



LGBTQ+ Youth Data from YRBS and Beyond

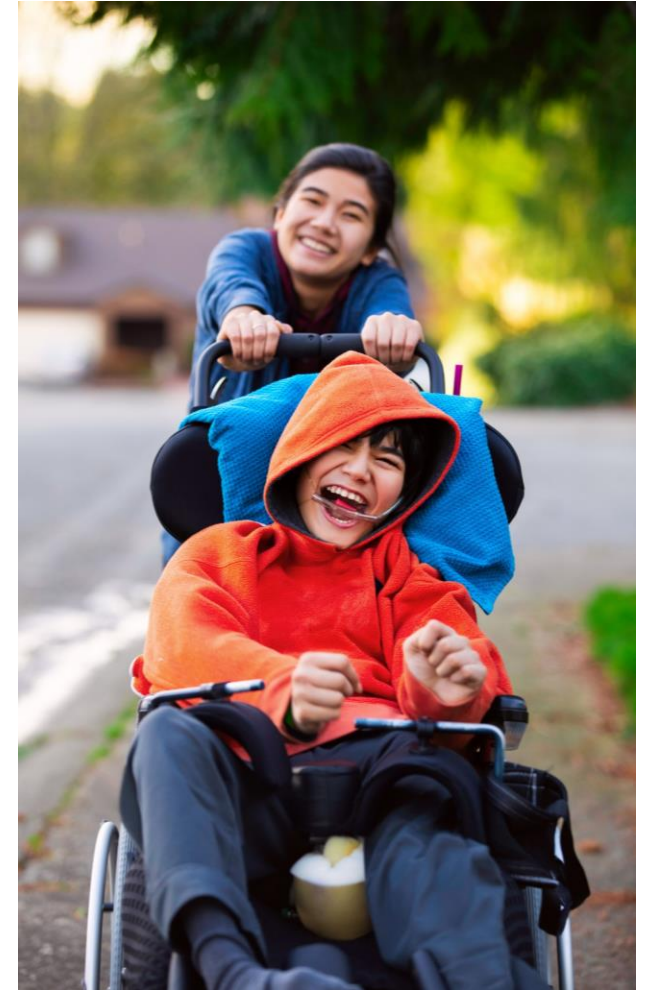
November 20, 2024

1:00PM-2:00PM ET



Funding Sponsor

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Join audio via your computer if possible



Use the Q/A button found at the bottom of your screen to ask questions



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Resource files and links will be shared in the chat

Moderator



Dr. Alex Keuroghlian, MD, MPH

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The Trevor Project



Using and Promoting the Youth Risk Behavior Survey for LGBTQ+ Equity

Nick Suarez, MPH

Division of Adolescent and School Health (DASH)

Centers for Disease Control and Prevention

Children's Safety Network

November 20, 2024

Agenda

- **Overview of Youth Risk Behavior Surveillance System (YRBSS)**
- **Data Highlights: Experiences of Students with LGBTQ+ Identities**
- **School-based Data Collection Challenges and Strategies**

Overview of YRBSS

What is the Youth Risk Behavior Surveillance System (YRBSS)?

- **Monitors health-related behaviors that contribute to the leading causes of death and disability among youth and adults**
 - **National Youth Risk Behavior Survey (YRBS) conducted by CDC**
 - **State, territorial, tribal, and local YRBS conducted by state, territorial, and local education and health agencies and organizations and tribal governments**



Topics Covered

- Student demographics
- Health behaviors and conditions
- Substance use behaviors
- Student experiences



How does the national YRBS work?

Representative of Student Populations

- Nationally representative
- 9th-12th grade students
- Includes public and private schools
- 3-stage cluster sampling

Anonymous

- Self-administered questionnaire
- Electronic data collection
- No follow-up or identifiable information collected

Administered Biennially

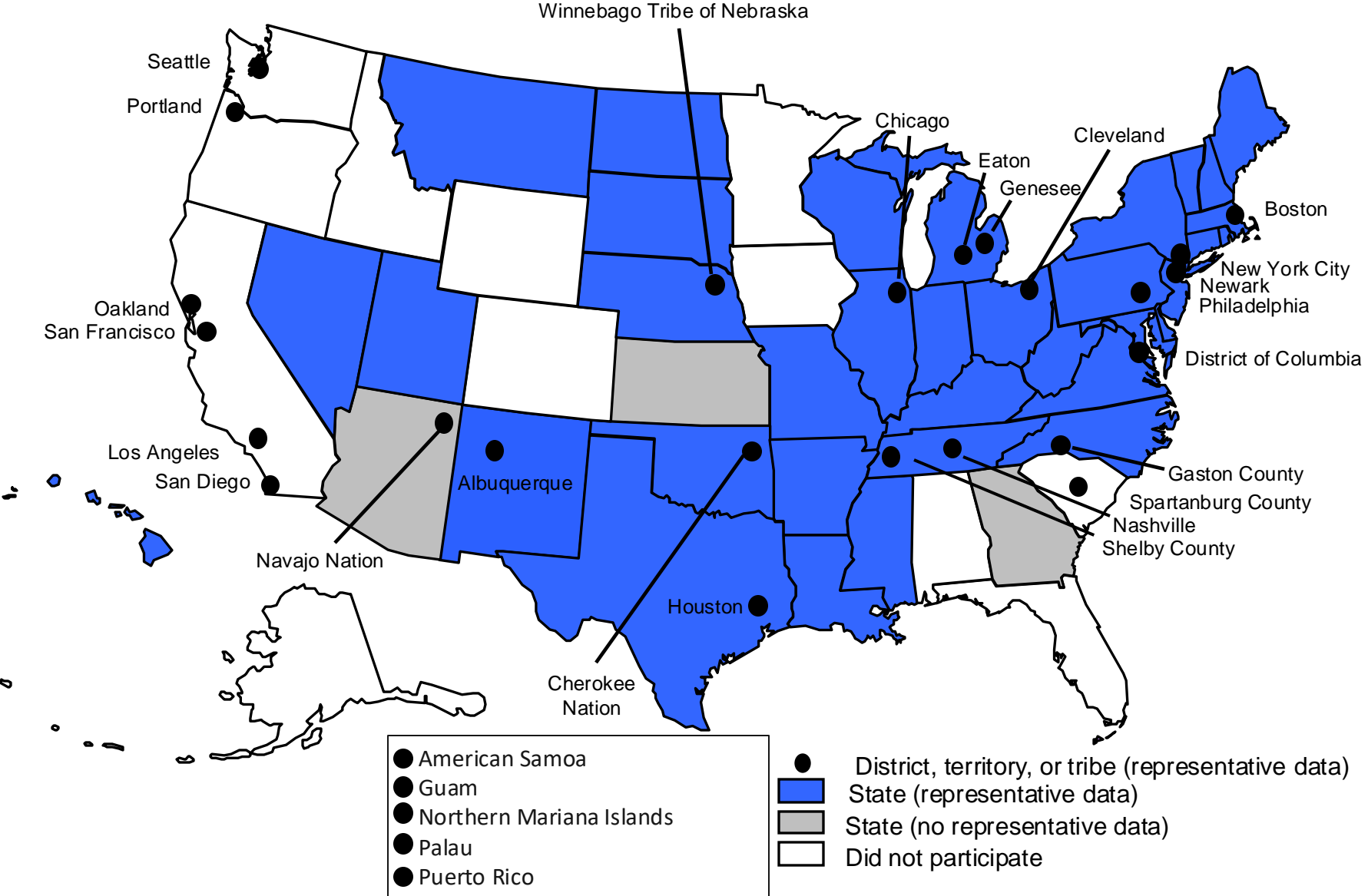
- Typically conducted in the spring of odd-numbered years (e.g., 2019, 2021*, 2023)
- Completed in one class period (< 25 minutes, ~100 questions)
- English & Spanish

*Conducted in fall 2021 because of COVID-19 school closures.

State, Tribal, Territorial, and Local School District YRBS

- **Comparable site-level data**
- **Biennial administration**
- **9th-12th grade students attending public schools**
- **Self administered; electronic or paper-and-pencil data collection**
- **Two-stage cluster sampling design = representative samples**

State, tribal government, territorial, and local school district Youth Risk Behavior Surveys, 2023



YRBS Questionnaires

Standard questionnaire

- Approximately 87 questions
- States, districts, territories, and tribes (sites) can modify to meet site's needs, within certain parameters

National questionnaire

- Contains all standard questions
- Approximately 20 additional questions
 - Areas of particular interest to CDC
 - Federal requirements

History: Sexual Identity and Sex of Sexual Contacts

Sexual identity question: Which of the following best describes you?

- Response options (2015-2019)
 - Heterosexual (straight)
 - Gay or lesbian
 - Bisexual
 - Not sure
- Response options (2021-2023)
 - Heterosexual (straight)
 - Gay or lesbian
 - Bisexual
 - I describe my sexual identity some other way
 - I am not sure about my sexual identity (questioning)
 - I do not know what this question is asking

Sex of sexual contacts question: During your life, with whom have you had sexual contact?

