sexual orientation and transgender motivated hate crimes in line with those based on race and religion, sending a message that there is no hierarchy of hate.[6] Meanwhile, the UK Government published its long-awaited Conversion Practices Bill in June 2026, committing to end this abuse.[7]

In employment, the *Equality Act 2010* was a landmark piece of legislation which built on existing law to prohibit discrimination on the basis of sexual orientation and 'gender reassignment' at work. While the impact of this law is significant, its interpretation has been the subject of legal challenge. The April 2025 Supreme Court ruling, outlined below, and subsequent updates to statutory and non-statutory guidance have created challenges for organisations who want to operate in an inclusive way. More recently, the *Employment Rights Act 2025* strengthened workplace rights for LGBTQ+ people, including greater protections against third-party harassment.[8]

In health policy, an HIV Action Plan was adopted in 2023,[9] five years after PrEP – a highly effective HIV prevention drug – was rolled out by NHS Wales in 2018.[10] In education, the Relationships and Sexuality Education Code adopted in 2022 mandated LGBTQ+ inclusive education in schools to better reflect the diversity of the Welsh population.[11]

There is a significant opportunity for the newly elected Welsh Government to put forward a positive plan to achieve LGBTQ+ equality

In the area of family planning, the 2024 amendment to the *Human Fertilisation and Embryology Act* modernised processes related to the donation of sperm and eggs, including allowing those living with HIV with an undetectable viral load to make donations to known recipients.[12] Access to survivor's pension benefits for same-sex couples was equalised through a 2017 Supreme Court ruling, addressing historic discrimination in this area.[13]

At the same time as these advances, tensions on trans+ rights erupted in the legal and policy space. Proposed reforms to gender recognition laws in England and Wales were abandoned amid a contentious public debate. More recently, the decision to pause Welsh Gender Service surgeries and referrals in August 2026 has caused significant emotional and physical distress for trans+ people in Wales.[14]

At the national level, this conflict also notably moved into the courts, with the Supreme Court in *For Women Scotland v The Scottish Ministers* ruling in April 2025 that the definition of 'sex' for the purposes of the *Equality Act 2010* refers to 'biological' sex.[15] In May 2026, the Equality and Human Rights Commission published its long-awaited updated Code of Practice for Services, Public Functions, and Associations in an attempt to clarify how service providers should implement the ruling.[16] This was one of the most consequential developments on LGBTQ+ rights in recent history, and its ramifications are yet to be fully felt.

Together, the picture of the last decade is mixed, and there have been both substantial advancements made towards LGBTQ+ equality, as well as setbacks. There is a significant opportunity for the newly elected Welsh Government to build on these advances and to put forward a positive plan to achieve LGBTQ+ equality in Wales as we look to the future.



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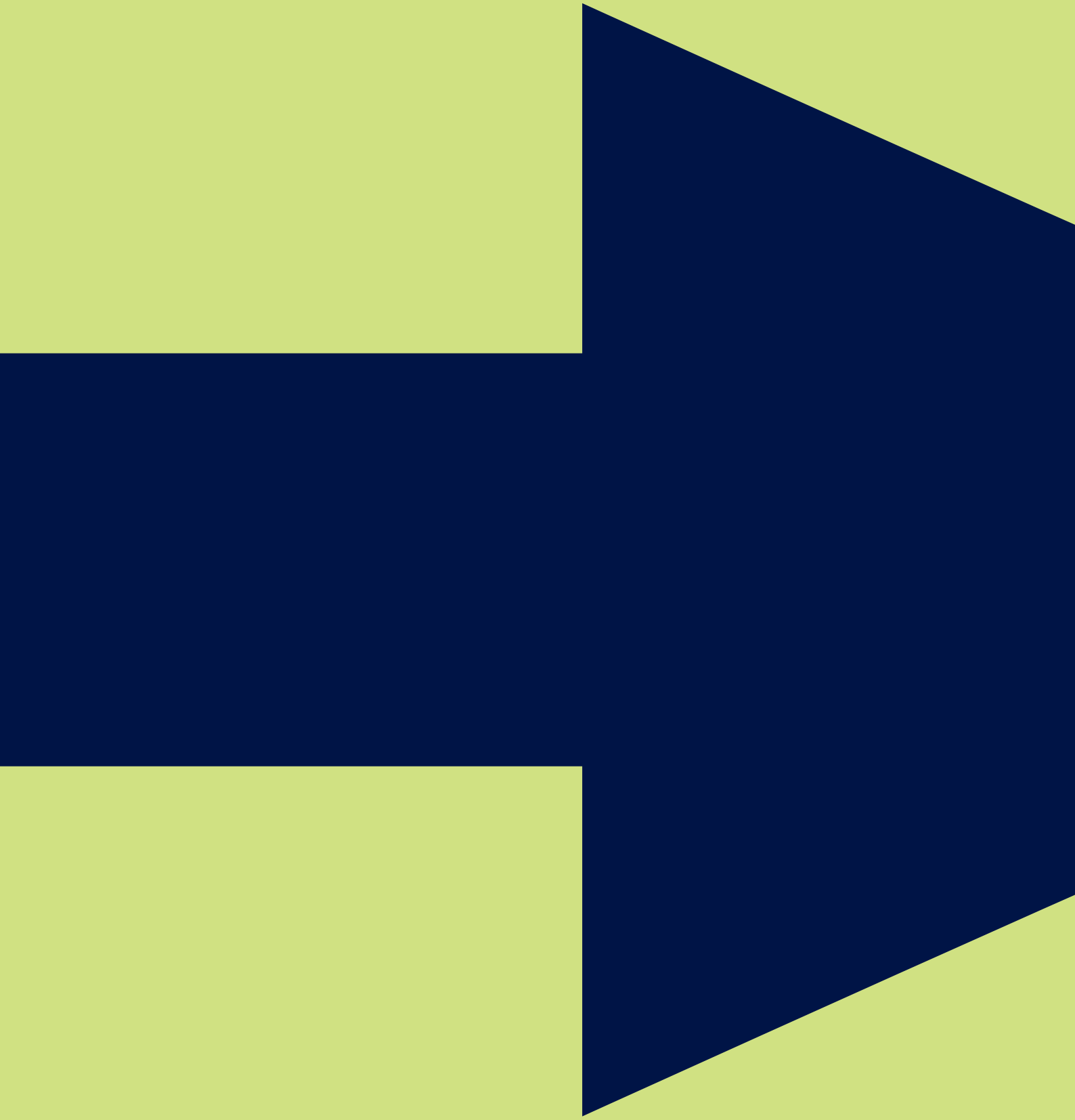
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SECTION 1

Equality - Progress, Challenges, and the State

Progress over the last decade

When asked whether acceptance of LGBTQ+ people in the UK was higher, lower, or about the same compared with ten years ago, just under half of respondents in Wales said they believed that acceptance was higher (45%) compared with a third saying that acceptance was lower (31%).[17]

This finding is comparable with the UK average (48% higher, 31% lower). As with the UK-wide data, more trans+ people said that acceptance was lower: of the 46 trans+ people in our sample, 14 said they believed acceptance was higher, compared with 24 saying lower.

