

Resilience In LGBTQ+ Youth

Cultivating a sense of belonging in youth and increasing connection to a supportive educator and communities are essential for changing the health disparities LGBTQ+ youth face.



“I don't feel judged. I can be who I am and act how I want to act.”

—LGBTQ+ YOUTH

WHAT YOU NEED TO KNOW

Middle School

Only **38%** of LGBTQ+ middle school students agree or strongly agree that they matter to people in their community, compared to **62%** of heterosexual cisgender students.

40% Report having suicidal thoughts

32% Made a suicide plan

17% Have ever attempted suicide

High School

Only **42%** of LGBTQ+ high school students believe they matter to people in their community, compared to **60%** of heterosexual cisgender students.

43% Have hurt themselves on purpose

27% Have made a suicide plan during the past year

14% Attempted suicide during the past year

*Vermont Department of Health 2023 Youth Risk Behavior Assessment (YRBS)

**Graph represents the percentage of Vermont LGBTQ+ students who have made a suicide plan within the past 12 months.

Minority Stress

Perspective tells us that the 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.

CALL TO ACTION!

Make this world a better place for LGBTQ+ youth to live authentically!

Create a culture of care EVERYWHERE!

Increase joy and belonging with LGBTQ+ youth!



“Community is invaluable at a time like this.”

—LGBTQ+ YOUTH

**hope,
equity,
power!**



outrightvt.org | info@outrightvt.org



SUPPORTIVE ADULTS MAKE ALL THE DIFFERENCE! **THAT’S YOU!**

Vermont LGBTQ+ youth who can identify supportive adults **in school, community, or at home** are **LESS LIKELY** to make a suicide plan.

All of the district and school staff have a role to play.

- ◆ Calling youth by the name and pronouns they ask you to use
- ◆ Supporting Gender and Sexuality Alliances
- ◆ Implementing curricula that represent marginalized communities
- ◆ Increasing skills and knowledge of school staff

Parents and caregivers play a crucial role in building protective factors.

- ◆ Encouraging youth to express themselves authentically
- ◆ Communicating that love and support are unconditional
- ◆ Strengthening a child’s self-esteem by increasing community connections

Community is essential to show LGBTQ+ youth they matter.

- ◆ Ensure there are local resources like spaces where youth can be themselves
- ◆ Create inclusive policies
- ◆ Representation in leadership across local government and agencies