Chris Bright, Director of Public Training — She/He/They
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
# TrevorSpace — Social Network

**Social Lounge**
- Random, Serious discussion, Entertainment, All about you, Finding friends
- General topics and discussions
  - 215,520 posts, 9 minutes ago

**Coming Out**
- Discuss tips, stories, and plans related to coming out.
  - 13,053 posts, 3 hours ago

**Friends, Family, and Relationships**
- From gushing about a crush to having a heart-to-heart with your family, explore the complexity of relationships here.
  - 17,642 posts, 5 minutes ago

**Sexual Orientation**
- New tool to explain SO or GI? Not sure how you identify? Don’t know what non-binary means? Find out here.
  - 8,694 posts, 2 minutes ago

**Gender**
- Transitioning, Fashion and Beauty, Body Dysphoria, Gender Queer / Non-Binary / Gender Fluid
  - 18,045 posts, 1 minute ago

**Support and Advice**
- What should I major in? How do I help a friend who is depressed? What are
  - 15,611 posts
Top Crisis Topics on Trevor — FY18

1. Mental Health Problems
2. Relationships
3. Gender Identity
4. Coming Out
5. Family

1. Mental Health Problems
2. Coming Out
3. Gender Identity
4. Relationships
5. Self-Injury
LGBTQ Youth — Adversity

Homelessness:
• A 2018 study found that LGBTQ youth are at 2.2 times greater risk of homelessness than their heterosexual, cisgender counterparts.²
• A 2015 study found that 44% of LGBTQ homeless youth are of color and Latinx.³

Sexual Assault:
• A 2017 national survey of students found that 7.9% of heterosexual high school students had experienced sexual violence compared to 38.7% of their LGBQ peers (22% — LGB and 16.7% — questioning).⁴
• A 2017 national survey found that sexual violence had taken place one or more times in the 12 months prior to the survey for 31.4% of transgender youth compared to 9.8% of cisgender youth.⁵
LGBTQ Youth — Adversity

Assault:
• In a 2017 national study, 12.4% of LGBTQ students were physically assaulted (e.g., punched, kicked, injured with a weapon) in the past year based on sexual orientation, 11.2% based on gender expression, and 10.0% based on gender.6
• In a 2017 national study, 59.5% of LGBTQ students felt unsafe at school because of their sexual orientation, 44.6% because of their gender expression, and 35.0% because of their gender.7

Intimate Partner Violence:
• In a 2017 national study, 5.5% of heterosexual students; 15.8% of gay, lesbian, and bisexual students; and 14.1% of questioning students reported experiencing sexual dating violence.8
LGBTQ Youth — Adversity

Harassment:

• A 2017 survey found that 56.6% of students reported hearing homophobic remarks from their teachers or other school staff, and 71.0% of students reported hearing negative remarks about gender expression from teachers or other school staff.⁹

• The same survey found that 87.4% of LGBTQ students heard negative remarks specifically about transgender people (e.g., “tranny” or “he/she”); 45.6% heard them often or frequently.¹⁰
Perceived Burdensomeness
LGBTQ Youth Adversity
Thwarted Belonging
Minority Stress
Isolation/Lack of access to affirming care

Suicide Risk
## LGBT Youth Suicide Statistics

<table>
<thead>
<tr>
<th></th>
<th>Trans youth\textsuperscript{11}</th>
<th>LGB youth\textsuperscript{12}</th>
<th>Questioning youth\textsuperscript{13}</th>
<th>Heterosexual youth\textsuperscript{14}</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contemplated suicide</td>
<td>44%</td>
<td>48%</td>
<td>32%</td>
<td>13%</td>
</tr>
<tr>
<td>Attempted suicide</td>
<td>35%</td>
<td>23%</td>
<td>14%</td>
<td>5%</td>
</tr>
<tr>
<td>Suicide attempt, resulting in injury, poisoning, or overdose</td>
<td>17%</td>
<td>8%</td>
<td>6%</td>
<td>2%</td>
</tr>
</tbody>
</table>

*Note: Figures have been rounded to the nearest whole number.*
Best Practices
One supportive person can decrease an LGBTQ youth's risk of suicide by 30%.\textsuperscript{20}
Best Practices — Identity

What helps:

• Mirroring language & pronouns the caller is using
• Normalizing exploration of gender identity, sexual orientation and expression
• Exploring opportunities to expand affirming experiences
• Being aware of your own impulses and reactions
Best Practices — Identity

What does not help:

- Asking question simply out of curiosity
- Discouraging or moving away from the topic of transition or sex
- Invalidate the youths experience based on their age
Best Practices — Coming Out

What helps:

• Exploring benefits and risks of coming out
• Engaging callers in the setting, timing, and their post-disclosure self care
• Normalizing the stress and courage it takes to come out
• Identifying opportunities to expand support, virtual or in person

What does not help:

• Weighing in on whether a caller should/shouldn't come out
References

Self Injury:

Homelessness:

Sexual Assault:

Assault:
7. Ibid.
References Continued

Intimate Partner Violence:

Harassment:
10. Ibid.

LGBTQ Youth Suicide Statistics
13. Ibid.
14. Ibid.

Intersex:

Conversion Therapy:
References Continued

HIV/AIDS:

Supporting LGBTQ Youth