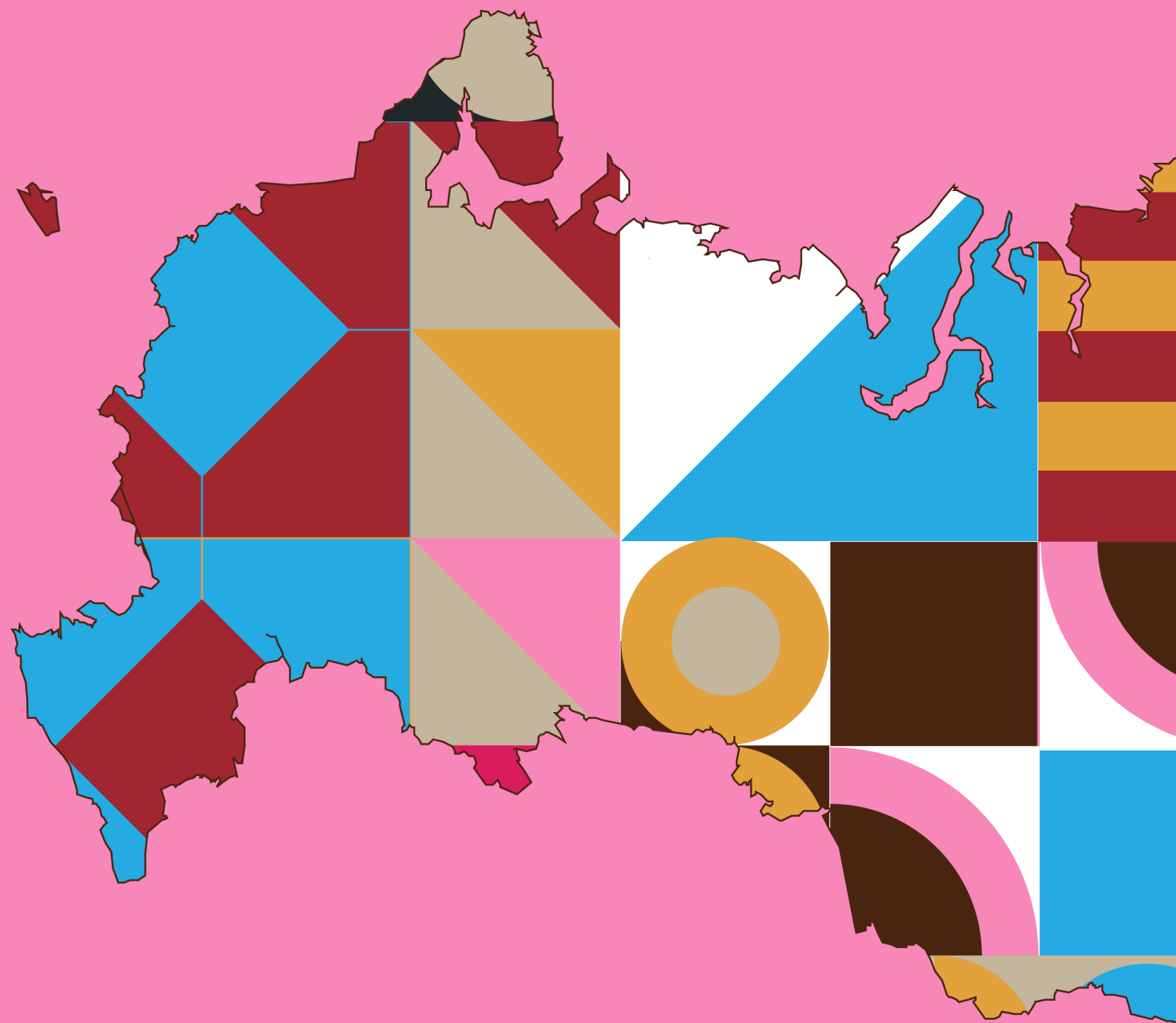




REPORT

on the life of LGBT+ people in Russia in 2024



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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 feel safer in Russia.

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 educate journalists to use inclusive language when reporting on LGBTQ+ issues and consult medical professionals, psychologists, and HR specialists on how to engage with queer communities.

All services we provide are free of charge.

Book a consultation

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

Contact us

 contact@comingoutspb.org

 comingoutspb.org

Our social media

-  [@keepcalmandcomingout](https://t.me/keepcalmandcomingout)
-  [@comingoutspb](https://www.instagram.com/comingoutspb)
-  [@comingoutspb](https://www.facebook.com/comingoutspb)
-  [@comingoutspb](https://twitter.com/comingoutspb)
-  [@ComingOutSPb](https://www.youtube.com/ComingOutSPb)

Sphere Foundation

[Sphere Foundation](#) — Sphere Foundation is a human rights organization that has been supporting the rights of LGBT+ people and organizations since 2011. In 2024, we expanded our mission to include psychological services for straight cisgender women.

We strive to resist the anti-gender movement in Russia and make changes that would protect all people from violence and discrimination motivated by sexuality and/or gender identity.

We provide free psychological and legal consultations, publish reports for international institutions (both individually and in partnership with other organizations), provide legal aid in courts on all levels, run educational events for professionals, and develop our own media.

For legal assistance, mental health support, and emergency services, please use our [Telegram Bot](#)

Our social media:

-  [@spherequeer](#)
-  [@spherequeer](#)
-  [@spherequeer](#)
-  [@spherequeer](#)
-  [@SphereFund](#)

Contact us:

-  spherequeer.org

Glossary

We believe that it is vital to use inclusive language in this report; however, we understand that some readers may be unfamiliar with it. Here are the key terms and abbreviations that have been used throughout the report, the meaning of which may not be as obvious.

Abrosexuality: a term used to describe sexual attraction or sexuality that fluctuates throughout a person's life. At various stages, abrosexual people may feel different kinds of sexual attraction or a complete lack of it. Such fluctuations may happen irregularly and with no apparent cause.

Aromantic people: people who do not experience romantic attraction or experience it only partially.

Asexual people: people who do not experience sexual attraction or experience it only partially.

Bisexuality: experience of emotional, romantic, and/or sexual attraction to both men and women, not necessarily in equal measure nor at the same time.

Cisgender people: people whose gender identity corresponds to the sex assigned at birth.

Deadname: the name that a transgender person no longer uses; usually the name given at birth. It can be a legal name (i.e. one listed on their official documents) or simply a "dead" name, one that no longer exists on record if the person's official documents have been changed.

Fake dates: a criminal act with intent of theft, primarily committed against gay and bisexual men. The perpetrator arranges a "date" with the victim online. Upon meeting, the perpetrator extorts money from the victim under threat of outing.

Gay people: people who experience emotional, romantic, and/or sexual attraction exclusively or primarily towards people of the same gender.

Gender dysphoria: distress caused by a mismatch between a person's gender identity and the sex assigned at birth, as well as between gender identity and their physical characteristics and/or perception of their gender by others.

Gender expression: expression of various aspects of a person's gender identity and/or gender role through appearance, behavior, clothing, and accessories.

Gender identity: a person's individual sense of their gender, their personal relationship to the concept of gender. A person may self-identify as male (boy, man), female (girl, woman), or other gender (non-binary). Gender identity is an internal experience and therefore may not always be visible to others.

Gender non-conforming people: people whose gender expression and behavior differ from those traditionally associated with that gender and do not conform to societal preconceptions around gender characteristics.

Intersex: a term used to describe the experience of a person born with sex characteristics (including genitals, gonads, reproductive organs, and chromosome patterns) that do not fit the typical binary notions of male or female bodies. Intersex variations may manifest at birth (when a child is born with “atypical” genitals), during puberty (when puberty does not occur or occurs in a different way), when trying to conceive, or later in life. In some cases, a person may never discover that they are intersex.

LGBT+ (LGBTQ+, LGBTQIA+)¹: an established initialism for lesbian, gay, bisexual, transgender, and queer people. The plus sign is included to represent additional identities and groups.

Non-binary person: a person whose gender identity cannot be defined within the margins of the gender binary (i.e. a person who does not fully identify as either female or male).

Outing: the act of disclosing a person’s sexual orientation, gender identity, and/or another stigmatized characteristic without their consent.

Pansexuality: emotional, romantic, and/or sexual attraction towards people regardless of their sex or gender. Pansexual people do not view gender and sexual characteristics as determining factors in forming a relationship (“loving a person, not their gender”).

Polyamory: the practice of ethical, consensual non-monogamous relationships involving more than two people.

SOGIE: sexual orientation, gender identity and expression.

Transgender people: people whose gender identity does not correspond to the sex assigned at birth.

¹ Different activists and organisations use different versions of this initialism.

Research Methodology

The primary goal of our study was to determine the scale of homophobic and transphobic discrimination in Russia in 2024, and compare it with data from 2022 and 2023. Additionally, we aimed to assess the quality of life of LGBT+ people in Russia, focusing on their financial situation, living conditions, access to housing, education, healthcare, and several other services. We also sought to understand the impact of the ongoing oppression of LGBT+ people in Russia, triggered by the full-scale invasion of Ukraine, as well as how the war and related processes (such as heightened censorship, prosecution, sanctions, mobilization, etc.) have affected Russian LGBT+ people.

Data collection took place from December 2, 2024, to January 31, 2025, via an online questionnaire. The survey was distributed through multiple channels. First, through the social media of Coming Out and Sphere. Second, it was promoted by our partners (LGBT+ organizations, media outlets, bloggers, and influencers). Finally, via in-app promotion on queer dating sites, Hornet and Grindr, which allowed us to broaden our sample to gay men from various regions across Russia, beyond the primary audience of Coming Out and Sphere.

The data were solely collected from respondents residing in the internationally recognized territories of the Russian Federation, excluding the Autonomous Republic of Crimea and other occupied Ukrainian territories from our dataset. We adhere to the principles of international law established by the UN Charter (1945), the Declaration on Principles of International Law concerning Friendly Relations and Cooperation among States (1970), and the Helsinki Final Act of the Conference on Security and Cooperation in Europe (1975).

Regrettably, Russian legislation, censorship, and widespread website blocking significantly limited our ability to distribute the survey. For instance, we were unable to use targeted advertising on social networks in a way that would have corrected the sample's demographic imbalances. Moreover, fears of state prosecution may have led some potential respondents to avoid participating. Some respondents who completed the survey expressed their worries about submitting their responses or providing their email addresses to subscribe to Coming Out and Sphere's newsletters (the latter being optional).

The survey consisted of single-choice, multiple-choice, and open-ended questions, allowing respondents to share their experiences and describe instances of discrimination or challenges they encountered. This year's survey featured minor changes to the questionnaire introduced in the jointly created Coming Out—Sphere study of [2022](#) and [2023](#), which included revised phrasing and additional questions.

This year, we added questions about denunciations and censorship, as well as question blocks on xenophobia² and religious discrimination in Russian society as a whole and within the Russian LGBT+ community. As a result, our survey became longer and required more time and effort from participants, which may have affected the willingness of potential respondents to complete it. In order to obtain necessary data on important

² Our colleagues from the Queer Svit initiative helped us formulate the questions about experiences of xenophobia, for which we express our gratitude.

issues that take into account vulnerable groups within the LGBT+ community, and simultaneously collect a sufficient number of responses comparable to the results of previous years, we decided to collect data in stages. First, we distributed the extended version of the questionnaire. Then, after collecting 1,643 responses (as of January 16, 2025), we shortened the questionnaire. In this way, we gathered enough data on the new matters of interest and were able to collect the required number of responses to compare the new data on violence and discrimination with the results from the two previous reports.

Duplicate and clearly implausible responses were removed from the dataset, along with those containing homophobic or bigoted statements against LGBT+ people, as well as responses from straight cisgender people.

This report includes quotes from research participants, which were signed using their authors' preferred identity terms. All data and quotations were anonymized.

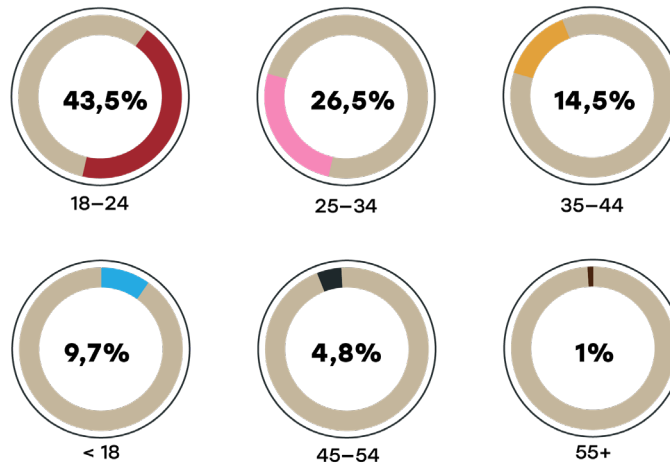
It is important to acknowledge that the data we analyze reflect our respondents' subjective assessment of their personal circumstances and the instances of discrimination they encountered. Accordingly, it is plausible that some cases of discrimination were not included in our dataset because the participants did not perceive them as such. Conversely, some cases classified as rights violations may reflect situations that do not fall under the legal categories we used in composing the questionnaire and analyzing the results (such as discrimination, hate crimes, etc.). Moreover, there is a small possibility that some respondents, either inadvertently or out of the desire to share their experiences, reported incidents that occurred before 2024. Thus, we are forced to rely on the subjective judgements of our respondents and their assessments of the unlawful actions they faced, trusting in their honesty and attentiveness to the questions we posed.

Demographics

Our dataset encompassed **6,403** responses. In 2023, we collected 4,701 responses.

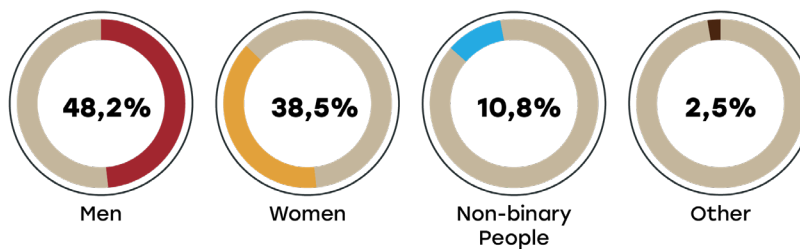
Participants' age spanned from **11** to **70** years, with the average age of **26.7** years, and the median³ age of **24** years. This year's sample skewed slightly older (in 2023, the median age was the same, while the average age was 26.4).

Age Group



As in previous years, respondents who identified as men were significantly over-represented, constituting 48.2% of our sample. Respondents who identified as women constituted 38.5%. Nonetheless, the proportion of women in this year's sample slightly increased: in 2023, the proportion of women was only 33%, while the proportion of men was 52%. Non-binary people constituted 10.8% of all respondents, with the remaining 2.5% choosing other gender identities.

Gender Identity



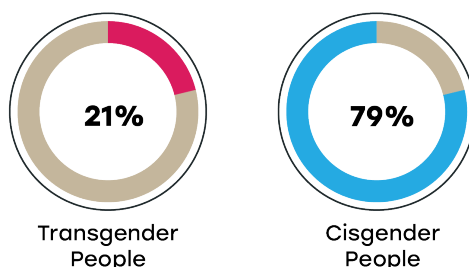
Transgender people constituted 21% of all respondents. Statistically, they were younger: their average age was 24.4 years, and the median was 22 years. Almost half of transgender participants (40%) lived in the largest cities of Russia: Moscow (24%) and

³ Median age is the index that divides the sample into two numerically equal age groups, denoting the point at which one half of the sample (50%) is younger than the specified age, while the other half (50%) is older.

Saint Petersburg (16%).

The sample included a small number of people with intersex variations (2%, 120 people).

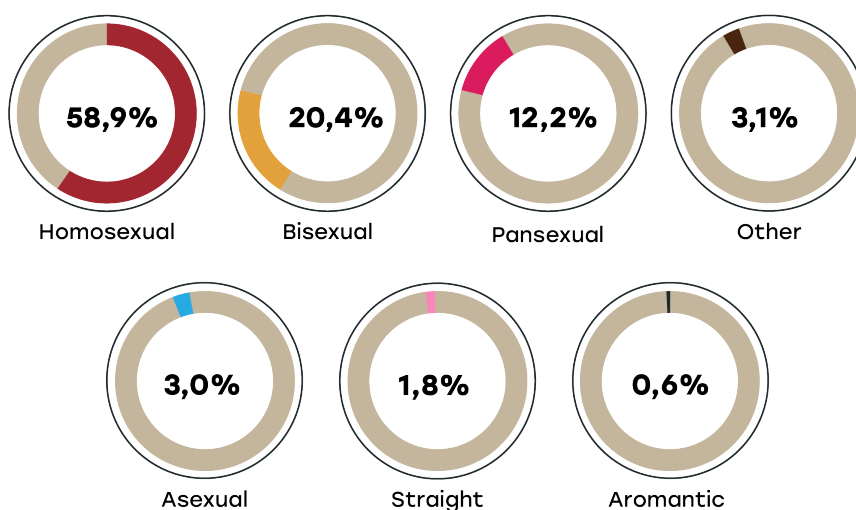
Proportion of Transgender Respondents



The majority of respondents (59%) identified as gay. One-fifth of our respondents identified as bisexual (20%), 12% as pansexual, 3% as asexual, 2% as straight, and 3% chose other sexual identities.

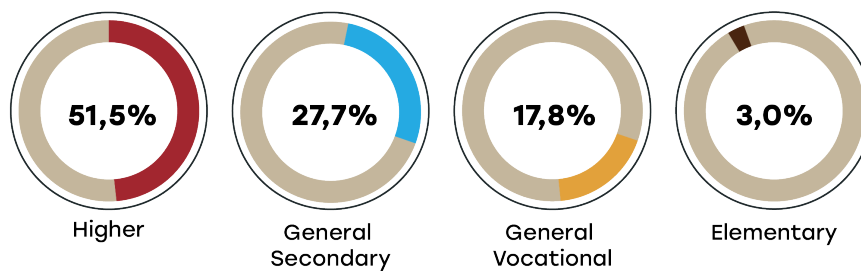
Additionally, one fifth of respondents (21%) identified as polyamorous.

Sexual Orientation



As in previous reports, the majority of our participants had or were in the process of obtaining a higher education qualification at the time of survey (52% of the sample).

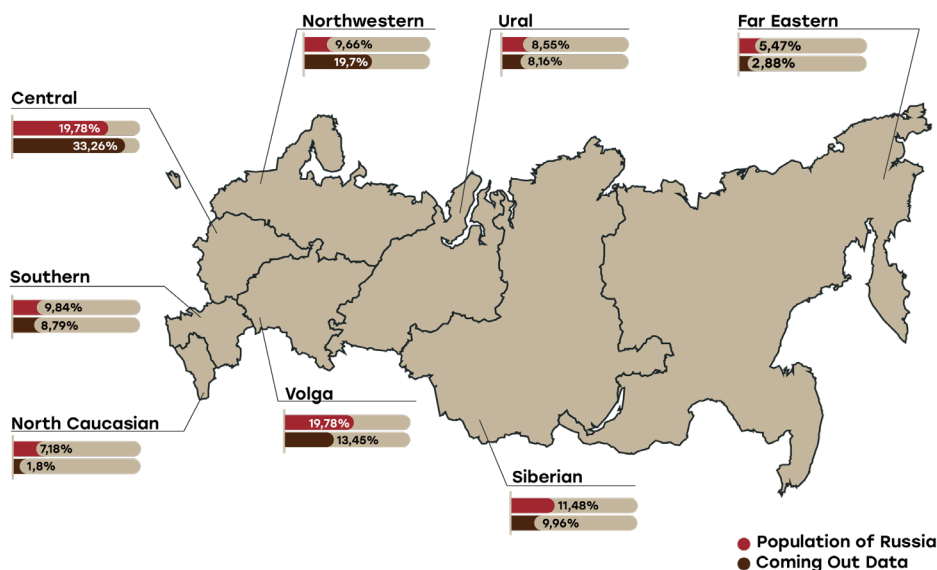
Education



98% of respondents had Russian citizenship.

