NATIONAL SURVEY
ON LGBTQ YOUTH MENTAL HEALTH
Introduction

- Largest survey of LGBTQ youth mental health ever conducted
  - Over 34,000 youth ages 13-24 responded
  - Conducted February 2018 - September 2018
  - Approved by an Independent Review Board

- New insights into the challenges that LGBTQ youth across the country face every day, including suicide, feeling sad or hopeless, discrimination, physical threats, and exposure to conversion therapy
Existing Data on Transgender Youth

Lack of nationwide data on risk factors and outcomes associated with transgender and gender diverse youth in the U.S.

2017 CDC Youth Risk Behavior Surveillance Survey first to include gender identity (transgender, not transgender, not sure)

2017 YRBS provides prevalence but limited to 10 states and only transgender vs. cisgender
LGBTQ Youth Suicide

39% of LGBTQ youth seriously considered attempting suicide in the past twelve months, with more than half of transgender and non-binary youth having seriously considered
Facts about LGBTQ Youth Mental Health

71% reported feeling sad or hopeless for at least two weeks in the past year

76% felt that the recent political climate impacted their mental health or sense of self

47% received psychological or emotional counseling from a mental health professional
2 in 3 LGBTQ youth reported that someone tried to convince them to change their sexual orientation or gender identity

LGBTQ youth who reported someone attempted to convince them to change their sexual orientation or gender identity*:  
- No attempt to convince to change: 33%
- Attempt to convince to change: 67%

Youth who attempted suicide, comparison of those who experienced attempts to change their sexual orientation or gender identity to those who had not:  
- Attempt to convince to change: 23%
- No attempt to convince to change: 8%

*Some LGBTQ youth who have undergone conversion therapy may not use that term to describe their experience. We asked youth separately whether someone attempted to convince them to change their sexual orientation or gender identity and whether they underwent conversion therapy in order to fully capture the ways youth experience efforts to change their sexual orientation or gender identity.
57% of transgender and nonbinary youth who have undergone conversion therapy report a suicide attempt in the last year.

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71% reported experiencing discrimination due to either their sexual orientation or gender identity.

58% of transgender and non-binary youth reported being discouraged from using a bathroom that corresponds to their gender identity.
YOUTH SUPPORT PREFERENCES

87% said it was important to them to reach out to a crisis intervention organization that focuses on LGBTQ youth

98% said a safe space social networking site for LGBTQ youth would be valuable to them
Diversity of Youth Sexual Orientation and Gender Identity

LGBTQ youth in the survey identified with more than 100 sexual orientations:
- Ace spectrum
- Abrosexual
- Androsexual
- Bisexual polyamorous
- Demisexual
- Masexual
- Homoflexible
- Asexual lesbian
- Biromantic
- Panromantic asexual
- Asexual
- Monosexual
- Biromantic homosexual
- Pansexual
- Polysexual
- Sexually fluid abrosexual
- Sapiossexual
- Greyromantic demisexual
- Queer demisexual
- Queer greysexual
- Sexually fluid
- Graysexual
- Queer
- Sapphic
- Aegosexual

LGBTQ youth in the survey identified with more than 100 gender identities:
- Agender
- Queer non-binary
- Demi-girl
- Boy flux
- Polygender
- Demi-boy
- Agenderflux
- Trans masculine
- Androsexual
- Neutrois
- Queer
- Two spirited
- Gender apathetic
- Gender neutral
- Agenderflux
- Female genderflux
- Bigender
- Transfemme
- Genderqueer
- Genderfluid
- Agender non-binary
- Non-binary
- Androgyn
Future Directions

Further explore interaction of other environmental and health factors with LGBTQ youth mental health

SOGI mortality data collection
MENTAL HEALTH OUTSIDE OF THE HEALTH CARE SYSTEM
In the schools

Model School Policy

Lifeguard Workshop
In the schools

• We estimate that well over 2 million youth across NY state are enrolled in schools that are not covered by LGBTQ inclusive suicide prevention policies.
• More than 1/3 of New York school districts currently do not have a suicide prevention policy, leaving more than 500,000 students without protective measures in place in their schools
• Only 2% (6) of identified existing policies address LGBTQ youth
• 99.7% (303) of existing policies provide intervention provisions
• 76.6% (233) of existing policies include prevention, intervention, and postvention
In the schools

November 2018:

“After reading hundreds of school suicide prevention policies from all across the state, The Trevor Project’s researchers found that only 3% of policies implemented before passage of AB 2246 in 2016 included LGBTQ youth, compared to more than 90% of those written afterwards. Today, 25% of California’s school suicide prevention policies still do not address LGBTQ students.”
# TrevorSpace — Social Network

<table>
<thead>
<tr>
<th>Community</th>
<th>Posts</th>
<th>Time Ago</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Social Lounge</strong></td>
<td>215,520</td>
<td>9 minutes ago</td>
</tr>
<tr>
<td>(Random, Serious discussion, Entertainment, All about you, Finding friends) General topics and discussions</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Coming Out</strong></td>
<td>13,053</td>
<td>3 hours ago</td>
</tr>
<tr>
<td>Discuss tips, stories, and plans related to coming out.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Friends, Family, and Relationships</strong></td>
<td>17,642</td>
<td>5 minutes ago</td>
</tr>
<tr>
<td>From gushing about a crush to having a heart-to-heart with your family, explore the complexity of relationships here.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Sexual Orientation</strong></td>
<td>8,694</td>
<td>2 minutes ago</td>
</tr>
<tr>
<td>New tool to explain SO or GI? Not sure how you identify? Don’t know what non-binary means? Find out here.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Gender</strong></td>
<td>18,045</td>
<td>1 minute ago</td>
</tr>
<tr>
<td>(Transitioning, Fashion and Beauty, Body Dysphoria, Gender Queer / Non-Binary / Gender Fluid)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Support and Advice</strong></td>
<td>15,611</td>
<td></td>
</tr>
<tr>
<td>What should I major in? How do I help a friend who is depressed? What are</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
The Trevor Project focuses on ending suicide among LGBTQ youth. If you or someone you know needs help, we are here for you.

**TrevorLifeline**
If you’re thinking about suicide, you deserve immediate help. Call us anytime.
866.488.7386

**TrevorText**
Talk to a Trevor counselor via text message.
Text “START” to 678678

**TrevorChat**
Online instant messaging with a TrevorChat counselor.
TrevorChat.org

**TrevorSpace**
A social networking site for LGBTQ youth under 25, and their friends & allies.
TrevorSpace.org

**Suicide Prevention & General Info**
Information on suicide prevention and FAQs on sexual orientation, gender identity and other topics can be found at:
TheTrevorProject.org/resources

TheTrevorProject.org
Contact Information

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Questions?