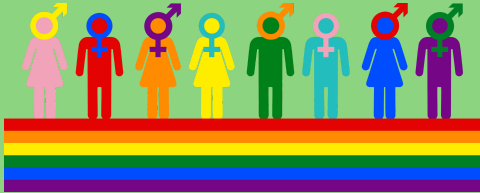


LGBTQ+

Students & MENTAL HEALTH



WHAT DOES LGBTQIA+ STAND FOR?

LGBTQIA+ is the updated acronym for LGBT and stands for Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Allies with the **plus sign** indicating more. An estimated 2.7 million adolescents who are lesbian, gay, or bisexual live in the United States.

SAMHSA 2008

Nearly ONE in FIVE transgender and nonbinary youth attempted suicide and LGBTQ+ youth of color reported higher rates than their white peers.

Trevor Project 2022

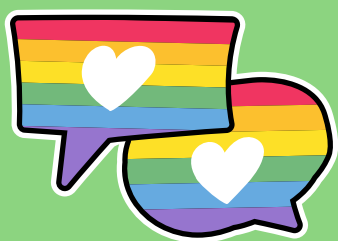


LGBTQ+ STUDENTS & MENTAL HEALTH

LGBTQ+ students have poorer mental health, which is often due to a lack of acceptance and support. This number increases in LGBTQ+ students who are also people of color. Mental health conditions can include depression, anxiety and suicidal ideation.

IMPORTANCE OF REPRESENTATION

TWO in FIVE LGBTQ+ youth report that they live in a place that is somewhat or very unaccepting of LGBTQ+ youth. Studies show that when LGBTQ+ students are **represented** in their **social spaces and media** it significantly lowers their suicide attempt rate.

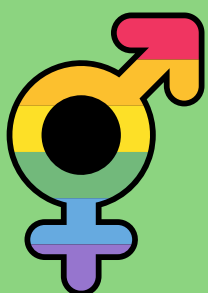


ACCESS TO SERVICES

60% of LGBTQ+ students who wanted mental health care did not have access to it. There are currently only 12 states that require an LGBTQ+-inclusive sex ed curriculum. Out of those 12 states, 3 of them have a history of teaching inaccurate information.

LGBTQ+ youth who live in a community that is accepting of LGBTQ people reported significantly lower rates of attempting suicide than those who do not.

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HOME SOLUTIONS

Take steps to create a welcoming environment. Even if you don't understand, support LGBTQ+ youth as individuals and assist them in finding helpful age appropriate resources.

WAYS TO SUPPORT STUDENTS IN YOUR DISTRICT

Support DEI initiatives in your district. Make sure that LGBTQ+ youth are feeling heard and represented. Examples of this are schools with LGBTQ+ clubs or that have access to LGBTQ+ inclusive sexual education. Make sure additional resources outside of family and friends are also made available.

These resource guides should include mental and physical health services and support groups. **Learn more from LISSA here:**