Asked to identify the most significant improvement in LGBTQ+ equality over the last ten years, the individual factors most frequently referenced by LGBTQ+ people in Wales were increased acceptance (17%, n=52) and same-sex marriage (17%, n=52).[18]

For instance:

> *I have observed, particularly in younger people, that they feel free to be who they want to be. Same-sex relationships seem as accepted as heterosexual ones*
>
> lesbian cisgender woman, 65+

> *Same-sex couples being allowed to marry and not just a civil partnership*
>
> gay cisgender man, 25-34

When grouping individual factors most frequently mentioned in response to this question under thematic headings, the themes with the highest number of responses were 'social inclusion' (n=73) and 'law reform and legal rights' (n=71), followed by 'public visibility' (n=35).[19]

Almost half reported being pessimistic about the future of LGBTQ+ equality

Present-day challenges

Despite more of our sample feeling that there has been an increase in acceptance of LGBTQ+ people in the last decade, the data suggests there is a perception that progress towards equality has stalled.

As with the overall UK results, optimism about the future of LGBTQ+ equality was low, with one in five reporting that they were optimistic (22%), while almost half reported being pessimistic (49%).[20]

Pessimism was higher amongst younger people: for instance, 58% of those 25-34 were pessimistic, compared with 43% of those 55-64. Just four of the 46 trans+ people surveyed reported being optimistic, with 31 being pessimistic.

Asked for the biggest challenge currently facing LGBTQ+ equality, almost a quarter of respondents identified opposition to trans+ rights as a challenge (22%, n=68). The next most popular challenge identified was the political right (15%, n=47).[21] These align with the challenges identified by the UK-wide sample.

Trans+ rights (n=82)	Political (n=73)
Trans (n=68)	Government (n=9)
Transphobia (n=18)	Politicians (n=9)
	Reform (n=21)
	Right (wing) (n=47)

Table 1. Biggest challenges currently facing LGBTQ+ equality by theme

Almost a quarter of respondents identified opposition to trans+ rights as a challenge

Table 1 outlines the challenges most frequently selected by respondents in Wales grouped by theme.

Our data also identified an apparent trust deficit between LGBTQ+ people and the state, which may also be contributing to this pessimism about LGBTQ+ equality in Wales:

- Half of LGBTQ+ people said they distrust state institutions such as police, courts, and government bodies (50%), while 18% expressed trust. Trust was lower than the UK average (23%).[22]
- 41% disagreed that laws, policies, and guidance protect the rights of LGBTQ+ people, while 30% agreed.[23]
- More than half disagreed that politicians take the rights of LGBTQ+ people seriously (55%), while 18% agreed.[24]

For all three measures, gay men were more likely to express trust than lesbians and bisexual people. Older people were also more likely to have faith in the state to protect LGBTQ+ rights than younger cohorts.

Future priorities

Finally, we asked our sample to identify what the priority for LGBTQ+ advocacy should be in the next ten years. In line with the challenges identified above, respondents most frequently identified 'trans' issues as the priority (22%, n=67), along with 'equality' (9%, n=29).[25] For instance:

> *Advocating for trans people. They are becoming increasingly demonised across society and deserve to be recognised in the same manner that gay, lesbian, bisexual and other identities are accepted*
>
> bisexual cisgender woman, 35-44

> *Making sure all queer people have equal rights under the law and feel safe in British society*
>
> bisexual cisgender woman, 25-34

In terms of themes, the groupings most frequently cited were 'trans+ rights' (n=67) and 'law reform and legal rights' (n=48).

17 C2. Do you feel that acceptance of LGBTQ+ people in the UK is higher, lower, or about the same compared with ten years ago?

18 C3. Looking back at the last ten years, in your opinion, what, if anything, do you think is the most significant improvement in LGBTQ+ equality in the UK?

19 For readability, questions C3-5 in this section report individual coded responses mentioned by at least 3% of total respondents (n=9) and themes mentioned by at least 10% of respondents (n=31). Theme counts represent the number of respondents who mentioned at least one factor in that theme and do not equal the sum of all factors due to some respondents mentioning more than one. Coding captures synonyms and related words.

20 C1. How optimistic or pessimistic do you currently feel with the direction LGBTQ+ equality is going in the UK?

21 C4. In your opinion, what is currently the biggest challenge facing LGBTQ+ equality in the UK?

22 C6. To what extent, if at all, do you trust or distrust state institutions, such as the police, courts, and government bodies, to protect the rights of LGBTQ+ people?

23 C7_1. I feel that laws, policies, and official guidance protect the rights of LGBTQ+ people.

24 C7_2. I feel that politicians take the rights of LGBTQ+ people seriously.

25 C5. Looking ahead to the next ten years, in your opinion, what, if anything, do you think should be the priority in advocating for LGBTQ+ equality in the UK?



SECTION 2

Belonging - Family, Friends, and Community

Family and friends

Asked to what extent they were open about their sexual orientation, three quarters of LGB+ people said they were open with family (75%), with 50% being 'fully open'. This is higher than the findings for the overall UK sample (67% open, 42% 'fully open'). Nine in ten were open with friends (90%), roughly in line with the UK findings (88%).[26]

Gay and lesbian people were more likely to be open about their sexual orientation with family (91%) and friends (96%) compared with bisexuals (58%, 84%).

We also asked respondents how accepted they felt by those they were open to about their sexual orientation: 94% felt some level of acceptance by family, and 98% by friends. Feelings of acceptance were lower for bisexuals (89%, 96%) than gay and lesbian people (95%, 100%).[27]

Of the 46 trans+ people in our sample, 23 said they were open about their gender identity with family, and 34 with friends.[28] Of these, 17 felt some level of acceptance from family, and 33 from friends.[29]

Three quarters of LGB+ people said they were open about their sexual orientation with family