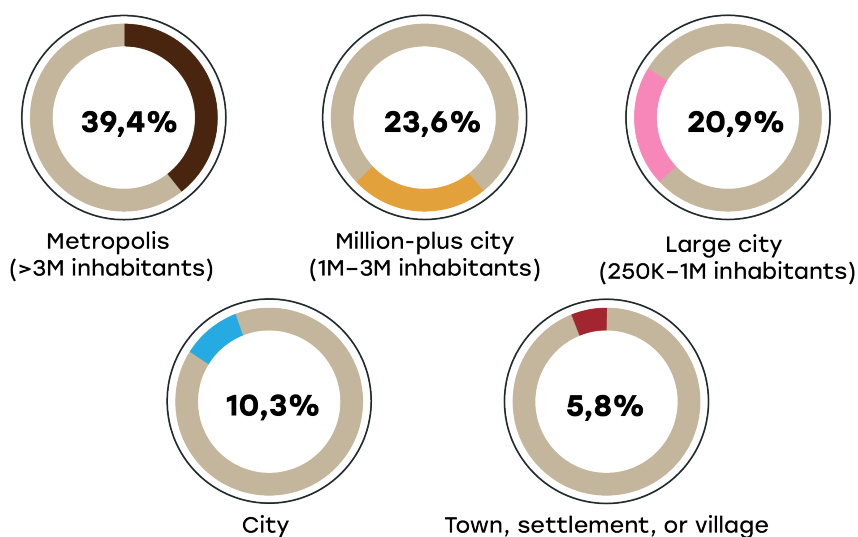
Most respondents lived in Moscow (23%) and Saint Petersburg (15%). Accordingly, the situation in these cities and the corresponding federal districts (Central and Northwestern, respectively) were best represented in our study. The Far Eastern, North Caucasian, and Volga federal districts were significantly underrepresented. Unfortunately, due to legislative restrictions and censorship, we were unable to configure our data collection methods to increase representation of certain regions, so our results were heavily skewed towards Moscow and Saint Petersburg. We took this into account in our analysis.

Distribution by Federal Districts



The largest group of respondents (39.4%) lived in metropolitan areas (cities with more than 3 million inhabitants), followed by 23.6% living in cities with populations exceeding one million, and 20.9% living in large cities (ranging from 250,000 to one million inhabitants).

Place of Residence

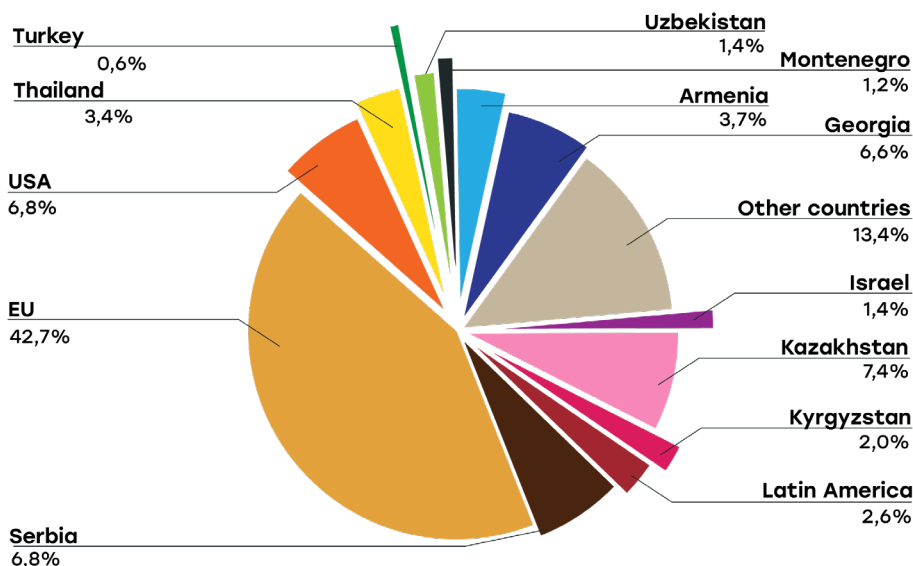


Respondents in Emigration

Among those surveyed, 5% (351 people) permanently resided outside of Russia.

The predominant destination for emigration was the **European Union**, with 43% of respondents residing there at the time of survey. In addition, a significant number of respondents in emigration lived in countries such as the **USA, Georgia, Kazakhstan, and Serbia** (7% each). 3% of the participants lived in **South America and Thailand** each.

Emigration Destinations



The largest group of respondents lived in the Central Federal District (46%, with 35% of the overall number living in Moscow) and the Northwestern Federal District (28%, with 24% of the overall number living in Saint Petersburg) prior to emigration. Other federal districts accounted for no more than 6% of respondents each. Only 2% lived in the Far

Eastern Federal District prior to relocation, and just 1% — in the North Caucasian Federal District.

Our data showed the distribution of emigration among respondents depending on their time of relocation. It is worth noting that our survey was intended solely for LGBT+ people who visited or returned to Russia in 2024. Accordingly, those who had relocated prior to 2024 and not returned to Russia since (e.g., to visit family) should not have been included in the sample. However, a number of people with such characteristics still wished to participate in our study. The survey was designed in a way that did not show the participants who had not visited Russia in 2024 any subsequent questions about ongoing discrimination in Russia. However, we gave due consideration to their answers about emigration, conscious of the immense value of such experiences.

The largest group of participants emigrated between August and November 2024. They constituted 33% of those who visited Russia in 2024 and 17% of all respondents in emigration. Around 16% of those who visited Russia in 2024 (10% of all respondents in emigration) left in April to July 2024, and 12% of those who visited Russia in 2024 (11% of all respondents in emigration) — in December 2023 to March 2024. Accordingly, in 2024, the process of emigration of LGBT+ people from Russia continued, with a significant proportion of our respondents relocating in the latter half of the year.

Another substantial group of respondents in emigration consisted of those who had left Russia between September and December 2022, amid the threat of mobilization and added restrictions to the “propaganda” law (17% of all respondents in emigration and 8% of those who visited Russia in 2024).

Severe anxiety and psychological discomfort were the most commonly cited reasons for emigration (74%). Other reasons included:

- ▶ increase of homophobia and transphobia in Russian society (67%);
- ▶ threat to personal safety (57%);
- ▶ the ruling of “LGBT movement” as an “extremist organization” by the Supreme Court of the Russian Federation (56%);
- ▶ increasing censorship (56%);
- ▶ unwillingness to remain in Russia or be associated with it in any way (51%);
- ▶ new “propaganda” law (51%);
- ▶ threat of mobilization (34%);
- ▶ persecution by the state or law enforcement agencies (19%);
- ▶ ban on gender transition (19%).

A fifth of the participants in emigration (20%) were open to the prospect of someday returning to Russia. A quarter (25%, 79 people) were unsure about their answer. More than half (55%) did not consider returning to Russia as an option. Since 2023, the proportion of those who no longer saw themselves ever returning to Russia increased significantly (by 9 percentage points), while the proportion of those who were considering returning to Russia in the future decreased by 5 percentage points. Thus, it could be observed that among the participants who had emigrated in 2022—2023, the decision to stay abroad grew stronger with time, whereas the participants who emigrated in 2024

were more inclined to view their decision as final from the outset. These changes may have been influenced by the ongoing oppression of LGBT+ people and the decision to recognize the “LGBT movement” as extremist by the Supreme Court.

Most respondents noted feeling calmer and more confident in their host country, especially those living in the EU, the USA, and Canada. However, 37% of respondents in emigration faced discrimination motivated by their sexuality and/or gender identity in their new country of residence. The proportion of those who experienced discrimination in their host country has grown compared to previous years: from 16% in 2022 and 25% in 2023.

Describing their experiences of emigration in more detail, respondents cited the most common reasons for leaving Russia, which included fear of persecution (by the government, society, or family), inability to exercise basic rights (for health, safety, or legal gender recognition), as well as their anti-war position and the threat of mobilization. Among the most common challenges of emigration, respondents named bureaucratic barriers (obtaining permission to stay in another country), securing accommodation, lack of foreign language knowledge, financial instability, discrimination in the host country (particularly from government officials and other migrants), mental health issues, and loneliness.

“I’ve left several times and experienced homophobia in every country I moved to. I’ve changed my country of residence three times (Georgia, Armenia, Thailand). The hardest things to manage in a new place are loneliness, lack of support, fear of having to start all over again.”

Gay cisgender man, 42, Thailand (originally from Novosibirsk Region)

“My spouse (a trans person) and I have been together for 16 years. Before we left Russia, I thought that we only ever encountered queerphobia within our families. Now though, I know that’s not true. Queerphobia was everywhere, we just thought it was normal. Every year, my mental health got worse and worse, and towards the end, I was diagnosed with moderate to severe depression. After the ‘extremism’ ruling, my spouse and I realized that the future was looking irrevocably hopeless and bleak, and we just couldn’t bear it anymore. We took all our money and moved to another country, with no language skills, no jobs, no financial cushion. I don’t regret a single second spent in the new country. I can finally breathe.”

Pansexual transgender non-binary person, 35, European Union (originally from Saint Petersburg)

“I left the week before my 18th birthday. I’ve had no issues with LGBT+ discrimination so far, apart from when I was pestered for my open queer-

ness during a job interview; it wasn't even that scary, but it was enough for me. I haven't been in emigration for very long, but I'm slowly getting used to it. I'm sure there are many more prospects here for me, and I feel much safer."

Asexual transgender non-binary person, 18, Serbia (originally from Moscow)

Thus, emigration continued to be a matter of significance for LGBT+ people, fuelled by increasing psychological discomfort, safety concerns, growing homophobic and transphobic sentiment in Russian society, and tightening legislation. Countries of the European Union were the most popular choice among our participants, although the USA, Georgia, Kazakhstan, and Serbia followed close behind. Our data indicated greater accessibility of emigration for residents of large cities (Moscow and Saint Petersburg), with the majority of respondents in emigration having lived there prior to relocating.

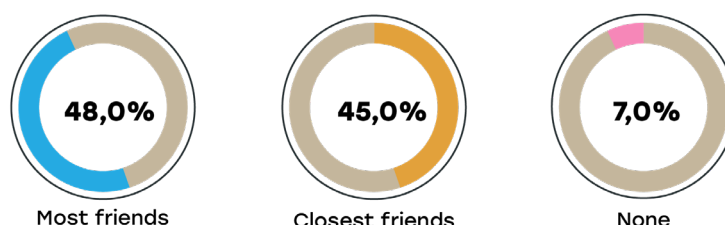
The process of adjusting to the new country was often accompanied by a number of difficulties: bureaucratic obstacles, financial instability, mental health issues, loneliness, and homophobic and transphobic discrimination faced by increasingly more migrants. Despite these challenges, many respondents felt calmer and safer abroad, and only a small proportion of respondents in emigration were considering returning to Russia.

Coming Out and Social Life

In 2023, we saw significant changes to how much the LGBT+ people in Russia were willing to share information about their sexuality and/or gender identity with others. By every measure, the participants became less open to the idea of coming out. The data for 2024 showed no significant changes to the situation.

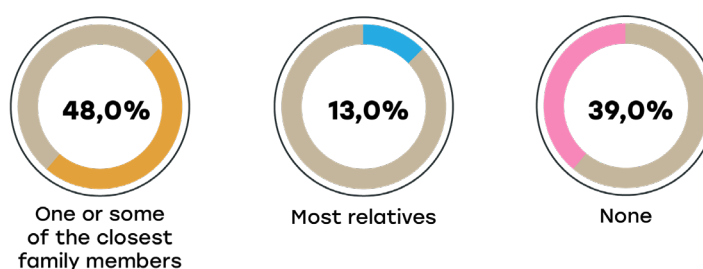
45% of participants were out to most of their friends (compared to 43% in 2023, which may tentatively suggest that LGBT+ people have begun to feel more confident in coming out to their friends, though the figures have not yet returned to the higher level of 2022, when 49% of respondents were out to most friends). The largest group (48%), however, were only out to their closest friends, and 7% of respondents were not out to any of their friends.

Out to Friends



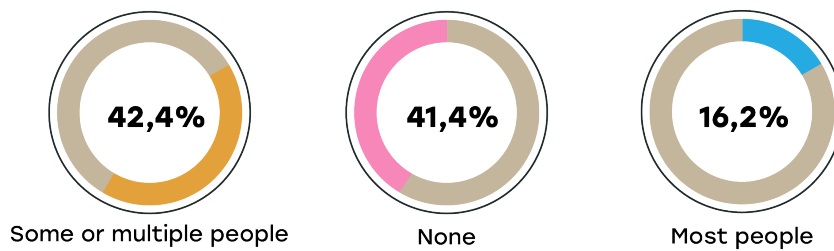
Only 13% of participants were out to most relatives. The largest group (48%) were only out to one or several of their closest family members. 39% of respondents were not out to any of their relatives, including parents.

Out to Relatives



41.1% of participants did not disclose their sexuality and/or gender identity in their workplace or place of study. Compared to the data from 2023, this number has gone up by 0.5 percentage points. At the same time, the number of respondents who were out to most colleagues or classmates fell by almost 1 percentage point, from 17% to 16.2%.

Out at Work/School



The new data for transgender participants saw slight changes, with 49% being out to most friends (compared to 45% in 2023, though in 2022, their proportion was 55%). Concurrently, the percentage of transgender participants who were out to most colleagues or classmates decreased from 23% in 2023 to 20% in 2024.

Saint Petersburg could once again be considered the most “out” region of Russia, with 56% of participants being out to most friends, 16% — to most relatives, and 22% — to most colleagues or classmates. Still, the proportion of those who were out to most relatives, as well as most colleagues or classmates, decreased slightly compared to 2023 (by 3 and 2 percentage points, respectively).

As in previous years, the second highest number of respondents who were out to most colleagues or classmates was found in Moscow. Similarly to Saint Petersburg, this proportion decreased by 2 percentage points, from 19% to 17%.

Among the most “closeted” federal districts of Russia were:

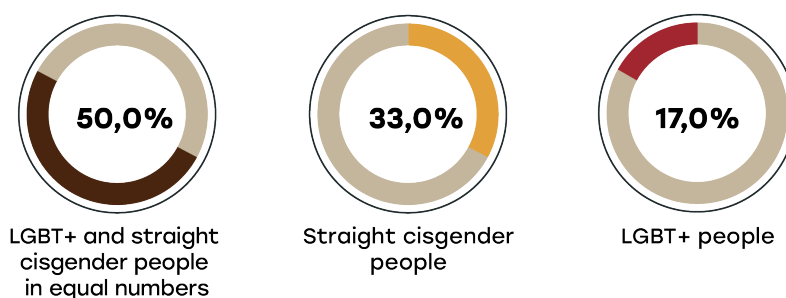
- * • North Caucasian Federal District (which had the highest proportions of those who were not out to any friends, relatives, and colleagues or classmates: 20%, 58%, and 52%. Each category saw an increase of several percentage points from 16%, 46%, and 49%, respectively);
- * • Southern Federal District (the proportions of the participants who were not out to any relatives, as well as colleagues or classmates, were higher than the sample average, at 47% each);
- * • Siberian Federal District (the proportions of those who were not out to any friends or relatives were higher than the sample average: 9% and 45%, respectively);
- * • Ural Federal District (the proportions of participants who were not out to any relatives, as well as colleagues or classmates, were higher than the sample average: 45% and 46%, respectively).

The North Caucasian and the Southern federal districts saw the most significant changes in 2024 compared to 2023.

Similarly to 2023, half of the participants (50%) indicated that their social circle consisted of both straight cisgender and LGBT+ people in equal measure.

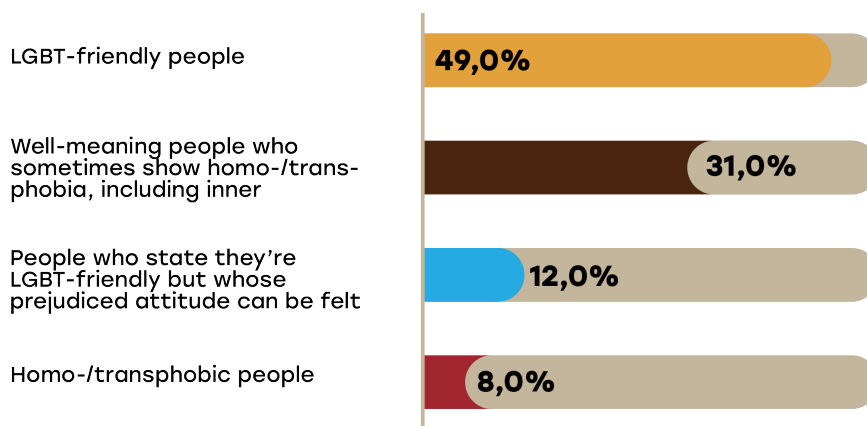
The largest group of participants (49%) noted that the people in their social circles were predominantly LGBT+ friendly. This figure increased by 3 percentage points compared to 2023. At the same time, the number of those whose social circles mainly consisted of homophobic and/or transphobic people fell by 1 percentage point (from 9% in 2023 to 8% in 2024).

Social Circle



The largest proportion of respondents whose social circles primarily consisted of straight cisgender people was found in the North Caucasian Federal District (49%), which could indirectly evidence an overall limited and secluded existence of the LGBT+ community in the region. The North Caucasian Federal District also saw the highest percentage of participants whose social circles mainly consisted of homophobic and/or transphobic people: 27%, 3.3 times the sample average. In 2023, this proportion was also the largest across the sample, at 21%.

I mostly interact with...



The highest percentages of participants whose social circles mostly included LGBT+ friendly people were found in Saint Petersburg (55%) and Moscow (54%, compared to 52% in 2023).

The lowest percentages of participants whose social circles consisted of LGBT+ friendly people were found in the North Caucasian (37%) and Southern (39%) federal districts.

Summary

In 2024, the relationship of LGBT+ people in Russia to coming and being out saw no significant changes in comparison to 2023. We did, however, document some smaller shifts, both positive and negative in their nature.

Among the positive changes was the slight increase in the percentage of participants who were out to most friends. It may be assumed that in 2023, LGBT+ people were too anxious to trust even their closest connections in light of the government's decision to recognize the so-called "LGBT movement" as extremist. Throughout 2024, this trust could have been partially rebuilt — or perhaps, the participants had narrowed down their social circles to include only the "tried and true" individuals.

At the same time, distrust grew towards people outside of the participants' immediate social circles, such as colleagues or classmates, with whom LGBT+ people were increasingly less willing to disclose information about their sexuality and/or gender identity. These growing doubts could be attributed to the instances of dismissal and expulsion of LGBT+ people, the stories of which often appeared in the media, and which will be discussed later on in this report.

Saint Petersburg and Moscow retained their positions as the most "out" regions of Russia, though even there, the numbers of participants who were out to most colleagues or classmates had declined. The most "closeted" regions were the North Caucasian, Southern, Siberian, and Ural federal districts, where significant proportions of respondents concealed their identities from all friends, family, and colleagues. These changes were especially notable in the North Caucasian and Southern districts, where the levels of closetedness increased substantially.

Another positive trend could be gleaned from the slight increase in the number of the participants whose social circles consisted primarily of LGBT+ friendly people, as well as the slight decrease in the number of participants whose social circles were primarily queerphobic. It could also be indicative of a reduction in the levels of distress caused by the government's crackdown on the LGBT+ community at the end of 2023, as well as a restoring trust in those within the participants' immediate circles.

Financial Well-Being of LGBT+ People

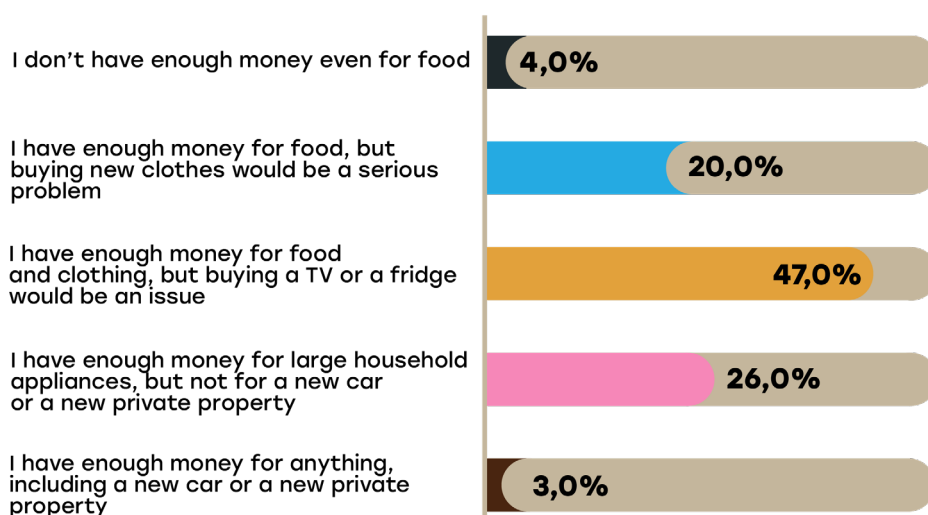
Income Levels

According to their own estimates, one fifth of our respondents (20%) were only able to afford food expenses, which placed them on the verge of the poverty line, while a further 4% struggled to afford even that, which placed them below the poverty line. These figures were significantly higher among transgender participants — at 7% and 31%, respectively, making them especially vulnerable in terms of financial stability.