- I have never had sexual contact
- Males only
- Females only
- Males and females

- One or both questions asked on some state/local surveys since 1995
- Both questions included on the standard and national YRBS questionnaires since 2015

History: Transgender Identity

- Transgender identity question: Some people describe themselves as transgender when their sex at birth does not match the way they think or feel about their gender. Are you transgender?
 - Yes, I am transgender
 - No, I am not transgender
 - I am not sure if I am transgender
 - I don't know what this question is asking
- Asked on some individual state/local surveys since 2017
- Included on the standard and national YRBS questionnaires since 2023

Accessing Data – YRBS Explorer

- Go to [YRBS Explorer](#) for simple data summaries
- Quick, easy to use
- No data experience needed
- Describe data by individual characteristics
 - Sex
 - Race
 - Sexual identity
 - Sex of sexual contacts
 - Transgender identity

The screenshot displays the YRBS Explorer interface. At the top, there is a purple header with the text 'YRBS Explorer' and a 'Help Using YRBS Explorer' link. Below the header, there is a search bar labeled 'Search Questions' with a 'Reset' link. To the left of the main content area is a 'Select Topic' sidebar with several buttons: 'Unintentional Injuries and Violence', 'Tobacco Use', 'Alcohol and Other Drug Use', 'Sexual Behaviors', 'Dietary Behaviors', and 'Physical Activity'. The main content area is titled 'Explore Youth Risk Behavior Survey Questions - United States, 2023' and includes a subtitle: 'High School Survey Results shown. Additional locations and years are available by selecting a question below.' Below this, there is a grid of question cards. Each card features an icon, a question, and options for 'Graphs' and 'Tables'. The questions shown are: 'Were currently sexually active', 'Ate vegetables two or more times per day', 'Ever used marijuana', 'Drank a can, bottle, or glass of a sports drink two or more times per day', 'Were in a physical fight', 'Currently smoked cigarettes or cigars or used smokeless', 'Drove when they had been drinking alcohol', and 'Did not use any method to prevent'.

Accessing Data – Youth Online

Use [Youth Online](#) when looking to compare groups of students

1. Select the jurisdiction of interest
2. Specify your variables and year(s)

CHOOSE TABLE CONTENT

Question: Location: Year:

[View 2 Locations](#)
[View 2 Years for 1 Location](#)
[View All Years](#)

- ▶ Unintentional Injuries and Violence
- ▶ Tobacco Use
- ▶ Alcohol and Other Drug Use
- ▶ Sexual Behaviors
- ▶ Dietary Behaviors
- ▶ Physical Activity

BY SUBGROUP

DISPLAY OPTIONS

Question Direction	Decimal Place	Variance	Display Cell Size
<input checked="" type="radio"/> Greater Risk	<input type="radio"/> 0	<input checked="" type="radio"/> 95% CI	<input checked="" type="radio"/> Yes
<input type="radio"/> Less Risk	<input checked="" type="radio"/> 1	<input type="radio"/> Standard Error	<input type="radio"/> No
	<input type="radio"/> 2	<input type="radio"/> None	

[Get Link](#)
[Print Table](#)
[Export to Excel](#)

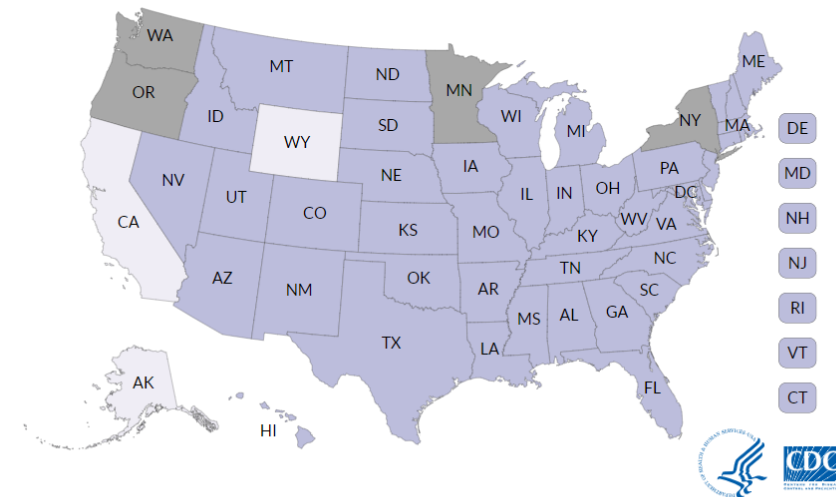
View data from: High School YRBS Middle School YRBS GSHS

View all responses for one location

View survey results for the United States, a state, a territory or freely associated state, or selected location. To view U.S. data, click the View U.S. Data link. To choose a specific location, make a selection in the dropdown menu or click a location on the map.

Select State, Local Site, Territory or Freely Associated State.

[View U.S. Data](#)



Data availability

Data updates

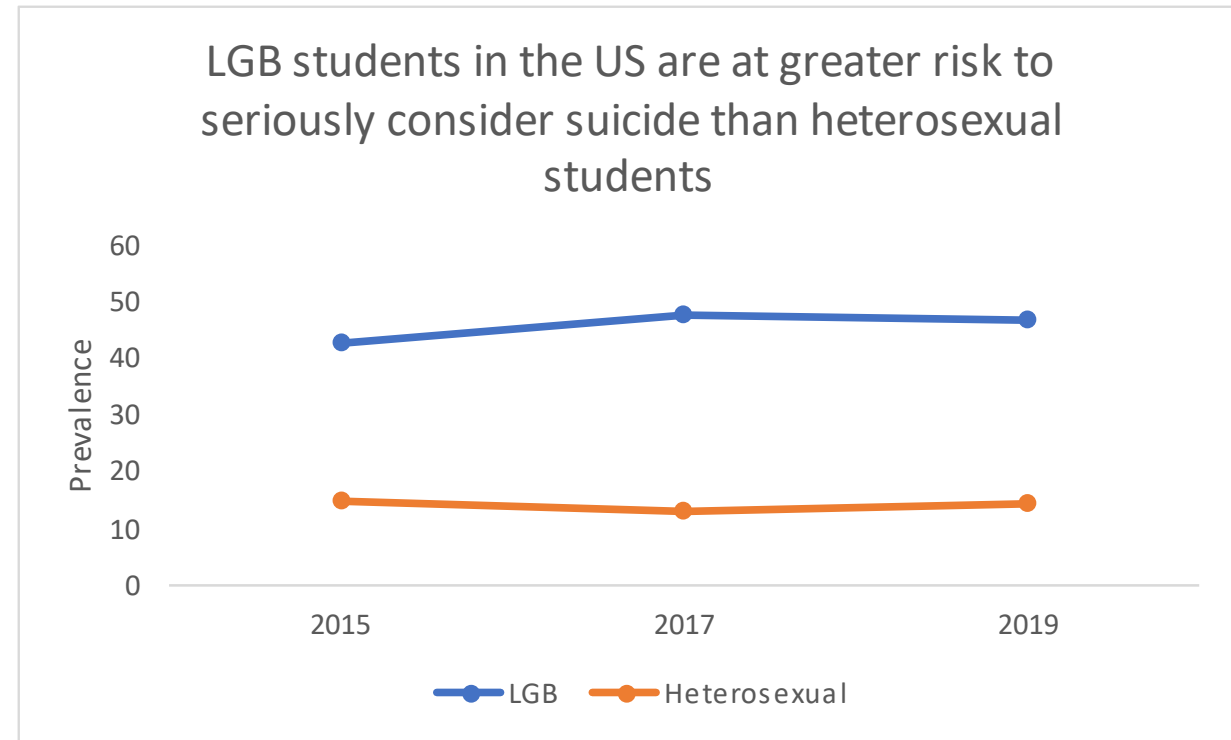
Data Highlight: Experiences of Students with LGBTQ+ Identities

Research on Disparities by Sexual Identity

Trends in Violence Victimization and Suicide Risk by Sexual Identity Among High School Students — Youth Risk Behavior Survey, United States, 2015–2019

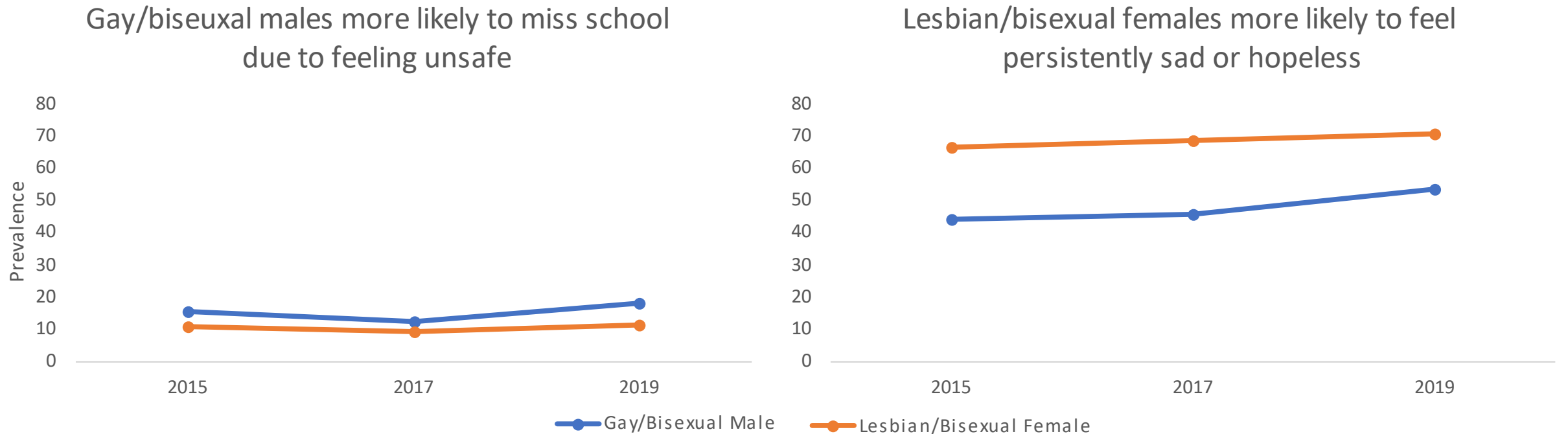
Michelle M. Johns, PhD¹; Richard Lowry, MD²; Laura T. Haderxhanaj, PhD³; Catherine N. Rasberry, PhD¹; Leah Robin, PhD¹; Lamont Scales, MA⁴;
Deborah Stone, ScD⁵; Nicolas A. Suarez, MPH¹