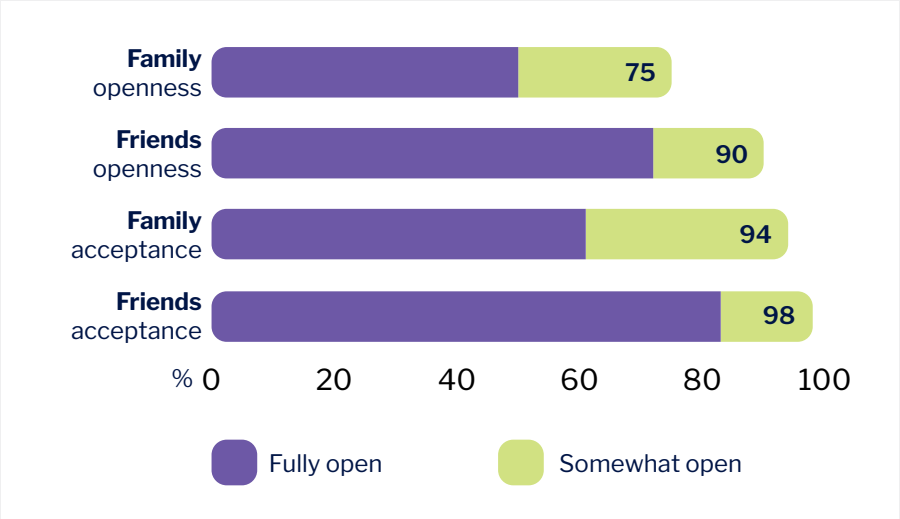


Chart 1. Openness and acceptance of sexual orientation among family and friends

Parental experiences

We invited LGBTQ+ people who are parents or guardians to share their experiences of raising children and any impact their identity had on this experience. Sentiment analysis found that, of the 42 respondents who shared experiences, the largest group reported neutral experiences (n=27), meaning that respondents believed their experience of parenthood was not impacted by their LGBTQ+ identity. In many cases, however, this was because they were not perceived as LGBTQ+, either because they were not open about their identity, or because they were in heterosexual presenting relationships.[30]

A smaller selection (n=8) of people shared experiences of discrimination:

> *When I met my partner 26 years we had two children each between 6 and 1 month old. We were something of a spectator sport in our local area and the children faced a lot of nasty comments at school. They were often excluded from birthday party invites and some children were encouraged not to play with them*

lesbian cisgender woman, 45-54

> *I feel that people have often been reductionist about my gender and relegated me to the role of mum. I feel ill at ease with mum groups and with attempts to push my daughter towards a strongly feminine expression. I'd be happy for her to choose it for herself but seeing it forced onto her, and by extent me, makes me very uncomfortable*

queer non-binary person, 35-44

Meanwhile, some (n=5) reflected on the positive impact that being an LGBTQ+ person can have on parenting:

> *I feel that being LGBTQ+ has helped me to raise my children to be more understanding & accepting of people from all walks of life. I have not faced discrimination and neither have my children*

bisexual cisgender woman, 35-44

> *Being an LGBTQ person has no affect on my experience raising children apart from being able to raise children that have a better understanding and a deeper empathy of the broader difference in genders and sexuality*

bisexual cisgender woman, 35-44



LGBTQ+ community spaces

We asked our sample to reflect on their experiences of attending LGBTQ+ community spaces and groups. This revealed that around one third of the sample in Wales did not attend these spaces (36%), comparable with overall findings for the UK (35%).[31]

This was higher among bisexuals (44%) than gay men (31%) and lesbians (30%). Those in rural parts of Wales were also more likely to say they didn't attend community spaces (55%) compared with those in urban areas (33%), perhaps reflecting lower accessibility.

Of those who did attend LGBTQ+ community spaces and groups, feelings were generally positive: 74% found these spaces welcoming, compared with just 9% finding them unwelcoming. Those with disabilities reported them to be unwelcoming at a higher rate (12%) than those without (6%).

In line with UK-wide findings, 18% of people in Wales said they had ever experienced discrimination in LGBTQ+ community spaces/ groups. Discrimination was higher than average for those with mental health conditions (27%) and disabilities (22%), and for people of faith (23%). 27% of those who currently attend these spaces reported experiencing discrimination. [32]

Three quarters of people who attended LGBTQ+ community spaces found them welcoming

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26 D1. To what extent, if at all, are you open about your sexual orientation among... D1_1. Your family / D1_2. Your friends.

27 D3. Thinking about the people you are open to about your sexual orientation among these groups... To what extent, if at all, do you feel accepted by them in relation to your sexual orientation?

28 D2. To what extent, if at all, are you open about your gender identity among... D2_1. Your family / D2_2. Your friends.

29 D4. Thinking about the people you are open to about your gender identity among these groups...To what extent, if at all, do you feel accepted by them in relation to your gender identity? D4_1. Your family / D4_2. Your friends.

30 J4. Please can you tell us more about your experiences of raising children as an LGBTQ+ person, including any experience of discrimination you or your children have faced because of your sexual orientation and/ or gender identity, or any positive experiences you have had?

31 N1. Thinking about your local LGBTQ+ community, for example LGBTQ+ venues, LGBTQ+ community and exercise groups, or pride events...To what extent do you consider it a welcoming or unwelcoming environment?

32 N2. Have you experienced any discriminatory treatment in your local LGBTQ+ community, such as LGBTQ+ venues, LGBTQ+ community and exercise groups, or pride events, because of your... Sexual orientation, gender identity, ethnicity, disability, sex assigned at birth, age, faith or religion.

SECTION 3

Safety - Discrimination, Crime, and Abuse

Discrimination in public life

When asked about their experiences of discrimination on the basis of their sexual orientation or gender identity in public life in the last year, the settings where discrimination was reported most often in absolute numbers were in shops (n=33), followed by accessing public services, travelling on public transport, and in hospitality venues (n=30 each).[33]

However, these results are impacted by how often people visit each setting, with the highest levels of discrimination being in the most frequently visited settings. When analysing only those who were in each setting in the previous year, the settings where discrimination was most frequently experienced proportionally were faith services/places of worship (26%), education institutions (18%), and live sport events/bars (16%).

This suggests that reported levels of discrimination in Wales are higher in proportional terms than the UK averages, however some caution should be exercised given the smaller sample size in Wales. The settings broadly correlate with UK findings, with the addition of accessing public services in absolute terms.

