



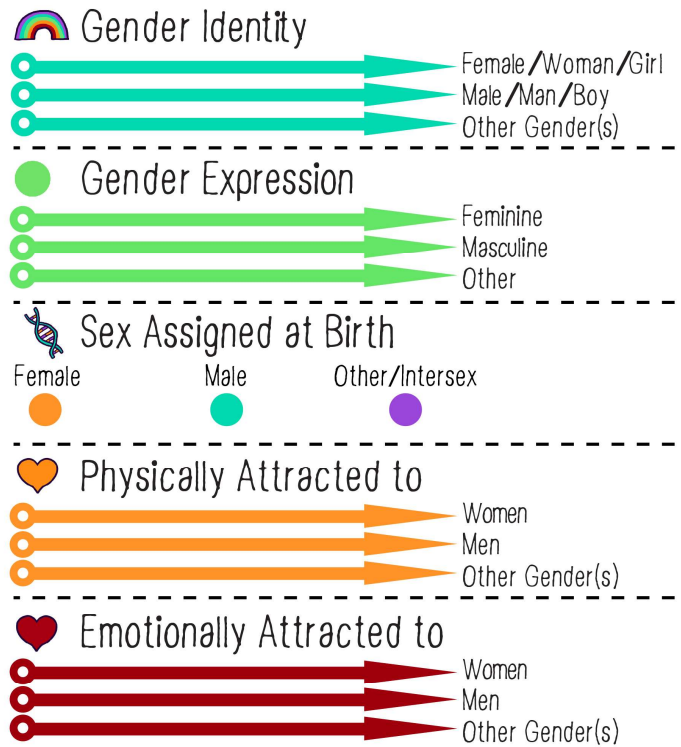
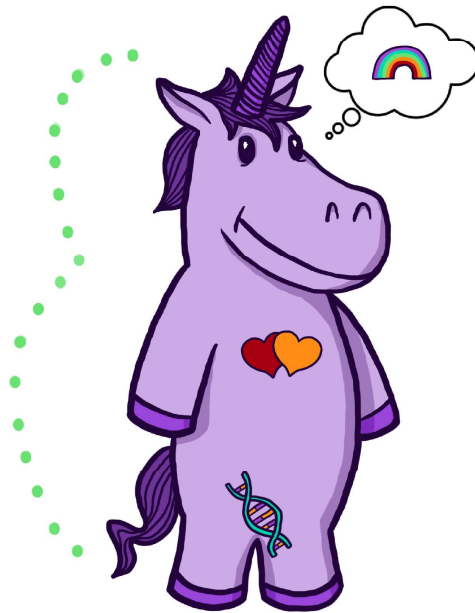
Goal of Today

## 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

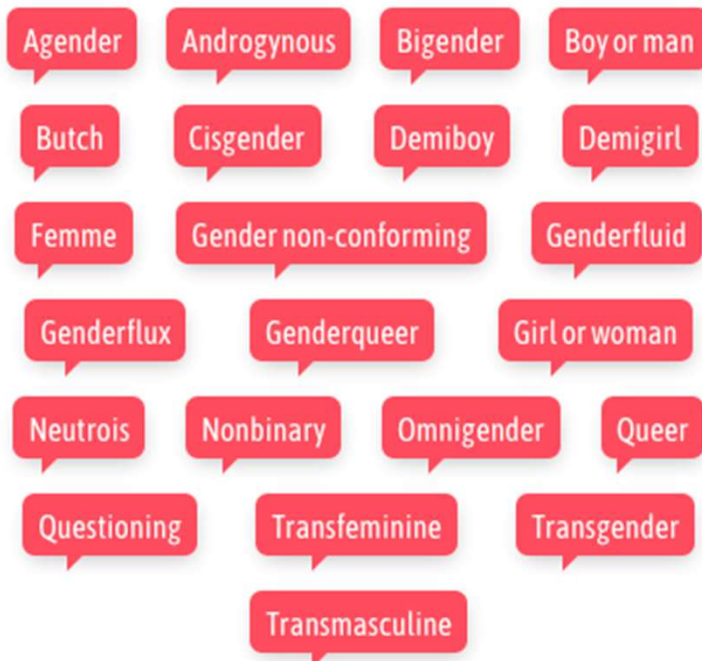


To learn more, go to:  
[www.transstudent.org/gender](http://www.transstudent.org/gender)

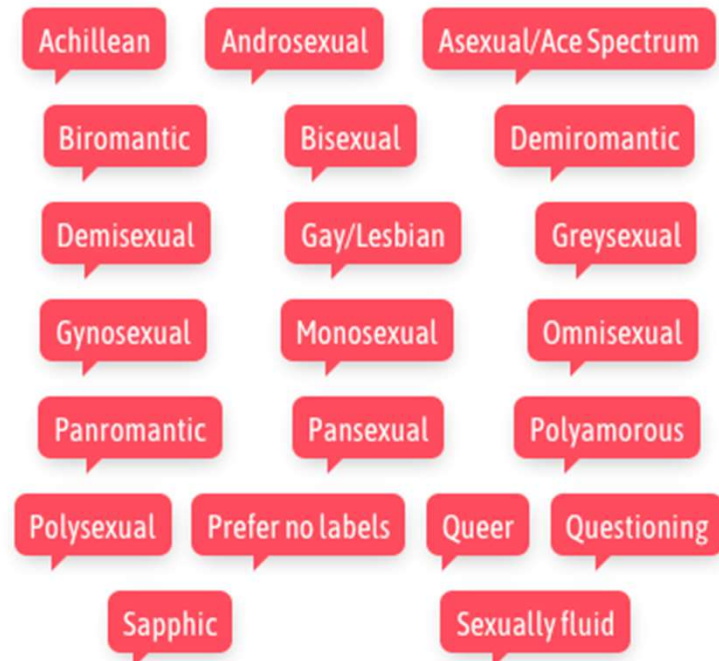
Design by Landyn Pan and Anna Moore

# 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 <sup>a</sup>, Ilana Seager van Dyk <sup>b</sup>, Elizabeth Ollen<sup>a</sup>, Natalie Ramos<sup>a</sup>, Joan Asarnow <sup>a</sup>, and Jeanne Miranda<sup>a</sup>