The largest group of respondents, nearly half (47%), were in a position to afford food, clothing, and small household appliances, but would struggle with bigger purchases. A quarter of respondents (26%) could afford bigger purchases but not luxury goods, such as an apartment or a country house, and 3% reported having no financial limitations.

There were no significant changes in the respondents' subjective assessment of their financial well-being compared to previous years.

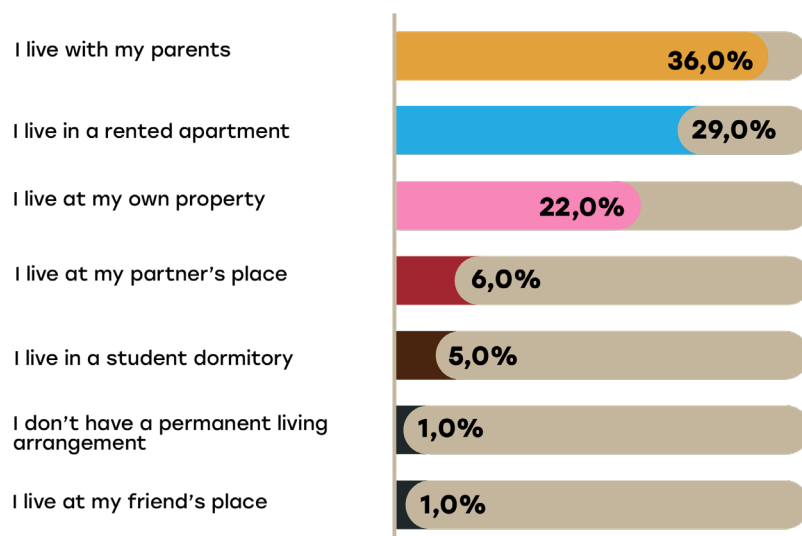
Perception of Personal Well-Being



The largest proportion of respondents (36%) permanently resided with their parents, which indirectly implied their financial dependence on family members. A quarter of participants (29%) lived in rented accommodation, and 22% owned their housing.

Compared to 2023, the proportion of participants living with parents significantly decreased (36% vs. 48%). This change could be attributed to the higher average age of respondents or the slight differences in gender distribution. Additionally, as demonstrated below, the average income of respondents slightly increased in 2024.

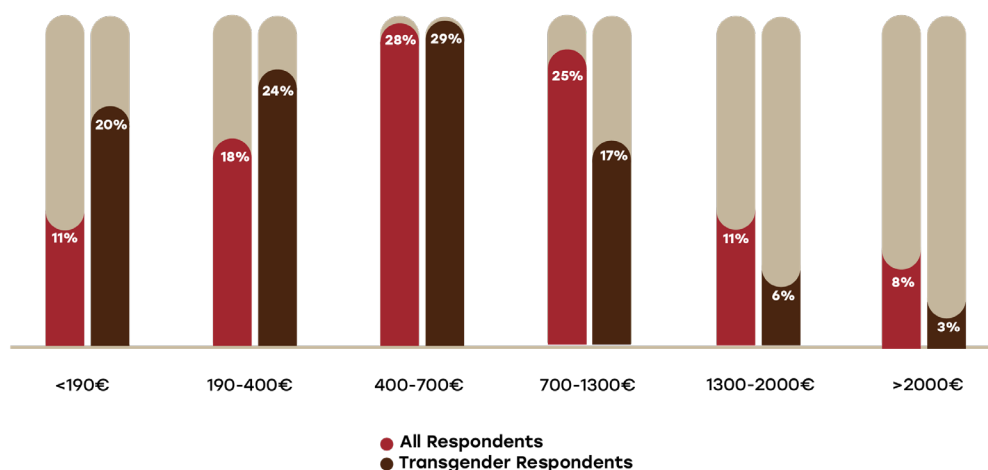
Living Arrangements



A small percentage of respondents (12%) had dependents — individuals who do not have a regular income and may need financial assistance (e.g., children, relatives, or partners).

The majority of participants (71%) had a regular income. However, their proportion was lower among transgender people — 57%. This could be attributed to the employment difficulties and social stigma transgender participants had encountered, as well as the younger average age of transgender respondents in this sample.

Monthly Income



Among respondents with a regular income, the salary bands could be described as follows. The largest group of participants with a regular income (28%) earned a monthly salary of 40,000–70,000 rubles (~€400–€750), 25% earned 70,000–130,000 rubles (~€750–€1400), around 18% earned 19,000–40,000 rubles (~€200–€400), and 11% earned under 19,000 rubles (less than ~€200) — below the national minimum wage threshold (since January 2024, the national minimum wage for workers has been set at 19,329 rubles (~207.45€) per month).

More than half of respondents (at least 57%) earned a salary significantly below the national average. According to the preliminary data by the Russian Federal State Statistics Service, the average nominal salary before tax in 2024 was 84,000 rubles (~€902) per month nationwide.

Compared to 2023, the proportion of participants earning below the national average decreased by 1 percentage point. The proportion of those with the highest income (over 200,000 rubles) increased by 2 percentage points. Among transgender people, however, the trend was reversed: the proportion of those earning below the national average increased by 1 percentage point, while the proportion of transgender respondents with the highest salaries decreased.

When compared to the average income rates across the sample, the proportion of transgender respondents was notably larger among those with a lower income and notably smaller among those with a higher income, which indicates that **the financial situation for many transgender people remained extremely challenging.**

Taking into account the younger average age of our sample, the proportion of participants living with parents, and the income rates, we may suggest that many respondents were fully or partially dependent on their parents and did not have their own sufficient income. Hence, the participants' subjective estimates of their earnings were somewhat higher than the actual data on the average monthly income.

Some respondents (13%) considered **their sexuality and/or gender identity to affect their financial situation**; their proportion was slightly lower than in 2023 (15%). Another 23% were unsure — their proportion decreased by 5 percentage points.

The proportion of respondents who believed that their sexuality and/or gender identity (though the latter may be more relevant in this case) affected their financial situation was significantly higher among transgender people — **28%**; a further 35% were unsure. Thus, many transgender people considered their financial situation to be precarious and their gender identity to be of influence in this matter. We also observed a decrease in the proportion of transgender people who believed their SOGIE affected their financial situation: in 2023, their proportion was 32%. The proportion of those who were unsure also decreased by 2 percentage points.

Compared to the data from 2023, the increase in the number of participants who perceived their SOGIE to be a factor in their financial situation, which was observed in 2023, has now leveled off. Perhaps in 2024, participants were more likely to attribute financial difficulties to other factors (e.g., the ongoing war and its impact on the economy). Additionally, it could be explained by the slight overall improvement in the financial situation across the sample (excluding transgender respondents).

Elaborating on how their SOGIE affected their financial situation, the respondents mentioned the following factors (in order of decreasing frequency):

- Struggling with employment and dismissal.

- ▶ The need to hide their sexuality and/or gender identity at work.
- ▶ High costs of gender-affirming care for transgender people.
- ▶ Mental health issues affecting financial situation.
- ▶ Low income due to limited career choices.
- ▶ Lack of state benefits for LGBT+ couples.
- ▶ Avoiding career advancement due to a homophobic or transphobic environment.

"I'm taking GAHT, but I haven't changed my documents. Every job interview and tenant screening is a lottery, from interacting with security at the interview location to coming out to every single employer. Every time they stare at me and ask, 'How could this happen?'; I get accused of fraud and face rejection after rejection."

Bisexual transgender man, 25, Moscow Region

"I had to quit several times after colleagues at various jobs found out about my sexuality and started bullying me."

Gay cisgender man, 37, Moscow

"I regularly face hatred, including at work, as my job requires regular communication with people. After many rounds of interviews, I found out that the HR manager was discussing my appearance instead of my professional experiences: 'Did you see how long his hair is? He'll never fit in here.' The same thing leads to conflicts with colleagues and management, which significantly narrows my job prospects. I work off the books, in a place that's relatively safe for queer people, but they have no employee benefits or annual leave allowance."

Gay non-binary person, 17, Moscow

"Having to stay in the closet at work puts a huge psychological strain on me. I spend a lot of money on therapy and medication."

Pansexual cisgender man, 25, Moscow

"I work with children, so if anyone finds out that I'm not straight, it will have huge consequences."

Bisexual cisgender woman, 22, Moscow

"I can't access free medical care because I'm trans."

Pansexual transgender man, 28, Saint Petersburg

Income Structure

Among the participants with a regular income, the majority (71%) were employed full-time, 8% were freelancers, and 6% had a temporary job. Other types of income that comprised smaller proportions are presented in the table below. Among transgender respondents, the proportion of those working full-time was notably smaller (by 10 percentage points) — 61%.

Main source of income	Proportion of those with a regular income
Full-time job	71%
Freelance	8%
Temporary job	6%
State benefits	4%
Scholarship or academic grant	3%
Passive income	3%
Short-term/occasional side jobs	2%
Other	2%

More than a third of those who had a regular income (37%) were employed in the service industry. A fifth (21%) worked in the education, healthcare, science, or cultural sectors, 11% — in IT, another 10% were involved in production, manufacture, or construction industries. Other sectors of employment comprised smaller proportions and are presented in the table below.

Employment sphere	Proportion of those with a regular income
Service industry	37%
Education, healthcare, science, culture	21%
IT	11%
Industry, manufacturing, construction	10%
Other	9%
Non-profit sector	3%
Management	3%
Communications, transport	2%
Police, army, security services	1%

Financial Support

The majority of respondents (67%) reported having additional sources of financial support (e.g., from parents, partners, or friends). This proportion was notably higher among transgender people — 77%, which could be attributed to the younger average age of transgender participants across the sample.

As little as 6% of respondents contacted LGBT+ organizations or the LGBT+ community in general for financial support or employment assistance (in 2023, their proportion was 5%). The proportion was significantly higher among transgender participants — 10%, which could indicate that transgender participants have stronger community support networks and greater awareness of opportunities for assistance from the community or organizations, and that LGBT+ organizations may have more support initiatives available specifically to transgender people. Additionally, the demand for financial support may be higher among transgender participants, considering their greater vulnerability in this respect.

Elaborating on the sources of financial support, respondents most frequently mentioned their friends, queer communities, and mutual support chats, which could indicate that LGBT+ people are most likely to receive support from grassroots mutual aid networks. Career consultations were another crucial form of support cited by many respondents — including help with writing a CV, job search advice, job postings suggestions, and adaptation to a professional environment. Some respondents also noted successful fundraising efforts and crisis support.

“At times, towards the end of the month, I didn’t even have enough money to buy groceries. There were always people in the chat who helped with that. Sometimes they even brought me food.”

Bisexual transgender man, 19, Saint Petersburg

“I received financial support to pay for the medical commission [necessary for medical transition] in 2023 due to the ban on gender transition. Also, many of my friends and acquaintances are queer, and they often support me. My friends even helped me buy a ticket to Spain, where I live now.”

Bisexual transgender non-binary person, 24, Spain (originally from Moscow)

“I received a career consultation from Coming Out in October 2023. In the end, my career path turned out differently than discussed, and only some of the ideas we spoke about came to life, but it still helped — at least to calm my nerves and figure out all the sources of anxiety.”

Gay cisgender woman, 24, European Union (originally from Sverdlovsk Region)

"I got help with finding a job with good working conditions, where I don't get deadnamed or insulted by coworkers."

Pansexual non-binary person, 15, Moscow

"Sphere Foundation and the Russian LGBT Network provided financial assistance."

Gay transgender non-binary person, 30, Stavropol Region

"I launched a fundraiser for 12,000 rubles and managed to raise it all in one day."

Bisexual transgender man, 29, Moscow

"I asked for advice in local Telegram communities of LGBT+ migrants and got the information I needed many times. Thanks to this support, my partner and I were able to get married, and it made our asylum case much easier to manage."

Pansexual transgender person, 35, European Union (originally from Saint Petersburg)

Attitudes towards Sex Work

Approximately 5% of respondents (310 people) engaged in paid sex work, escort services, porn modeling, or webcam modeling in 2024 (in 2023, their proportion was 6%). Among those who did not have a regular income at the time of survey, this proportion was 10% for participants who identified as men and only 3% for those who identified as women.

Although most respondents did not have experiences with sex work, some expressed interest in the industry in their open-ended responses and were considering webcam modeling as a potential source of income.

Often, participants' involvement in sex work was driven by financial hardship, including debt. Only a small proportion of respondents described their experiences as rather positive, noting that the work not only provided financial stability, but also brought emotional satisfaction. However, the majority of participants described their experiences with sex work as emotionally intense but saw it as the only viable path to financial independence.

"I currently earn a lot of money working as a webcam model. Right now, I'm on a two-week break to recover emotionally, because the job leads to serious burnout (especially since the focus is usually on the things that I dislike about my body). I've been in the industry for over a year, and a year ago, it felt like the best and most conscious decision. Now,

I'd happily switch to a different line of work."

Bisexual transgender woman, 21, Saint Petersburg

"I moved to a big city this year. I didn't want to be financially dependent on my parents anymore. Most jobs aren't compatible with my studies, but then I was offered a well-paying job with good tips and flexible hours. It sounded perfect, so I agreed to an interview. It turned out to be an erotic massage salon. At first, they kept saying that I was just expected to provide hand massages, nothing intimate. Then, I started offering extras (like touching the bikini area), as otherwise the clients would be unhappy. At first, I didn't care, but over time, I started to feel dirty. Lately, I've been thinking that this might be the only way to support myself and save enough money to leave, but I doubt I'll stick with it."

Gay cisgender woman, 18, Voronezh Region

"I'm underage, but I pretend to be older to earn money from various sexual services (oral sex, intimate photos/videos), because I'm saving up to leave Russia."

Gay cisgender man, 16, Stavropol Region

"I worked in webcam modeling for several months and would gladly do it again. I didn't feel exploited (if anything, I was the one doing the exploiting)."

Pansexual non-binary person, 27, Saint Petersburg

"I'm not someone who can hide their identity, and I'm too tired to be fighting transphobes all the time, so webcam modeling became the only place where I feel accepted, as the audience is predominantly US-based."

Bisexual transgender man, 25, Moscow

"I've never done sex work, but I often think about it, and it seems terrifying, like something that would cause me further psychological damage."

Gay transgender man, 29, Krasnodar Region

Employment and Education

Nearly half of our respondents (47%) sought new employment or education in 2024. Among these participants, **one in five (19%) encountered difficulties due to their sexuality and/or gender identity**. Their proportion decreased by 3 percentage points from 2023, returning to 2022 levels.

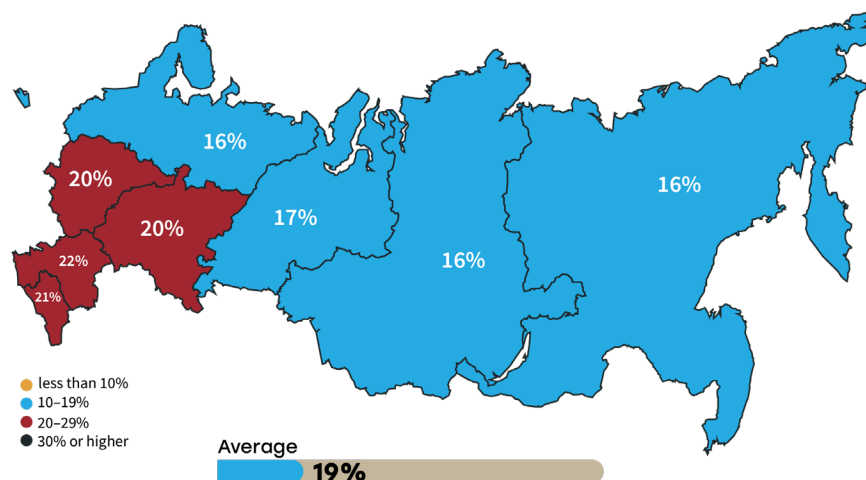
Notable changes occurred among transgender respondents who faced difficulties with finding new employment or education due to their SOGIE. While their proportion remained higher than the average, at 39%, it fell by 7 percentage points compared to 46% in 2023. Since the overall situation for transgender people in Russia has not improved, as shown by many other metrics, this decrease could be attributed to various factors. Firstly, transgender participants were more likely to hide their identity: those who had not changed their documents or started GAHT were often forced to refer to themselves according to the sex assigned at birth (as previously noted, transgender participants had become especially likely to conceal their identity in professional and educational settings). Secondly, some may have stopped looking for work after facing significant challenges in 2023, as evidenced by the below quote from one of the respondents who had stopped seeking employment opportunities in Russia and emigrated in early 2024:

“I didn’t experience discrimination at work in 2024 — because I didn’t have a job. After the ban on gender transition came into force in 2023, I couldn’t even get one-day gigs, which used to bring me at least some money.”

Gay transgender non-binary woman, 34, European Union (originally from Moscow Region)

Across federal districts, the largest groups of respondents who encountered difficulties when seeking employment or education resided in the Southern (22%), North Caucasian (21%), and Volga districts (20%).

Problems in Seeking Employment and Education



More than a quarter of respondents encountered pressure at work or place of study due to their SOGIE (28%). This proportion was significantly higher among transgender participants, at 39%. Compared to 2023, the two figures have decreased by 3 and 5 percentage points, respectively.

Over half of underage respondents (56%) experienced such pressure in their educational institutions.

Across federal districts, the largest groups of the participants who encountered pressure at work or place of study resided in the North Caucasian (36%), Southern (33%), and Far Eastern (30%) districts.

5% of respondents faced employment dismissal due to their SOGIE. **Transgender people were twice as likely to report such cases (10%).** Again, the highest number of these participants resided in the North Caucasian Federal District (9%). These figures remained unchanged from 2023.

Describing the types of pressure they experienced in professional and educational settings, participants mentioned the following factors (in order of decreasing frequency):

- ▶ dismissal or forced resignation after disclosing SOGIE;
- ▶ discrimination during the recruitment process or unfair rejection;
- ▶ bullying, mockery, or harassment at work or in educational institutions;
- ▶ misgendering, deadnaming, and other forms of discrimination due to mismatched gender markers on legal documents;
- ▶ homophobic and/or transphobic remarks from colleagues, managers, or educators;
- ▶ bias in performance assessments and limited career advancement opportunities.

"I used to work in security at 'Zolotoe Yabloko' ['Gold Apple', Russian chain of beauty stores]. Someone leaked my profile from Hornet... After that, the attitude toward me became biased. Eventually, I was fired."

Gay cisgender man, 23, Voronezh Region

"In the summer of 2024, I was working as a recruiter. I was diagnosed with HIV, and my management found out about both my diagnosis and my homosexuality. Colleagues started to avoid me like the plague. Later, I was forced to resign — otherwise, they threatened to make my life a living hell."

Gay cisgender man, 21, Saint Petersburg

"I wasn't hired because one of the organizations on my employment record had 'LGBT' in its name."

Pansexual cisgender woman, 48, Ulyanovsk Region

"I came out to one of my colleagues, but she was the wrong person to trust, and soon, everyone in the company knew. They threatened to 'beat all that nonsense out of me', and someone reported me to the management. In the end, the director, who herself is part of the community, helped me find a new job, for which I'm grateful."

Pansexual transgender non-binary person, 21, Saint Petersburg

"My colleagues regularly comment on my appearance with things like: 'You should look more feminine, not like... whatever you are!'"

Pansexual transgender non-binary person, 26, Krasnoyarsk Territory

Summary

In 2024, the financial situation for LGBT+ people in Russia, especially transgender people, remained challenging and vulnerable. A significant proportion of respondents continued to face employment barriers, low income rates, and financial dependency (primarily on parents).