Discrimination was reported most often in shops, public services, public transport, and hospitality venues

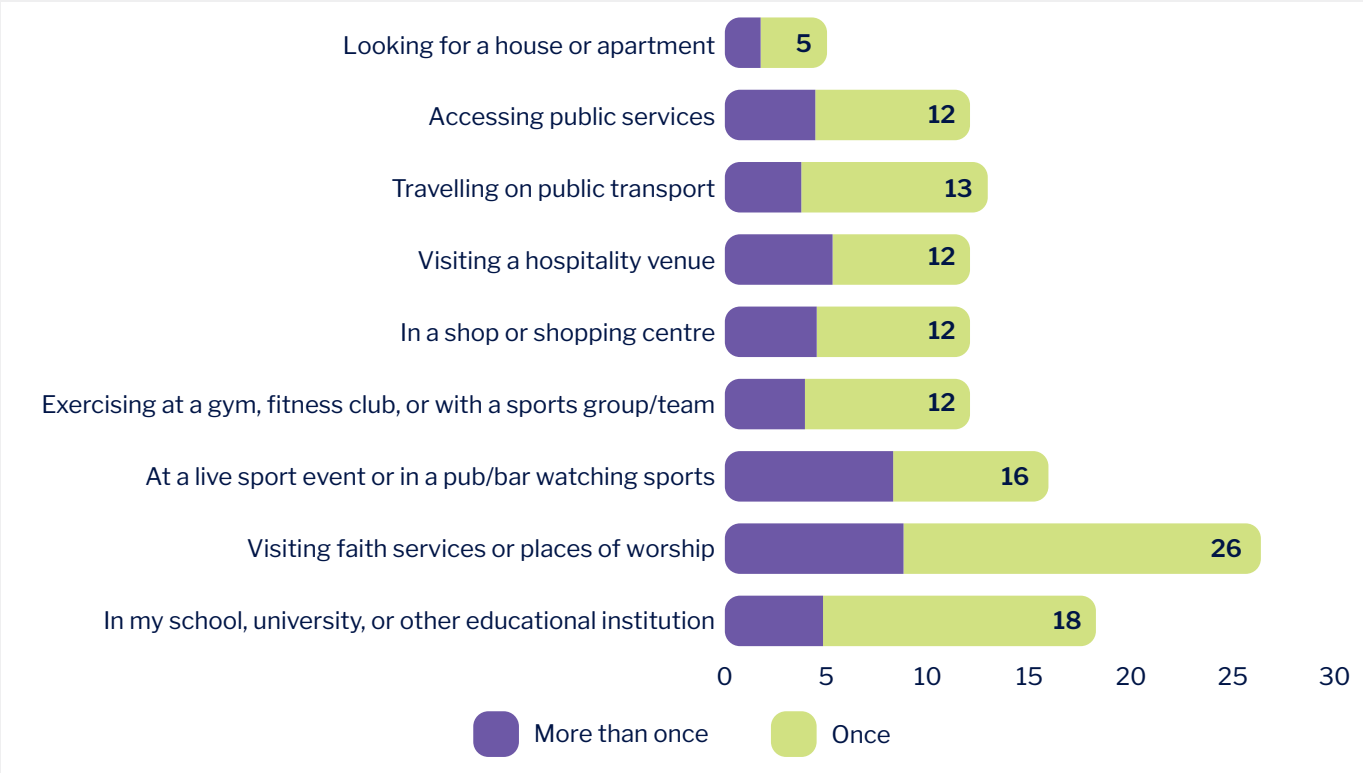


Chart 2. Discrimination in public settings during the last year (% of those in each setting)

Navigating hostility in public settings

We asked respondents how comfortable they feel in a number of public settings, and whether they avoid situations or adjust their behaviour for fear of discrimination. This revealed that:

- 44% of LGBTQ+ people in Wales would feel comfortable walking down the street holding their partner's hand, with almost a third being uncomfortable (30%). Discomfort was much higher among gay men (51%) than lesbians (36%) or bisexuals (18%).[34]
- Around half of people said they feel safe travelling on public transport (56%), with just 11% disagreeing. Women were less likely to feel safe (50%) than men (67%).[35]
- Just 18% believed public sporting events are welcoming for LGBTQ+ people. 29% disagreed, lower than for the UK as a whole (37%).[36]

In terms of avoidance and adjustment of behaviour, use of avoidance measures was slightly lower in Wales across each situation compared with the UK average. In particular, LGBTQ+ people said that they avoided visiting family at a much lower rate (7%) than the UK average (13%).[37]

Another area we looked at was adjustment of dress in public to avoid discrimination. Of the 46 trans+ people in our sample, 24 said that they adjusted their dress in public.[38] For reference, almost two thirds of cisgender LGB+ people said they did not do this (63%). This reflects a finding across the UK-wide data that trans+ people report adjusting their behaviour for fear of discrimination more often than other sections of the LGBTQ+ population. For instance:

> ***General slurs shouted out of the window by someone in a car are a part of daily life when I dress too queerly. It's something I actively bear in mind when I go out and I consider if the harassment is worth it. It has actively changed how comfortable I am dressing the way I would want to outside my home and reduced my willingness to go outside***
>
> asexual non-binary person, 25-34

Single-sex spaces

The use of single-sex spaces is an area that has become highly politicised across the UK in recent years, and our data suggests that some LGBTQ+ people are avoiding using these spaces: 10% of all LGBTQ+ people in Wales say they avoid these spaces.[39]

When using these spaces, 8% said they had ever been questioned about their sex assigned at birth. Lesbians were more likely (10%) than gay men (1%) and bisexual people (7%) to have experienced this.[40]

Of the 46 trans+ people in our sample, 19 reported avoiding single-sex spaces, while nine reported that they had been questioned about their sex assigned at birth when using these spaces. For instance:

> ***I was in a bar and went to the bathroom and I was challenged about whether I should be there. it was intimidating***
>
> gay transgender man, 25-34

> ***Someone told me I was going into the wrong toilets/ changing area. Pointed to the sign on the door. It doesn't stop me doing anything, because I work there, but it does make me feel unsafe***
>
> gay non-binary person, 45-54

Less than half of LGBTQ+ people in Wales would feel comfortable walking down the street holding their partner's hand

Hate crime and online abuse

We asked our respondents whether they experienced any of a list of potentially criminal incidents in the last year: 28% of LGBTQ+ people had experienced some type of incident. Most commonly experienced were verbal harassment (16%) and sexual harassment (11%).[41]

Of those that had experienced an incident, 30% believed that the incident might have been motivated by their sexual orientation, while 12% believed their gender identity might have been a factor.[42]

When asked whether respondents had experienced homophobic, biphobic, or transphobic abuse online, including on social media, in the last month, the findings broadly reflected the UK averages: 8% of LGB+ people had experienced homo/biphobic abuse directed at them (7% UK), while 33% had experienced indirect abuse (36% UK).[43] For instance:

> ***Online abusive comments and messages from individuals encountered on social media posts. Being accused of being a paedophile, a groomer. Other offensive language used like pervert, freak etc. The first time this sort of thing happened I was shocked and upset. Sadly it is all too common now, with social media companies taking no action whatsoever against abuse and hate.***
>
> lesbian cisgender woman, 55-64

Of the 46 trans+ people in the sample, 6 had experienced direct transphobic abuse in the last month, while 31 had experienced indirect abuse.

Conversion practices

Incidence of conversion practices was in line with the UK average, with 1% of LGBTQ+ people ever having undergone conversion practices, and 4% being offered but not undergoing them.[44]

These figures were higher among those from a religious background (2% undergone, 7% offered) and those with disabilities (1% undergone, 7% offered).

