



***The Chance to Thrive: Fostering
Resiliency for LGBTQ Youth***

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THE **TREVOR** PROJECT

What Is The Trevor Project?

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, and questioning youth.



WHY WE'RE HERE

THE
FACTS

2nd

Suicide is the 2nd leading cause of death among young people ages 10 to 24 and accounts for 12.0% of the deaths every year in that age group

Source: CDC Suicide: Facts at a Glance, 2011

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WHY WE'RE HERE

THE
FACTS

41%

of transgender and GNC people
have reported attempting suicide.

Source: "Injustice at Every Turn" National Gay and Lesbian Task Force Report, 2011

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WHY WE'RE HERE

THE
FACTS

4x

LGB youth are **4 times more likely** to have attempted suicide than their heterosexual peers.

Source: CDC, "Sexual Identity, Sex of Sexual Contacts, and Health-Risk Behaviors Among Students in Grades 9-12", 2011

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WHY WE'RE HERE

THE
FACTS

3x

Questioning youth are **3 times more likely** to have attempted suicide than their straight peers.

Source: CDC, "Sexual Identity, Sex of Sexual Contacts, and Health-Risk Behaviors Among Students in Grades 9-12", 2011

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WHY WE'RE HERE

THE
FACTS

8x

LGB youth who come from highly rejecting families are up to **8 times more likely to attempt suicide** than LGB youth who come from accepting families.

Source: Family Acceptance Project™, 2009

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WHY WE'RE HERE

THE
FACTS

1

One supportive person can decrease an LGBTQ youth's risk for suicide by 30%

Source: "School support groups, other school factors, and the safety of sexual minority adolescents," Psych in the Schools 2006

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PROMOTING RESILIENCY

ESSENTIAL QUESTION:

How do we become a safe person for LGBTQ youth to talk to?

PROMOTING RESILIENCY

General Protective Factors

- Culturally competent and effective clinical care
- Easy access to care
- Restricted access to highly lethal means of suicide
- Strong connections
- Artistic, athletic or academic talent
- Skills in problem solving

PROMOTING RESILIENCY

LGBTQ-Specific Protective Factors

- Family, community and school support (PFLAG, GLSEN)
- Positive media representations: “Possibility models”
- LGBTQ or LGBTQ-Friendly social and support networks (GLBTNearMe.org)
- Development of Coping Mechanisms (Safety planning, etc.)

PROMOTING RESILIENCY

Supporting Trans*/GNC youth

Non-assumptive language:

Preferred name and gender pronoun

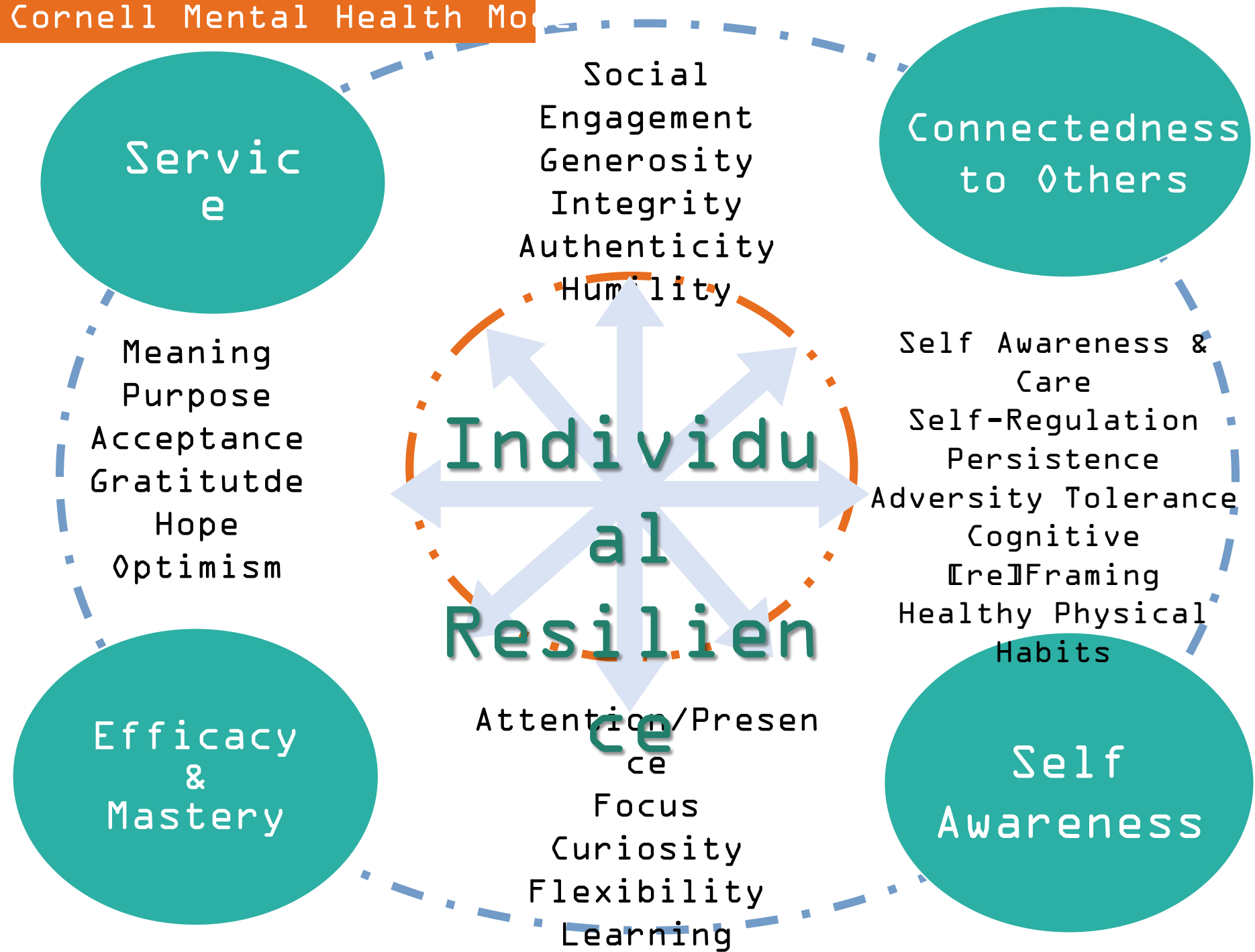
- "What gender pronouns do you use?"
- Gender neutral pronouns

Do not make assumptions about the person's gender or the gender of partners, family members or friends

Exploring gender identity:

Demonstrate a nonjudgmental attitude and provide a safe space to explore gender issues

Meet the person where they are at



ENHANCING / EXPANDING SUPPORT

- Assess how many programs, policies, and practices we already have in each of the four action areas (service, connectedness, efficacy and mastery, self-awareness)
- Assess alignment with framework within existing programs in each domain (e.g. in stated intention, in messages about resilience and growth, and in assessments of individual experience and impact)
- Create new strategies, programs, and/or approaches to better incorporate underrepresented action areas (e.g. self-awareness and care)
- Focus on building universal and targeted outreach to particular groups (including early assessment of resilience and vulnerability profiles)
- Scholar-specific messaging and programming

Adapted from Cornell Mental Health Model