- While there were few changes over time for LGB students, disparities existed compared to heterosexual students
 - LGB students had greater odds of...
 - Feeling unsafe at school (aOR: 1.98)
 - Being bullied at school (aOR: 2.1)
 - Persistent sadness/hopelessness (aOR: 3.6)
 - Seriously considering suicide (aOR: 4.51)



Research on Disparities by Sexual Identity

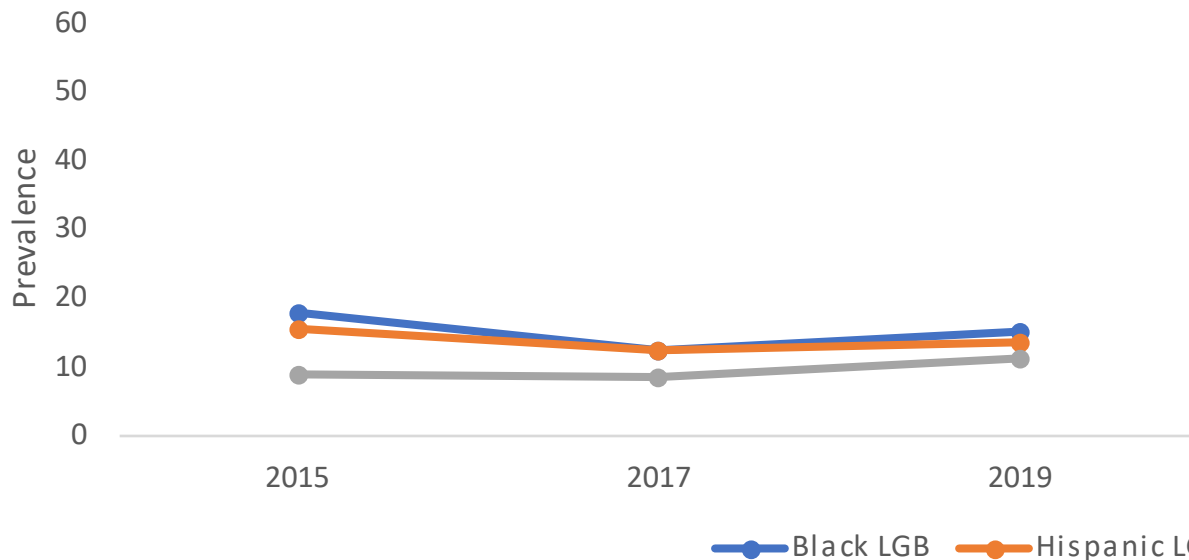
Some differences existed at intersection of sex and sexual identity, as well as by race/ethnicity and sexual identity



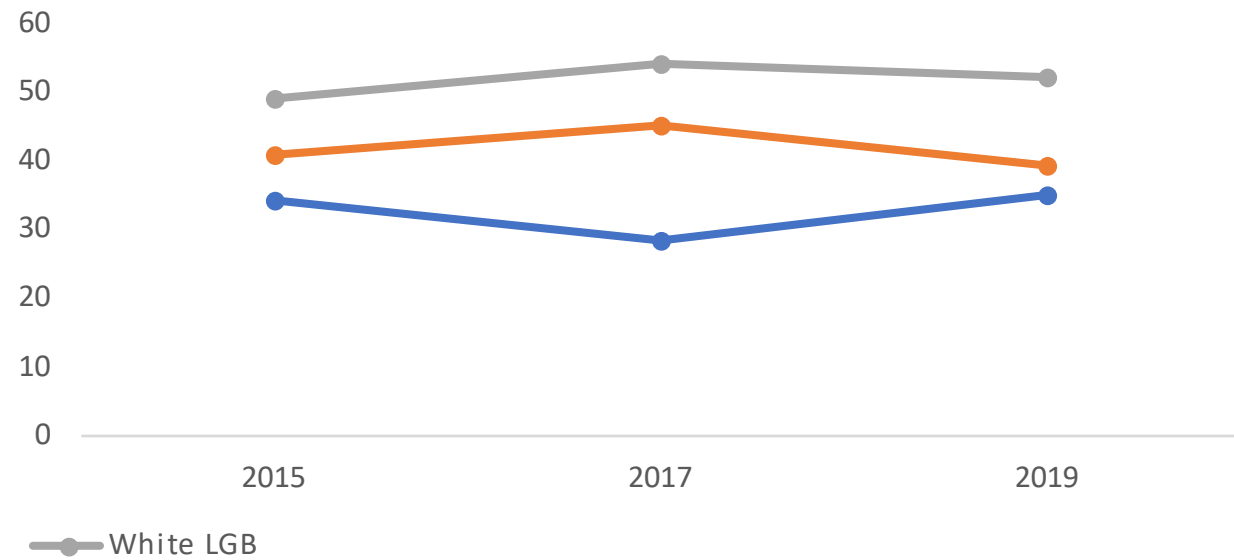
Research on Disparities by Sexual Identity

Some differences existed at intersection of sex and sexual identity, as well as by race/ethnicity and sexual identity

Black and Hispanic LGB students more likely to miss school due to feeling unsafe

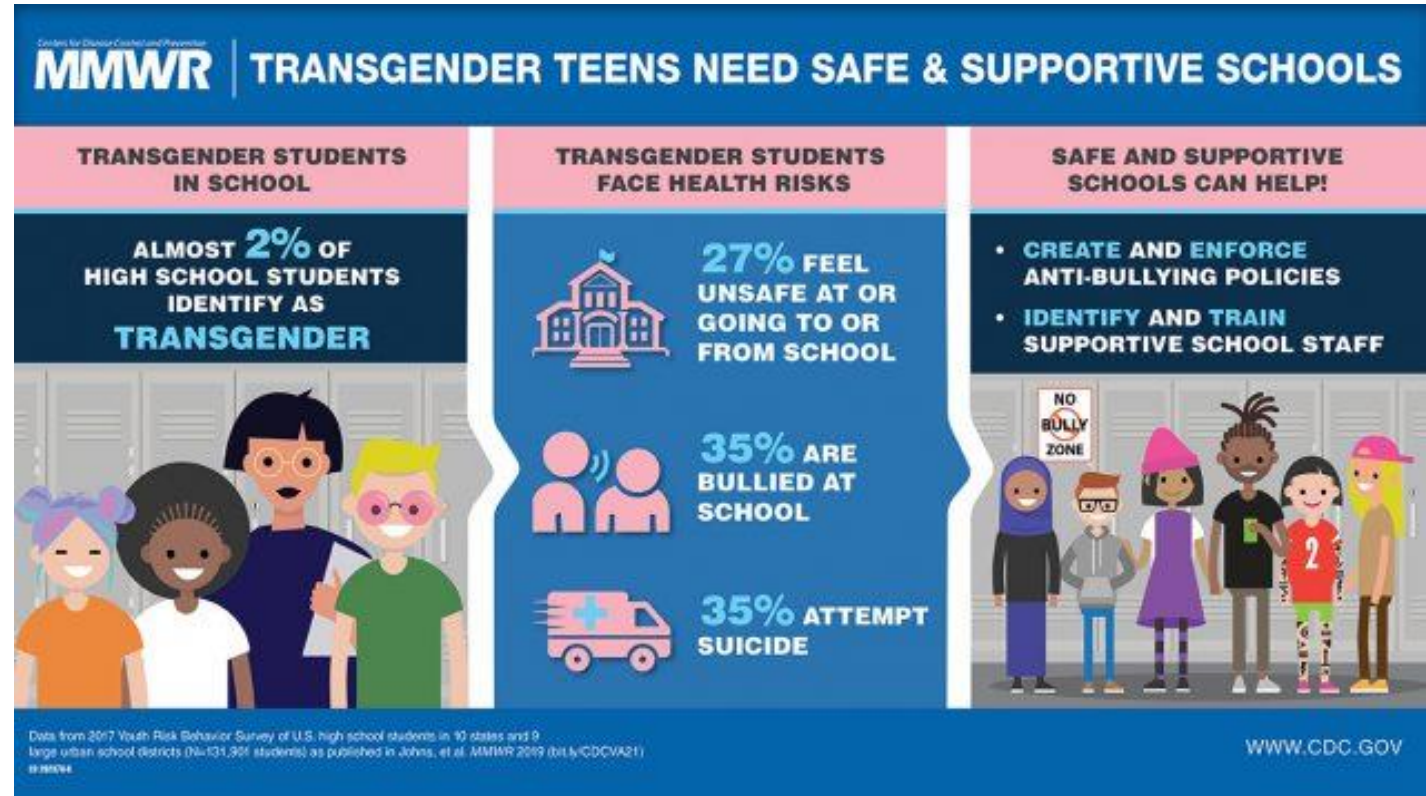


White LGB students more likely to seriously consider attempting suicide



Disparities by Transgender Identity

Prior reports using 2017 and 2021 data found significant disparities between transgender students and students who are not transgender



