

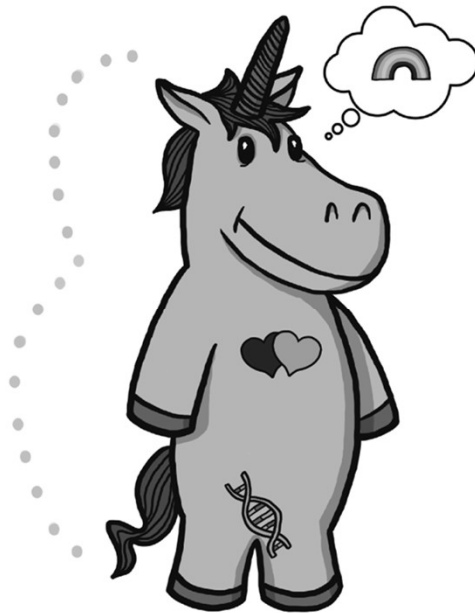
Goal of Today

Scope of the problem

- Lesbian, Gay, Bisexual, Transgender, Queer or Questioning (LGBTQ) youth are at 4x the risk for suicide attempts compared to their straight and cisgender peers (Kann et al., 2018)
- In a survey of more than 30,000 LGBTQ+ youth aged 13-24 years in the United States, 41% seriously considered suicide in the past 12 months and 14% attempted suicide (The Trevor Project, 2023)
- Lack of work elevating the voices of LGBTQ youth with lived experience to inform care

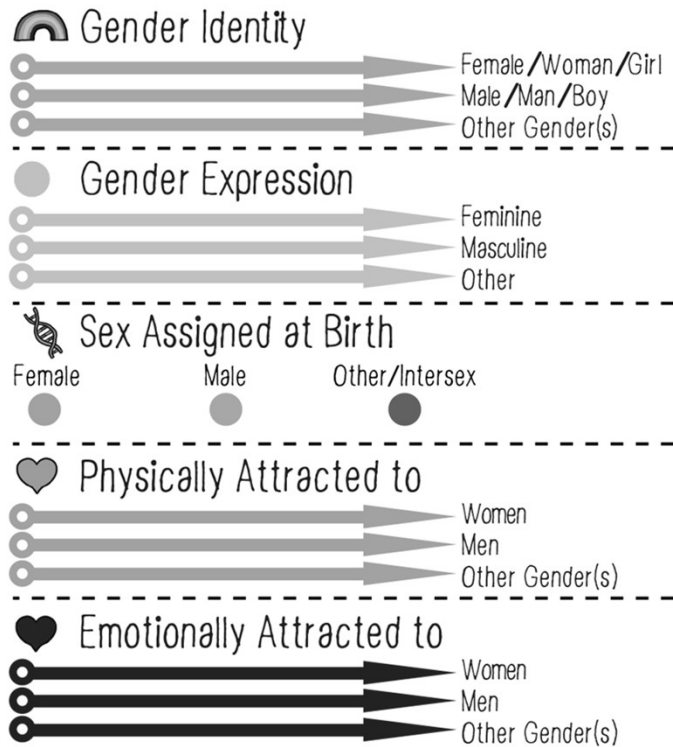
The Gender Unicorn

Graphic by:
TSER
Trans Student Educational Resources



To learn more, go to:
www.transstudent.org/gender

Design by Landyn Pan and Anna Moore

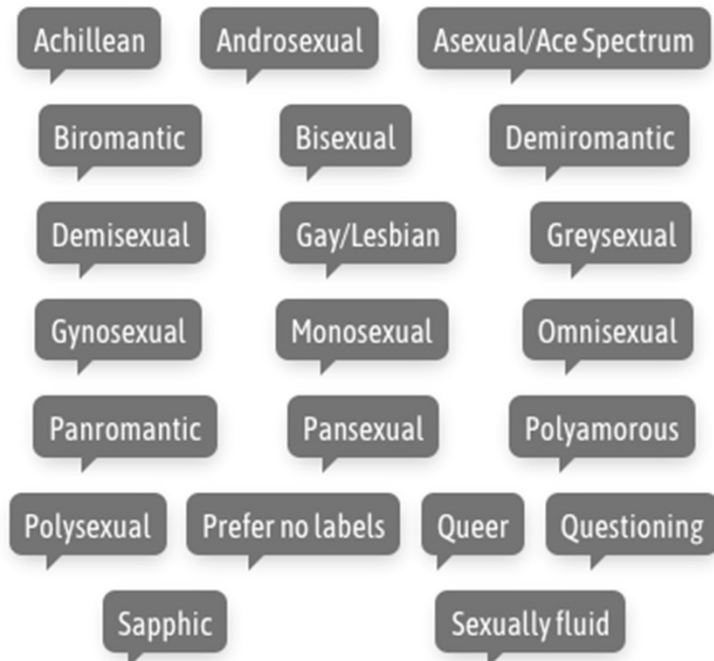


LGBTQ youth identify themselves in an incredibly wide range of ways.