Finding a job continued to be a major concern. Many LGBT+ people experienced discrimination during the recruitment process, at work, and in educational institutions, which often forced them to conceal their identity. We noted a slight decline in reported cases of discrimination at work and places of study, with the figures returning to 2022 levels after a small increase in 2023, when respondents were experiencing greater pressure from their colleagues and reporting more difficulties with job search. At the same time, the proportion of respondents who were dismissed or expelled due to their SOGIE remained unchanged, suggesting that such issues are ongoing. Therefore, the improvement in some indicators is unlikely to be indicative of any social progress, but rather suggests greater levels of caution and privacy among our respondents, the need to conceal their sexuality and/or gender identity. In fact, this trend — a return to 2022 levels following their escalation in 2023 — was observed for several forms of discrimination.

Transgender people remained the most financially vulnerable: they were more likely to live below the poverty line, less likely to have a stable income, and more often reliant on financial support. Moreover, their overall financial situation has slightly worsened compared to 2023.

For some LGBT+ individuals, the sex industry continued to be a last-resort source of income. While experiences varied, many participants associated this work with high levels of stress and emotional burnout. Financial difficulties and employment discrimination forced some respondents to rely on sex work as the only viable source of income.

Discrimination in Healthcare

Almost a third of respondents (29%) noted that they had decided against going to a doctor at least once in 2024 due to fear of discrimination or biased treatment related to their sexuality and/or gender identity. Among transgender people, this proportion exceeded half (53%). These data indicated that LGBT+ people, and especially transgender people, were losing access to medical care due to a lack of trust in healthcare providers. This question was only introduced in the current survey, so we could not assess this trend over time. However, it could be assumed that repressive laws (particularly the ban on gender transition) had influenced LGBT+ people's attitudes toward doctors. In addition, the answers to open-ended questions, which were provided below, allowed us to draw this causal relationship.

Among the LGBT+ people we surveyed, 82% of respondents (5,098 people) sought medical care in 2024. Of these, 22% indicated that their doctor was aware of their sexuality and/or gender identity (among transgender respondents, this proportion was 39%). Only these respondents were asked about discrimination in healthcare.

Last year, the proportion of respondents who disclosed their SOGIE to a doctor or other medical professional was 25%, and among transgender participants, it was 44%. Thus, we observed a decrease of 3 percentage points across the entire sample and 5 percentage points among transgender respondents. This decline, along with the data presented above, indicated that in 2024, LGBT+ people were less willing to come out to their doctors, and reflected a broader trend of increased overall weariness toward strangers among LGBT+ people.

Among those who sought medical care and whose doctor or other medical practitioner knew about their SOGIE, **17% experienced discrimination or abuse from healthcare staff.** Last year, this proportion was 19%. The slight decrease may be explained by LGBT+ people becoming more selective and generally coming out to only trusted specialists. Transgender people faced discrimination from doctors significantly more often (29%). This figure has remained unchanged since last year.

In 2024, 76 people (7% of those who were open with healthcare personnel) were denied access to services due to their sexuality or gender identity. **Among transgender people, 15% (61 people) were denied medical care.** Last year, the proportion of refusals was higher: 9% among all respondents who visited a doctor and whose doctor knew about their SOGIE, and 20% among transgender people in this category. Thus, following a rise in medical care refusals in 2023 (which was especially high for transgender people), we now observe a slight decrease. This was likely related to the fact that transgender people had increasingly been avoiding doctor visits and seeking trans-specific healthcare.

Denial of medical care was most frequently reported by respondents in the North Caucasian Federal District: every third person had such an experience at the doctor's who became aware of the respondent's SOGIE.

When describing their experiences of discrimination by medical specialists in more

detail, respondents frequently reported the incompetence of medical staff in matters related to LGBT+ people's health, rude behaviour, homophobic and transphobic insults, and attempts to impose treatment aimed at 'correcting' sexuality or gender identity. These issues were especially common during psychiatrist, psychologist, and gynaecologist visits. Many respondents noted that they could not get help due to the fear of misdiagnosis, threats, and biased treatment. Some reported greater trust in private healthcare providers, but often lacked the financial means to access such services. Others distrusted private healthcare as well, and were therefore forced to endure health problems due to these fears.

"The psychiatrist at a private clinic was disgusted with me after she brought up the topic of my sex life and I said I was a lesbian. For several months afterward, she treated me carelessly and with disrespect."

Asexual homoromantic cisgender woman, 19, Saint Petersburg

"At a gynecologist appointment, I was told that sex between women doesn't exist. They said something else in a raised voice, examined me superficially. I just wanted to leave as quickly as possible. This wasn't the first time, there are always some problems at a gynecologist."

Gay cisgender woman, 22, Tomsk Region

"I sought treatment for anxiety-depressive disorder from a psychiatrist. He didn't understand non-binary identity and made jokes about it. He mocked my stories about my non-binary partner, misgendered her, asked what was between her legs, whether we had sex, and so on."

Omnisexual transgender non-binary person, 26, Sakha Republic

"This happened with several psychologists and psychotherapists. Some immediately refused to work with me on this topic; others were outwardly homophobic. (I initially turned to specialists because of internalized homophobia and fear of coming out to my relatives)."

Gay cisgender woman, 17, Irkutsk Region

"Because of the current pressure on LGBT+ people in Russia, I developed depression and began having suicidal thoughts. I sought help from specialists several times. None of the psychotherapists took me seriously. I was told to 'start leading a normal life.' At MEDSI, a psychotherapist seriously tried to coerce me into agreeing to conversion therapy in order to 'cure' me of 'sexual deviations.'"

Bisexual transgender non-binary person, 25, USA (originally from Moscow)

"I went to an endocrinologist to get a certificate. I had to disclose that I was injecting hormones. They called me a 'silly girl' and said I would regret it later if I couldn't have children. I said I didn't need children. They said, 'All women want children'."

Straight transgender man, 18, Saint Petersburg

Summary

Our data indicated that LGBT+ people continued to encounter systemic barriers in healthcare. The proportion of respondents who were open with doctors about their sexuality or gender identity had decreased, especially among transgender people, indicating a growing distrust toward medical professionals in the face of increasing government pressure and repressive laws. At the same time, the proportion of those who experienced discrimination from doctors had remained almost unchanged, and our respondents experienced fewer refusals to be provided medical care in 2024 than in 2023. Most likely, this was not due to an improvement in the situation in the medical field, but due to the fact that LGBT+ people come out now only to trusted doctors. In addition, the surge in discrimination in the medical field against the backdrop of the adoption of the law banning gender transitions had probably smoothed out somewhat, since transgender people stopped trying to get trans-specific medical care in a situation where it was banned. An important consequence of the repressive laws (and especially the ban on gender transition) had been the greatly increased fears of LGBT+ people about seeking medical help and, as a result, their refusal to do so. This could have far-reaching consequences for the health of many LGBT+ people in Russia.

Discrimination in the Service Industry

In 2024, 3% of all respondents experienced difficulties accessing various commercial services due to homophobia and/or transphobia. This proportion was higher among transgender respondents (7%). There has been no significant change compared to the previous year. Thus, after a slight increase in service-related discrimination in 2023, the situation has remained the same.

2% of all survey participants and 6% of transgender respondents were denied public services. This marks a noticeable decrease in such cases among transgender people compared to the previous year (10%). This decline is likely due to transgender individuals rarely seeking necessary services, which have become inaccessible to them following the ban on gender transition.

When describing their experiences with discrimination in the service industry, respondents most often mentioned the following areas:

- ▶ **Gyms and fitness centers:** LGBT+ people (particularly transgender individuals) faced membership cancellations, bans on using gender-appropriate locker rooms, and biased treatment by staff.
- ▶ **Beauty industry:** Transgender individuals were refused services at barbershops and beauty salons based on their gender identity.
- ▶ **Legal services:** Some lawyers refused to assist LGBT+ individuals.

- ▶ **Services for couples:** Same-sex couples were denied services designed for heterosexual couples (e.g., double rooms in hotels, romantic getaways).
- ▶ **Entertainment and leisure:** LGBT+ people were refused service; respondents also mentioned LGBT+ venues (clubs, bars, etc.) closing down due to anti-LGBT+ raids in 2024.
- ▶ **Public services:** Transgender people reported difficulties obtaining military IDs, passports, and other official documents, particularly after changing their gender marker

"A service center employee refused to remove the patronymic from my passport name because otherwise, the gender couldn't be determined (there's no such legal requirement)."

Pansexual transgender man, 23, Moscow

"I wanted to do a photoshoot with my girlfriend. The photographer refused, saying she 'doesn't support that.' There were no threats or insults, just that phrase. We parted ways, and I found another photographer who was OK with the idea and the shoot."

Bisexual cisgender woman, 33, Krasnodar Territory

"At the hotels, we were repeatedly offered two single beds instead of the double bed we had booked. I had to pretend I had asthma and therefore needed my partner to monitor my sleep."

Pansexual non-binary person, 50, Moscow Region

"The taxi driver studied me carefully when he arrived and then cancelled the ride."

Pansexual transgender non-binary person, 32, Chelyabinsk Region

"The sex shop I visited (the Erolife chain) openly posted on its social media that it 'does not support the LGBT movement and does not serve its representatives' due to the tightening of laws on 'spreading the information that goes against traditional family values'."

Bisexual cisgender woman, 29, Republic of Tatarstan

"My girlfriend and I were denied the special offer for a 'Romantic candlelit bath for two' at a spa."

Gay cisgender woman, 40, Saint Petersburg

Summary

Discrimination in the service industry remains a pressing issue for LGBT+ people in Russia. The percentage of individuals facing difficulties with commercial services has stayed on the same level as in 2023. Transgender individuals continued to encounter more significant difficulties. While the proportion of public services denial for transgender respondents decreased, this is likely because many have stopped seeking services that became inaccessible to them.

Based on the respondents' real-life experiences, discrimination took place in everyday situations — from hotels to taxi rides. The anti-LGBT+ raids that took place in 2024 led to the closure of LGBT+ spaces, which further limited access to safe environments for the community.

Discrimination in Housing

Similarly to last year, **conflicts with homophobic/transphobic neighbors appeared to be the most common problem** related to housing among our respondents. 6% of those surveyed encountered this issue. Transgender people found themselves in conflicts with neighbors more often (10% of respondents).

Difficulties finding housing due to their SOGIE were reported by 6% of those surveyed in 2024, with this proportion being higher among transgender people – 8%.

3% of respondents were deprived of housing due to their SOGIE in 2024, with the higher proportion of 5% among transgender respondents.

Only 2% encountered conflicts with landlords due to their SOGIE. However, the proportion of transgender people who faced this issue was higher at 3%.

There was no significant disparity between federal districts nor between this and last year's data on discrimination in housing.

Most respondents mentioned having to hide their SOGIE from landlords in order to be allowed to rent and from neighbours for personal safety reasons. Many respondents encountered aggression from their neighbours, including threats, verbal abuse, complaints, denunciation, and sometimes even physical abuse. Landlords refused to rent to same-sex couples and transgender people, imposed odd conditions and requirements (banning visits from the partner etc.), and treated LGBT+ people with prejudice. Another problem was conflicts with relatives (predominantly parents) due to respondents' SOGIE and lack of access to family housing or joint property ownership due to homophobic/transphobic behavior on the side of relatives.

“My wife and I have been married for 15 years. Over the years, we’ve faced multiple attacks – not because we’re lesbians, but because we are two women living alone. We tried to build our own house twice, and were attacked by men both times. Now we rent and don’t stay in one place for more than five months so neighbors don’t notice two unmar-

ried women living together past the age of 30.”

Gay cisgender woman, 36, Sverdlovsk Region

“Most people see a family couple as a heterosexual couple. We were denied rentals both when we presented ourselves as friends and as a couple (in the latter case due to homophobia), despite both of us having higher education, stable jobs, no kids or pets, and one of us having local registration.”

Gay cisgender woman, 26, Saint Petersburg

“My relatives won’t even let me collect my belongings, let alone live in the apartment where I’m registered.”

Gay transgender non-binary person, 21, Krasnodar Territory

“Last summer, my partner and I had to urgently find a place to rent. It’s very hard for me to make phone calls because at some point in the conversation, the question always arises: ‘So, what’s your gender?’ I never have a good answer for that. A few times, when I managed to stay neutral and calm, I still got rejected (I assume they thought we were a gay couple). In the end, we had to pretend to be a straight couple to find a place.”

Pansexual transgender non-binary person, 23, Voronezh Region

Summary

Despite the absence of statistically significant changes compared to the previous year, housing discrimination remains a serious issue for LGBT+ people in Russia. The most vulnerable group here were transgender respondents, who faced challenges more frequently. Conflicts with homophobic/transphobic neighbors continued to be the most common form of discrimination.

Testimonies revealed that transgender people and same-sex couples frequently had to mask their identity or relocate often to avoid harassment. As a result, many in the LGBT+ community live with ongoing stress and uncertainty about their housing security.

Parental Rights

Only 5% of respondents (342 people) indicated having children. These respondents were mostly older: their average age was 41.8 years.

According to our survey, the most common issue for LGBT+ parents were **conflicts with other relatives of the child** due to sexuality and/or gender identity of one of the parents. **Almost one in five respondents who had children (18%) faced this problem in 2024.** This number decreased slightly from 2023 (by 3 percentage points), leveling out the previous survey's increase. Nevertheless, this trend did not apply to transgender respondents. Among transgender parents, the proportion of those who had conflicts with other relatives of the child was much higher, 29%, having increased by 6 percentage points since 2023.

In 2024, 7% of respondents who indicated having children had problems interacting with children's educational or medical institutions because of their sexuality and/or gender identity (up from 6% last year). **Among transgender parents, this proportion was much higher at 19%.** The proportion of transgender respondents who encountered difficulties in interacting with children's educational or medical institutions has increased by 2 percentage points since last year, continuing the 2023 trend (when the figure had increased by 4 percentage points).

Only 3 percent of parents in our sample (the same percentage as in 2023) had **difficulty interacting with child protective services** because of their sexual orientation and/or gender identity in 2024. However, **among transgender parents, the proportion was three times higher at 10%.** In 2023, it amounted to 2%. In other words, the figure for transgender respondents saw a fivefold increase. This could be explained by the introduction of the ban on gender transition, which prohibited, among other things, adoption for transgender people, as well as invited increased government and media attention to transgender communities.

Describing their experiences in more detail, LGBT+ parents in our study identified the following challenges. Many LGBT+ parents were forced to hide their sexuality and/or gender identity due to fear of ex-partners or child protective services. Some respondents faced rejection from ex-partners, often leading to restriction of communication with their children. The majority of respondents experienced perpetual anxiety for their children and the integrity of their families, and some felt a sense of loneliness in their situation. In addition, respondents reported negative attitudes of teachers and school officials towards children from LGBT+ families, and difficulties in finding friendly and competent professionals (e.g., child psychologists to work with LGBT+ parents and their children). Transgender parents faced refusal from authorities to enter their children's names in their passports after changing legal documents.

"My baby hasn't even turned one, but I'm already anxiously thinking about starting kindergarten and school, as we haven't quite decided what to do in that situation, how to refer to ourselves, whether to hide the presence of a second mom, etc. I dream of finding a community of

other LGBT+ parents where we could share our experiences. But I can't find one."

Gay cisgender woman, 28, Moscow

"I hide [my sexuality] because I'm scared that they might take my child away."

Gay cisgender man, 49, Moscow

"The mother of my child is dead set against me, because I divorced her after realizing that I was gay. Since then, I've endured many years of obstacles and threats from her end. For example, for ages, I couldn't bring my child with me on trips or vacations, or even to my house. Also, key decisions about education, health, and upbringing were made without taking my opinion into account. Her threats were mostly about contacting the police or child protective services if I failed to fulfill certain conditions."

Gay cisgender man, 40, Krasnodar Territory

"I want to divorce my husband. But I'm scared that, once he finds out about my sexuality, he will be able to influence the court on who gets custody."

Gay cisgender woman, 38, Moscow

"Child protective services took a close interest in our family under the guise of 'assistance', but they had never shown such interest before, not until I'd changed my documents. I suspect there was an informant; I've received some anonymous threats before, but I have no proof."

Straight transgender man, 42, European Union (originally from Moscow Region)

Summary

The results of our study show that LGBT+ parents face significant challenges relating to both family conflicts and external discrimination. Conflicts with other relatives of the child remained the most widespread issue, especially for transgender parents. We also observed an increase in frequency of discrimination against LGBT+ parents in educational and medical institutions. Transgender parents were particularly vulnerable, as their interactions with such institutions have been growing increasingly complex.

The pressure on transgender parents has continued to increase since 2023. Difficulties in the interactions of transgender parents with child protective services were particularly noticeable. This appears to be a consequence of the ban on adoption for transgender people, as well as increased attention to transgender communities from the state and society.

Abuse and Hate Crimes

47.8% of respondents in our sample experienced one or several forms of abuse or pressure on the basis of their sexuality and/or gender identity in 2024 (3,058 people). In 2023, this proportion was only 43.5%, and in 2022, it was 30%. In other words, abuse and hate crime rates have continued to rise. Although the increase was not as sharp in 2024 as it was the year prior, the trend has evidently persisted.

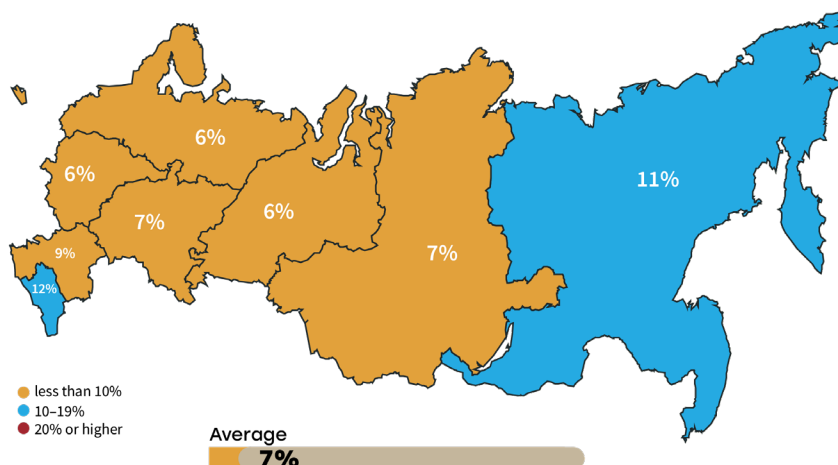
Physical Abuse

7% of the respondents experienced physical violence motivated by homophobia or transphobia in 2024. **Their proportion was larger among transgender participants — 11%.** Compared to the data from 2023, the proportion of those affected by physical violence decreased by 1 percentage point, having previously increased by the same amount. This is yet another indicator which has returned to the 2022 levels.

Underage respondents experienced physical violence at a significantly higher rate than the sample average, at 11.1%. The men in our sample encountered physical violence twice as often as the women (8% vs. 4%).

Across federal districts, the highest proportion of victims of physical violence was found in the North Caucasian (12%) and the Far Eastern (11%) districts.

Physical Abuse



Describing their experiences of physical violence in more detail, respondents most often recalled attacks on the basis of their appearance or public displays of affection for their partners perpetrated by strangers in public places. Respondents also mentioned being physically assaulted by acquaintances, colleagues, and relatives.

“Around 11:30 p.m. on February 22, 2024, my friend and I left Vkusno i Tochka [Russian equivalent of McDonalds] on 2 Kievskaya Street. A group of three young men (most likely teenagers) spotted us and started asking questions about my appearance (‘How do you identify yourself?’,

“Do you like wearing tops like that?”, etc.), before physically assaulting us both. They busted my friend’s lip, gave him a black eye, and damaged his glasses. They busted my lip, too, and I was dizzy. There were blood stains on my clothes. They were going to tear up my top, but we managed to break free and run away, although they caught up with us several times and beat us again. The Kievskaya metro station was nearby, so we ran inside and over the turnstiles to get away. They didn’t follow us, but we tried to take a more convoluted route home just in case. One of them was filming everything, and he definitely got my face on camera. Later, I didn’t find the video anywhere online.”