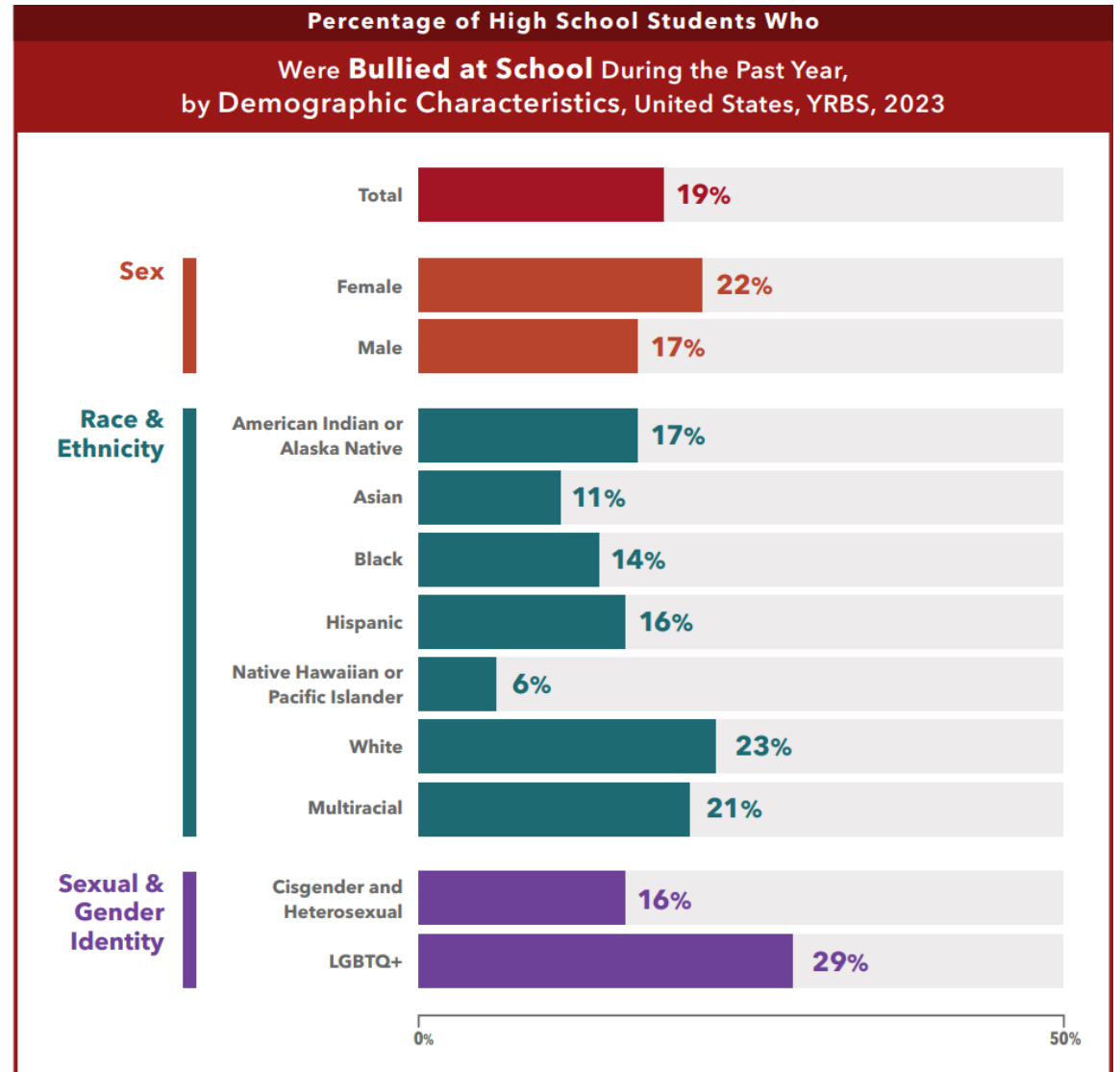
Johns, MM, et al. 2019.

Johns MM, Lowry R, Andrzejewski J, et al. Transgender Identity and Experiences of Violence Victimization, Substance Use, Suicide Risk, and Sexual Risk Behaviors Among High School Students - 19 States and Large Urban School Districts, 2017. MMWR Morb Mortal Wkly Rep. 2019;68(3):67-71. Published 2019 Jan 25. doi:10.15585/mmwr.mm6803a3

Suarez NA, McKinnon II, Krause KH, Rasberry CN, Pampati S, Underwood JM. Disparities in behaviors and experiences among transgender and cisgender high school students - 18 U.S. states, 2021. Ann Epidemiol. 2024;94:113-119. doi:10.1016/j.annepidem.2024.05.004

Recent Data by LGBTQ+ Identity

Data summary & trends report for 2013-2023 presents results for students with LGBTQ+ identities compared to cisgender and heterosexual students

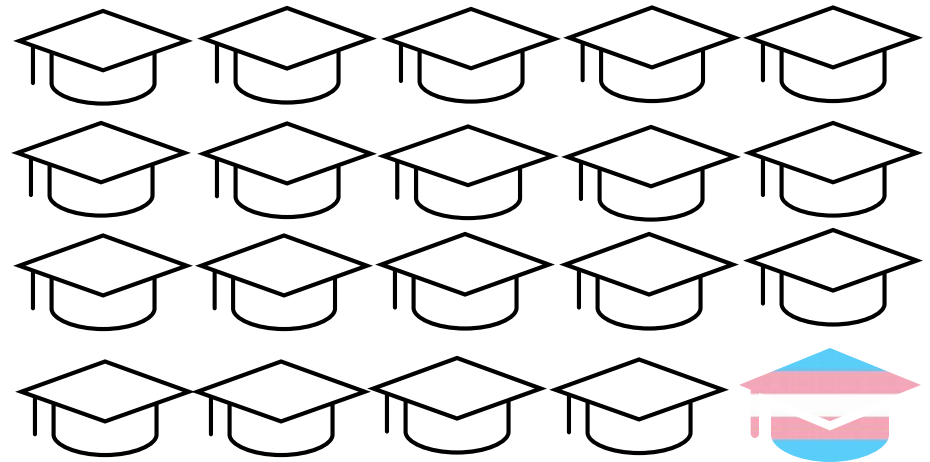


National Transgender Identity Data

2023 YRBS is the first time transgender identity has been included on the national survey

About 1 in 20 students identified as transgender or questioning if they were transgender in 2023

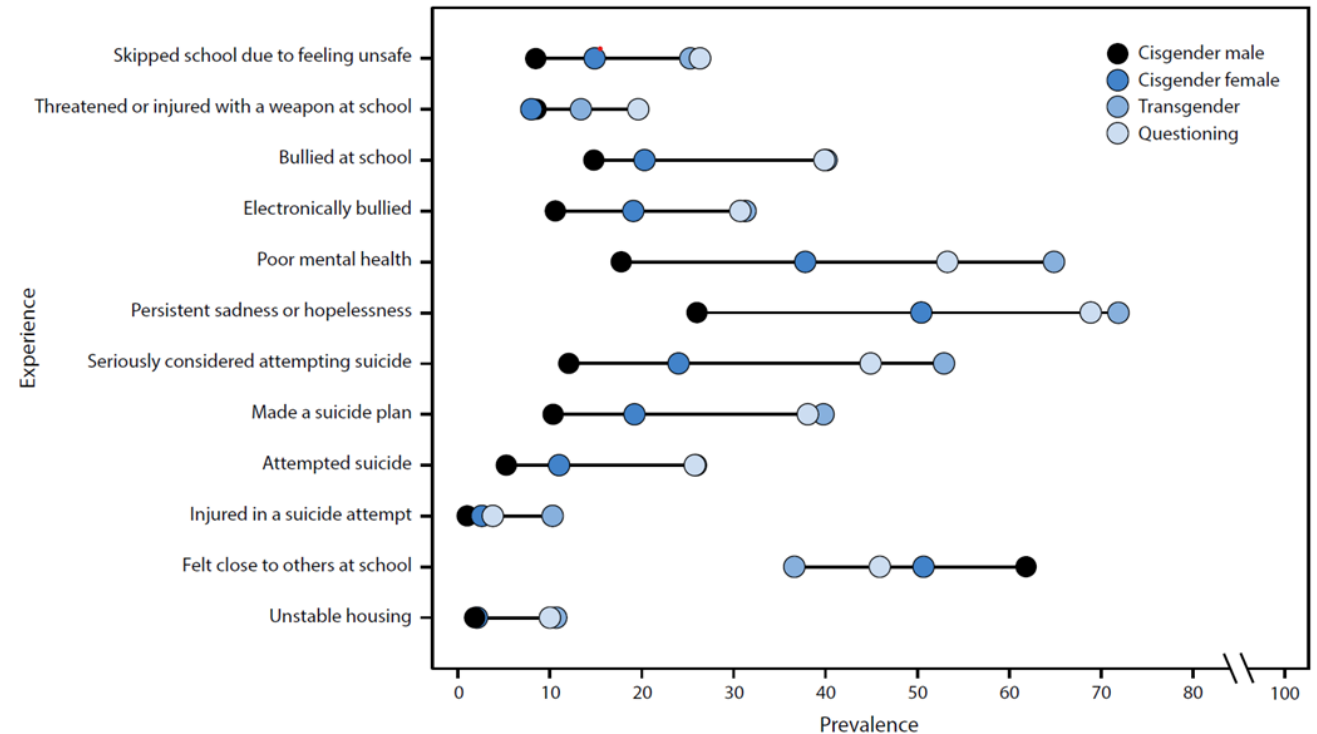
- ~3% of students nationwide identified as transgender
- ~2% were not sure if they were transgender



National Transgender Identity Data

- Disparities identified across multiple outcomes compared to students who are not transgender
- Transgender students are at highest risk than cisgender students for...
 - Not feeling close to others at school (36.6%)
 - Being bullied at school (40.1%)
 - Having poor mental health in past 30 days (64.9%)
 - Seriously considering suicide in past 12 months (52.9%)

FIGURE. Dumbbell plot depicting adjusted prevalence estimates* of experiences of violence, poor mental health, suicidal thoughts and behaviors, school connectedness, and unstable housing by transgender identity among high school students — Youth Risk Behavior Survey, United States, 2023



* Logistic regression models adjusted for race and ethnicity and grade with specifications for predicted marginal proportions to produce adjusted prevalence estimates for each health behavior and experience.

