



## 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.