LGBTQ youth in the survey identified with more than 100 different combinations of terms to describe their gender identity:



LGBTQ youth in the survey identified with more than 100 different combinations of terms to describe their sexual orientation:






Trauma Informed Lens

- Promoting Psychological Safety
- Avoid Potential Re-traumatization



Treatment Recommendations and Barriers to Care for Suicidal LGBTQ Youth: A Quality Improvement Study

Lucas Zullo ^a, Ilana Seager van Dyk ^b, Elizabeth Ollen^a, Natalie Ramos^a, Joan Asarnow ^a, and Jeanne Miranda^a

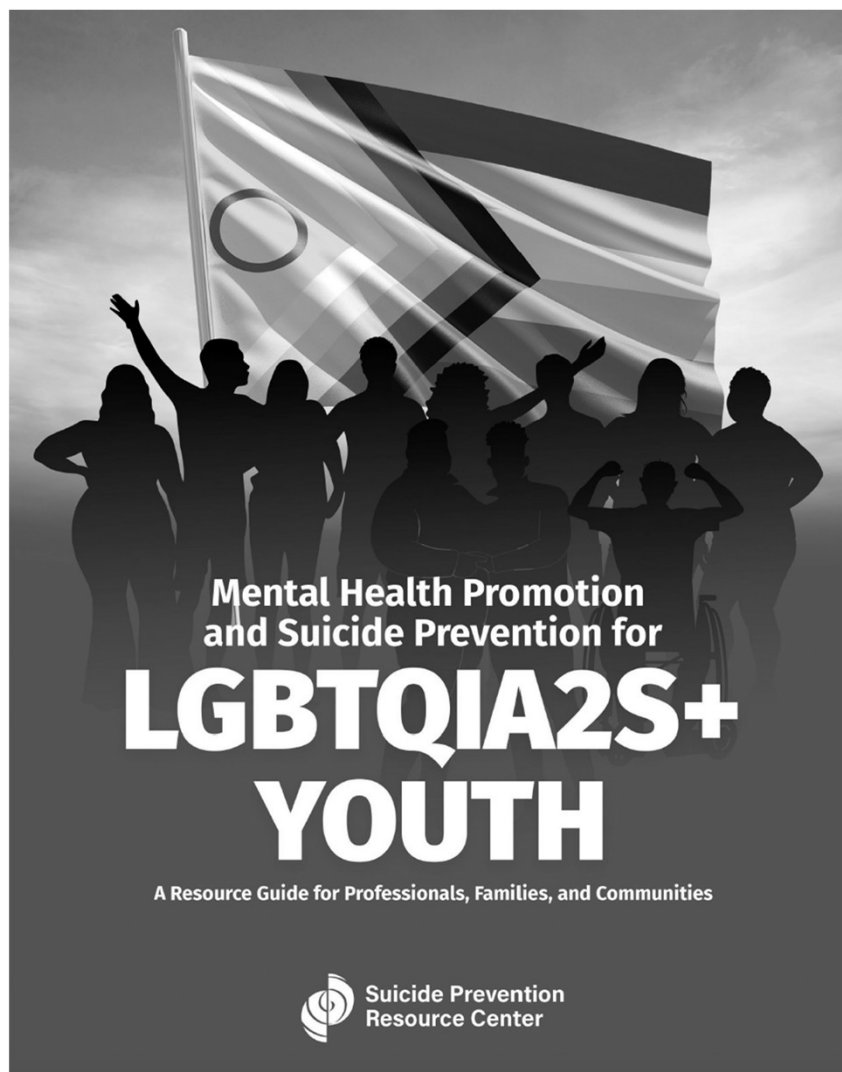
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“When I think back to some of the most memorable or helpful things in general, it was really the time when the provider sat there and asked me what I needed, rather than telling me what they think I needed.”



Resources

- Trevor Project
- NCTSN SOGIE Collaborative Group
- Family Acceptance Project
- Mental Health Promotion and Suicide Prevention for LBGTQIA2S+ Youth (Suicide Prevention Resource Center)
- UCLA-Duke ASAP Center



Mental Health Promotion
and Suicide Prevention for

LGBTQIA2S+ YOUTH

A Resource Guide for Professionals, Families, and Communities



Suicide Prevention
Resource Center

Family Behaviors that Increase Your LGBTQ Child's Risk for Serious Health & Mental Health Problems

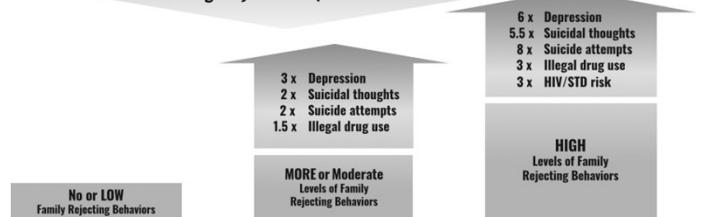
Research from the Family Acceptance Project® shows that more than 50 family rejecting behaviors contribute to serious health risks for lesbian, gay, bisexual, transgender and queer (LGBTQ) youth. These include depression, suicidal behavior, illegal drug use, HIV and sexually transmitted infections (STIs). Family rejection increases risk for homelessness and placement in foster care and juvenile justice facilities.

