66% of LGB high school students felt sad or hopeless almost every day for 2 or more weeks in a row during the past 12 months.

12% of LGB high school students were threatened or injured with a weapon on school property.

66% of LGB high school students felt sad or hopeless almost every day for 2 or more weeks in a row during the past 12 months.

47% of LGB high school students seriously considered attempting suicide during the past 12 months.

40% LGB high school students had planned how they would attempt suicide during the past 12 months.

23% of LGB high school students had attempted suicide one or more times during the past 12 months.

32% of LGB high school students were bullied on school property.

23% of LGB high school students had attempted suicide one or more times during the past 12 months.

Every stage of suicidal ideation presents an opportunity for prevention/intervention.

‘Namely, prevalence estimates of suicidal ideation, suicide plans, attempts, and attempts requiring medical treatment were highest among sexual minority youths, those who identified as LGB, and youths who reported having had sexual contact with the same or with both sexes during 2019’ (Ivey-Stephenson, 2019).

12% of those who reported at least one in-person LGBTQ-affirming space attempted suicide in the past year compared to 20% of LGBTQ youth without in-person LGBTQ-affirming spaces.‘ (The Trevor Project, 2020)

‘Transgender and nonbinary youth who reported having pronouns respected by all of the people they lived with attempted suicide at half the rate of those who did not have their pronouns respected by anyone with whom they lived.’ (The Trevor Project, 2021)

Citations:


Tips for Creating Affirming Spaces for LGBTQ+ Individuals

1. Make Curriculum LGBTQ+ inclusive
   - including LGBTQ+ history
   - include diverse families
   - use LGBTQ+ inclusive literature
   - celebrate LGBTQ+ events

2. Be Visible
   - make classrooms and work spaces safe by showing support
   - let your actions speak for you
   - use inclusive language
   - respond to anti-LGBTQ+ behavior

   - sexual orientation
   - gender identity
   - gender expression

4. Response to "Coming Out"
   - offer support
   - assure and respect confidentiality
   - listen

5. Online Communities
   - Q Chat Space: an online community for LGBTQ+ teens
   - TrevorSpace: affirming international community for LGBTQ young people

6. Trevor Lifeline
   - 24/7/365
   - Call, text, or chat
   - 1-866-488-7386
   - Text START to 678-678

Locating Affirming Spaces

Local

- Big Brothers, Big Sisters of Delaware*
  "Big Brothers Big Sisters of Delaware has been serving Delaware children and youth since 1964. We have a proven record of success, providing mentoring relationships that benefit everyone involved – the child, the family, the volunteer and the community."

- CAMP Rehoboth LGBTQ Youth*
  "CAMP Rehoboth seeks to promote community well-being on all levels; to foster the development of community groups; to develop community space; to promote human and civil rights; to work against prejudice and discrimination; to lessen tensions among the community at large; and to help foster the economic growth of the area."

- William Way LGBTQ Community Center*
  "The William Way LGBTQ+ Community Center serves the LGBTQ+ community of Philadelphia and its allies 365 days a year. The center offers social groups, networking events, counseling and support services, art exhibitions and cultural experiences."

National

- Genders & Sexualities Alliance Network
  "GSA Network is a next-generation LGBTQ+ racial and gender justice organization that empowers and trains queer, trans and allied youth leaders to advocate, organize, and mobilize an intersectional movement for safer schools and healthier communities."

- PFLAG*
  "PFLAG is the first and largest organization for lesbian, gay, bisexual, transgender, and queer (LGBTQ+) people, their parents and families, and allies. PLAG has three chapters in Delaware with updated resources that offers virtual and local opportunities: (Delaware’s chapters)*

- GLSEN*
  "GLSEN believes that every student has the right to a safe, supportive, and LGBTQ+-inclusive K-12 education. We are a national network of educators, students, and local GLSEN Chapters working to make this right a reality."

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