---

33 E1. During the last year, have you personally felt discriminated against because of your sexual orientation and/ or gender identity in any of the following situations?

34 E3_1. I would feel comfortable walking down the street while holding my partner's hand.

35 E3_9. I feel safe travelling on public transport.

36 E3_2. Public sporting events are a welcoming space for LGBTQ+ people.

37 E3_8. I visit my family less often because I don't feel accepted as an LGBTQ+ person.

38 E3_5. I adjust the way I dress when I go out in public because I fear discrimination/ harassment.

39 E3_7. I avoid using single sex spaces such as public toilets or changing rooms.

40 E4. Have you ever been questioned about your sex assigned at birth when accessing single sex spaces such as public toilets or changing rooms?

41 F1. During the last year, have you personally experienced any of the following types of incidents?

42 F2. Thinking about the most recent incident, was there anything about the incident that made you think it MIGHT have been motivated by any of these factors?

43 F7. Thinking about your online activity, including using social media, during the last month have you experienced any of the following?

44 G1. Have you ever been offered, or have you undergone conversion practices in an attempt to change, 'cure' or suppress your sexual orientation and/ or gender identity?

SECTION 4

Health - Services, Mental Health, and Wellbeing

Discrimination in healthcare settings

When asked whether they had experienced any negative incidents when accessing healthcare which they believe was due to their sexual orientation or gender identity, a significant minority of respondents in Wales reported that they had.[45]

Around one in ten LGBTQ+ people in Wales reported that they had experienced discriminatory or negative remarks (9%) or discriminatory treatment (10%) by healthcare staff. Furthermore, 19% reported experiencing questions about their identity that made them uncomfortable, while 8% had been outed without their consent.

One in twenty people also reported being forced or pressured to take medical tests (5%), however this figure was just 1% among cisgender LGB+ people, suggesting that much of this is driven by incidence among trans+ people. Of the 46 trans+ people in our sample, 13 reported that they had ever experienced this.

Beyond more overt incidents of discrimination, some LGBTQ+ people often find that healthcare services are not sensitive to their needs. To this end, one in six LGB+ people in Wales reported that, in their experience, healthcare staff lacked understanding of specific LGB+ health needs (16%). This was higher among LB+ women (16%) than GB+ men (10%).

Of the 46 trans+ people in our sample, 22 reported that they had experienced healthcare staff lacking understanding of specific trans+ health needs.

Against this backdrop, 11% of LGBTQ+ people reported that they had avoided treatment for fear of discrimination.

One in six LGB+ people in Wales reported that, in their experience, healthcare staff lacked understanding of specific LGB+ health needs

Personal wellbeing

The Office for National Statistics (ONS) regularly measures personal wellbeing through the Annual Population Survey against four metrics on a 0-10 scale: life satisfaction, worthwhileness, happiness, and anxiety.[46] We included these same questions within our survey to assess the wellbeing of LGBTQ+ people against the general population. The results for the three positive metrics are illustrated by Chart 3.

Feelings of anxiety were found to be higher for LGBTQ+ people in Wales (4.5) compared with the UK general population (3.2).[47]

Chart 3. Personal wellbeing in the general population and LGBTQ+ community (0-10)

5.6

Life satisfaction among LGBTQ+ people

General population = 7.5

5.7

Worthwhileness among LGBTQ+ people

General population = 7.8

5.9

Happiness among LGBTQ+ people

General population = 7.4

Over half of LGBTQ+ people in Wales reported that they had ever considered suicide

Impact of LGBTQ+ identity on mental health

Asked what impact, if any, experiences related to their sexual orientation or gender identity had on their mental health in the previous year, half of LGB+ people said there was no impact (51%). 21% said the impact was positive, while 16% said negative.[48]

Of the 46 trans+ people in the sample, 23 said experiences related to their gender identity had a negative impact on their mental health.[49] While this base is small, it points to a divergence in the experience of cisgender LGB+ and trans+ people also seen in the UK-wide sample.

Suicidal ideation and attempts

Elevated rates of suicidal ideation and attempts within the LGBTQ+ community are well-documented, and the findings in Wales align with our UK-wide findings which affirm this heightened risk of suicidal ideation and attempts.

Over half of LGBTQ+ people in Wales reported that they had ever considered suicide (56%),[50] while a fifth had attempted suicide (22%).[51]

Suicidal ideation was higher among women, with almost two thirds of LB+ women having ever considered suicide (64%) and a quarter attempting suicide (24%), compared with 43% and 17% of GB+ men, respectively. Bisexual people were also more likely to have considered (68%) or attempted (29%) suicide compared with gay and lesbian people (44%, 16%). Of the 46 trans+ people in the sample, 32 had considered suicide and 16 had attempted it in their lifetimes.

Access to mental health services

This data points to a significant issue with mental health and wellbeing in the LGBTQ+ community, and a clear case for accessible mental health support. However, our findings suggest that many are struggling to access appropriate care.

While suicidal feelings are consistent with the UK average, the number of people accessing mental health support in Wales is lower: 12% reported that they accessed NHS support in the last year, compared with 21% UK-wide. 10% attempted but were unable to access support, which is roughly consistent with the UK average. More people reported that they had accessed private mental health services (13%) than NHS services during the last year.[52]

Women were almost twice as likely as men to experience being unsuccessful in accessing mental health support: 13% of LB+ women reported this compared with 7% of GB+ men, with bisexual women especially likely (20%).

Asked how easy or difficult NHS mental health services were to access, more than two thirds of those who accessed or attempted to access them in the last year said it was difficult (70%), considerably higher than the share that said the same in the UK-wide sample (54%).[53]

The primary reason given for this was long waiting times (74%), with being 'worried, anxious, or embarrassed about going' being the second most popular reason (30%). One in ten LGB+ people were worried about discrimination or lack of understanding on account of their sexual orientation (10%).[54]

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45 H1. Have you ever experienced any of the following situations when using or trying to access healthcare services, which you felt was because of your sexual orientation and/ or gender identity?

46 Office for National Statistics, *Personal well-being in the UK QMI*, 2025. https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/methodologies/personalwellbeingintheukqmi.

47 I8_4. Overall, how anxious did you feel yesterday?

48 I1. On balance, during the last year, to what extent, if at all, has your mental health been affected by experiences relating to your... I1_1. Sexual orientation.

49 I1. On balance, during the last year, to what extent, if at all, has your mental health been affected by experiences relating to your... I1_2. Gender identity.

50 I2. Have you ever considered attempting suicide?

51 I3. Have you ever attempted suicide?

52 I4. During the last year, have you accessed, or tried to access, any mental health services for any reason, for example, talking treatments such as counselling or therapy, or other specialist mental health services, through any of the following pathways?

