

hope,
equity,
power!



Critical Stats: Vermont's LGBTQ+ Youth



Minority Stress Perspective highlights that poor health outcomes and behavior risks that LGBTQ+ youth face are not due to their sexuality or gender identity, but instead result from the burden of stress caused by discrimination, bias, and harm.

Middle School

During the past year, among middle school students:

TWENTY-SIX percent OF 12,367 middle school students identified as LGBTQ+

	LGBTQ+ Students	Cisgender, Heterosexual Students
Report having suicidal thoughts	40%	14%
Made a suicide plan	32%	10%
Have ever been bullied on school property	62%	43%
Have ever experience electronic bullying	43%	27%
Have been bullied in the past 30 days	40%	23%

High School

During the past year, among high-school students:

TWENTY-NINE percent of the 15,606 high school students identified as LGBTQ+

	LGBTQ+ Students	Cisgender, Heterosexual Students
LGBTQ+ students are more likely to report poor mental health	54%	26%
Have hurt themselves on purpose	43%	15%
Have made a suicide plan during the past year	27%	9%
Attempted suicide during the past year	14%	5%

Data from the Vermont Department of Health 2023 Youth Risk Behavior Assessment Survey (YRBS)

"It's a known fact that individuals in the community have higher rates of depression, anxiety, and suicidal thoughts than their cis-het peers."

— OUTRIGHT YOUTH PARTICIPANT



Act Now: Change is Crucial

We urge decision-makers to act and to center LGBTQ+ youth in response to these alarming results!



Here's what's possible:

"Suicide is no longer an option. I want to live for moments like this."
"I don't feel alone anymore."
"I'm not the only one!"

This model demonstrates the layers of action required to promote protective factors that support healthy outcomes for LGBTQ+ youth. Outright's Theory of Change reflects this prevention model and calls on community members to work with and alongside LGBTQ+ and allied youth to:

- ✓ Discover Self & Peer Connections
- ✓ Strengthen Families
- ✓ Transform Schools & Communities
- ✓ Advance Liberation & Social Justice

Let's do this — together! Heck yeah!

Vermont Prevention Model

