

# Resilience In LGBTQ+ Youth

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

Youth who have a teacher or an adult in their school to talk to about a problem or youth who believe that they are a part of a community are **less likely to make a suicide plan.**

## Suicide Planning Among LGBTQ High Schoolers

Youth who **HAD** a teacher or other adults in their school

Made plan **24%**

Youth who **DID NOT** have a teacher or other adults in their school

Made plan **44%**

Youth who **BELIEVED** they mattered to their community

Made plan **15%**

Youth who **DID NOT** believe they mattered to their community

Made plan **47%**

% OF LGBTQ YOUTH WHO MADE A PLAN

\*Vermont Department of Health 2021 Youth Risk Behavior Assessment (YRBS)

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



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

—LGBTQ+ YOUTH

### 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!**



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

Vermont LGBTQ+ youth who can identify a 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