Quiz

You can now test your understanding of peer support by completing this short true or false quiz

1. Peer support is mainly about socialising and is not essential to recovery after gender-based violence.

> **False:** For many women, peer support is where they first feel believed, understood and less alone – which can be a key part of healing and rebuilding confidence.

2. Peer support could probably replace professional support because women with learning disabilities understand each other better than services do.

> **False:** Peer support works best alongside professional services. It can strengthen engagement and trust but does not replace specialist support or safeguarding responsibilities.

3. Services should actively provide or signpost to peer support opportunities rather than hoping they happen informally.

> **True:** When services provide (or signpost to) safe spaces with ongoing support, peer support becomes safer, more inclusive, and more sustainable.