<sup>a</sup>Department of Psychiatry and Biobehavioral Sciences, University of California, Los Angeles, USA; <sup>b</sup>Department of Social and Behavioral Sciences, Yale School of Public Health, New Haven, USA

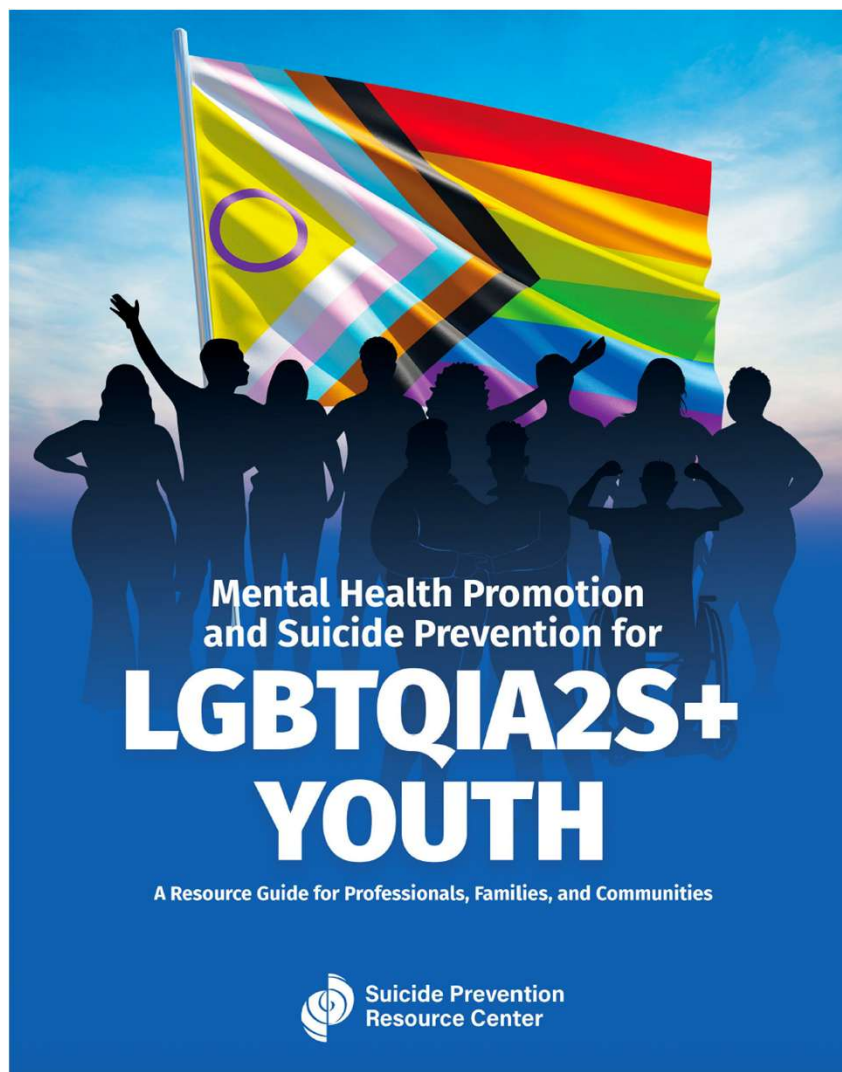
“When I think back to some of the most memorable or helpful things in general, it was really the time when the provider sat there and asked me what I needed, rather than telling me what they think I needed.”



## 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





## 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 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    | Don't use the name or pronoun that matches your child's gender identity                          | Don't let your child talk about their LGBTQ identity                               |                                                          |
| Use religion to reject your child's sexual orientation, gender identity and expression | Hit, slap or physically hurt your child because they are LGBTQ / gender diverse             | Tell your child that God will punish them because of their sexual orientation or gender identity | Don't let your child wear clothes or hairstyles that express their gender identity |                                                          |
| 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                                   | Make your child leave home because they are LGBTQ                                  |                                                          |

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>

© 2019, Caitlin Ryan, PhD



## 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                                                                                | 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                                                                                                                                                  | even when you feel uncomfortable or think that being gay or transgender is wrong                                                                                       | 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 | Use your child's chosen name and the pronoun that matches their gender identity                                                                                        | Tell your LGBTQ / gender diverse child that you're proud of them                              |                                                                                                                    |
| Tell your LGBTQ / gender diverse child that you will be there for them – even if you don't fully understand | Talk with your religious leaders to help your congregation become supportive of LGBTQ people                                                                                                     | 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 | Speak openly about your child's LGBTQ identity                                                |                                                                                                                    |
| Speak up when others make negative comments about LGBTQ people                                              | Connect your child with LGBTQ adult role models                                                                                                                                                  | Volunteer with organizations that support 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



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>

© 2019, Caitlin Ryan, PhD



Questions?