53 I5. How easy or difficult was it for you to access NHS mental health services?

54 I6. Why was accessing NHS mental health services difficult in the last year?

SECTION 5

Work - Inclusion, Discrimination, and Finances

Looking for work

We asked respondents to identify which factors related to being LGBTQ+ are important to them when deciding where to work. In total, 69% of all LGBTQ+ people we surveyed selected at least one factor as an important consideration when deciding where to work.[55] The factors most frequently selected were:

- Feeling able to be open about my sexual orientation (53%);
- Transparent workplace equality policies (47%);
- Seeing examples of LGBTQ+ inclusion on the organisation's website, published materials, and communications (33%);
- Seeing senior management who are LGBTQ+ (29%);
- Seeing senior management represented on diversity, equality, and inclusion networks, groups and sub-committees (28%).

There was no divergence between the factors selected in Wales and the UK as a whole.

Openness at work

Two-thirds of all LGB+ people are open about their sexual orientation in their workplace (64%), but just a third report that they are 'fully open' about their identity (36%). Bisexuals were much less likely to be open (45%) than gay and lesbian people (83%).[56]

Of those currently in work, one quarter reported that they had hidden or disguised that they were LGBTQ+ in the previous year (26%). This was higher among bisexuals (31%) than gay or lesbian people (23%). One in ten reported that they were encouraged to hide or disguise their identity (10%).[57]

Some respondents to our survey reflected on the impact of repeat disclosure of their LGBTQ+ identity to colleagues. For instance:

> *I sometimes hate the awkwardness of having to tell someone at work that I'm a gay man. I'm very happy and comfortable with who I am but I do sometimes dread having to "come out" to new work colleagues when they are not aware that I'm gay. It isn't for fear of being judged or anything like that I just sometimes dread having to go through the conversation all over again.*
>
> gay cisgender man, 35-44

Of those currently in work, one quarter reported that they had hidden or disguised that they were LGBTQ+ in the previous year

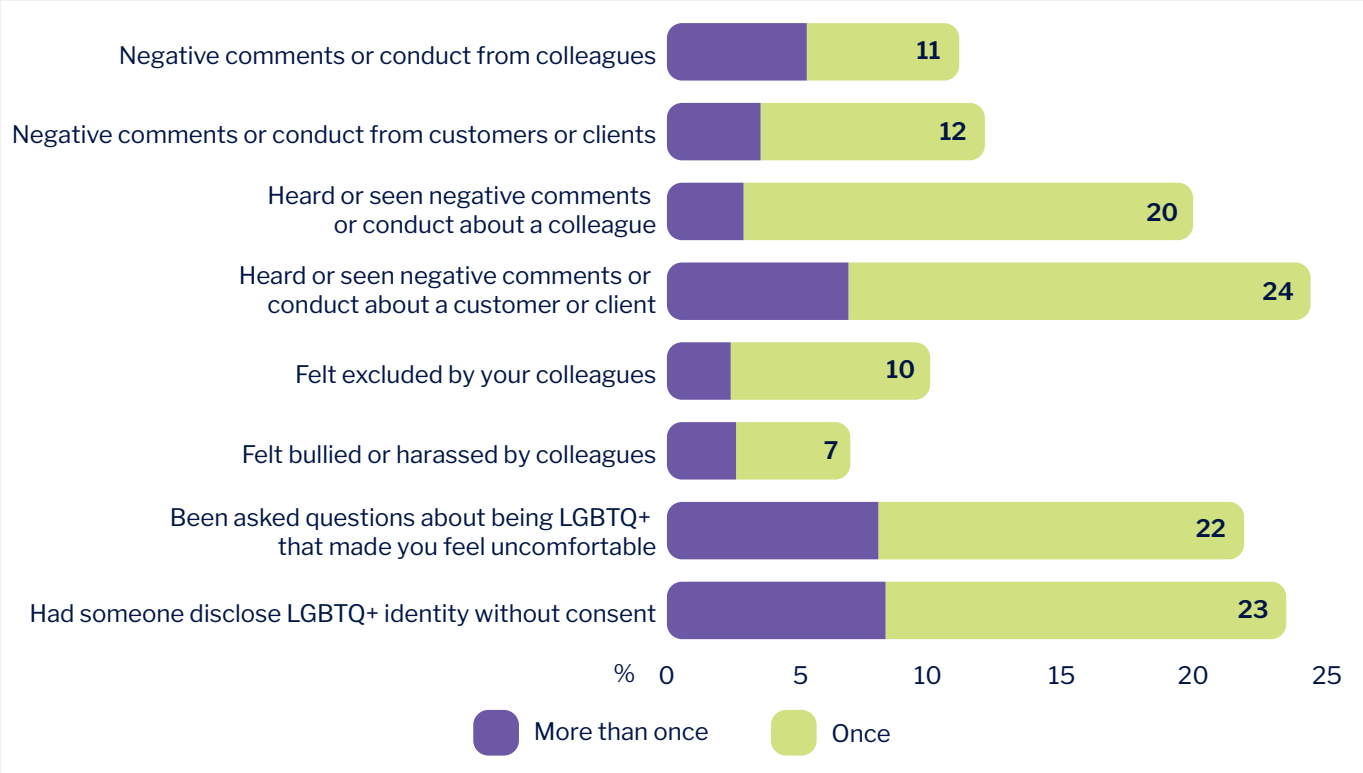


Chart 4. Experiences of discrimination, exclusion, and harassment in the workplace

Discrimination at work

We asked all those currently in work whether they had experienced any incidents based on their sexual orientation or gender identity in the workplace in the last year.[58] Chart 4 illustrates the types of incident most frequently experienced, revealing that almost a quarter of respondents experienced some type of incident, higher than the UK average.

The qualitative responses to this question expanded on incidents. For instance:

> *There are constant conversations using slurs to describe LGBTQ+ people. There are jokes and assumptions made and I don't want them projected onto me*

bisexual cisgender woman, 25-34

Some older respondents reflected on improved LGBTQ+ inclusion in the workplace:

> *When younger there was much more discrimination such as name calling, by the stupid and/or usual bullies. But as time has passed things have vastly improved. That for me it doesn't matter what your sexual/ gender identity is*

bisexual cisgender woman, 65+

> *Things have changed a lot. I am 60 now and when I was a teenager I was bullied in the workplace. These days I would be shocked if that happened. Everywhere I have worked has had clear LGBT friendly policies that were clear and easy to see/access*

transgender gay person, 55-64

For some, being LGBTQ+ was also experienced as a barrier to career progression: 7% felt they did not get a job or promotion during the year because they are LGBTQ+, while 1% felt they lost a job for this reason.

