

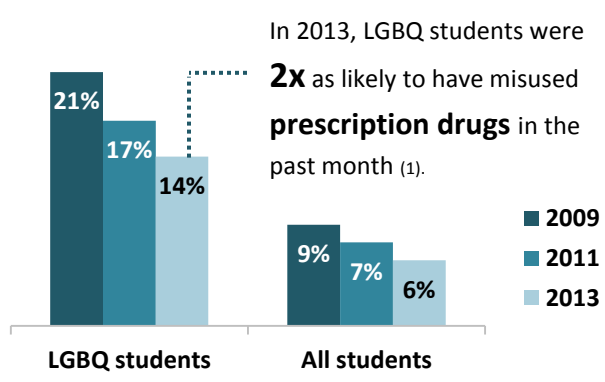
LGBTQ* Youth Population

➔ **LGBTQ students = those who identify as Lesbian, Gay, Bisexual, or Questioning/Not Sure (This factsheet relies heavily on data from the Maine Integrated Youth Health Survey which does not include transgender as an option).**

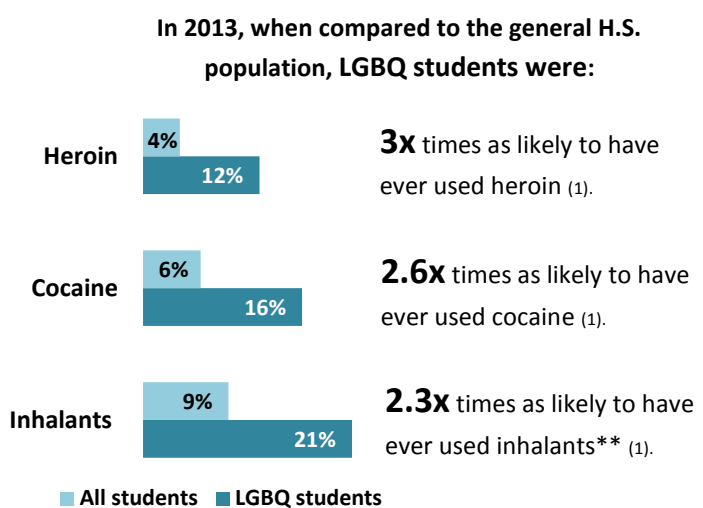
➔ **Youth who identify as LGBTQ tend to have higher rates of risk factors and therefore are more susceptible to substance use and poor mental health than the general population (see next page).**



In 2013, almost **one in ten** high school students in Maine identified as either gay/lesbian, bisexual, or not sure (1).



In 2013, LGBTQ students were **2x** as likely to have misused **prescription drugs** in the past month (1).



In 2013, when compared to the general H.S. population, LGBTQ students were:

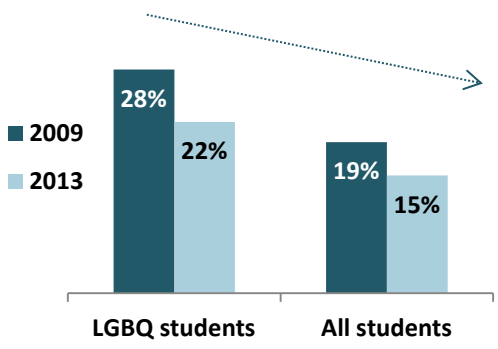
3x times as likely to have ever used heroin (1).

2.6x times as likely to have ever used cocaine (1).

2.3x times as likely to have ever used inhalants** (1).

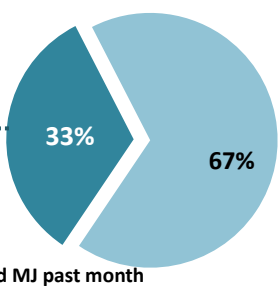
Substance Use

In 2013, more than **one in five** LGBTQ students binge** drank within the past month (1).

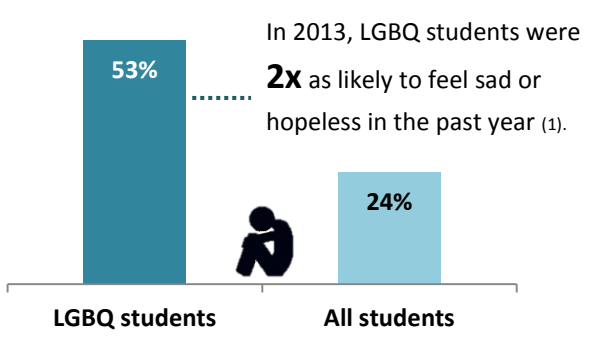


Rates of **binge** drinking among LGBTQ students as well as the general H.S. population have decreased since 2009 (1).

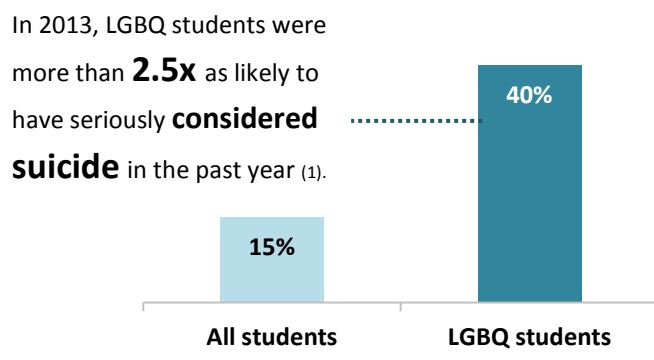
In 2013, **one third** (33%) of LGBTQ students had used **marijuana** in the past month (1).