Bisexual transgender non-binary person, 19, Moscow Region

“I was walking with a friend near Baumanskaya metro station. Her voice doesn’t ‘match’ her appearance, and I wasn’t even speaking, but suddenly, we both got hit really hard on the head by an aggressive man saying, ‘Are you trans?’ My glasses flew off my head, and as I was retreating, he kicked them to the side. Luckily, they didn’t break, because I wouldn’t have had the money to buy new ones. I would have liked to hit the guy back, but he was with a bunch of equally strong-looking friends, who were laughing at the whole thing. I didn’t want to put my friend in that kind of danger, and I wouldn’t have been able to handle a fight with more than one person.”

Pansexual transgender woman, 27, Moscow

“I’m gay, and I wear an earring. I was on the bus home from work when someone ripped it out of my ear. Two men grabbed me and fully tore my earlobe, shouting ‘he’s a fag, even killing him wouldn’t be enough’. No one on the bus stood up for me. I tried to file a police report, but they told me: “You’re a faggot, be glad you’re alive. Should we take your statement and do you in for propaganda? We’ll give you a choice: you can leave and forget trying to screw over normal people, or file the report, but know that we’ll charge you as well.” I just left.”

Gay cisgender man, 39, Moscow

“My younger brother was the attacker. He watches [Vladislav] Pozdnyakov [Russian ultra-nationalist, founder of the social media group Male State] and hates queer people, I figured he’s probably a Nazi. He beat me up because of my sexuality, and I didn’t seek any medical attention for it. I guess he didn’t hurt me too badly — you could say he only caused minor damage to my health. This happened in August of 2024; I came out to him in March of 2024. He repeatedly hit me in the neck and head. I was just sitting in a chair and wasn’t expecting the blow.”

Gay cisgender man, 21, Tomsk Region

“It happened at the theater studio, where I worked part-time at the beginning of the year. One of my colleagues found out about me being

trans and assaulted me during a smoke break after work. He also tried to blind me by stubbing his cigarette out in my eye but missed and left a scar just under it instead.”

Bisexual transgender man, 16, Altai Region

Threats and Harassment

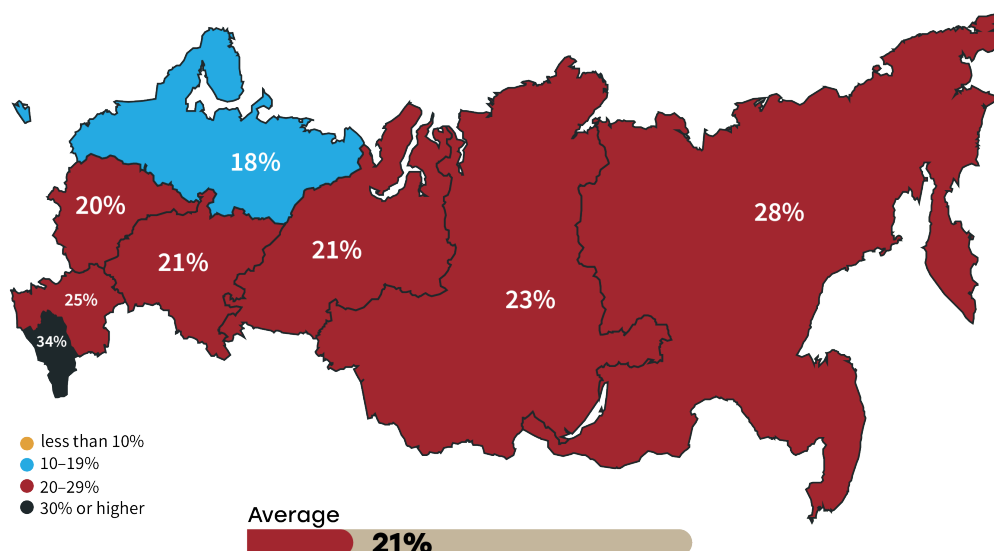
One in five respondents (21%) received threats of physical violence motivated by their sexuality or gender identity in 2024. Compared to the data from our previous report, their proportion has decreased by 3 percentage points, after previously increasing by 4 percentage points in 2023.

Transgender people were significantly more likely to encounter threats, with **one in three transgender respondents receiving threats** in 2024 (31%). This figure, however, has also decreased by 3 percentage points from 2023.

Underage respondents also encountered threats at a significantly higher rate, with 34% of LGBT+ teenagers in our sample reporting experiences of this nature.

Across federal districts, the North Caucasian (34%), Far Eastern (28%), and Southern (25%) districts saw the highest percentages of respondents who had been threatened with physical violence, although their numbers have also gone down by anywhere between 3 and 8 percentage points since 2023.

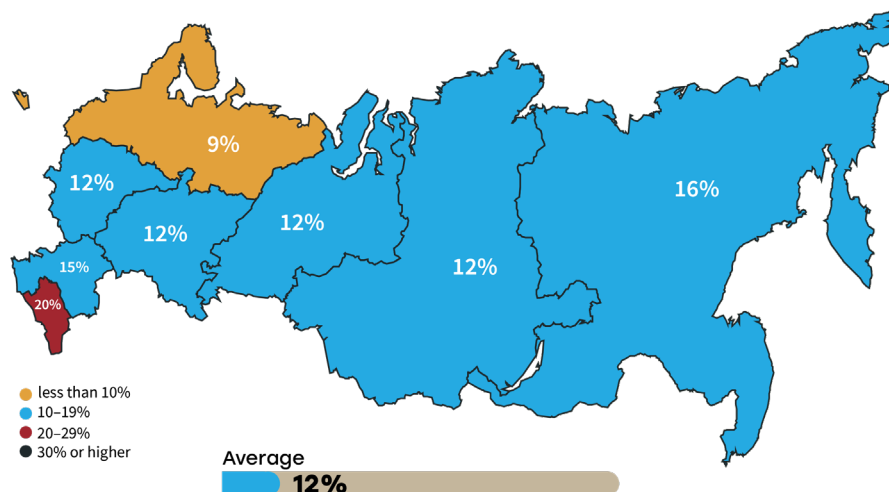
Threats



In 2024, 12% of the respondents experienced online harassment motivated by their sexuality and/or gender identity. The proportion of victims was even higher among transgender participants — 17%. Again, these figures have slightly decreased compared to the data from 2023 (by 2 and 5 percentage points, respectively). Across federal districts,

the highest proportions of victims of online harassment were found in the North Caucasian (20%), Far Eastern (16%), and Southern (15%) districts.

Threats and Harassment Online



Elaborating on the types of threats they had received, respondents mentioned threats of outing, physical violence, sexual abuse, and even death threats, which came from strangers on the streets and in public places (often on public transport) and from acquaintances (relatives, colleagues, classmates). Online threats were equally common on social media, forums, anonymous chat rooms, and dating apps. Respondents also mentioned account hacks and blackmail.

“This stuff mostly happens in public transportation. My friend and I were on the bus when a man in his thirties or forties put his hands on our shoulders and said: ‘Shall we get off, faggots? Someone’s got to deal with you, but I don’t have time. If I see you again, I’ll kill you.’ Luckily, my friend and I got away with only a slap on the wrist. Neither of us; we just stayed on the bus until our stop.”

Pansexual transgender man, 19, Moscow

“A man on the subway noticed my rainbow belt, called me sick, and said he would stab me to death.”

Gay transgender non-binary person, 20, Moscow

“My friend’s brother overheard our conversation, where we happened to mention a few LGBT+ terms. Later, he came up to me when I was alone, grabbed me by the collar, and said that he knew who I was. He told me that I’d better stop ‘messing around and getting his sister involved’ or he’d knock my teeth out and break my jaw.”

Pansexual transgender non-binary person, 18, Omsk Region

"I get threats on social media, on Telegram. They call me a faggot, a homo, and threaten to tell all my friends and family about me. I got two or three messages like this in 2024 and already had one in 2025, where they called me a whore and threatened to murder me."

Gay cisgender man, 44, Moscow

"I've received multiple online threats to find me and sexually assault me to make me 'normal'."

Pansexual cisgender woman, 18, Krasnodar Region

"There are many active and aggressive homophobes in my city. They create fake social media accounts and ask me out. When I say that I don't date strangers, they most often reply with something along the lines of, 'We've already tracked you down, we know where you live, where you work, who your parents are. Leave town or you're dead!' There have been a few heinous homophobic murders in my city before. I still can't process the death of my coworker at the hands of an 18-year-old homophobe. His family wasn't accepting either. They were glad to be burying their talented son."

Gay cisgender man, 44, Trans-Baikal Territory

"Homophobes liked my profiles on dating apps and messaged me, threatening to find me and beat me up or even kill me, saying that people like me shouldn't be allowed to exist."

Gay cisgender man, 18, Chelyabinsk Region

Sexual Abuse

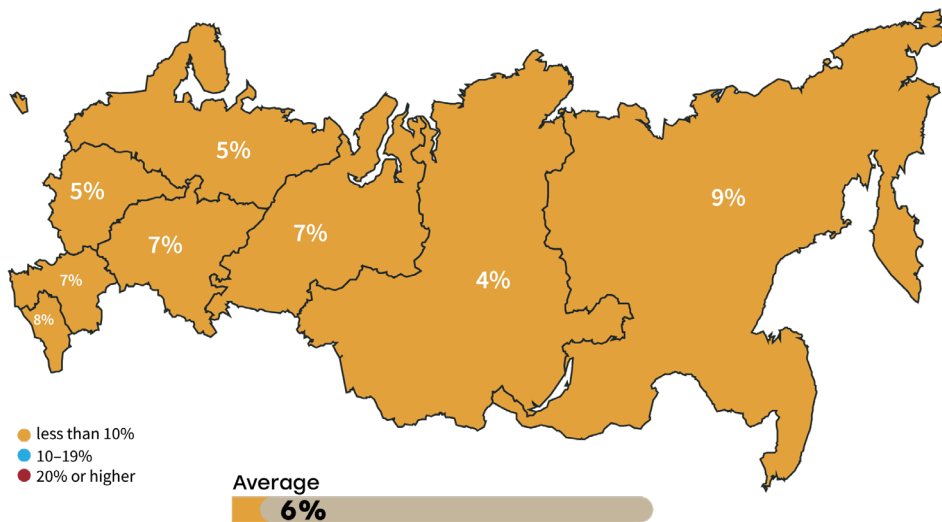
In 2024, 6% of participants (361 people) experienced a form of sexual abuse⁴ on the basis of their sexuality and/or gender identity. This number also decreased by 2 percentage points compared to the previous year. The proportion of transgender participants who suffered from sexual abuse was higher at 8%, although it, too, had decreased (by 3 percentage points).

Respondents under 18 years also encountered sexual abuse more frequently at 9.5%.

The highest percentages of victims of sexual abuse across federal districts were found in the Far Eastern and North Caucasian districts (9% and 8%, respectively).

⁴ Sexual abuse refers to any non-consensual sexual activity, including unwanted physical contact, as well as coercion or manipulation of a person into sexual activity.

Sexual Abuse



Describing their experiences, participants often mentioned the following places where sexual abuse had occurred: public places (such as bars and clubs), workplaces, healthcare facilities, educational facilities, public transport, and private spaces (such as the victim's or the perpetrator's apartment). According to the responses, the majority of the perpetrators were not strangers — they were colleagues, friends, friends of friends or partners, and relatives. In other cases, perpetrators were casual acquaintances that the victims met in bars and clubs or online. It is important to note that acts of sexual abuse committed by someone the victim knows could be even more traumatic, as they are associated with a loss of trust and difficulty finding safety (e.g., in a familial or work setting). Another frequent setting of sexual abuse were the so-called “fake dates”. Many participants (mainly cisgender women, transgender men, and non-binary people) recalled that the perpetrators often used sexual abuse in an attempt to “fix” them. Some respondents reported online sexual harassment, such as repeated requests to share intimate images. In a number of accounts, participants mentioned alcohol as a key factor: the perpetrators abused the victims' state of intoxication and even encouraged them to drink before committing sexual abuse. On occasion, the victims' drinks were likely spiked with substances other than alcohol.

“There were three men at the bus stop at night. Just to say, I've got the stereotypical short hair and piercings, so my appearance is pretty telling. The men started to cuss me out and call me names. They tried to sexually assault me, said that they would ‘fix’ me and I'd be grateful.”

Gay cisgender woman, 16, Moscow

“Someone I know attempted corrective rape against me.”

Gay cisgender woman, 16, Moscow

"In August, I was at a summer camp, and someone I knew accidentally found out about my sexuality. He then kept insisting that I should have sex with him."

Gay cisgender woman, 16, Yamalo-Nenets Autonomous Area

"I was harassed at a club. They also laced my cocktail with something."

Pansexual transgender man, 21, Moscow

"It was my partner. He used intercourse as a way to convince me that I was a woman, exploited my feelings of guilt, pressured me into having sex with him, which sometimes involved alcohol, among other things. My decision to leave him was met with plenty of verbal abuse."

Asexual transgender man, 18, Moscow

"A senior colleague was very insistent that I would 'look good in a porn film, if only I was more feminine'. He then sexually harassed me, no matter how much I tried to cover up. I'm gender fluid, but I tend to wear more 'unisex' clothes at work (jeans and a gray sweater). It irritated him to no end, and eventually he outright asked me to have sex with him. I refused, and the next day I was 'voluntarily' fired."

Pansexual non-binary person, 29, Moscow

Domestic Abuse

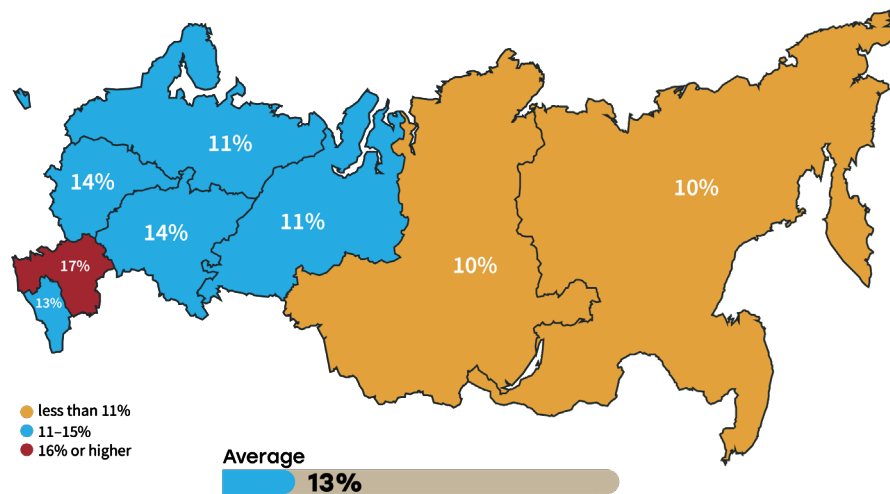
In 2024, 13% of participants suffered from domestic abuse driven by homophobia or transphobia. This number has been slowly declining over the years, from 14% in 2023 and 15% in 2022.

That percentage was significantly higher among transgender participants, at 25%. Therefore, **every one in four transgender people in our participant pool suffered from domestic abuse in 2024**. This constitutes a mild increase of 1 percentage point compared to last year's data. In 2022, however, this proportion was even higher, at 28%.

Every one in four LGBT+ teenagers in our participant pool (24%) experienced domestic abuse based on their SOGIE.

The highest percentage of domestic abuse victims was found in the Southern Federal District (17%).

Domestic Abuse



Describing their experiences of domestic violence, our participants mentioned both physical and psychological abuse. The latter encompassed blackmailing, threats, dead-naming, verbal abuse, manipulation, and neglect. Physical abuse often occurred following the participants' coming out, and the main perpetrators were the participants' parents and other relatives. Some respondents also reported intimate partner violence.

"My mother terrorized me for my gender identity and said that she was proud of her transphobia. She thinks that I made it all up because I'm mentally ill."

Demisexual transgender woman, 21, Saratov Region

"My aunt outed me to my underaged nephew and one of my employees."

Gay cisgender man, 53, Moscow

"My mother wouldn't let my then future wife come into her house with me after my own house had burned down, and then made me stop talking to her."

Bisexual cisgender woman, 42, Montenegro (originally from Chelyabinsk Region)

"My ex-husband is threatening to take our kids away from me and sue me for being in a relationship with a woman."

Bisexual cisgender woman, 44, Saint Petersburg

“When my mother started noticing the obvious changes in me, she grabbed a knife and pointed it towards herself, saying that if I didn’t start to ‘live a normal life’, I would have to watch her kill herself.”

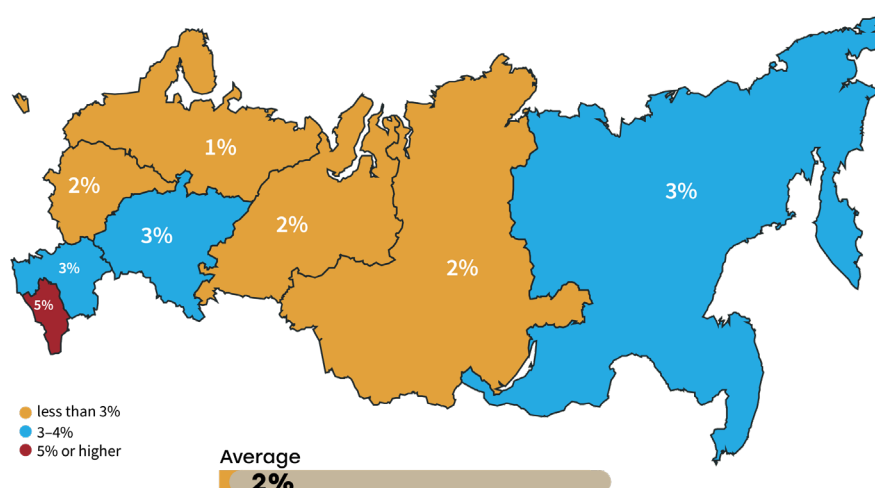
Pansexual non-binary person, 26, Krasnoyarsk Region

Conversion Therapy

In 2024, 2% of participants (143 people) were subjected to a form of conversion therapy⁵. This number was significantly higher among transgender participants (5%, 64 people). There were no significant changes to these data compared to the previous year.

In the North Caucasian Federal District, the percentage of victims of conversion therapy was double the nationwide rate (5%). In 2023, it amounted to 4%.

Conversion Therapy



Describing their experiences in more detail, respondents mainly referred to forced visits to a psychiatrist or psychologist. In some cases, the professionals they saw showed competence and provided legitimate services, meaning that the participants did not undergo conversion therapy per se, but rather endured their families’ fruitless attempts to “fix” LGBT+ people. We must therefore note that, in analysing these data, we are relying on the respondents’ subjective accounts of their experiences.

Some psychiatrists and psychologists forced LGBT+ people to undergo “treatment plans”. The participants also reported several cases of involuntary psychiatric admission.

Another method of conversion therapy the participants had encountered concerned their families’ (parents and grandparents) attempts to influence LGBT+ people through

⁵ Conversion therapy is a pseudoscientific and often coercive practice of attempting to change a person’s sexual orientation and/or gender identity. Methods include medical, psychological, and religious interventions.

religious rituals, which often included seeing priests, visiting monasteries, and attending religious gatherings, as well as exorcism and other methods of “casting out demons”. In rare and especially violent cases, the victims were subjected to physical abuse, such as electrocution and forced isolation.

For the majority of participants, such actions were initiated by their parents, relatives, doctors, or religious leaders. After the abuse, the victims felt severe psychological stress and had to conceal their identity to avoid further persecution.

“My parents sent me to a psychiatrist to ‘treat’ my transgender identity. After a 30-minute conversation, I didn’t get a diagnosis of any sort and simply received a prescription for some pretty serious medication, which caused symptoms of depression after a few months of taking it.”

Bisexual transgender man, 19, Moscow

“My mother sent me to a psychiatrist to get ‘treatment’. Ultimately though, the psychiatrist and psychologist at that state clinic turned out to be LGBT+ friendly, so instead of conversion therapy I got some real help.”

Pansexual transgender man, 18, Sverdlovsk Region

“The treatment centre called Phoenix, Rostov on Don, Dr. Bukhanovskaya. I was there to get help for my eating disorder. They started asking me about my sexual and romantic preferences and acted all friendly before suggesting that I try electric shock therapy. Turns out they also use it to ‘treat’ transgender people.”

Gay cisgender woman, 20, Leningrad Region

“One of my parents took me to a Buryat [Mongolic ethnic group native to southeastern Siberia] Datsan [Buddhist monastery] to ‘banish the evil spirits’ from me.”