Asked how they responded to these incidents, more than half said that they did not take any action (58%), slightly higher than the UK average (52%). Just 8% of respondents reported their most recent incident to a line manager, 3% to senior management, and 3% to human resources, while 1% of people raised a formal grievance.[59]

The most frequent reasons given for not reporting workplace incidents were 'I felt it wasn't worth it or nothing would happen or change' (33%) and 'I thought it was too minor, not serious enough or happens all the time' (26%). Almost one in six said they did not report because 'I didn't want to reveal my sexual orientation and/ or gender identity'(17%).[60]

Financial security

89% of LGBTQ+ people in Wales said they were worried about the cost of living, slightly higher than the UK average (86%). LB+ women were more likely to agree (92%) than GB+ men (82%), while people with disabilities (91%) were more likely than those without disabilities (85%).[61]

LGBTQ+ people in Wales were also less likely to say that they had enough money to make ends meet (52%) compared with the UK average (55%). Around a third of LB+ women said they did not have enough to make ends meet (36%), compared with a quarter of GB+ men (26%).[62]

Conversely, our sample in Wales was more likely to say that their rent/mortgage payments were affordable to them (49%) than the UK average (43%).[63]

Almost one in six said they did not report because 'I didn't want to reveal my sexual orientation and/or gender identity'

55 M1. Which, if any, of the following factors related to being LGBTQ+ are important to you when deciding where to work? If you are retired/ not looking to work, please imagine that you were. (Please select all that apply).

56 D1. To what extent, if at all, are you open about your sexual orientation among... D1_3. People at your workplace.

57 M3. During your employment in the last year, have you experienced any of the following?

58 M3. During your employment in the last year, have you experienced any of the following?

59 M4. You said you have experienced at least one of these incidents at work because you are LGBTQ+. Thinking about the most recent incident you experienced, which action(s), if any, did you take? (Please select all that apply).

60 M6. You did not say you reported the most recent incident to your employer...Why was this? (Please select all that apply).

61 L1_1. I am worried about the cost of living.

62 L1_2. I have enough money to make ends meet.

63 L1_3. My current rent or mortgage payments are affordable for me.

SECTION 6

Future - Financial Planning, Family Formation, and Older Age Care

Family formation

Asked about their desire to have children and interest in family formation services, more than half of LGBTQ+ people in Wales said they do not have a desire to have children (55%). Of those who are already parents, two thirds do not want any more children (66%). 32 of the 46 trans+ people in our sample did not ever want to have children.[64]

Around a quarter of LGBTQ+ people in Wales want children at some point (24%): 9% currently want children, while 15% want children in the future. Lesbians were more likely to want children (30%) than gay men (18%), while 26% of bisexual people wanted children at some point.

Uptake of family formation services was higher in Wales compared with the UK average across each of the pathways surveyed. The pathways with greatest overall uptake were IUI/IVF (4%), fertility preservation (2%), fostering (2%), adoption (2%), and surrogacy (1%).[65]

More than half of LGBTQ+ people in Wales said they do not have a desire to have children

Financial planning

We asked respondents about their confidence in their future financial security. Over half of the LGBTQ+ people in Wales that we surveyed said that they do not have confidence in being financially secure in retirement (55%), with just a quarter expressing confidence (24%). Disagreement was higher among LB+ women (58%) than GB+ men (46%).[66]

One way to boost confidence in financial security might be through accessing professional advice from financial planners, such as advice on tax, inheritance, pensions, or wills. To this end:

- LGBTQ+ people were split on whether they would have confidence in accessing planning advice, with 36% confident and 32% lacking confidence. LB+ women were less confident on average (30%).[67]
- LGBTQ+ people were more likely to say that they would be comfortable seeking advice from professional advisors: half (50%) of respondents agreed they would be comfortable (22% disagreed). Again, LB+ women were less likely to be comfortable (44%).[68]

We also examined LGBTQ+ retirement expectations to understand how they shape long-term financial planning. Overall, LGBTQ+ people in Wales generally expect to live to pension age: 51% agreed, while 21% disagreed. People with disabilities (36%) and those with mental health conditions (38%) were much less likely to agree.[69]

Seven in ten LGBTQ+ people in Wales would prefer to receive care at home, above the UK average

Older age care

Around one third of respondents in Wales said that they believe they could rely on their existing family and social network to support their future care needs (36%), slightly more than the UK average (32%).[70]

GB+ men were less likely to agree with this (35%) than LB+ women (41%), with confidence among gay men reversed: 37% disagreed compared with 30% agreeing. Bisexuals were more likely to have confidence in relying on their existing social networks (41%) than gay and lesbian people (31%). People with disabilities also lacked confidence (29%) compared with those without (40%).

There was a clear preference expressed for receiving care at home rather than in a residential care setting: seven in ten LGBTQ+ people in Wales would prefer this (70%), above the UK average (63%).[71]

If required to receive care in a residential setting, almost eight in ten said they would be comfortable sharing with LGBTQ+ people with a sexual orientation or gender identity different to their own (78%).[72] Meanwhile, two thirds expressed comfort with the idea of living with non-LGBTQ+ people (68%).[73]

Consistent with the UK-wide findings, older people reported lower levels of comfort with both of these options. For instance, among those aged 55-64, 72% said they would be comfortable with other LGBTQ+ people, while 54% said they would be comfortable living with non-LGBTQ+ people. These figures are 86% and 71% among those 25-34, respectively.

Around half of our sample reported that they would be comfortable being open about their sexual orientation or gender identity to care providers (52%), with greater comfort among gay and lesbian people (61%) than bisexuals (42%).[74]

Confidence that providers would understand their needs as an LGBTQ+ person does not match up with this, however, with just 32% agreeing and 21% disagreeing.[75]