Mental Health



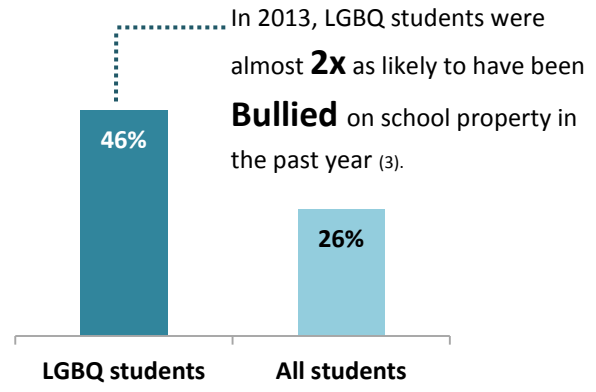
In 2013, LGBTQ students were **2x** as likely to feel sad or hopeless in the past year (1).



In 2013, LGBTQ students were more than **2.5x** as likely to have seriously **considered suicide** in the past year (1).

Notes
 *LGBTQ = Students who identify as Lesbian, Gay, Bisexual, or Not Sure. Survey does not include transgender as an option
 **Binge drinking = five or more drinks in one setting if male and 4 or more drinks in one setting if female.
Sources
 1. Maine Integrated Youth Health Survey

- ➔ Risk and protective factors such as school climate and family support can have a large effect on substance use as well as the mental health of youth.
- ➔ Youth who identify as LGBQ are at an increased risk of discrimination, harassment, violence, abuse, and bullying.
- ➔ Studies show that reducing risk factors and strengthening protective factors among youth can help reduce substance use and improve overall mental well-being (see bottom of page for additional resources).



School Climate

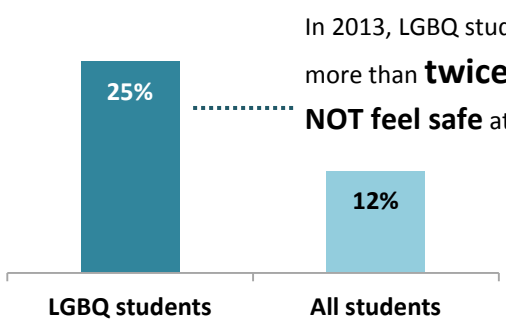
Four out of five LGBT* students experienced verbal harassment in school based on their sexual orientation (2).



96% of LGBT students felt excluded or "left out" by their peers (2).

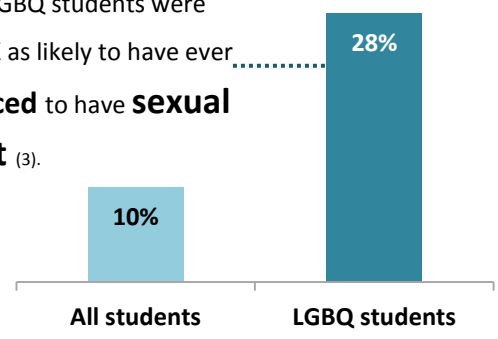


Nine in ten (90%) of LGBT students in Maine heard "gay" used negatively at school regularly (2).

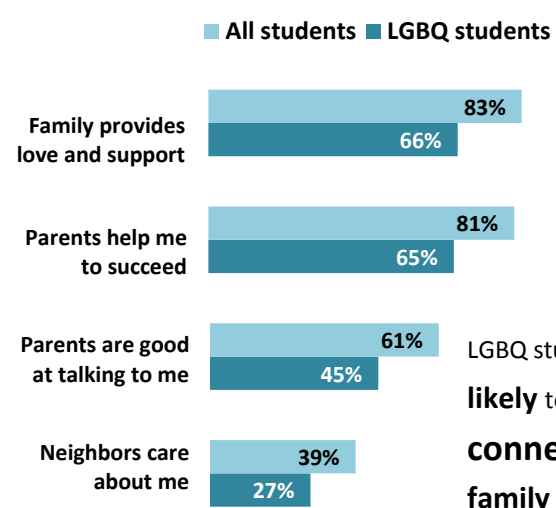


Sexual Abuse

In 2013, LGBQ students were nearly 3x as likely to have ever been forced to have sexual contact (3).



Family and Community Norms



LGBQ students are less likely to feel support and connection from their family and community (3).

Notes
 *LGBT = Students who identify as lesbian, gay, bisexual, or transgender
 **LGBQ = Those who identify as Lesbian, Gay, Bisexual, or Questioning/Not Sure. Survey does not include transgender as an option

Sources
 2. Gay, Lesbian and Straight Education Network (GLSEN) National School Climate Survey (2013)
 3. Maine Integrated Youth Health Survey (2013)

Additional Resources
<http://www.cdc.gov/lgbthealth/youth.htm>
<http://www.stopbullying.gov/at-risk/groups/lgbt/index.html>

Maine Resources
<http://equalitymaine.org/>
<http://glsen.org/chapters/southernme>