School-Based Data Collection Challenges and Strategies

Loss of Sites

Florida drops survey on teen health and mental health at 'worst time,' says pediatric expert

WLRN 91.3 FM | By [Tom Hudson](#)
Published May 1, 2022 at 11:14 AM EDT



EducationWeek

Some States Back Away From a Major Student Well-Being Survey. Why, and What It Could Mean



By [Evie Blad](#) — May 05, 2022 ⌚ 5 min read

House votes to keep Wyoming out of national youth survey

By [Seth Klamann Casper Star-Tribune Via Wyoming News Exchange](#) Feb 25, 2020 [Comments](#)

Obtaining School Buy-In: A Continuum



Cool and Ready

Well-established YRBS process. Schools expect to take part.

Clearance process is unopposed.

Open – with Questions

Mostly logistical questions and few philosophical questions are posed.

Clearance process includes mild pushback that is easily remedied through clear answers to emerging questions.

Feeling Some Heat

Amplified philosophical questions are posed.

Clearance process requires ample time to address concerns and negotiate getting to a “yes.”

Heated Opposition

Heated and sometimes organized opposition is exhibited.

Clearance process requires strategic intervention.

Logistical Concerns

- Too many surveys
- Academic mission
- Spring break, holidays, field trips, and assemblies
- End of school year



Philosophical Reasons

- *“If you ask kids about it, they will do it.”*
- *“It is none of your business.”*
- *“I’ll lose my job/bond issue/election.”*
- *“Kids won’t answer honestly.”*



Combat Disinformation with Facts

- **The survey is voluntary and anonymous. Any student can opt out of any question on the survey.**
- **The YRBS helps keep kids healthy and safe. YRBS data leads to policy changes that protect students from sexual abuse, physical injury, drug, alcohol and tobacco use, and suicide.**

Survey Promotion

- **Why is this important?**
- **How will the data be used?**
- **Who will see my answers?**



Thank You!

For more information, contact CDC

1-800-CDC-INFO (232-4636)

TTY: 1-888-232-6348 [cdc.gov](https://www.cdc.gov)

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The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the U. S. Centers for Disease Control and Prevention.





Results

from the 2024
**U.S. National
Survey on the
Mental Health of
LGBTQ+ Young
People**

November 20, 2024



2024 U.S. National Survey
on the Mental Health of
LGBTQ+ Young People



Methodology

- The data were collected through an online survey between September 13 and December 16, 2023 via targeted ads on social media.
- In order to ensure a diverse sample, targeted recruitment was conducted to ensure adequate sample sizes with respect to geography, gender identity, and race/ethnicity.
- Final sample of **18,663 LGBTQ+ young people** ages 13 to 24 in the U.S.
- Qualified respondents completed a secure online questionnaire that included a maximum of 134 questions.
- The questionnaire was offered in English and Spanish.

Results



Mental Health & Suicide Risk



Suicide Risk



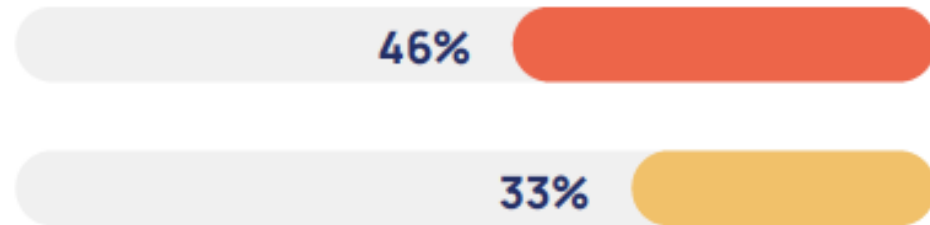
39% of LGBTQ+ young people seriously considered attempting suicide in the past year, including almost half of transgender and nonbinary young people (46%) and 3 in 10 cisgender young people (30%).



12% of LGBTQ+ young people attempted suicide in the past year, including 14% of transgender and nonbinary young people and 7% of cisgender young people.

Rates of considered and attempted suicide among LGBTQ+ young people by age:

Considered suicide in the past year



Ages 13-17

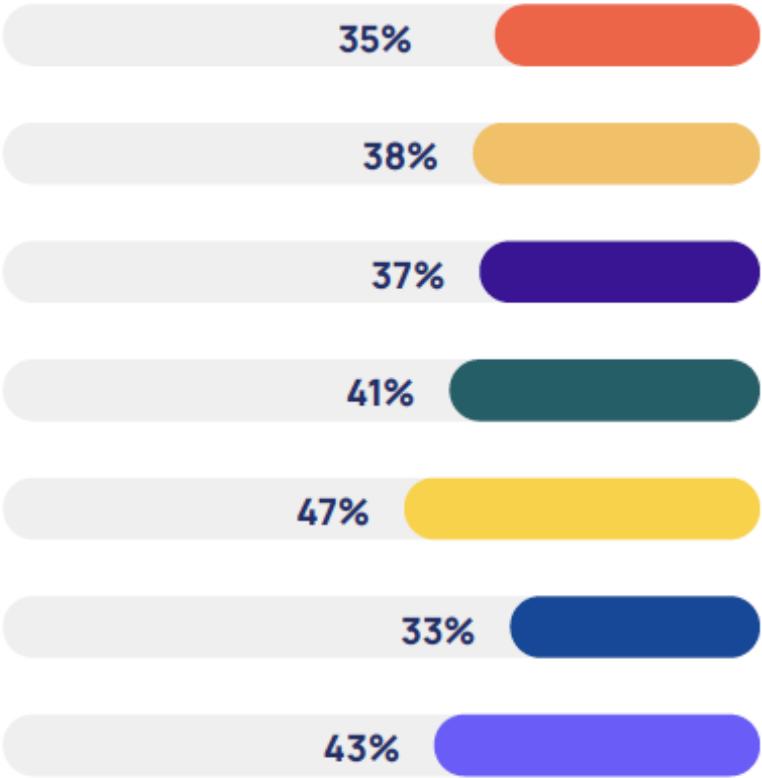
Ages 18-24

Attempted suicide in the past year

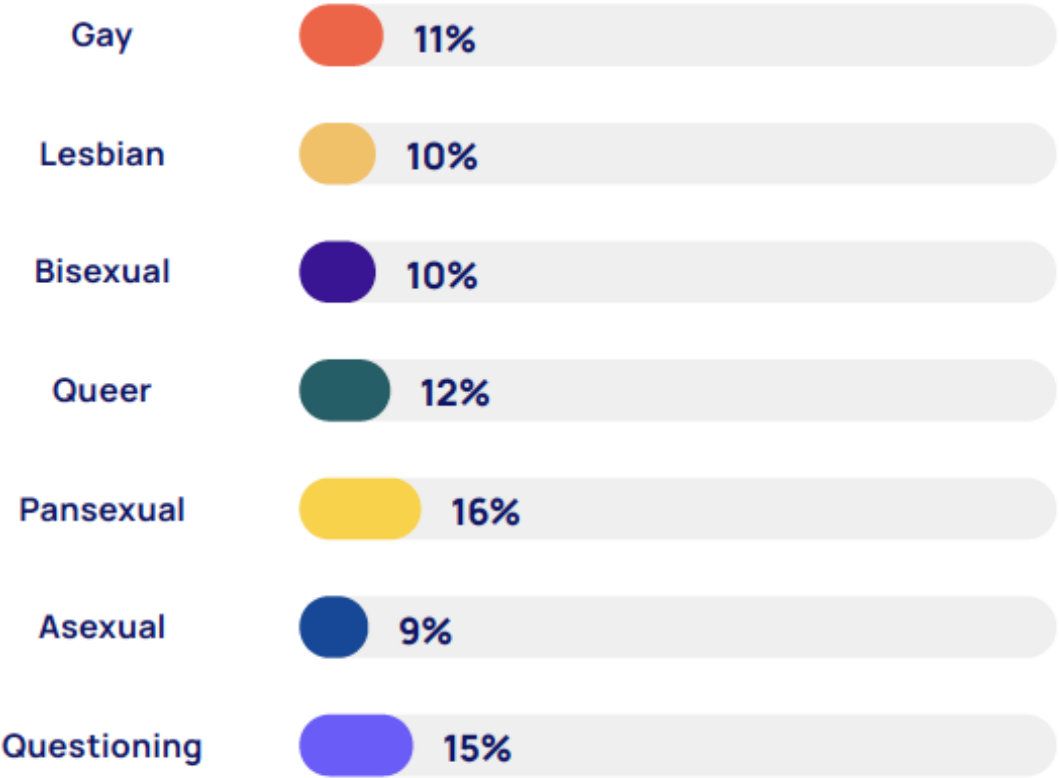


Rates of considered and attempted suicide among LGBTQ+ young people by sexual orientation:

Considered suicide in the past year



Attempted suicide in the past year



Rates of considered and attempted suicide among LGBTQ+ young people by gender identity:

Considered suicide in the past year



Cisgender Men



Cisgender Women



Transgender Women



Transgender Men



Nonbinary/
Genderqueer



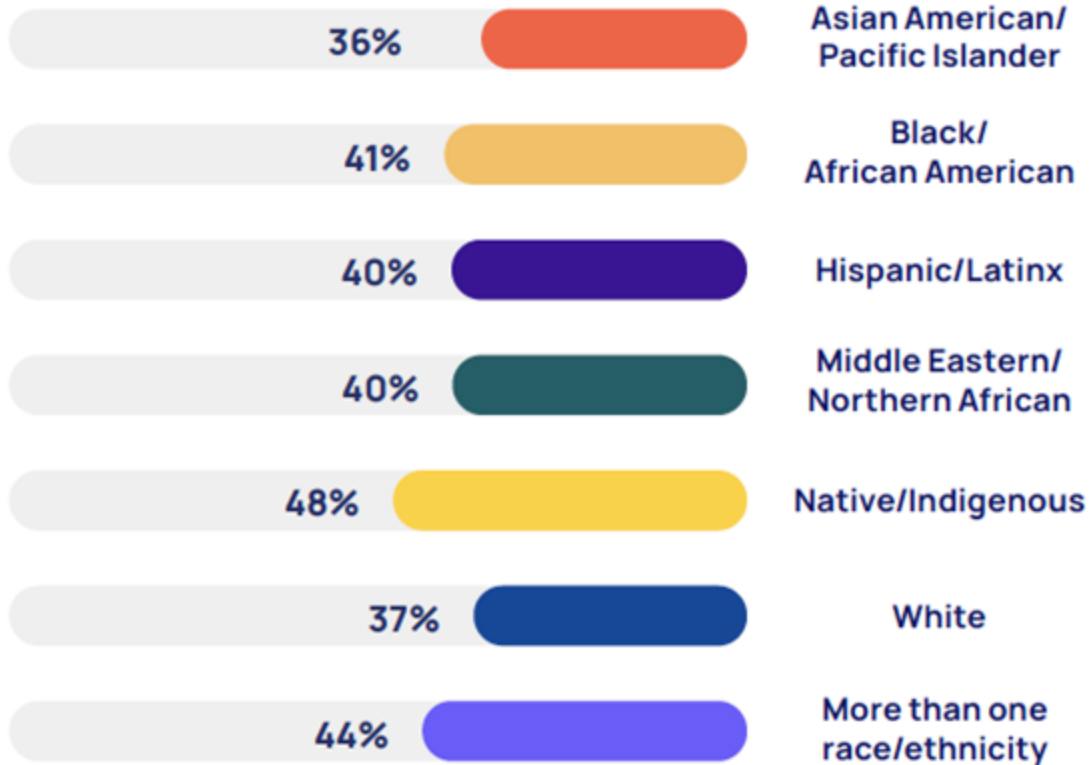
Questioning

Attempted suicide in the past year

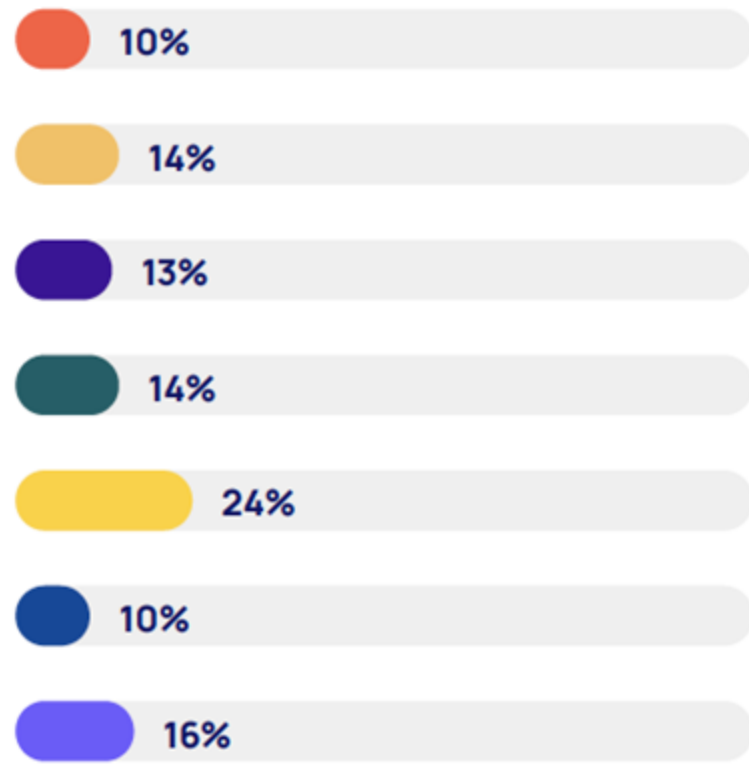


Rates of considered and attempted suicide among LGBTQ+ young people by race/ethnicity:

Considered suicide in the past year



Attempted suicide in the past year



Anxiety & Depression

- ✦ **66% of LGBTQ+ young people reported experiencing recent symptoms of anxiety**, including over 7 in 10 transgender and nonbinary young people (71%) and nearly 3 in 5 cisgender young people (58%)
- ✦ **53% of LGBTQ+ young people reported experiencing recent symptoms of depression**, including nearly 3 in 5 transgender and nonbinary young people (59%) and more than 2 in 5 cisgender young people (44%)

Barriers to Care



Mental Health Care



Among all LGBTQ+ young people, **84% wanted mental health care.**



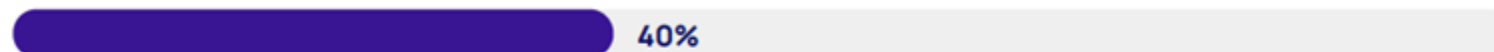
50% of LGBTQ+ young people who wanted mental health care in the past year were not able to get it, including nearly half of transgender and nonbinary young people (49%) and more than half of cisgender young people (52%).

LGBTQ+ young people who wanted mental health care but were unable to get it cited the following top ten reasons:

I was afraid to talk about my mental health concerns with someone else



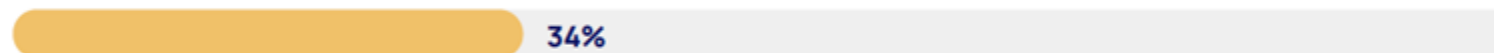
I could not afford it



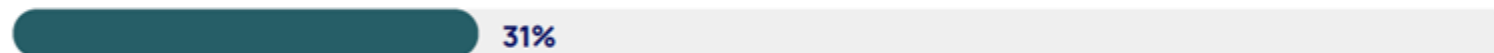
I did not want to have to get my parent's/caregiver's permission



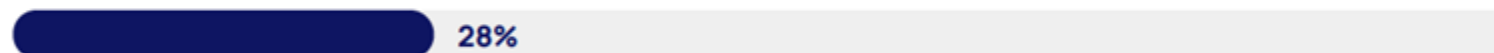
I was afraid I wouldn't be taken seriously



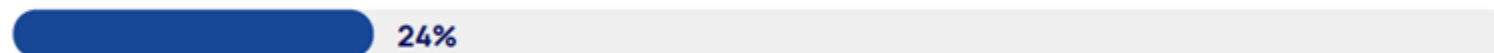
I was scared someone would call the police or involuntarily hospitalize me



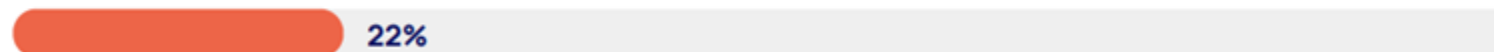
I was afraid it wouldn't work



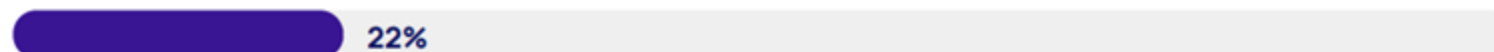
I was not out about my LGBTQ+ identity and was afraid of being outed



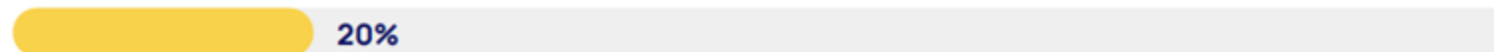
I did not feel they would understand my sexual orientation or gender identity



I did not want people to think something was wrong with me



I have had a previous negative experience and did not want to have another one



Risk Factors



Anti-LGBTQ Policies



The overwhelming majority (90%) of LGBTQ+ young people said their well-being was **negatively impacted due to recent politics. Over half (53%) said their well-being was negatively impacted by politics a lot**



Nearly 2 in 5 (39%) LGBTQ+ young people said that they or their family have **considered moving to a different state because of anti-LGBTQ+ politics and laws**



Nearly half (45%) of transgender and nonbinary youth **reported that they or their family have considered moving to a different state due to anti-LGBTQ+ politics and laws**

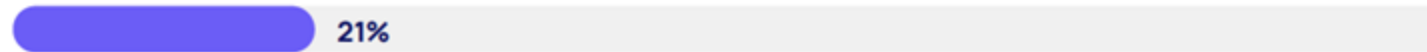
Negative Experiences at School

Among those enrolled, LGBTQ+ young people reported that these negative experiences happened to them while in school:

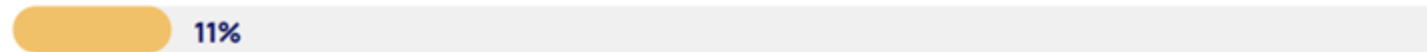
I was verbally harassed because people thought I was LGBTQ+