Most parents and families that engage in these behaviors do so out of care and concern – to help their LGBTQ / gender diverse child fit in, have a good life and to protect them from harm. Help families understand that these and other rejecting behaviors are harmful!

BEHAVIORS THAT HURT...

Prevent your child from having an LGBTQ friend	Don't talk about your child's LGBTQ identity	Blame your child when others mistreat them because of their LGBTQ identity / gender expression	Try to change your child's LGBTQ identity or gender expression	Exclude your LGBTQ child from family events & activities
Tell your LGBTQ child that you're ashamed of them	Pressure your child to be more (or less) masculine or feminine	Don't use the name or pronoun that matches your child's gender identity	Don't let your child participate in LGBTQ support groups or services	Let others speak badly about LGBTQ / gender diverse people in front of your child
Tell your child that being LGBTQ is "just a phase"	Take your child to a therapist or religious leader to try to change their LGBTQ identity	Hit, slap or physically hurt your child because they are LGBTQ / gender diverse	Don't let your child talk about their LGBTQ identity	Don't let your child wear clothes or hairstyles that express their gender identity
Use religion to reject your child's sexual orientation, gender identity and expression			Tell your child that God will punish them because of their sexual orientation or gender identity	Make your child leave home because they are LGBTQ
Tell your child to "tone down" how they look, dress or behave	Make your child pray or attend religious services to change or prevent their LGBTQ identity	Call your child negative names because they are LGBTQ / gender		

The more of these behaviors that parents and families do, the higher your LGBTQ child's risk



For more information about acceptance and rejection and your LGBTQ child's risk & well-being - Family Acceptance Project®: <https://familyproject.sfsu.edu>
Biden Foundation's Family and Community Acceptance Campaign: <https://go.bidenfoundation.org/AsYouAre>

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Family Behaviors that Increase Your LGBTQ Child's Health & Well-Being

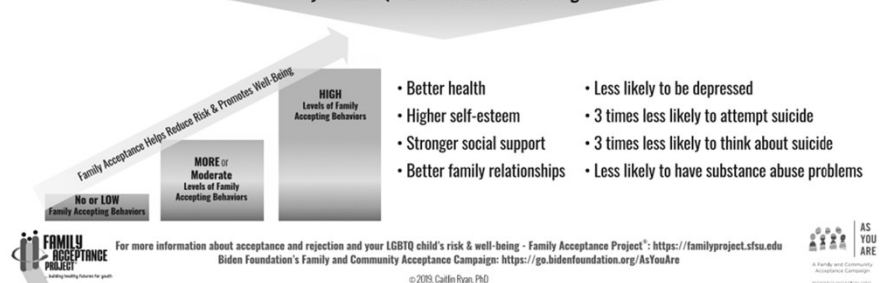
Research from the Family Acceptance Project® found more than 50 family accepting behaviors that help protect your lesbian, gay, bisexual, transgender and queer-identified (LGBTQ) child against health risks like depression, suicide and illegal drug use and help to increase your LGBTQ child's self-esteem, health and well-being. A little change makes a difference in decreasing your child's isolation and risk and giving them hope that their family will be there for them.

Family support saves lives!

BEHAVIORS THAT HELP...

Tell your LGBTQ / gender diverse child that you love them	Support your child's gender expression	Talk with your child or foster child about their LGBTQ identity and listen respectfully – even when you feel uncomfortable or think that being gay or transgender is wrong	Require other family members to treat your child with respect	Show affection when your child tells you or when you learn that your child is LGBTQ
Ask your child if – and how – you can help them tell other people about their LGBTQ identity	Welcome your child's LGBTQ friends to your home	Use your child's chosen name and the pronoun that matches their gender identity	Bring your child to LGBTQ groups and events	Get accurate information to educate yourself about your child's sexual orientation, gender identity and expression
Find a congregation that welcomes your LGBTQ / gender diverse child and family	Participate in family support groups and activities for families with LGBTQ and gender diverse children to get support for yourself and your family and guidance for supporting your LGBTQ child	Talk with your religious leaders to help your congregation become supportive of LGBTQ people	Tell your LGBTQ / gender diverse child that you're proud of them	Stand up for your child when others mistreat them because of their LGBTQ identity or gender expression – at home, at school, in your congregation and in the community
Tell your LGBTQ / gender diverse child that you will be there for them – even if you don't fully understand	Connect your child with LGBTQ adult role models	Volunteer with organizations that support LGBTQ people		Speak openly about your child's LGBTQ identity
Speak up when others make negative comments about LGBTQ people				Believe that your child can be a happy LGBTQ adult – and tell them they will have a good life

The more of these behaviors that parents and families do, the better your LGBTQ child's health & well-being



- Better health
- Higher self-esteem
- Stronger social support
- Better family relationships
- Less likely to be depressed
- 3 times less likely to attempt suicide
- 3 times less likely to think about suicide
- Less likely to have substance abuse problems

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Questions?

