PEOPLE INCORPORATED
MENTAL HEALTH SERVICES

SBMH Newsletter

SCHOOL-BASED MENTAL HEALTH

JUNE 2022

Happy PRIDE Month!

For those who don't know, Pride is a celebration of the self-affirmation, dignity, equality, and increased visibility of lesbian, gay, bisexual, transgender, and queer people as a social group. This is generally celebrated around the US in the month of June. Pride came about to commemorate the Stonewall Riots that occurred on June 28, 1969. It grew from marches to full on events, activities and festivals. In honor of our LGBTQ+ students, this month's newsletter will be focusing on providing you information in order to best support your students or children.

Just the Facts

- According to The Trevor Project's 2019 National Survey on LGBTQ Youth Mental Health, **10.5%** of high school students identified as lesbian, gay, or bisexual. Another **5%** of youth 13-18 identified as unsure of their sexual orientation. Best estimates for the percentage of 13-18 year olds who identify as transgender is **1.8%.** (thetrevorproject.org/survey-2019)
- According to that same 2019 survey, LGB youth are almost **5 times** as likely to have attempted suicide compared to heterosexual youth. (thetrevorproject.org/survey-2019)
- LGB youth who come from highly rejecting families are **8.4 times** more likely to have attempted suicide, **5.9 times** more likely to report high levels of depression, **3.4 times** more likely to use illegal drugs, and **3.4 times** more likely to have unprotected sex compared to LGB youth who reported no or low levels of family rejection. (Pediatrics, Vol. 123, No. 1)
- The 2019 survey by The Trevor Project also found that **40%** of transgender adults reported having made a suicide attempt. Of those who attempted, **92%** made that attempt before the age of 25. (thetrevorproject.org/survey-2019)

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What Does it All Mean? Key Terms You May Hear

Gay/Lesbian: Attraction to people of one's own sex. Men typically use "gay", and women typically use "lesbian," but women sometimes use "gay" in addition or instead.

Bisexual: Attraction to men and women. Some people define bisexuality more similarly to pansexuality (below).

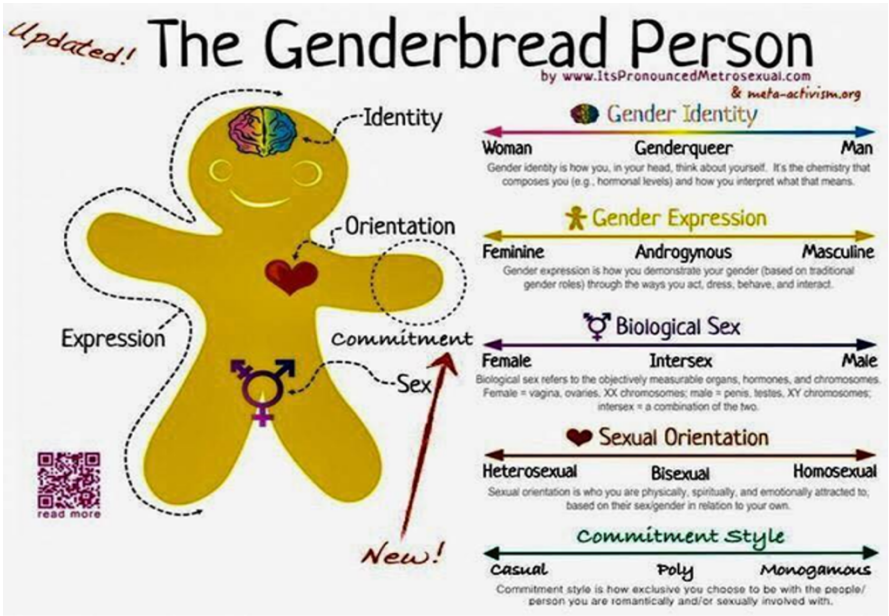
Pansexual: Attraction not limited by someone's sex or gender identity at all (which may include people who are transgender, nonbinary, gender fluid, etc.)

Asexual ("Ace"): No sexual attraction toward anyone, regardless of sex/gender. They may still feel romantic attraction, or they may be aromantic also, which means they have no romantic attraction toward anyone. Some people are aromantic but not asexual.

Transgender ("trans"): A person's gender identity does not correspond to their assigned sex at birth. It can be an umbrella term, with transgender people identifying more specifically as FTM (female to male), MTF (male to female), nonbinary (not exclusively male or female, somewhere in between), gender fluid (no fixed gender, it fluctuates), agender (without a gender), or genderqueer (they don't subscribe to conventional gender distinctions, identifying with neither or both male and female). Some people may use some of these terms interchangeably, and there are more terms we haven't included. Everyone decides for themselves what best describes their gender identity.

Queer: Used as an umbrella term for a person (or the community) who identifies as one or more of the above. Some people have chosen to reclaim "queer" from its original use as a slur against the community while others continue to see this word as offensive under all circumstances.

Deadname: The name given at birth to someone, when that person no longer identifies with that gender/name. You are deadnaming someone if you use their former name instead of their current name, whether on purpose or by accident.



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How Can I be an Ally?:

- Be open-minded and willing to learn.
- Be a listener.
- Don't make assumptions.
- Confront your own prejudices and bias, even if it is uncomfortable to do so.
- Defend your LGBTQ+ friends against discrimination.
- Anti-LGBTQ+ comments and jokes are harmful. Let your friends, family and co-workers know that you find them offensive.

Where can I get more information?:

- The Trevor Project
- Parents, Families and Friends of Lesbians and Gays (PFLAG)
- Gay and Lesbian Alliance Against Defamation (GLAAD)
- Human Rights Campaign (HRC)
- It Get's Better Project
- LGBT Foundation
- Gay, Lesbian, and Straight Education Network (GLSEN)