Gay cisgender woman, 20, Primorsky Territory

“My relatives. Exorcism.”

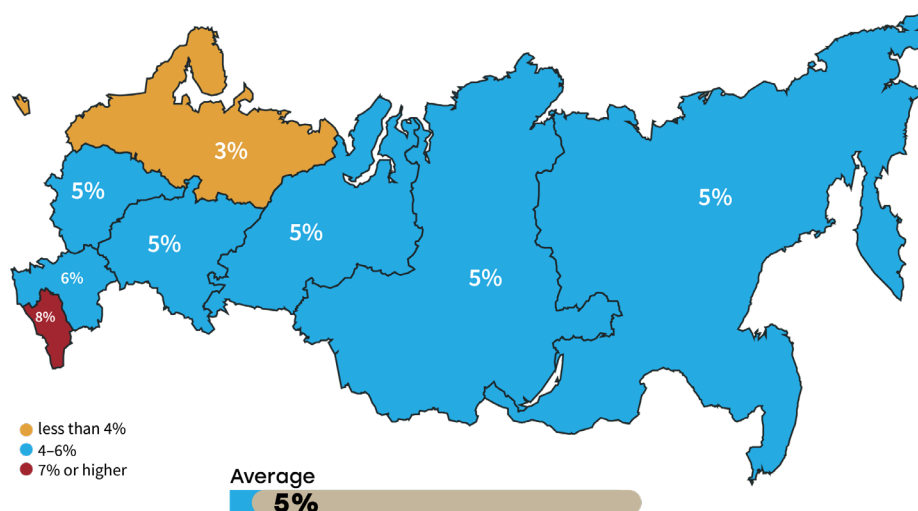
Gay cisgender man, 24, Chechen Republic

Property Damage and Theft

In 2024, 5% of the respondents reported instances of property damage or theft motivated by their sexuality and/or gender identity (6% in 2023). Their proportion was higher among transgender participants — at 7% (9% in 2023).

In the North Caucasian Federal District, the proportion of victims of property damage or theft due to SOGIE was higher than the national average — 8% (11% in 2023).

Property Damage



As shown by the detailed answers, underage respondents and those financially dependent on and/or living with their parents were particularly vulnerable. The participants reported that parents and other relatives would remove or damage their LGBT+ items, such as posters of the rainbow flag, badges, and items with images of LGBT+ characters. Family members were also found to discard items that did not conform with their ideas of gender norms, such as dresses or binders (compression underwear used to flatten the chest), and destroy ordinary items during outbursts of aggression. Younger participants experienced bullying at school, from classmates who damaged their notebooks, spare shoes, and other possessions. Adult respondents faced aggression from neighbors and colleagues, who vandalised their doors, walls, and fences, left garbage by the entrance, painted over peepholes, punctured car tyres, and damaged work clothes and equipment. According to the respondents, the police were unhelpful in finding and punishing the perpetrators.

"My mother tried to smash my laptop, justifying it by saying that 'this laptop, the internet' was where I got all my 'silly fantasies'."

Gay transgender woman, 19, Novosibirsk Region

"While I was away (from my rented apartment), my grandmother took down and chucked or hid my posters, including one poster with the rainbow flag on it."

Bisexual cisgender woman, 29, Tatarstan Republic

“Someone wrote, ‘Die, faggots’ on the door of the apartment my boyfriend and I rent together. The police did nothing.”

Gay cisgender man, 27, Krasnodar Region

“Some staff members I don’t know broke into my locker at work and tore up and threw away my work clothes. My employer heard me out and started an internal investigation, but we never found out who it was. I got a new uniform for free.”

Gay cisgender man, 22, Moscow Region

“All my women’s clothes were thrown away (and I only had one pair of men’s jeans), because I dressed as a woman, though I was assigned male at birth. My phone was taken away from me so that I couldn’t communicate with others like me. My makeup and other personal items that were perceived as feminine also got thrown in the trash.”

Straight transgender woman, 24, Chelyabinsk Region

Blackmail and Extortion

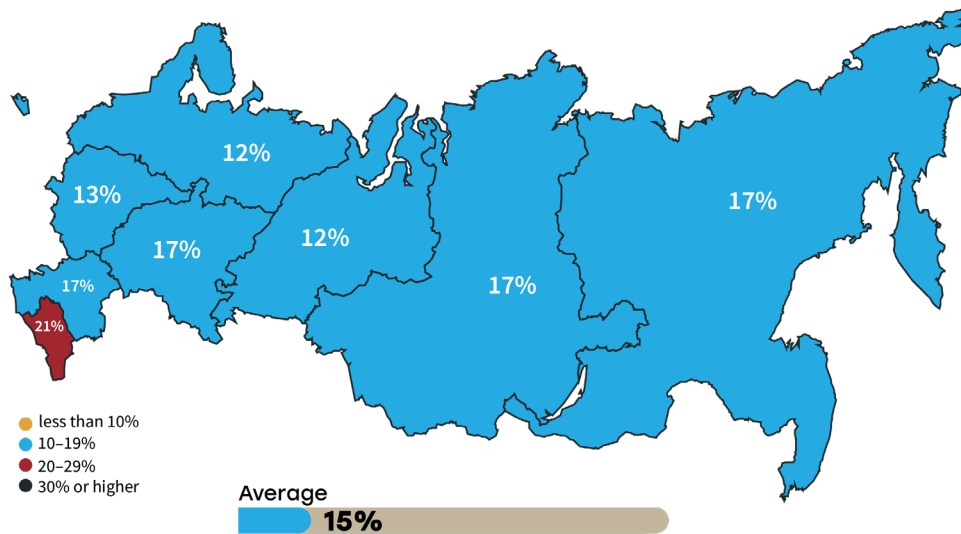
15% of the respondents encountered incidents of blackmail or extortion motivated by their sexuality and/or gender identity in 2024 (14% in 2023). Men were the most vulnerable demographic, with **one in five men in our sample having been threatened with blackmail or extortion in 2024**. In 2023, the proportion was 18% among the men recruited through the Hornet app, which indicates that the number of LGBT+ victims of blackmail and extortion has since increased.

The proportion of victims of blackmail and extortion among LGBT+ teenagers was also higher than the sample average — 20.9%.

The North Caucasian Federal District saw the largest proportion of victims of blackmail and extortion across all federal districts (21%).

Most frequently, respondents described their experiences of being blackmailed by anonymous users via fake accounts on messengers, social media, and dating apps. In such cases, the perpetrators would usually acquire the victims’ personal data (by screenshotting their dating profiles, hacking their accounts, and finding sensitive records and correspondence) and threaten to distribute them to relatives, colleagues, and acquaintances should the victim fail to pay a certain amount of money. Sums between 2,000 rubles [approximately 21 EUR] and 5,000 dollars [approximately 4,423 EUR] were extorted from the victims. Many respondents mentioned that blocking the scammer was enough to stop the blackmail, though some noted that afterwards, they felt anxious about meeting and messaging new people.

Blackmail and Extortion



The consequences grew more serious, however, when the perpetrator of blackmail was someone known by the victim — someone who understood how to leak the victim’s data in a way that would cause the most damage, be that at work, in school, or within the family. Several respondents received threats of outing from ex-partners following a breakup or from friends who saw it as a benefit opportunity. Occasionally, the perpetrators of blackmail were law enforcement officers, civil registry officers, medical professionals, or casual acquaintances, such as former classmates, academic staff, colleagues, or neighbors.

“In December, I got a message from an anonymous account on Telegram, which threatened to send my intimate photos and posts from on-line LGBT communities to all my friends and relatives on VK [a popular Russian social media network], along with details of my address, phone number, and other personal information, unless I transferred 7,000 rubles to a particular card number. I ignored the message and, as far as I know, nothing was leaked.”

Gay cisgender man, 27, Nizhny Novgorod Region

“In Krasnodar, a gang of police officers is operating on the Hornet app: they invite guys out to a sauna in the Yubileyniy area and then extort money by threatening to out them.”

Gay cisgender man, 46, Krasnodar Region

“A group of students from my previous place of study extorted 10,000 rubles from me, saying that either they get money or they will tell my new classmates that I’m bisexual.”

Bisexual cisgender woman, 19, Tambov Region

"I was blackmailed by a friend of mine, whom I had come out to two months earlier. He tried to extort money from me, which I allegedly owed him, and threatened to out me to people who could then attack me."

Bisexual transgender man, 16, Saint Petersburg

One in four respondents (24%) reported being outed in 2024. This proportion was slightly higher among transgender participants — 27%. Many respondents were outed by their relatives and other close ones, who disclosed information about their SOGIE. Such attempts often aimed to harm the victim's career or reputation, though on occasion, it was done unknowingly or inadvertently, when the information about the victim's personal life was treated as exciting gossip, with no regard for the potential harm. In reality, the consequences of outing can be dire, leading to threats, harassment, blackmail, and bullying, especially when the victim lives in a small community.

"My aunt outed me twice: first to a family member, and then to my full-time employee, whom I pay a salary. I also got harassed by homophobes on Hornet, who promised to 'find and beat the shit out of every faggot'."

Gay cisgender man, 53, Moscow

"Although I've been living in Moscow for many years, when the people in my home village found out about my transition, dozens of them messaged me on social media and circulated my photos on the village group chats."

Bisexual transgender woman, 27, Moscow

"A crazy admirer, who was upset after my rejection, posted my photo on social media with a caption about me being this insidious lesbian satanist who 'eats children' and what not, 'protect your daughters', all that stuff. I can't say it affected me much, but it was pretty unpleasant. For a while, I had a bunch of men writing and calling me to offer up their genitals for my entertainment, leasure, and so on."

Gay cisgender woman, 28, Saint Petersburg

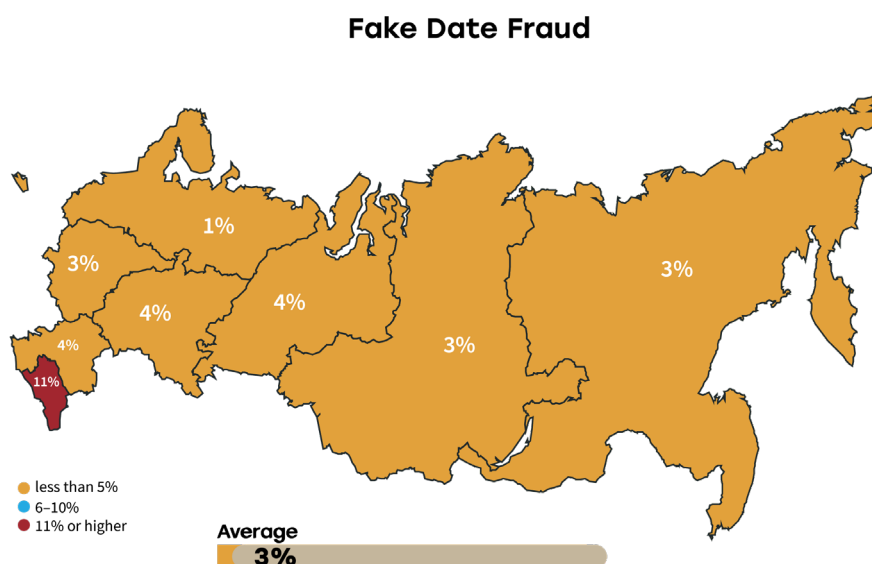
3% of the respondents (190) reported incidents of **"fake dates"**⁶ in 2024. Their proportion was higher among men — 5%. In 2023, the figures were 4% among all participants and 8% — among men recruited via the Hornet app.

The slight decline in these numbers could be explained by the respondents' increased caution. Many participants spoke of refusing to date new people due to their fear of encountering abuse. Respondents mentioned behaving extra cautiously, confirming identities of new acquaintances through video calls or messages, meeting in public

⁶ "Fake dates" are a type of crime committed most often against gay and bisexual men. Using dating apps, the scammer asks the victim on a date, during which the perpetrators, sometimes presenting as police officers or journalists, extort money from the victim, threatening them with outing (through distribution of video footage or information), physical violence, or calling the law enforcement or media on the victim.

places, and using various other methods to keep themselves safe.

Across federal districts, the largest proportion of respondents who had encountered “fake dates” was found in the North Caucasian District (11%). Here, It is important to note that, according to one participant’s answer, as well as reports from the media and human rights defenders working in the region, “fake dates” in the North Caucasian District are usually orchestrated by police officers in order to extort money and gain access to the victim’s network of contacts, which would allow the police to target other LGBT+ people in the area.



According to the participants’ detailed responses, during “fake dates”, the victims were beaten, extorted, and threatened with outing. In a number of cases, the victim would arrive at the arranged location, only to be met by several perpetrators, who then used methods of abuse, extortion, and forced participation in “compromising” activities against the victim. On occasion, the perpetrators posed as police officers and threatened to arrest the victim for “propaganda” and unless they received the demanded payment. Finally, sometimes the compromising footage was obtained using a hidden camera and followed by blackmail.

Respondents also encountered instances of phishing scams. In a popular scenario, the scammer would invite the victim along to an event and send a link, suggesting that the victim purchases a ticket (to the theater, cinema, or other events). The link would lead to a fake website, where the victim, having entered their bank details, would lose their money. In some instances, perpetrators also used investment scams, persuading the victims on dating apps to invest money in supposedly profitable schemes.

In addition, respondents reported attempts by the perpetrators to obtain their personal data (address, occupation, contact information of relatives) for the purposes of further blackmail and hacking.

"I'm always very careful, but it's like there are more scammers online these days. When I ask to send a video message on Telegram for proof, people just disappear."

Gay cisgender woman, 20, Saint Petersburg

"Yes, I regularly get asked out on fake dates through dating apps, but I never meet anyone straight away. I message them for a while, and when I realize that it's a set-up, I don't go. Many of my friends got hurt that way."

Gay cisgender man, 32, Saint Petersburg

"Zoe, a dating app for queer women, has become very unsafe to use: there are tons of undercover 'eshniks' [slang term for law enforcement officers employed by Centre E, the Russian Centre for Combating Extremism] and fake profiles."

Gay cisgender woman, 21, Nizhny Novgorod Region

"I invited a guy over to my place. He slept with me, and then tried to blackmail me for 50k (saying that I assaulted him and that he's under-age, which wasn't true)."

Gay cisgender man, 50, Bryansk Region

"I was scammed by 'Telegram hunters' — both times, the 'bears' [bears in LGBT+ context are a subculture of big, hairy queer men who self-identify as such] turned out to be of 'traditional sexual orientation'. They filmed me, hit me, and extorted money: I had to pay a fortune so they wouldn't put the videos on Rutube [Russian video platform]. Nowadays, you have to be crazy to do online dating in Russia."

Bisexual transgender non-binary man, 35, USA (originally from Moscow)

"I haven't encountered it, but a friend of mine has, when he visited Chechnya (in Grozny [capital of Chechnya] on a business trip). He was kidnapped on a fake date. They took him to a forest, where the kidnappers introduced themselves as secret service and forced him to message the guy they wanted from his own account on a dating app to ask him out on a fake date. Then they extorted money and threatened to out him to his colleagues, friends, and parents."

Gay cisgender man, 36, Moscow

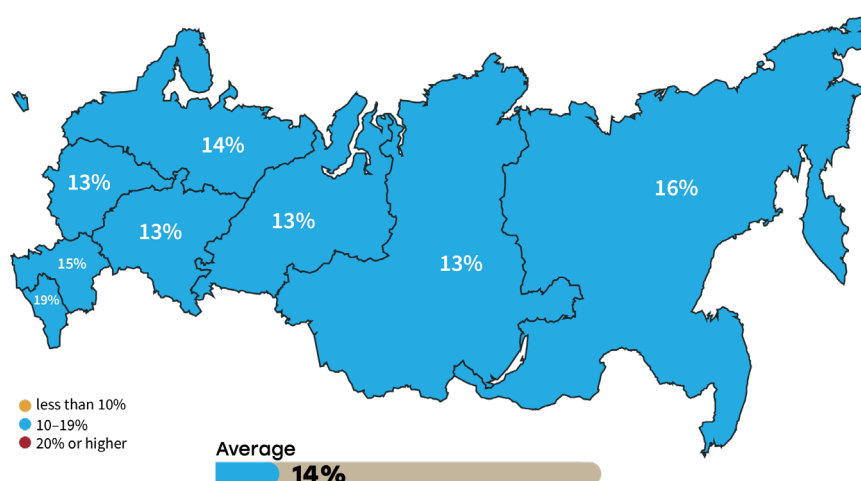
Denunciation

In 2024, 14% of the participants reported being threatened with denunciation⁷. Their proportion was higher among transgender respondents, at 18%, and even higher among LGBT+ teenagers, at 19.9%.

Across federal districts, the North Caucasian (19%) and the Far Eastern (16%) districts saw the highest proportion of respondents who encountered threats of denunciation.

In 2024, the question of denunciation was included in the survey for the first time, meaning that we do not have the comparative data from previous years for this indicator.

Threats of Denunciation



Judging by the detailed responses, participants most often faced anonymous threats of denunciation for their comments and/or posts on social media (mainly Telegram and VK). Threats of denunciation posed by other LGBT+ people were also frequent and often had interpersonal motives such as extorting money, achieving a sexual encounter or a relationship, or preventing a break-up. Strangers in public places were also mentioned as perpetrators of denunciation on the basis of the victim's appearance or any LGBT+ symbols they wore. Respondents faced threats in schools (from classmates and teachers), universities (from classmates, teachers, and the administration), and at work (from colleagues and managers). Several participants reported receiving threats from Vladimir Kushnerik, a professional whistleblower and homophobic activist. A significant number of the respondents were forced to hide their identity entirely, dreading the possibility of denunciation and the resulting prosecution for their sexuality and/or gender identity.

⁷ In the context of this report, we use the term "denunciation" to mean the act of reporting an LGBT+ person to the authorities under anti-LGBT+ legislation, such as the "gay propaganda" law, the ruling of "LGBT movement" as an extremist organization, or the ban on gender transition.

“Surprisingly, my ex-partner, a trans guy, threatened to denounce me to [Ramzan] Kadyrov because of our breakup — and because I asked him to give back the money he had stolen from me.”

Pansexual agender person, 19, Khanty-Mansi Autonomous Territory

“In a heated argument, my former friend threatened to report me as a ‘faggot who sold himself to the Americans for money’, saying: ‘I’ll write to my father, and they’ll send you to Kursk [region of Russia near the Ukrainian border]’.”

Pansexual transgender non-binary person, 25, Moscow

“I organize private parties, which aren’t exactly queer, but can definitely raise some questions. I’ve gotten threats from informants before and get them still, as do other organizers like me. None of it’s been actually consequential so far, though the threats were used as leverage for blackmail.”

Bisexual non-binary person, 24, Saint Petersburg

“The manager of the store where I was trying to get an internship threatened to report me to the police for my tattoo; she even took a photo of me, so that my face and the tattoo with LGBT+ symbols on my arm were clearly visible... I have no idea what’s happened to the photo or where it is now...”

Pansexual cisgender man, 21, Omsk Region

“A neighbor stopped me and my partner outside the entrance to our building as we were leaving and started threatening us with the propaganda law. Apparently he ‘knows who we are’, that we’re sleeping and living together, and he will not tolerate it. He then took a video of us on his phone and kept following us, shouting and threatening that, if he so much as sees us holding hands, he’ll sue us for ‘promoting our values’ to his children, who, in case we didn’t know, live nearby, so they might see us and turn gay.”

Gay transgender man, 23, Moscow

Only 1% of the participants (90 people) were aware of **an existing case of denunciation submitted against them**. Their proportion among transgender participants was three times higher — 3%. Across federal districts, the largest number of such respondents was found in the North Caucasian District (3%).