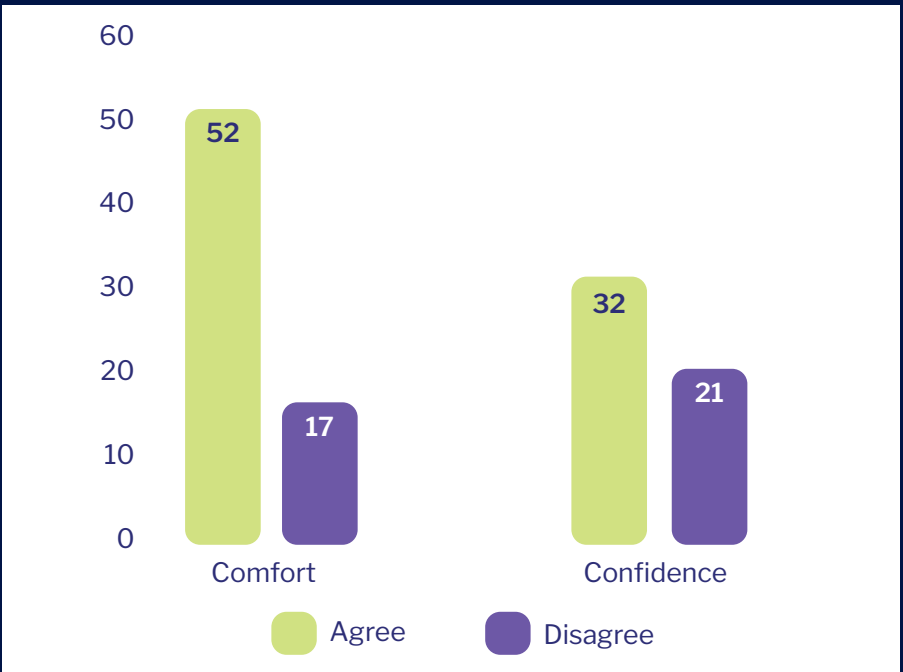


Chart 5. Comfort in being open and confidence that care needs would be understood

What is clear is that LGBTQ+ people want their care to be affirmative: 64% agreed that care being designed to validate and support their needs and experiences was important to them. 37 of the 46 trans+ people in our sample agreed with this.[76]

Finally, just 6% in Wales said that they had made specific plans for their future care needs, slightly higher than the UK average (4%). A third had thought about future care needs but not made any plans (35%), while more than half had not given it thought (56%).[77]

Even among older cohorts, future planning for care needs was low: just 15% of those 55-64 had made plans, with as many as 42% not having given it thought.

---

64 J2. Do you currently or ever want to have children? If you already have children, please think about whether you want any more.

65 J1. Have you accessed services related to any of the following family formation pathways, either personally or supporting a partner?

66 L1_4. I am confident about being financially secure in retirement.

67 L1_6. I feel confident accessing financial planning advice (e.g. for tax, inheritance, pensions, wills).

68 L1_7. I would be comfortable seeking financial advice from a professional advisor.

69 L1_5. I expect to live until the age at which I can claim a pension.

70 K2_1. I can rely on family, partner, and/or friends to support my future care needs.

71 K2_2. I would prefer to receive care in my own home than in a residential care setting.

72 K3_2. Living alongside LGBTQ+ people with a different sexual orientation or gender identity to me in a residential care home.

73 K3_1. Living alongside non-LGBTQ+ people in a residential care home.

74 K3_3. Being open about my sexual orientation and/or gender identity to care providers (in your own home or in a residential care home).

75 K4_2. I feel confident that care providers would understand my needs as an LGBTQ+ person.

76 K4_1. It is important to me that the care is LGBTQ+ affirmative (i.e. designed to validate and support the specific needs and experiences of LGBTQ+ people).

77 K1. Thinking about any age-related care needs you may have in the future, which of the following best applies to you?

Methodology

Stonewall commissioned YouGov to administer a survey of LGBTQ+ people on their experiences of life in the UK. This survey was developed in early 2026. It adapts and builds on a survey administered in 2017 which formed the basis of Stonewall's *LGBT in Britain* reports published in 2018-2020.

Participants were selected at random through YouGov's online panel of 2.5+ million individuals. Screening questions were used to ensure that participants identified as LGBTQ+. Fieldwork was conducted online from 25th March – 27th April 2026.

This report only includes data from the sample of Welsh respondents to the survey. The total sample size in Wales is 306 adults. This includes:

- 148 gay/lesbian people, 133 bisexual people, and 24 people with an 'other' sexual orientation;
- 260 cisgender LGB+ people and 46 trans+ people;
- 134 men, 138 women, and 34 people with a non-binary or 'other' gender identity.

Quotas were set during sampling and the final sample has been weighted to be representative of LGBTQ+ adults in the UK. Cisgender LGB+ adults were weighted to match Census data by sexual orientation, sex assigned at birth, age, region, ethnicity, and education level. Transgender adults were weighted to match Census data by sex assigned at birth, age, and region. The total results were then weighted together by cisgender/transgender identity to reflect LGBTQ+ adults across the UK.

Tables containing quantitative and qualitative data were supplied by YouGov. Additional thematic and sentiment analysis of qualitative data was conducted by Stonewall using NVivo. Qualitative responses are cited verbatim and are not adjusted for grammar, however spelling is corrected where necessary. Quotes may be condensed for brevity.

The terminology used to describe different demographics, including ethnicity and disability, reflects the terms used by YouGov in its data collection.

Percentages based on fewer than 50 people are not considered statistically reliable and are not reported. Percentages based on more than 50 people are reported, however some caution should be exercised on bases lower than 100. Data on the trans+ population are reported for illustrative purposes only. Due to the small base size, percentages are not reported and the figures should not be taken to be representative of population-wide statistics.

Acknowledgements

The fieldwork for this project was conducted by YouGov plc. All figures cited in this report are based on data provided by YouGov. YouGov bears no responsibility for the presentation of the data in this report.

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Design: Dan Robinson, danrobinson.uk

Glossary

Term	Definition
Cisgender	Someone whose gender is the same as the sex they were assigned at birth
Gender identity	A person's innate sense of their own gender, whether male, female or something else, which may or may not correspond to their sex assigned at birth
Intersex	A term used to describe a person who has biological attributes of both male and female sexes or whose biological attributes do not fit with societal or medical assumptions about what constitutes male or female
LGBTQ+	An acronym commonly used to describe people who are lesbian, gay, bi, trans, queer, questioning and ace
LGB+	We use this acronym to refer to people who are lesbian, gay, bisexual, or have a sexual orientation other than heterosexual
Non-binary	A term for people whose gender doesn't sit comfortably with 'man' or 'woman'. Non-binary identities are varied and can include people who identify with some aspects of binary identities, while others reject them entirely
Sex assigned at birth	The categories of male and female, which are assigned to a person on the basis of their primary sex characteristics (genitalia) and reproductive functions. This may be referred to as assigned male at birth (AMAB) or assigned female at birth (AFAB)
Sexual orientation	A person's sexual attraction to other people, or lack thereof. Along with romantic orientation, this forms a person's orientation identity
Transgender (trans)	A term to describe people whose gender is not the same as, or does not sit comfortably with, the sex they were assigned at birth. Sometimes shortened to trans
Trans+	An umbrella term to describe all people whose gender is not the same as, or does not sit comfortably with, the sex they were assigned at birth. Includes transgender, non-binary, genderqueer, genderfluid, bigender, gender non-conforming and agender people or indeed inclusive of any of the other ways people define their gender. This term is also inclusive of intersex people who have natural diversity in sex characteristics





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LGBTQ+ Life in Wales: 2026

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