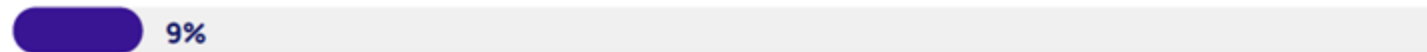
I wasn't allowed to dress in the way that fit my gender identity or expression



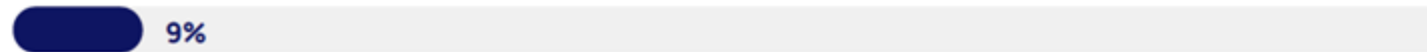
I was disciplined for fighting back against bullies



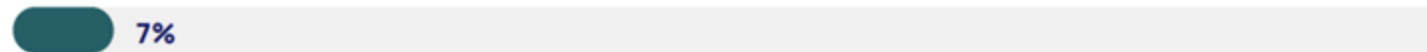
I experienced unwanted sexual contact because people thought I was LGBTQ+



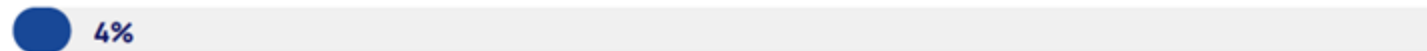
I believe I was disciplined more harshly because teachers/staff thought I was LGBTQ+



I left a school because the mistreatment was so bad



I was physically attacked because people thought I was LGBTQ+



Threats & Experiences of Physical Harm



23% of LGBTQ+ young people reported that they have been physically threatened or harmed in the past year due to either their sexual orientation or gender identity



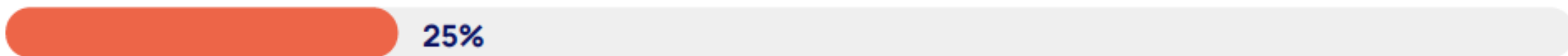
15% of LGBTQ+ young people reported that they have been physically threatened or harmed in the past year due to their sexual orientation



28% of transgender and nonbinary young people reported that they have been physically threatened or harmed in the past year due to their gender identity

LGBTQ+ young people who attempted suicide in the past year, comparison across those who:

Experienced physical threat or harm based on sexual orientation or gender identity in the past year



Have not experienced physical threat or harm based on sexual orientation or gender identity in the past year



Anti-LGBTQ+ Discrimination

- ✦ **60% of LGBTQ+ young people reported that they have felt discriminated against in the past year due to their sexual orientation or gender identity**
- ✦ **46% of LGBTQ+ young people reported that they have felt discriminated against in the past year due to their sexual orientation**
- ✦ **65% of transgender and nonbinary young people reported that they have felt discriminated against in the past year due to their gender identity**

LGBTQ+ young people who attempted suicide in the past year, comparison across those who:

Felt discriminated against due to their sexual orientation or gender identity in the past year



Have not felt discriminated against due to their sexual orientation or gender identity in the past year



Conversion Therapy



13% of LGBTQ+ young people reported being threatened with or subjected to conversion therapy, including approximately 1 in 6 transgender and nonbinary young people (16%) and nearly 1 in 10 cisgender young people (9%).

LGBTQ+ young people who attempted suicide in the past year, comparison across those who:

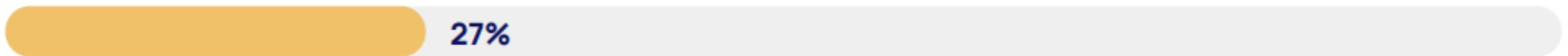
Were not threatened with or subjected to conversion therapy



Were threatened with conversion therapy



Were subjected to conversion therapy



Bullying



49% of LGBTQ+ young people ages 13-17 reported being bullied in-person within the past year and 26% of those ages 18-24 reported the same



35% of LGBTQ+ young people ages 13-17 reported that they had been electronically (cyber)bullied during the past year and 24% of those ages 18-24 reported the same.

LGBTQ+ young people who attempted suicide in the past year, comparison across those who:

Were not bullied



Experienced either in-person or electronic (cyber) bullying



Ways to Support LGBTQ+ Young People



Support for LGBTQ+ Identity

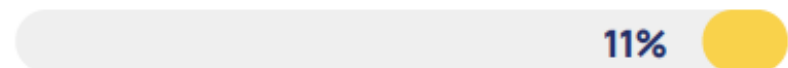
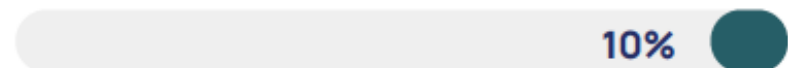
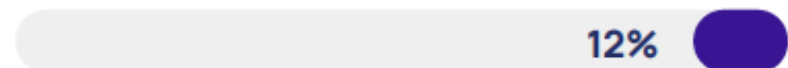
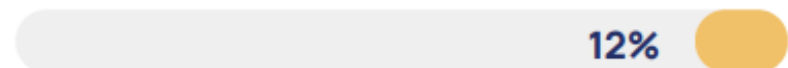
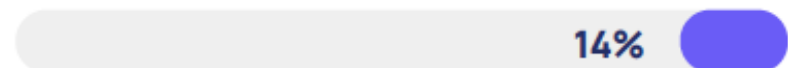
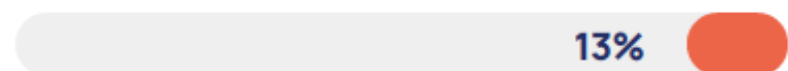
- ✦ **LGBTQ+ young people who had access to LGBTQ+-affirming spaces**, and transgender and nonbinary youth who had access to gender-affirming spaces, reported **lower rates of attempting suicide** compared to those who did not
- ✦ **Transgender and nonbinary young people who had access to gender-affirming clothing, gender-neutral bathrooms at school**, and had their **pronouns respected** by the people they live with had **lower rates of attempting suicide** compared to those who did not
- ✦ **Most LGBTQ+ young people who attend school (78%)** reported having at least one adult at school **who is supportive and affirming of their LGBTQ+ identity**

LGBTQ+ young people reported the following ways people in their lives could best show their support and acceptance

- ✦ Trusting that I know who I am (88%)
- ✦ Standing up for me (81%)
- ✦ Looking up things on LGBTQ+ identities on their own to better understand (62%)
- ✦ Respecting my pronouns (59%)
- ✦ Showing support for how I express my gender (57%)
- ✦ Asking questions about LGBTQ+ identities to better understand (56%)
- ✦ Accepting my partner (55%)
- ✦ Showing support on social media (44%)
- ✦ Having or displaying pride flags (43%)

LGBTQ+ young people who attempted suicide in the past year, comparison across access to LGBTQ+-affirming spaces:

Not LGBTQ+-affirming



Home

School

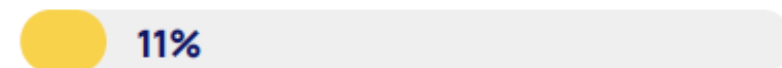
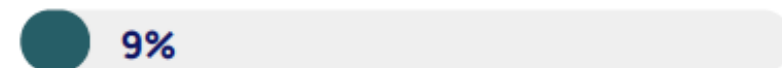
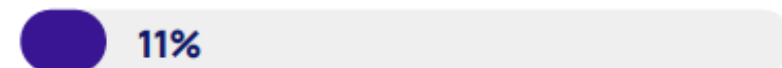
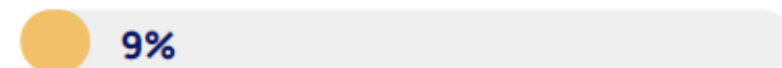
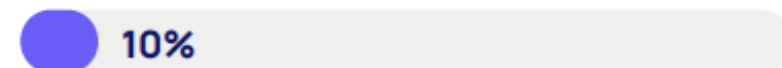
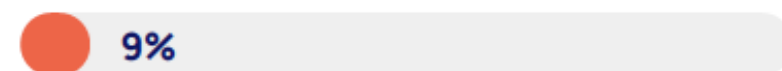
Community Events

