

IMPORTANT CONSIDERATIONS FOR SUPPORTING LGBTQ+ PEOPLE

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CENTER of EXCELLENCE
LGBTQ+ BEHAVIORAL HEALTH EQUITY





LGBTQ+ people experience unique vulnerabilities directly related to hostility and violence and rejecting behaviors.

RISK FACTORS

- Lack of family acceptance/support
- Bullying, harassment, violence
- Lack of visible possibility models
- Lack of social programs
- Limited access to affirming care
- Stigma associated with LGBTQ+ identities
- Internalized biases
- Economic hardships due to discrimination

Leads to high rates of isolation, depression, anxiety, minority stress, and other mental health outcomes



DISPARITIES DATA ON BLACK LGBTQ YOUTH

One study found that 44% of Black LGBTQ youth seriously considered suicide in the past 12 months, including 59% of Black transgender and nonbinary youth.

Price-Feeney, M, Green, A.E. & Dorison, S. (2020). *All Black Lives Matter: Mental Health of Black LGBTQ Youth*. New York, New York: The Trevor Project.
<https://www.thetrevorproject.org/wp-content/uploads/2020/10/All-Black-Lives-Matter-Mental-Health-of-Black-LGBTQ-Youth.pdf>





DISPARITIES DATA ON LGB PEOPLE

People who identify as bisexual are four times more likely to report attempted suicide when compared to people who identified as straight, lesbian, or gay.

People who identified as lesbian or were two times more likely to report attempted suicide compared to those who identified as straight.

Laura E. Tomedi and James L. Padilla, "Health Inequities by Sexual Orientation in New Mexico, 2005–2011," July 2013, accessed August 13, 2014, http://www.nmtupac.com/pdf/LGBT_2013.pdf.

DISPARITIES DATA ON TGD YOUTH

In a national study, 40% of transgender adults reported having made a suicide attempt, 92% of these individuals reported having attempted suicide **before the age of 25.**

James, S. E., Herman, J. L., Rankin, S., Keisling, M., Mottet, L., & Anafi, M. (2016). The Report of the 2015 U.S. Transgender Survey. Washington, DC: National Center for Transgender Equality.





The Adolescent and Behaviors and Experiences Survey found that 26.3% of lesbian, gay, and bisexual high school students had attempted suicide in 2021, compared to 5.2% of youth who identified as straight.



Of those who identified as transgender, 35% of them had attempted suicide compared to 15% of young people who did not identify as transgender.



Historical Trauma

The impact of not having family, or losing family in a traumatic way, still impacts LGBTQ+ older adults.



Protective Factors



- Easy access to effective affirming care
- High self-esteem
- Learning and applying coping skills
- Supportive family/family of choice/teachers/mentors
- Connection to other LGBTQ+ people
- Positive role models or being a role model to others
- Hope of transitioning to affirm one's gender identity
- Supportive communities – churches, schools, places of employment
- Positive reactions to “coming out”

ONE PERSON CAN MAKE THE DIFFERENCE

A report from the Trevor Project shows that just one accepting adult can reduce the risk of a suicide attempt by 40 percent.

<https://www.thetrevorproject.org/research-briefs/accepting-adults-reduce-suicide-attempts-among-lgbtq-youth/>





Families may struggle with fear, guilt, anger, and confusion.



Educational Video for Providers and Families

Support for LGBTQ Youth
Starts at Home:
An [#AsYouAre](#) Project

Family Acceptance Project

UNG XỬ TRONG GIA ĐÌNH GIÚP CẢI THIỆN SỨC KHỎE VÀ ĐỜI SỐNG CHO CON CÁI LÀ NGƯỜI LGBTQ

आपके LGBTQ बच्चे के स्वास्थ्य व मानसिक स्वास्थ्य के लिए गंभीर खतरा बढ़ाने वाले पारिवारिक व्यवहार

有助於同志孩子身心健康的家人言行

家人接納計劃 (Family Acceptance Project®) 的研究發現，有50多種家人的支持性言行可幫助您的女同性戀、男同性戀、雙性戀、跨性別和酷兒 (LGBTQ，統稱同志) 孩子，避免憂鬱、自殺和藥物濫用等行為，並有助於增加同志孩子的自尊和身心健康。只要有改變家人的言行，就可以減少孩子們的孤獨感，並給予他們家人會一直在身邊支持的希望。

