

LGBT Student Health



High school-level data from the 2019 Maine Integrated Youth Health Survey

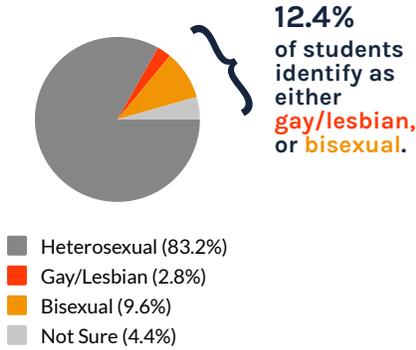
13.6%

of Maine high school students identify as LGBT (about 7,500).

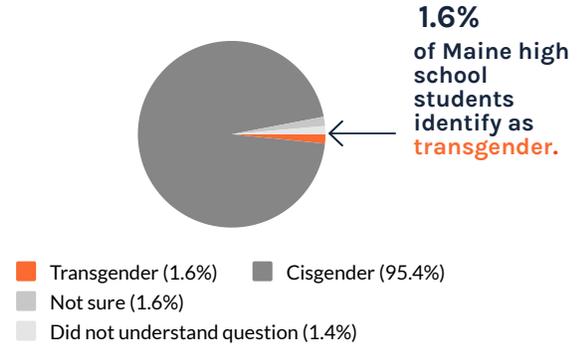
That's nearly 1 in 7 students.



Sexual Orientation



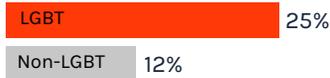
Gender Identity



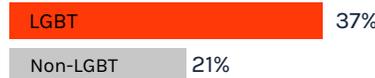
LGBT students experience more **violence and discrimination at school, at home, and in the community.**



LGBT students are twice as likely to **feel unsafe at school.**



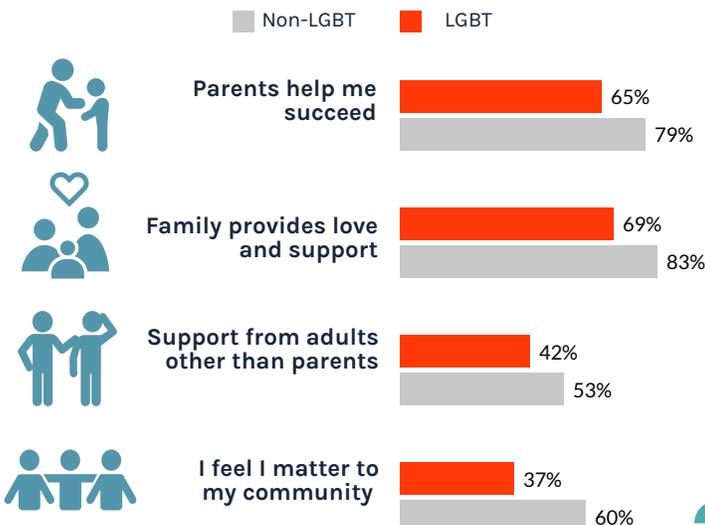
LGBT students are **more likely to be bullied at school** (in the past 12 months).



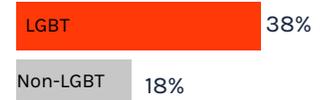
LGBT students are more likely to experience **offensive comments or attacks at/on the way to school** because of:



LGBT students are less likely to have support from adults, and more likely to experience violence.



LGBT students are significantly more likely to say that **violence in their home or the threat of violence made them consider leaving home.**



LGBT students are three times more likely to have been **forced to have sexual contact** in their lifetime.



LGBT students are twice as likely to have four or more adverse childhood experiences* (**LGBT: 44%** vs Non-LGBT: 18%).

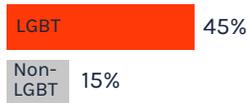
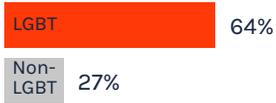
*For more information see Adverse Childhood Experience infographic at: <https://data.mainepublichealth.gov/miyhs/files/Snapshot/2017ACEsMIYHSInfographic.pdf>

LGBT students face many challenges and fewer supports. Their mental health outcomes are significantly worse.

