

LGBTQ terminology, statistics, & support

"We rise by lifting others"
- Robert Ingersoll

Queer - Often used to describe the entire LGBTQ community, though the term can be construed as offensive when used by someone who is not a member of that community. (*1)

Lesbian - Females who are emotionally and sexually attracted to females.

Gay - Males who are emotionally and sexually attracted to males.

Bisexual - Individuals who are emotionally and sexually attracted to both males and females.

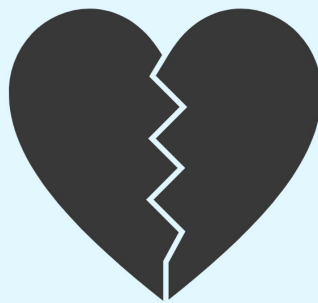
Transgender - Individuals who express a gender identity different from their birth-assigned gender.

Questioning - Individuals who are uncertain about their sexual orientation and/or gender identity. (*2)

The Trevor Project's 2019 study found that :

71%

of LGBTQ youth have reported feeling sad or hopeless (*3)



39%

of LGBTQ youth seriously contemplated suicide in the prior year (*3)

According to the 2015 Youth Risk Behavior Survey:

34%

of LGBT youth experienced bullying at school (*3)



1 in 10

LGBT youth were threatened or injured with a weapon at school (*3)

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"Individually we are one drop, but together, we are an ocean"
- unknown

Gender is complex; Gender identity is the internal perception of one's gender, and how they label themselves. (*4)

Cisgender - Applies to someone whose gender matches their "assigned" sex at birth.

Transgender - Individuals who express a gender identity different from their birth-assigned gender.

Nonbinary - is a spectrum of gender identities that are not exclusively masculine or exclusively feminine—identities that are outside the gender binary of male and female.

Genderfluid - Applies to a person whose gender identity changes over time or changes at different times. (*4)

How can we support LGBTQ youth?

Take a strict no bullying, no harrasment, no violence stance

Create Safe Spaces

- The counselor's office
- LGBTQ student support groups
- Create student-led and student-organized school clubs (e.g. gay/straight alliance)

refer out!



The School Counselor: Rm. 205
The Trevor Project:
text 'START' to 678-678
or call 1-866-488-7386

References:

- (*1) OnlineSchools.org. (2022, January 10). *LGBTQ Student Guide*. Retrieved March 18, 2022, from <https://www.onlineschools.org/lgbtq-student-guide/>
- (*2) Poirier, J. M., Francis, K. B., Fisher, S. K., Williams-Washington, K., Goode, T. D., & Jackson, V. H. (2008). *Practice Brief 1: Providing Services and Supports for Youth Who Are Lesbian, Gay, Bisexual, Transgender, Questioning, Intersex, or Two-Spirit*. Washington, DC: National Center for Cultural Competence, Georgetown University Center for Child and Human Development.
- (*3) Villines, Z. (2021, March 23). *What to know about sexual orientation and mental health in youth*. Medical News Today. Retrieved March 18, 2022, from <https://www.medicalnewstoday.com/articles/lgbt-youth-and-mental-health#mental-health-among-lgbt-youth>
- (*4) *Understanding Pronouns*. (2021, July 13). LGBT Life Center. Retrieved March 18, 2022, from <https://lgbtlifecenter.org/pronouns/>