

LGBTQ+ Affirming Spaces

*Interactive PDF: select underlined words for more information / resources.

To Learn More:

[Learning About Sexual Orientation, Gender Identity & Expression \(SOGIE\)](#)

[Defining LGBTQ](#)



Lesbian, Gay, or Bisexual (LGB) Victimization at School

National Youth Risk Behavior Survey, 2019

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

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

Data Note:

All Youth Risk Behavior Survey data included in this infographic were obtained through the CDC's publicly available portal and can be accessed [here](#).

High School Students responded to the following question.

Which of the following best describes you?

- A. Heterosexual (straight)
- B. Gay or lesbian
- C. Bisexual
- D. Not sure

Depression & Suicidal Ideation Among LGB High School Students

National Youth Risk Behavior Survey, 2019

●●●● **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.

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

Suicidal Ideation Among Delaware LGB High School Students

Delaware Youth Risk Behavior Survey, 2017

Among Delaware High Schoolers, approximately...

1:10 Heterosexual students reporting making a suicide plan

1:3 LGB students reported making a suicide plan

"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](#))



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"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:

Ivey-Stephenson, A. Z., Demissie, Z., Crosby, A. E., Stone, D. M., Gaylor, E., Wilkins, N., Lowry, R., & Brown, M. (2020). Suicidal Ideation and Behaviors Among High School Students - Youth Risk Behavior Survey, United States, 2019. *MMWR supplements*, 69(1), 47-55. <https://doi.org/10.15585/mmwr.su6901a6>
The Trevor Project. (2021). 2021 National Survey on LGBTQ Youth Mental Health. West Hollywood, California: [The Trevor Project](#)
The Trevor Project. (2020). 2020 National Survey on LGBTQ Youth Mental Health. New York, New York: [The Trevor Project](#).

Tips for Creating Affirming Spaces for LGBTQ+ Individuals

*Interactive PDF:
Select underlined
words for more
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resources.

1 Make Curriculum LGBTQ+ inclusive

- including LGBTQ+ history
- include diverse families
- use LGBTQ+ inclusive literature
- celebrate LGBTQ+ events ([Safe space kit, 2019](#))

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 ([Safe space kit, 2019](#))

3 Promote Non-Discriminatory Policies and Practices for

- sexual orientation
- gender identity
- gender expression ([Safe space kit, 2019](#))

4 Response to "Coming Out"

- offer support
- assure and respect confidentiality
- listen ([Safe space kit, 2019](#))

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

National

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."

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." PFLAG 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."

Citations:

[Safe Space Kit](#): Guide to Being an Ally to LGBT Students. 2nd edition ed., GLSEN Publishers, 2019.

Funding for this project has been provided by the Delaware Department for Health and Social Services, Division of Substance Abuse and Mental Health through the Substance Abuse and Mental Health Services Administration (SAMHSA).

Funding for the Delaware High School Youth Risk Behavior Survey was provided through the Delaware Division of Public Health by the Centers for Disease Control and Prevention.