Our data demonstrate which authorities were most likely to receive complaints and reports against LGBT+ persons from informants:

- ▶ **The police** were the most likely law enforcement agency to receive reports from informants (38 cases, 42%).
- ▶ **One in three victims did not know which authority received the denunciation claim submitted against them** (26 cases, 29%). This may indicate the hidden nature of such accusations, where the victim learns of the existence of the report only after the fact.
- ▶ In 23% of cases (21 people), complaints were directed to **other** authorities outside the remit of law enforcement, such as employers, administration of educational institutions, and child protective services.
- ▶ The **Federal Security Service of the Russian Federation, or FSB**, was mentioned in 17 cases (19%), which speaks to the gravity of some reports and their potential consequences. Reports to the FSB may deal with accusations of “extremism” or “anti-government activism”.
- ▶ 10 cases (11%) were taken to the **Prosecution Service, the Investigative Committee, and the Federal Service for Supervision of Communications, Information Technology and Mass Media** (Roskomnadzor).
- ▶ In rare instances (6 cases, 7%), appeals were directed to **well-known politicians**, such as **Yelena Mizulina** or **Vyacheslav Volodin**.
- ▶ The **Ministry of Justice received only 2 reports** (2%), which likely asked for targeted individuals to be registered as “foreign agents”.

In most cases (38%), reports with the aim of denunciation had no legal impact, which may be due to insufficient evidence from informants or a lack of interest from law enforcement agencies. In some cases, the victims experienced significant psychological distress, regardless of the absence of legal consequences.

The participants indicated the following repercussions in the aftermath of denunciation (in order of decreasing frequency):

✱ **Invitation to a police interview** — 26 cases (29%)

The interview could signify both a warning and the onset of the more serious legal proceedings. In several cases, the interviews were accompanied by pressure, threats, or blackmail from the officers. In rare instances, the victims were put on record at the police station, i.e. added to the database and periodically checked.

✱ **Bullying** — 24 cases (27%)

Bullying could occur online (in anonymous social media groups, chat rooms, or Telegram channels) or in real life. Some cases of cyberbullying involved actions of mass complaint about the victims’ public content or social media accounts.

✱ **Resignation or forced resignation** — 13 cases (14%)

✱ **Blocking or removal of online content** — 12 cases (13%)

Social networks and websites removed the victims’ posts or blocked their accounts. Some participants made the decision to erase their online content and/or stop posting themselves for fear of future attacks. For one participant, this action resulted in a loss of regular income.

✱ **Civil penalties:**

- ▶ Initiation of civil proceedings — 9 cases (10%)
- ▶ Fine or arrest — 5 cases (6%)

✱ **Initiation of criminal proceedings** — 5 cases (6%)

✱ **Expulsion from educational institution** — 4 cases (4%)

✱ **Other consequences** — 18 cases (20%)

Among other consequences, respondents mentioned disruption of events, surveillance, physical violence, interference in personal life (e.g., police inspections or child protection home visits), conflicts in the family, pressure from relatives, and forced emigration.

“My neighbors filed a report, so the local senior police officer paid me a visit. He lectured me about how it’s not appropriate for two men to be living together in one apartment. He said that he would drop the case, because he doesn’t mind ‘people like us’ himself, but it would be better for us to move out or separate, because relationships like ours don’t last. In the end, we’ll still be prosecuted for being gay.”

Gay cisgender man, 39, Moscow

“I was summoned to the local police department for “LGBT propaganda” after I’d accidentally left my phone with the Grindr app open on my work desk. As a result, I became a ‘person of interest’ to them.”

Bisexual transgender non-binary person, 35, USA (originally from Moscow)

Summary

LGBT+ people are primarily faced with **threats of violence, blackmail, domestic abuse** (often from parents and other relatives), **threats of denunciation**, and cyberbullying.

Transgender people were especially vulnerable; they encountered nearly all forms of abuse and discrimination more frequently than cisgender participants. This was particularly true for threats of physical violence, domestic abuse, conversion therapy, and cyberbullying, where the gap between cisgender and transgender participants was especially significant. Notably, the number of transgender victims of domestic abuse has increased compared to last year’s data (though this may be explained by the slight decrease in the average age of our respondents). The two exceptions were blackmail and “fake dates”, which mostly affected queer cisgender men.

This year, we identified another focus group within the LGBT+ community — our un-

deraged participants, **LGBT+ teenagers**, who were even more vulnerable to various experiences of discrimination and abuse compared to our adult respondents. In particular, LGBT+ youth were twice as likely to suffer from harassment and bullying in school as the adults were in the workplace. The number of cases of conversion therapy and domestic abuse was also doubled among minors. Additionally, LGBT+ teenagers were more likely to encounter threats of physical and sexual abuse compared to adult participants. These data highlight the increased vulnerability of LGBT+ youth.

The **North Caucasian Federal District** was, as in previous years, the reigning leader in the number of participants who experienced various forms of violence and abuse. It saw the highest proportion of cases for 9 out of 11 types of violence and abuse indicated in our survey. LGBT+ people were also more likely to experience violence and abuse in the Far Eastern Federal District (particularly physical violence, threats of violence and denunciation, cyberbullying, and sexual abuse), as well as in the Southern Federal District (which saw the highest percentage of cases of domestic abuse and increased likelihood of threats and cyberbullying).

Compared to last year's data, **the proportion of participants who experienced at least one form of abuse has once again increased**. This trend is reversed, however, when we consider the indicators individually, with the number of cases slightly decreasing for each type of abuse (with the exception of blackmail and extortion, which became more widespread, and threats of denunciation, which had not been measured in previous years). This paradox can be explained by the changes to the structure of intersections across various categories of respondents. If a single participant identified multiple forms of abuse, they were counted separately in each category. Therefore, if the spread of participants across various types of abuse became more even in 2024, as opposed to densely concentrated within a few categories, it could result in a decrease to the overall percentage but an increase to each individual indicator. In other words, the **overall number of victims of abuse has grown, but cases of particular types of abuse were recorded less frequently** due to their wider distribution.

Changes to the data on abuse could also be attributed to changes in the participants' behavior (described in more detail in the "Coming Out and Social Life" section of this report). **LGBT+ people have become more careful, withdrawn**, and less likely to encounter situations of abuse (e.g., due to increased awareness around the danger of "fake dates"), though more likely to experience new forms of oppression (such as blackmail and threats of denunciation). As a result, the overall level of abuse has grown, while the proportion of traditional forms of abuse has fallen.

In 2024, one of the most significant changes occurred in the nature of blackmail and threats, evidenced by the participants' open responses. This was particularly true for the **perpetrators of blackmail**. In 2023, the majority of participants encountered blackmail from anonymous online users (on messenger apps, social media, and dating apps). In 2024, however, the blackmailers were often **people known to the respondents**, such as ex-partners, colleagues, classmates, neighbors, and relatives. Blackmail perpetrated by law enforcement officials also became more widespread. Additionally, the perpetrators' motives have shifted. While in 2023, the leading cause for blackmail was extortion under threat of outing, in 2024, the driving forces were **revenge, control, and manipulation**.

from the participants' close ones. Examples included the desire to punish an ex-partner for the breakup, manipulation and emotional blackmail from a partner or relative, and any other attempts to pressure LGBT+ people in order to achieve the desirable outcome (e.g., force them to resign, give up a career opportunity or property, etc.). Thus, blackmail, threats of outing, and other forms of intimidation became tools for manipulation within LGBT+ people's immediate circles.

Although the overall levels of violence have somewhat decreased, the constant threats, blackmail, outing, and fear of informants create a heightened sense of danger among the LGBT+ community. We cannot therefore ascertain any improvements to the situation.

Police Encounters

59% of our participants stated that they would not report their experiences of homophobic or transphobic violence to the police, which indicates an extreme and ever-growing level of distrust in the law enforcement (in 2023, the proportion was 56% of the participants).

Among the victims of hate crimes in 2024, only 12% (57 people) approached the authorities about the incident. In 2023, the figure was 14%, and in 2022 — 20%. Here, we can observe a developing trend: LGBT+ people have become significantly less likely to contact the police about their experiences.

47% of the participants who contacted the police had their reports accepted (a decrease by 7 percentage points from 2023). At the same time, 39% were met with pressure from the officers. The majority of the participants (40%) who approached the police received a refusal to initiate proceedings, and 28% were never informed of the status of their claims after they had been submitted. Only 19% of the participants had their cases investigated, and just 11% confirmed that the perpetrator was found and brought to justice.

11% of the participants (6 people) who reported hate crime to the police were able to take their cases to trial.

"I went to the police to file a report; the officer who took my statement said that I got off lightly, that they should've cracked my head open, that people like me shouldn't exist, and, eventually, that my report had no grounds, so he sent me home and advised me to leave Russia."

Bisexual cisgender woman, 19, Tambov Region

"They were polite enough, not openly queerphobic, all the formalities were in place, but in reality, they did nothing to actually solve the case."

Gay transgender man, 24, Moscow

"It was no use, all you get is feeling more ashamed of who you are. They tried to 'reverse' the situation and threaten me, saying that they would report me instead, even though it was I who got beaten. No one wanted to help me, everyone around just laughed. They were never going to accept my report or take me seriously, they made their assumptions about me before I even opened my mouth."

Gay cisgender man, 20, Sakhalin Region

"The chief of the police department refused to accept my report and asked me not to 'overcomplicate' the situation. He even threatened me with legal consequences and condoned the people who abused and harassed me."

Gay cisgender man, 18, Moscow Region

"Nothing came of it; my case involved SMO [Special Military Operation, the official term used by the Russian government to describe invasion of Ukraine] fighters and firearms. The police officer didn't want to deal with all that."

Gay cisgender man, 26, Vladimir Region

In 2024, 1% of the participants of the survey (86 people) were detained or arrested on the grounds of their sexual orientation and/or gender identity. There were no changes to these data compared to last year.

Among the victims of homophobic and/or transphobic crime who chose not to report it to the authorities, the most commonly cited reason for it was doubt over its effectiveness (78%), followed by fear of the police (73%), which, as evidenced by the encounters described by other participants, was not unfounded. Around 52% of the participants who did not approach the police also cited risk of subsequent outing, and 23% feared retaliation from the perpetrator.

The percentage of the participants who expressed their fear of being outed by the police increased by 2 percentage points since 2023, as did the percentage of those who shared their reservations around the efficacy of law enforcement.

Summary

LGBT+ people continue to have little confidence in Russian law enforcement agencies: the results of our data have shown a consistently high level of distrust over three years, with a slight increase in 2024.

Fewer and fewer victims report crimes to the police, and the effectiveness of such reports remains abysmally low. In addition, police officers often display open resentment and hostility towards LGBT+ people, verbally abuse and degrade them, and sometimes even threaten them with violence or persecution.

Places of Detention and Confinement⁸

Among our respondents, 22 people (1%) were detained or confined in 2024.

The largest group (32%) were taken into police custody, 18% were forcibly held in mental health institutions, 14% in holding cells, 9% were placed in psychiatric clinics by court order, and 5% in jail. In addition, respondents reported being forced to stay in rehabilitation centers and psychiatric clinics by their relatives or doctors. Several respondents were illegally held in office rooms at police stations (being “forcibly held in a locked office while they ‘drew up the paperwork’ on me”).

The majority of respondents (73%) who were placed in detention facilities in 2024 reported that their sexuality and/or gender identity was known to the staff. Half of these participants (50%) experienced being outed in detention facilities: in other words, their sexuality and/or gender identity was revealed against their will.

Many respondents, whose SOGIE was outed in places of detention or confinement, encountered prejudice and discrimination from staff members, reporting verbal abuse (45%), threats and harassment (45%), and even physical assault (18%, 4 people).

Other detainees also displayed homophobia and transphobia against the participants, though less frequently: 27% of respondents faced insults, 27% received threats, and 14% had their personal items taken away. Two people (9%) experienced physical violence, one person reported sexual coercion, and another respondent encountered forced demotion in the prison hierarchy.

There were no significant changes compared to last year's data.

“At the psychiatric hospital (I was discharged a month ago), they forced me to refer to myself using female pronouns and corrected me if I forgot to do so (the condescending, “Oh right, her name’s Rodion” haunted me the entire time of treatment). The doctors didn’t want to discharge me until I realized that I was a woman. At night, I cried and bit my hands, constantly trying to convince myself that I was a guy, that my name was Rodya. Before discharge, the medical commission only asked whether I had recovered from gender dysphoria and stopped calling myself Rodion.”

Aromantic transgender man, 15, Ivanovo Region

“Luckily, I was released on the same day, but if I had to stay, it would have been tough for me. People who were in the ‘bullpen’ started calling me ‘Masha’.”

Bisexual transgender non-binary person, 35, USA (originally from Moscow)

⁸ This block of questions was included only in the extended version of the survey. The proportions were calculated from the number of people who filled out the extended questionnaire and were in Russia in 2024 — 1,642 people.

"I was forbidden to use my phone [at the police station]. Although I still managed to contact every anti-violence organization I knew of, they all gave me the same answer: that they weren't prepared to help a minor."

Gay non-binary person, 17, Moscow

"I was kept in a paediatric neuropsychiatry clinic from the end of December, 2023, to mid-January, 2024. I was forcibly committed by my mother after a suicide attempt (partially related to internal transphobia, which I no longer have); Department No. 3 for girls aged 11 to 14. Many of us there had a 'non-traditional' sexual orientation, mostly, of course, lesbian. There was no bullying, everyone supported each other and no one really focused on sexuality, save for occasional humorous flirting and some good-natured jokes. Because I hadn't yet accepted my trans identity when I was there, I can't speak to any discrimination in that respect. The staff did have a very negative attitude towards 'non-traditional' sexualities and gender identities. They even threatened to lengthen the 'term' for homosexuality for some people."

Abrosexual transgender gendervoid person, 15, Saint Petersburg

Thus, the respondents' experiences of detention and confinement were often associated with risks of outing and high levels of discrimination based on sexuality and/or gender identity. A significant proportion of respondents experienced verbal abuse and sometimes physical abuse from staff and other detainees. It must be noted, however, that the small number of participants in this group limits our ability to make broad generalizations.

Anti-LGBT+ Censorship

The majority of the participants (88%) indicated being **affected by the government's LGBT+ censorship**. Women were more likely to be more affected than men (93% vs. 83%), and transgender participants — more likely than cisgender participants (92%, 4 percentage points higher than the sample average). We had not previously gathered data on the effects of censorship and therefore cannot determine how this indicator changed over time.

Even more participants (91%) were affected by self-censorship relating to their sexuality and/or gender identity, as well as LGBT+ matters at large. Women, though generally more open about their SOGIE, were also more likely to self-censor than men (95% vs. 88%). The proportion of transgender participants affected by self-censorship did not differ from the sample average.

Over half of the respondents (53%) felt that their access to various LGBT+ sources was limited. This percentage was higher among women and transgender participants than among men (54% vs. 50%).

Gender discrepancies in our data on censorship could be linked to differences in media consumption. A significant number of men in our sample were recruited via dating apps, whereas women were more likely to receive information through LGBT+ organizations and our partners (LGBT+ bloggers, media, and influencers). The women in our sample were therefore more involved in LGBT+ communities and interacted with LGBT+ content more frequently, making them more likely to encounter censorship. Transgender people, regardless of their gender, are generally vulnerable to institutional and social discrimination, therefore the high percentage of transgender participants affected by censorship was consequential.

Describing their experiences in more detail, participants spoke of the effects of anti-LGBT+ censorship and self-censorship on all aspects of their lives: self-expression, personal relationships, family, career, education, online communication, public spaces, and culture in general. Many respondents also expressed their growing personal fears and forced privacy. Some participants were even cautious of speaking about LGBT+ issues too loudly in public places.

Due to the danger of encountering informants, many participants became hesitant to openly state their opinions, share personal information on social media and in online spaces, run public blogs, and publish queer-friendly content. Many respondents were forced to deactivate their blogs or other media. Artists, writers, and other creatives were also affected by censorship, as they were no longer able to share their queer art — or especially make any profit from it.

Many participants experienced issues with accessing queer content (movies, books, music, good news stories) and services for LGBT+ people. Access to LGBT+ literature, TV, media, and news outlets became restricted or only available over VPN, making the process more time-consuming.

A significant number of the participants spoke of their difficulties making new connections and finding potential partners. It was a consequence of both the restrictions introduced by dating apps (where users could no longer view potential matches of the same gender), as well as increased anxiety over encountering blackmailers or informants and facing charges.

Many respondents noted their rising fear of attending gay clubs and queer events following news reports of police raids on LGBT+ venues and parties. Participants also mentioned no longer wearing LGBT+ symbols in public, hiding them from strangers, and trying to appear more “conventional”.

Educators and students suffered from forced self-censorship in choosing topics for classes or study projects. Lecturers and teachers expressed their need to resort to self-censorship in all aspects of their lives due to increased scrutiny from the governing bodies of their educational facilities.

“I teach cultural studies, where we often come across LGBT+ texts and topics. Sometimes I feel terrified of talking about them, if I don’t know the audience very well. I try to be careful or avoid the subject out of fear, but I do my best to fight that urge to self-censor.”

Pansexual cisgender woman, 28, Moscow

“I’ve become more afraid, less outspoken; I never volunteer any personal information unless I 120% trust the people I’m talking to. Being an English teacher, I could allow myself to make some references or jokes before. I didn’t really filter anything or hide my identity. Now, I can’t even imagine ever feeling that calm and secure.”

Gay cisgender woman, 21, Nizhny Novgorod Region

“I’ve noticed that my friends and I started to lower our voices and look over our shoulders when we talk about LGBT+ subjects. I feel myself shrink when I think that someone in town had heard us, or that someone would find it unacceptable that my girlfriend held my hand or hugged me in a particular way, or something like that.”

Gay cisgender woman, 28, Saint Petersburg

“I can’t talk about my private life in public, I always have to stay vigilant in case someone overhears and attacks me. I don’t tell doctors the truth about myself, so I have to pretend to be straight if they ever ask about it.”

Gay cisgender man, 32, Samara Region

"I feel distant from the community. More lonely. I often hear people talk about how wrong and perverse it is to be queer (in any way). Later, in particularly hopeless moments, I think about the reality, the truthfulness of their ideas. It's like I'm losing my mind."

Pansexual non-binary person, 26, Altai Territory

"I'm a writer and an artist, my characters are often queer, so I can't freely share my work with the Russian online community, not without fear, not without an onslaught of homophobic comments. It's also gotten harder to access LGBT+ movies, anime, art, which is all very important to me. Many Russian authors have removed their works from online platforms for fear of persecution. I think it's a great loss."

Pansexual transgender non-binary person, 35, European Union (originally from Saint Petersburg)

Summary

Anti-LGBT+ censorship and self-censorship had a significant negative impact on various aspects of queer people's lives. The majority of the participants faced political and societal pressure, which led them to hide their identity or limit its expression. Censorship affected their professional and creative practices, intensified their feelings of fear and social isolation, and resulted in forced privacy. Accessing necessary resources, building and maintaining social connections, and finding prospective partners became significantly more challenging in such conditions.

Repression and War in Ukraine in the Lives of LGBT+ People in Russia

The majority of respondents (75%) reported that Russia's full-scale invasion of Ukraine, which had begun in 2022, had an impact on them. This proportion was higher among respondents who identified as women and transgender people (78% and 76%, respectively), and was also elevated among residents of Moscow and Saint Petersburg (77% and 79%, respectively). This figure increased slightly compared to the previous year (when an average of 73% noted the impact of the war), but remained lower than in 2022, when 82% of all respondents reported this.

Furthermore, 78% of respondents indicated that they felt more vulnerable and unsafe as LGBT+ people since the start of Russia's full-scale invasion of Ukraine. This sentiment was especially prevalent in transgender respondents: 84% reported feeling more vulnerable. These figures, both for the overall sample and for transgender participants, have remained virtually unchanged since 2022.

The majority of participants (85%) noticed an **increase in homophobic and/or transphobic sentiments in Russian society** following the escalation of the armed conflict on February 24, 2022. This figure decreased by 2 percentage points compared to the previous year. On the contrary, a slight increase of 1 percentage point was observed among transgender respondents, and the proportion who noted an increase in hateful sentiments was 90%.

The proportion of those who noted a rise in homophobic and/or transphobic sentiments within their immediate social circle after February 24, 2022, remained significantly lower — 41%. This figure decreased by 2 percentage points this year, following a 4 percentage point increase in 2023. Among transgender respondents, this proportion was 48% (compared to 49% in the previous year and 43% in 2022).

Approximately one-third of participants (29%) indicated that the armed conflict between Russia and Ukraine in 2022 affected their access to **essential medications**. Among the sample, this represented a slight decrease of 3 percentage points. However, among transgender people, the proportion of those who experienced limitations in access to medications remained consistent with previous years, at 47%.