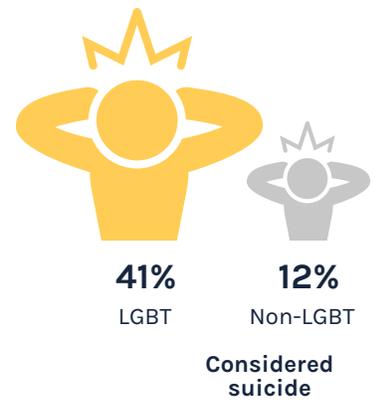
LGBT students are more than twice as likely to **feel sad or hopeless** (for two or more weeks in the past year).

Nearly half of LGBT students have **long-term emotional or behavioral problems** expected to last 6 months or more.

LGBT students are nearly four times more likely to have **seriously considered suicide** in the past year.



2,800 LGBT students seriously considered suicide in the past year. That's enough to fill 58 school buses.



To cope with violence and discrimination, many LGBT students may turn to harmful substance use...



LGBT students are twice as likely to have **smoked cigarettes in the past 30 days**.



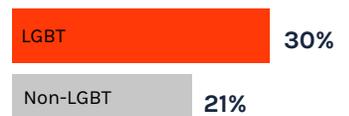
LGBT students are significantly more likely to have **used alcohol and marijuana in the past 30 days**.



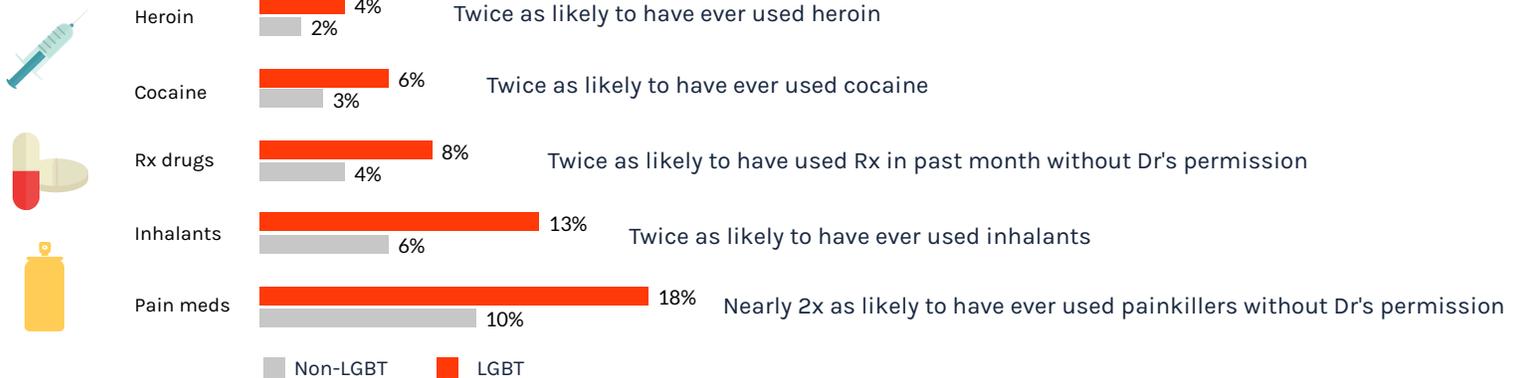
Alcohol



Marijuana



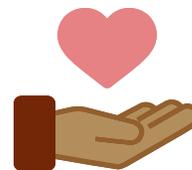
Compared to non-LGBT peers, LGBT students are:



What you can do to support health and well-being for lesbian, gay, bisexual, and transgender (LGBT) students in Maine:



Create or support a Gay/Straight/Trans Alliance (GSTA) in your school. Resources for starting a GSTA are available through the Maine chapters of the Gay Lesbian & Straight Educators Network (GLSEN): www.glsen.org/chapters/southernme or www.glsen.org/chapters/downeastme.



Create a welcoming and affirming environment in your school, organization, or community by actively reaching out to LGBT youth, and using inclusive language and programming.



Provide LGBT youth with opportunities to connect with each other, and with supportive adults in your school or community.



Learn how your school, organization, or community can better serve and support LGBT young people and their families.

For more information about MIYHS or this factsheet visit: <https://data.mainepublichealth.gov/miyhs/home>

Source: Maine Integrated Youth Health Survey 2019. Note: All differences presented are statistically significant based on non-overlapping 95% confidence intervals. Created May 2020