

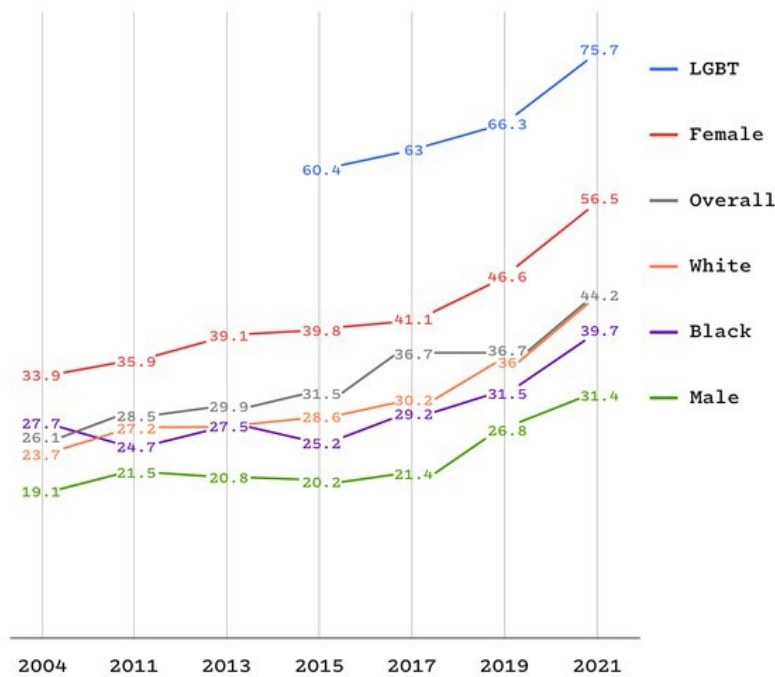
July 2022 Newsletter: Supporting LGBTQ Youth

Over the past decade, there has been a significant increase in young teens and adults who label themselves as transgender, lesbian, gay, and/or bisexual: currently, **21%** of Gen Z population self-identify as LGBTQ. Although more individuals are coming out as their true selves, the graph below depicts teenagers are currently reporting record breaking levels of sadness and hopelessness.



The percentage of high-school students who reported persistent feelings of sadness or hopelessness has risen dramatically between 2019 and 2021; notably, LGBTQ students represent the highest level at **75.7%** in 2021. LGBTQ youth may experience these feelings for many reasons such as a lack of familial and community support. Many LGBTQ youth also experience a **lack of support** in their homes, as there is a higher risk of being kicked out of one's home due to family conflict after coming out. In addition, lack of support in their **community** may perpetuate these feelings and can be experienced in a multitude of ways such as Florida's "Don't Say Gay" bill, which seeks to ban schools in the state from educating students on topics such as sexual orientation and gender identity. A 2022 Trevor Project poll of 34,000 LGBTQ youth reported that **45%** had seriously considered suicide, demonstrating a significant mental health crisis in the LGBTQ community.

Percent of High-School Students Feeling Persistently Sad or Hopeless



"This graphic was originally published on the website TheAtlantic.com and is republished here with The Atlantic's permission"

PROTECTIVE FACTORS

Protective factors are conditions or attributes that promote the health and well-being of individuals while mitigating the risk these people face in their families or communities. With LGBTQ youth, some **protective factors** are:

- Social Support
- Role Models
- Supportive Environment

• **Social Support:** LGBTQ youth can benefit from receiving support from parents, relatives, teachers, and friends. Their mental health can be supported through the development of connections with LGBTQ adults and non-LGBTQ allies.

• **Role Models:** Positive portrayals of LGBTQ people in the media can help reduce the feelings of social isolation and invisibility. The inclusion of LGBTQ characters in popular culture fosters and inspires hope for LGBTQ youth, contributing to the view of a more accepting society.

• **Supportive Environment:** LGBTQ youth's mental health has been shown to improve when there is a positive school climate. Schools that have anti-bullying policies with specific protections for LGBTQ youth and have bathrooms that allow students to use the restroom that matches their gender identification also have a significant positive effect on these students. Additionally, a welcoming home environment can also prevent homelessness in LGBTQ youth.



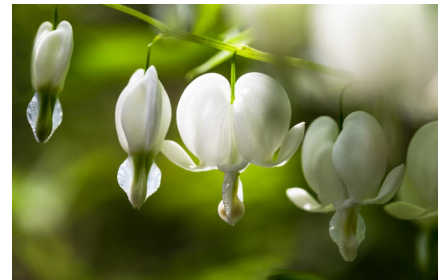
How can we help?

In remembrance of the Stonewall Uprising, which marked a turning point for the Gay Liberation Movement in the United States, **June** is the designated month for Pride. However, supporting LGBTQ youth is a year-round effort that does not just end with June. Here are some ways in which you can support these teens to promote a more positive mental well-being:

- **Prepare:** Learn about LGBTQ history, culture, and activism will help you be a better and more informed ally. Make an effort to continue to learn as times change to show your continued support.
- **Offer unconditional love and support:** Love and support are key factors in helping the LGBTQ community feel accepted and comfortable in being who they are. This is vital to reducing stress, depression, and anxiety.
- **Encourage dialogue and be an active listener:** Ask questions and create open conversation to learn more about the youth. By providing a space for youth to talk and being an active listener, you can show that you understand and hear them.
- **Reach out to organizations for help, support, or to get involved:** Check out organizations such as **The Trevor Project** and **PFLAG** to find support for any LGBTQ member. You can also get involved by donating time or money to these organizations.

Mindful Tips From Our Therapists

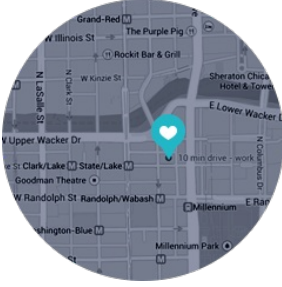
- *I always try to introduce myself to every client with my pronouns so that they know that you are conscious about using the correct ones. I also make sure to ask the client, "I have that your name is [this], do you have another name you would prefer I call you?" – Anna*
- *Go at a client's pace as they explore their sexual and gender identities. LGBTQ youth need time and space to be able to explore, develop, and understand what identities work for them at any given time. Fluidity in conversation with them is so important. – Venezah*
- *Be mindful of other identities that a client holds that impact their LGBTQ identity such as religious/spiritual background, class, race, ethnicity, nationality, etc. Cultural humility is so important when processing how a client may be navigating what it means to be queer in relation to their other identities. – Venezah*
- *Supporting LGBTQ youth includes providing an affirming, safe place for them to explore their identity. – Tori*



Visit Mobile App

Visit Resources

Visit Referrals



Thank you for helping us make this training as effective as possible!

Children's Research Triangle
70 E. Lake Street, Suite 1300,
Chicago, IL 60601
312-726-4011

Visit our Website



Children's Research Triangle | 70 E Lake Street, Suite 1300, Chicago, IL 60601

[Unsubscribe avlahos@cr-triangle.org](mailto:unsubscribe_avlahos@cr-triangle.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by bykscanlan@cr-triangle.org in collaboration
with



Try email marketing for free today!