Roughly 60% of respondents reported that the armed conflict between Russia and Ukraine in 2022 worsened their **financial situation**. Among transgender respondents, this proportion was 63%. These figures remained stable, following a significant decline of the previous year.

Only 9% of our respondents reported being affected by mobilization. Last year, this proportion was 13%. We observed a logical decrease in this figure over time. When describing the impact of mobilization in more detail, respondents mentioned a constant fear of conscription and the announcement of general mobilization, as well as forced temporary emigration (many left for a year and later returned to Russia). People reported facing threats from military enlistment offices, pressure from state authorities, and even from relatives, all of which worsened their psychological state and led to mental

health deterioration. Additional difficulties included obtaining a military ID and securing employment, while cases of mobilization of close ones heightened anxiety, prompting some to seek ways to avoid conscription through deferrals, bribes, or falsified medical exemptions.

"I live with constant tension, that I could be summoned at any moment and sent to war, where I will die, since I have category A. I feel hopeless because I cannot emigrate. If I leave, I will have no means."

Gay cisgender man, 26, Krasnodar Territory

"My partner left the country due to the risk of mobilization. I had to give up everything and live between two countries. I lost my job, my home, and my health because of this."

Bisexual cisgender woman, 27, Moscow

"The threat of being drafted is especially strong for me, because after I'd said that I hated the very idea of war, people from the military enlistment office promised to send me first to die. Since then, they have been constantly calling me and my parents to check whether I could be drafted."

Bisexual transgender woman, 18, Saint Petersburg

"It has become harder to get an official job, because everywhere they ask for a military ID."

Gay transgender non-binary person, 28, Moscow

"Getting a military ID is practically impossible. They keep dragging it out. It takes more than five months."

Gay non-binary person, 24, Chelyabinsk Region

Approximately 2% of our respondents (130 people) reported that the government authorities or state bodies threatened or blackmailed them into military service because of their sexuality or gender identity. Based on their detailed responses, military enlistment and police officers threatened to send them to war in order to pressure them into compliance. Respondents also reported attempts to coerce them into signing contracts for military service.

"I was in Kursk for work. Military police officers approached me and called the Federal Security Service, suspecting me of espionage. As a result, they said, 'Either unlock your phone or go to jail.' They downloaded all the data from my phone and logged into Telegram using some bot, saving all the chats. They questioned me for 4 hours, including about my sexuality. Only one military police officer defended me and took my

side, I'm grateful to him for that. Everything ended well, and I returned home safely (aside from a nervous breakdown)."

Gay cisgender man, 22, Moscow Region

"A warning from the police: if I show up in the 'wrong place', I'll be sent to join the 'special military operation'."

Gay transgender man, 39, Krasnodar Territory

"They said that if I complained about certain issues, I would be sent to join the 'special military operation'."

Gay cisgender man, 46, Tambov Region

"The pressure to sign a military contract has grown massively. They offer contracts from the moment you visit the enlistment office until the end of conscription. For any misconduct, they offer a contract as a way to make the case disappear."

Bisexual cisgender man, 20, Kemerovo Region

The majority of respondents (82%) perceived certain risks for themselves following the Supreme Court of the Russian Federation decision to recognize the so-called "international LGBT movement" as extremist. This figure decreased by 1 percentage point compared to the previous year. Among transgender people, this proportion was higher — 86% (in this case, we observed an increase of 1 percentage point).

When describing in detail how the war and repression had affected them personally, respondents often spoke of persistent sense of fear and anxiety for their safety, the need for secrecy, and the inability to openly express themselves. Many reported an increased sense of isolation and loneliness, emotional strain, and a general deterioration in psychological well-being. Many respondents significantly reduced their social interactions and switched to remote work due to safety concerns. Many expressed anxiety about forming new connections, fearing provocation or denunciation.

Many reported they had to seek help from psychologists or psychiatrists due to either the exacerbation of pre-existing mental health issues or the emergence of new ones. Additionally, they noted worsening financial conditions resulting from rising prices for medication and food.

Transgender people were particularly vulnerable due to difficulties accessing medical and legal assistance.

"I feel like I'm breaking the law simply by existing. I feel a sense of injustice and hatred toward those involved in this discourse. I feel that everything is wrong, but I cannot influence it here and now. Still, I try to

quietly talk about the community's problems, values and interests, and about how absurd all of this is."

Asexual transgender woman, 23, Moscow

"Because of all of the above, I feel like the government of the country I love with all my heart is turning me into a criminal, not because I killed, robbed, or raped anyone, but simply because I exist."

Pansexual cisgender woman, 20, Moscow

"A very closed-off way of life, distrust of people, inability to access necessary medical examinations, and inability to be myself in society."

Asexual transgender woman, 20, Kaliningrad Region

"The inability to change my gender marker and to access affirmative medical care. I have to conceal my identity as much as possible, which is extremely difficult."

Bisexual transgender woman, 41, Saint Petersburg

"I work in a government agency and live in a state-provided apartment. If I am outed, I would most likely lose both my job and my home. There are many 'special military operation' supporters in my family. They know that I have different views, and they have come to terms with this with great difficulty. I have no idea how they would react if they found out that I am bisexual, but I frequently hear homophobic remarks from them (not aimed at anyone in particular, just general jokes about 'Gayrope'), so I seriously doubt I could count on their understanding."

Bisexual cisgender woman, 30, Novosibirsk Region

"Homophobia, transphobia are increasing. The worst part is that now the law is on their side. It has always been hard in Russia, but now it's especially frightening. I am often afraid for my life, and for my girlfriend's life."

Asexual cisgender woman, 18, Tyumen Region

"It's as if a noose has been thrown around my neck, and now they are tightening it."

Bisexual cisgender woman, 25, Republic of Tatarstan

Summary

The majority of respondents continued to live in a state of constant fear and uncertainty, experiencing financial hardship, psychological strain, and social isolation. This impact was particularly pronounced among transgender people, who had become the most vulnerable due to restrictions on access to essential medical care and legal assistance.

The climate of growing homophobia and transphobia, reinforced by state policy, forces LGBT+ people to stay closeted, significantly limiting their freedom and quality of life. The ongoing consequences of war and repression continued to affect the mental health, financial situation, and personal relationships of LGBT+ people, creating conditions in which they were not only left unprotected but also viewed by both society and the state as enemies or criminals simply for existing.

Xenophobia and Racism⁹

For the first time this year, we asked our respondents about their ethnic and racial identities in order to gain insight into the ethnic diversity of the Russian LGBT+ community. This question was posed as broadly as possible and allowed for open-ended responses. We received the following data.

The majority of respondents identified as Russian (64.4%), and a significant proportion identified as Slavic (12.6%). Despite the predominance of Russian and Slavic identities, the Russian LGBT+ community is diverse and includes people with a wide range of racial and ethnic backgrounds.

One-fifth of respondents (18.6%) indicated that they had mixed heritage.

Other frequently reported ethnic identities (in descending order of frequency) included:

- ✱ Jewish (5,4%);
- ✱ Ukrainian (4,5%);
- ✱ Tatar (3,3%);
- ✱ Belarusian (1,3%).

It is important to note that 3.5% of respondents refused to answer this question, and 2.3% reported not knowing their ethnic background. This may reflect the sensitivity of questions related to ethnicity and race in Russian society. Respondents may have perceived the question as inappropriate, may have been reluctant to associate themselves with any particular ethnic or racial identity, or may simply have never considered the question before. Additionally, these responses may point to a low level of awareness around issues of race, nationality, and ethnicity, as well as limited familiarity with relevant terminology. This was supported by some respondents' use of outdated terms (e.g.,

⁹ This block of questions was included only in the extended version of the survey. The proportions were calculated from the number of people who filled out the extended questionnaire and were in Russia in 2024 — 1,642 people.

Caucasian race).

A third of participants (33%) reported that they personally experienced xenophobia or racism in Russia. The highest rates were in the North Caucasian and the Far Eastern districts, which may be attributed to the greater ethnic diversity in these regions.

In their expanded responses, participants most often reported discrimination based on nationality, affecting individuals with Asian ethnic background, Ukrainians, and members of small indigenous peoples. These accounts primarily described everyday xenophobia: verbal abuse, prejudice, and increased scrutiny by police in public spaces. Since the beginning of the full-scale invasion of Ukraine, hostility towards people with Ukrainian surnames had increased. Participants also noted instances of antisemitism, both in everyday interactions and in the form of threats.

"In order to graduate from school with a gold medal [highest level of distinction at school], I had to change my last name, because 'people like that' weren't supposed to receive medals. There was systematic bullying at school, including physical violence. I encountered problems at work whenever the security service managed to find out I wasn't ethnically Russian. It would begin with someone revealing that I wasn't really Russian, but 'one of them,' and so on. In my experience, being Georgian in IT was harder than being gay. Strangely, when colleagues found out I was gay, it actually helped them come to terms with the fact that I wasn't Russian. This reflects the specific nature of the systemic discrimination against ethnic minorities of the Caucasus region, a prominent narrative in Russian propaganda from 1992 to this day."

Gay cisgender man, 36 years old, Kazakhstan (originally from Novosibirsk Region)

"On the subway, I'm constantly subjected to searches. Police stop me every time and check my documents. In government offices, they often ask how long I have been living in Russia (few people know that Chukotka is a part of Russia)."

Bisexual cisgender man, 30, Saint Petersburg

"Because of my Ukrainian last name, I was constantly called 'khokhol' and other slurs."

Pansexual transgender man, 15, Moscow

"I was repeatedly denied rental housing because I was born in Kyiv. When people find out I am Ukrainian, some stop talking to me altogether. I also frequently received insults related to my ethnicity."

Asexual panromantic transmasculine non-binary person, 22, Krasnodar Territory

"People have wished death upon me in the street, hurled personal insults, talked behind my back, and sexualized me (I am Kazakh)."

Pansexual cisgender woman, 27, Saratov Region

Within the LGBT+ community, respondents reported personally experiencing xenophobia and racism significantly less often – 10%. However, 37% witnessed racism or xenophobia directed at others in the community (not at them personally).

Respondents noted that racist and xenophobic comments were common within the Russian LGBT+ community. Jokes and insults based on nationality or appearance occurred regularly. Many emphasized that such comments were often perceived as acceptable, which heightened feelings of insecurity among ethnic minority members. LGBT+ events and clubs were not free from such manifestations either. Respondents described incidents of discrimination at event entrances, offensive comments, and exclusion of people with non-Slavic appearances. People with migrant backgrounds or non-Slavic features faced systematic discrimination within the LGBT+ community, expressed through social exclusion, negative stereotyping, and barriers to integration into local groups and events.

"After being rejected on a dating app, some men would begin hurling racial slurs at me."

Gay cisgender man, 24, Republic of Tatarstan

"After breaking up with my ex, I started hearing derogatory and offensive remarks toward people of Asian descent from those subscribed to his queer community channel. Of course, I don't judge the entire community by this, but it's still offensive."

Pansexual transgender agender person, 19, Khanty-Mansi Autonomous District

"You often hear disgusting comments from some LGBTQ people. Like 'khachestan,' 'darkies,' 'churkas,' and so on. As a Turkish woman, I find this upsetting."

Gay cisgender woman, 19, Sverdlovsk Region

"Lately, I've noticed a rise in Islamophobia. I have seen a lot of racist comments on Telegram channels and from friends. In general, racism and slurs have always been present. I have also come across cringey posts on queer organizations' platforms, though I can't recall the details now."

Pansexual transgender non-binary person, 24, Voronezh Region

"In dating chats, many guys post red flags, sometimes rudely, indicating someone's nationality."

Gay cisgender man, 31, Moscow

Every fifth respondent (20%) reported adhering to a religious tradition. Among this group, 22% had experienced discrimination within the LGBT+ community due to their religious affiliation.

Respondents noted the prevalence of anti-religious and anti-Christian sentiments within the LGBT+ community, including mockery, verbal abuse, and attempts to humiliate believers. Based on the open-ended responses, the most common negative reactions targeted followers of Christianity, Islam, and paganism. These reactions often involved ridicule of religious practices and symbols. Believers often faced accusations of being backward and anti-scientific, along with aggressive reactions when attempting to defend their beliefs. Many reported that religiousness was perceived as incompatible with queer identity, resulting in social isolation for LGBT+ believers. Transgender respondents reported difficulties attending services, even in progressive denominations.

"Basically, condemnation of my religion, equating me with terrorists, prejudice due to my religion, expressed in insults, unwillingness to engage in constructive dialogue. Offensive jokes about the hijab, other religious symbols, and religion in general."

Asexual transgender man, 18, Moscow

"In general, there is a real problem in the Russian LGBT+ community: for some reason, it is assumed that everyone should be an atheist, and religious people are not taken seriously. I often had to tolerate mockery because of my kippah, and people I dated even suggested using my tallit and tefillin in sexual games, which I found profoundly offensive. When I asked them not to bring up such topics, they reacted with aggression, constantly trying to silence me with arguments that I was overreacting."

Bisexual transgender non-binary person, 35 years old, USA (originally from Moscow)

"I adhere to Islam, even though it rejects all queer relationships. Still, this religion is close to me, and I do not want to abandon it. However, when interacting with LGBT+ people, I heard them insulting this religion, and not just Islam. This attitude seems widespread across many queer-oriented communities and groups."

Gay cisgender man, 16 years old, Republic of Dagestan

Summary

The findings revealed significant ethnic and cultural diversity within the Russian LGBT+ community, despite the dominant presence of Russian and Slavic identities. The fact that one in five respondents reported mixed heritage underscores the multicultural and multiethnic composition of the community. The sensitivity surrounding ethnic identity was evidenced by some respondents' refusal to answer and by comments indicating a lack of clear understanding of their own ethnicity.

A high proportion of participants reported encountering xenophobia and racism in broader society, highlighting the widespread and systemic nature of such issues, especially in regions with substantial ethnic diversity. Particularly noteworthy was the reported increase in hostility and discrimination toward Ukrainians following Russia's invasion of Ukraine, including difficulties finding employment or housing for individuals with Ukrainian surnames. Within the LGBT+ community, respondents were less likely to experience racism and xenophobia directly, but often observed such incidents.

Religious affiliation also emerged as a factor in intercommunity discrimination, especially for individuals associated with Christianity and Islam. LGBT+ believers were subjected to ridicule, verbal abuse, and accusations that their religiousness was incompatible with queer identity, contributing to heightened social isolation. Analysis of open-ended responses suggested that discrimination based on nationality and religion frequently intersected with homophobic and transphobic attitudes, resulting in complex, layered forms of oppression.

Conclusion

The results of the 2024 survey clearly demonstrate that the situation for LGBT+ people in Russia remained exceptionally difficult and largely continued to deteriorate in light of unceasing oppression and the war in Ukraine. Although some positive changes were noted, the overall circumstances posed ongoing challenges. In 2024, many of our survey figures returned to the levels observed in 2022, having been previously impacted by the severe crackdown on LGBT+ rights in 2023. This de-escalation does not, however, constitute a sign of improvement, but rather indicates a more reserved and careful approach adopted by LGBT+ people to minimize their exposure to violence and discrimination. We observed a growing sense of distrust in others among our participants, particularly within the spheres of employment and education.

The most alarming trend was the increase in the number of LGBT+ people who experienced various forms of abuse and threats. Nearly half of our participants were subjected to a type of violence or pressure on the basis of their identity, with transgender people and LGBT+ teenagers being the two most vulnerable groups. Threats of physical violence, denunciation, domestic abuse, cyberbullying, and blackmail were particularly prevalent. Increase in blackmail and threats of outing, which were often used as tools of intimidation by the participants' close ones, presented another concerning trend.

The financial situation of LGBT+ people remained unstable, with transgender people being especially vulnerable to financial challenges and facing the highest unemployment and lowest income rates among our respondents.

LGBT+ parents, particularly transgender parents, encountered additional issues. Participants more frequently reported conflicts with the child's other relatives, as well as difficulties in communicating with educational and healthcare providers.

Experiences of LGBT+ people in the healthcare system presented another cause for great concern. Nearly a third of respondents avoided seeing medical professionals out of fear of discrimination. The levels of trust in healthcare workers plummeted, especially among transgender people, who were often forced to refuse essential treatment or faced refusal of care from medical professionals.

The impact of the ongoing war in Ukraine and accompanying government oppression remained considerable and further jeopardized the safety and financial security of LGBT+ people. Many participants experienced worsening symptoms of anxiety and other mental health issues, as well as constant threat of persecution from the government and the society. Fewer and fewer LGBT+ migrants considered the possibility of ever returning to Russia.

Respondents faced increasing government pressure and censorship, which affected nearly all aspects of their lives. As a result, the levels of self-censorship skyrocketed, forcing many participants to refrain from openly expressing their identity and making new connections, leading to social isolation.

It is important to remember that our results are geographically limited, as several regions were underrepresented in our sample, while Moscow and Saint Petersburg were overrepresented. As such, many of our observations may not be applicable to the underrepresented regions, particularly the North Caucasian Federal District, not least due to its specific nature. Moreover, our data were once again limited exclusively to what LGBT+ people were willing and able to share at the time of survey.

Recommendations

To the Human Rights Commissioner of Russia:

- * Facilitate recognition of LGBT+ people's equal rights and prevent reinforcement of discrimination on a regulatory level.
- * Engage in conversation with both Russian and international LGBT+ organizations and activists to better understand the needs and demands of the community.
- * Facilitate investigations of human rights violations against LGBT+ people in Russia.
- * Include data on SOGIE-based discrimination, as well as other violations of LGBT+ rights, as part of the Commissioner's annual report.

To the Federation Council and the State Duma:

- * Initiate abolition of discriminatory laws targeting LGBT+ people: repeal Article 6.21 of the Code of the Russian Federation on Administrative Offenses, "On propaganda of non-traditional sexual relationships and (or) preferences, sex reassignment, and child-free ideology", Article 6.21.2, "On distribution of information that demonstrates non-traditional sexual relationships and (or) preferences or that may cause desire to undergo sex reassignment", as well as other amendments to legislation introduced by the Federal Law of 05.12.2022, No. 478-FZ that reference propaganda of "non-traditional sexual relationships". Repeal amendments to Federal laws "On fundamental principles of healthcare in the Russian Federation" and "On civil registration records", as well as amendments to the Family Code of Russia, which included the ban on gender transition ("sex change" in the original text) introduced by the Federal Law of 24.07.2023, No. 386-FZ.

To the Ministry of Internal Affairs of the Russian Federation:

- * Ensure effective investigation of SOGIE-based hate crimes, as well as SOGIE-based hate speech and incitement to hatred and violence.
- * Consider incitement to hatred and violence against the LGBT+ community as a possible motive throughout the investigation process.
- * Resume international cooperation to combat hate crime.
- * Guarantee the right of peaceful assembly on LGBT+ matters and the safety of the participants.
- * Conduct training on proper conduct and respectful treatment of LGBT+ people for law enforcement officers.

To the Ministry of Health of the Russian Federation:

- * Establish the process for accessing gender-affirming care following the change of legal gender marker.
- * Advise healthcare workers on the importance of dignity in care and duty of care and safeguarding, regardless of any changes to the patient's legal gender marker or their gender identity and expression.

To private organizations:

- * Prevent refusal to hire, unfair dismissal, and breach of other employment rights based on SOGIE of LGBT+ people.
- * Provide equal services regardless of the client's SOGIE.
- * For organizations delivering medical and psychological services to educate staff on the ethical principles of care for LGBT+ people.

To international human rights organizations:

- * Demand commitment to international human rights obligations from the Russian Federation.
- * Introduce mitigations to the detrimental impact of sanctions against Russia on vulnerable social groups, including but not limited to the LGBT+ community.
- * Implement measures to guarantee access to essential medicines for Russian citizens from vulnerable groups, both within and outside of the country.
- * Gather data on violations of LGBT+ rights in Russia, including the findings of this report; publish and draw international attention to them.
- * Introduce measures to support journalists, human rights defenders (including LGBT+ activists), and lawyers forced to flee from political persecution, who advocate for the LGBT+ community in Russia.
- * Increase humanitarian and financial aid for initiatives supporting the LGBT+ community.

*Report on the Experiences of LGBT+ People in Russia in 2024 —
Coming Out, 2025. — 81 pp.*

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*We would like to thank all those who participated in the study, as well
as those who worked on the production of this brochure and whom we
cannot mention by name for security reasons.*