Online

Work

Worship*

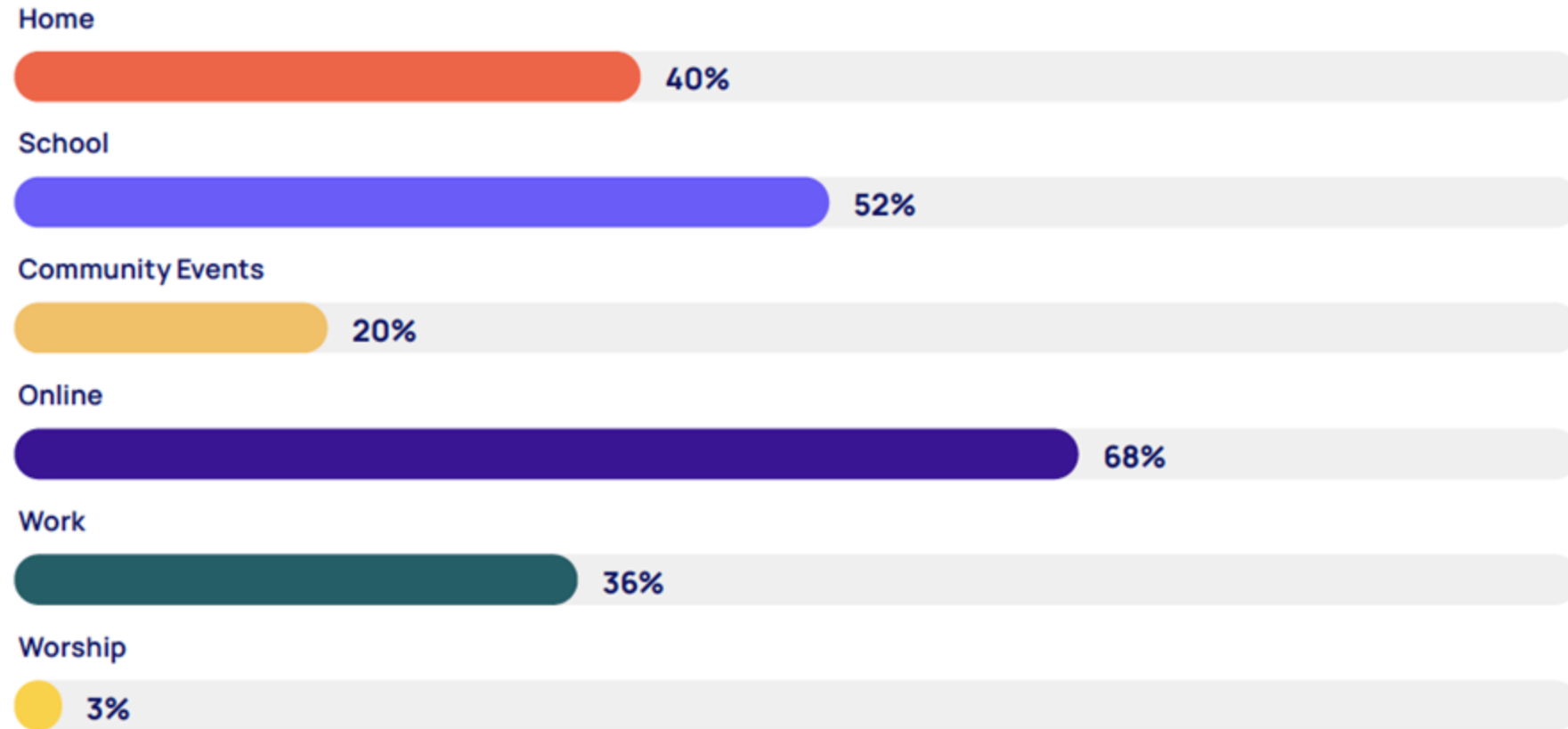
LGBTQ+-affirming



*There was no significant difference in the suicide attempt rate among LGBTQ+ young people who had access to LGBTQ+-affirming worship spaces compared to those who did not.

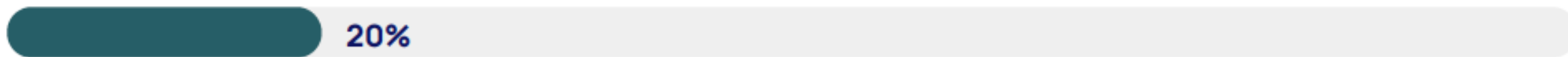
Affirming Communities & Spaces

Affirming spaces among LGBTQ+ young people:

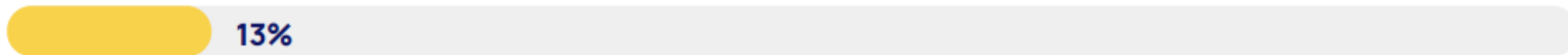


LGBTQ+ young people who attempted suicide in the past year, comparison across access to how accepting of LGBTQ+ people are in their communities:

Very unaccepting



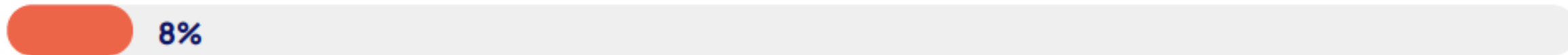
Somewhat unaccepting



Somewhat accepting



Very accepting



Gender Affirmation

Transgender and nonbinary young people reported lower rates of attempting suicide when all of the people they live with respected their pronouns and/or they had access to a gender-neutral bathroom at school.

How many of the people you live with respect your pronouns?

- 37% None of the people I live with
- 26% Some of the people I live with
- 37% All of the people I live with

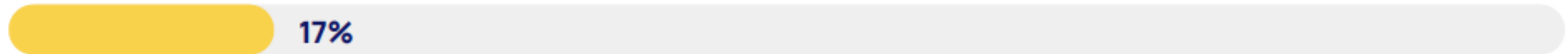


Transgender and nonbinary young people who attempted suicide in the past year, comparison across the number of people they live with respecting their pronouns:

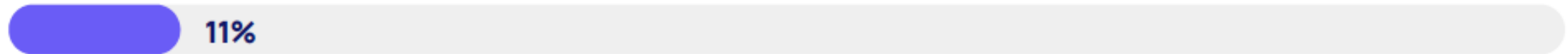
None of the people I live with



Some of the people I live with

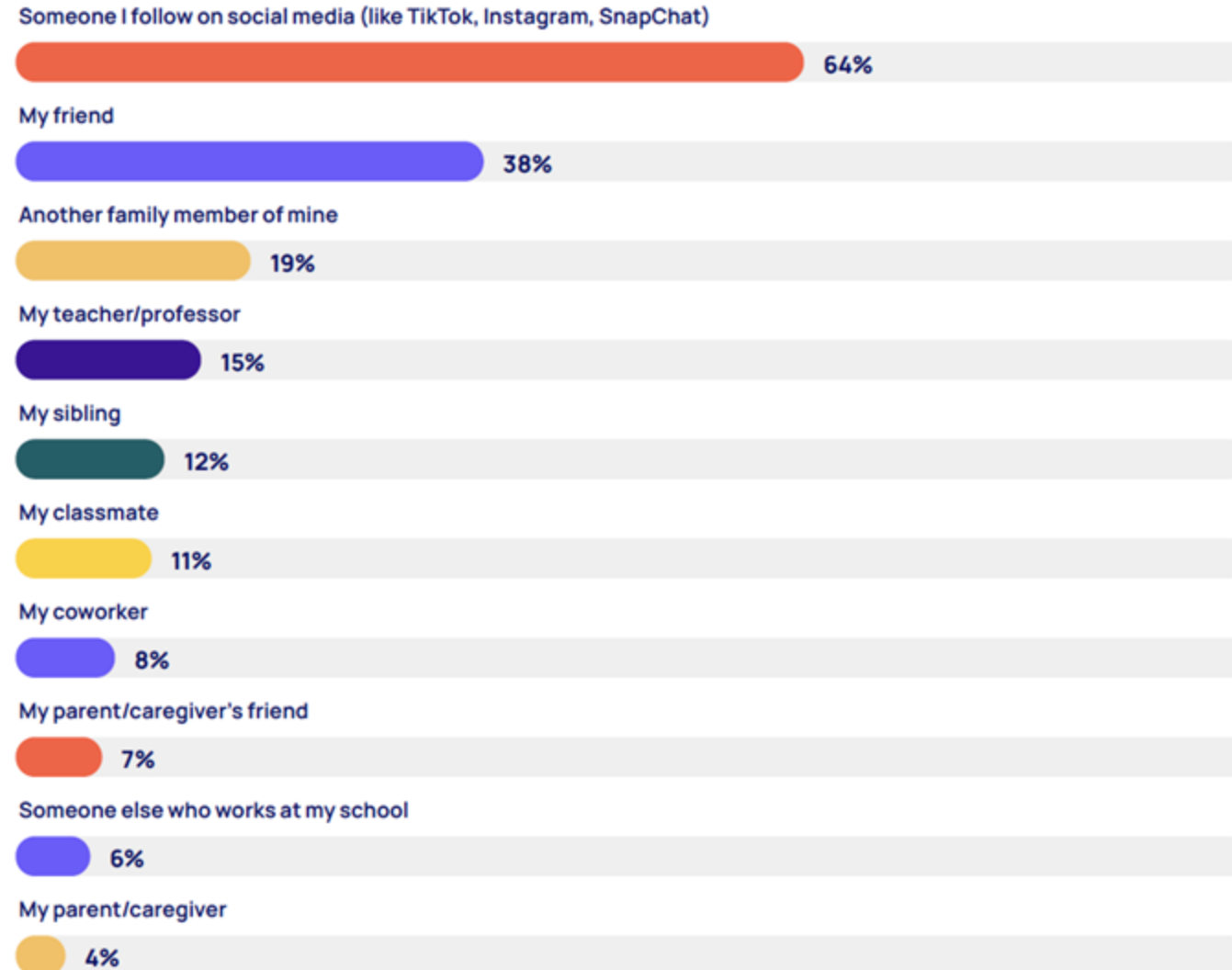


All of the people I live with



Most LGBTQ+ young people (65%) reported knowing at least one older LGBTQ+ person they would consider a role model or someone they look up to.

Older LGBTQ+ role models identified by respondents:



Advice and Encouragement from LGBTQ+ Young People

We asked LGBTQ+ young people to share a message of advice or encouragement to other young people in the LGBTQ+ community. Here were some of their responses:

You have millions of queer siblings across the world who would accept you for who you are. It is the most rewarding experience to live surrounded by people who love you for your whole, true self.

Finding a community, people you can be yourself around, is life changing.

You aren't alone my friend. Remember, there's a whole wide world with people like you and me.

The greatest act of rebellion is to go on living authentically and truthfully; find spaces where you can be yourself unapologetically.

Be the role model you always needed.

You've come so far, and I am so, so proud of you.

Questions



Please enter your questions in the Q/A section at the bottom of your screen

Thank you!

- 1 Please fill out our brief evaluation:



- 3 Visit our website:
childrenssafetynetwork.org

- 2 Follow us on social media:

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