家人的支持可以挽救生命！

支持性的言行包括：

- 尋求正確資訊來學習與孩子的性傾向、性別認同和性別氣質表現相關的知識
- 要求其他家人和親友們尊重您的孩子
- 帶您的孩子參加同志團體和活動
- 當孩子向您出櫃時，或在您得知孩子是同志時，您能向您的孩子傳達您對其不變的愛
- 經孩子同意後，能坦誠地向別人表明您孩子的同志身份
- 相信並告訴您的同志孩子，他們會快樂的成長，過美滿的生活
- 即使您感到不自在或認為同性戀(或跨性別)是不對的，仍願意好好與您的孩子談話他們的同志身份認同，並能用心聆聽，尊重他們的想法
- 歡迎您孩子的同志朋友來家中作客
- 告訴您的同志(或性別多樣化的)孩子您愛他們
- 支持您的孩子自在展現其性別氣質
- 參加為有同志孩子的家庭舉辦的支持團體和活動，從中獲得對您和家人的支持，並學習如何支持您的同志孩子
- 使用您孩子選擇的姓名和與他們的性別認同相符合的代名詞稱呼您的孩子
- 與您的宗教信仰領袖溝通，幫助您宗教信仰團體的會眾信徒學習支持同志族群
- 無論在家裏、學校、宗教信仰團體或社區中，當別人因您孩子的同志身份(或性別氣質)欺負霸凌他們時，您能為您的孩子挺身而出
- 告訴您的同志(或性別多樣化的)孩子，即使您不完全了解，您仍會站在他們身邊
- 幫助您的孩子認識一些成年同志楷模
- 在支持同志的團體中擔任志工
- 當別人對同志發表負面評論時，您能發言反對
- 告訴您的同志(或性別多樣化的)孩子，即使您不完全了解，您仍會站在他們身邊
- 幫助您的同志(或性別多樣化的)孩子，即使您不完全了解，您仍會站在他們身邊
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家長和其他家庭成員越經常表達這些支持性的言行，同志孩子的身心就越健康

高度的人家接納言行
 較多或中度的家人接納言行
 較少或中度的家人接納言行

- 身心更健康
- 自尊感較高
- 社會支持更強大
- 家庭關係品質更好
- 降低罹患憂鬱症的機率
- 自殺企圖發生可能性減為三成
- 自殺意念出現可能性減為三成
- 藥物濫用的問題變少

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Family Acceptance Project



家庭接受和支持，培養健康孩子

幫助家裡有同志
(女同性戀、男同性戀、雙性戀、跨性別) 成員的家庭



家庭接受項目™
舊金山州立大學



Supportive Families, Healthy Children

Helping Families with Lesbian, Gay, Bisexual & Transgender Children



SAN FRANCISCO STATE UNIVERSITY



Niños saludables con el apoyo familiar

Ayuda para familias con hijos e hijas lesbianas, gays, bisexuales y transgénero



SAN FRANCISCO STATE UNIVERSITY

Helpful Resource on Language



Learning About Sexual Orientation, Gender Identity & Expression

This video, available in English, Spanish, and Portuguese, reviews basic terminology that is important to know when working with people who have diverse sexual orientations or gender identities. This terminology includes sex assigned at birth, gender identity, gender expression, sexual orientation, and more.

**WATCH NOW:
ENGLISH**

**WATCH NOW:
SPANISH**

**WATCH NOW:
PORTUGUESE**

LGBTQ Family Acceptance Faith-Based Resources



Art by Sam Kirk ©2021

Faith-Based Resources

CEC Version

Certificate of Attendance Version



Safety Planning Around Unique Experiences for LGBTQ+ People

This module will provide information for safely providing services in anti-LGBTQ+ climates. Many providers worry that providing LGBTQ+ specific services in organizations, towns, or states that have demonstrated anti-LGBTQ+ sentiments would put their LGBTQ+ clients at risk. Though this is always possible in any organization or jurisdiction, there are some very important strategies that can increase safety while still reaching LGBTQ+ populations. This module will present the strategies with practice examples.

This module takes approximately 30 minutes to complete and provides 0.5 CECs or a certificate of attendance.

CEC Version

Certificate of Attendance Version



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PROMOTING THE WELLBEING OF LGBTQ+ PEOPLE & THEIR FAMILIES

