

# Health Among LGBTQ+ High School Students in Maine

2023 Maine Integrated Youth Health Survey Data

The 2023 MIYHS definition of LGBTQ+ includes students who identify as lesbian, gay, bisexual, transgender, questioning and other non-heterosexual, non-cisgender identities.



**1 in 4** students identify as LGBTQ+ (26%)

that is approximately **13,860** Maine high school students



## Lack of Support

LGBTQ+ students are less likely to have support from adults in their lives.

Twice as likely to have 4 or more adverse childhood experiences (ACEs)\*



Less likely to feel people at their school care about and encourage them



Less likely to feel like they matter to their community



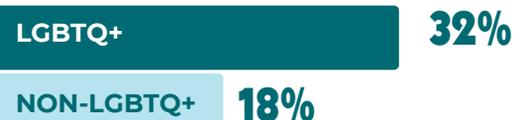
## Violence & Discrimination

LGBTQ+ students are more likely to experience violence and discrimination at home and at school than non-LGBTQ+ students.

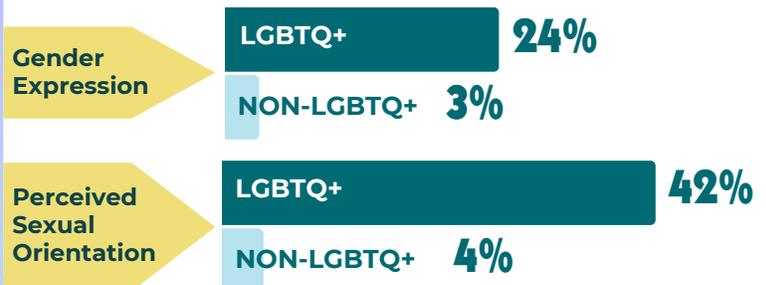
More than twice as likely to feel unsafe at school



More likely to be bullied at school



More likely to experience offensive comments or be attacked at school because of:



**Transgender (trans):** those who identify with a gender that is different than the sex they were assigned at birth.

**Cisgender:** those whose gender is the same as the sex they were assigned at birth.

**Gender Expression:** how individuals present their gender through behavior, appearance and mannerisms.

\*Learn more about adverse childhood experiences: <https://www.cdc.gov/aces/about/index.html>

[www.maine.gov/miyhs](http://www.maine.gov/miyhs)  
[miyhs.dhhs@maine.gov](mailto:miyhs.dhhs@maine.gov)



## Substance Use

LGBTQ+ students are more likely to experience violence and discrimination, which can increase their risk of substance use.

**Almost twice as likely to have smoked cigarettes** in the past 30 days



**More likely to have used cannabis** in the past 30 days



**More likely to have used an electronic vapor product** in the past 30 days



## Mental Health

LGBTQ+ students face many challenges and have fewer supports. Their mental health outcomes are significantly worse.

**More than twice as likely to feel sad or hopeless** for 2 or more weeks in the past year



**Three times as likely to have seriously considered suicide** in the past year



If you know an LGBTQ+ young person who is struggling with thoughts of suicide, contact:



Call 988 and PRESS 3



Text Q to 988



Visit: [TheTrevorProject.org](https://www.thetrevorproject.org)

Support the health and well-being of lesbian, gay, bisexual, transgender, questioning, and other non-heterosexual, non-cisgender students.

- SUPPORT** a Gay/Straight/Trans Alliance (GSTA) in your school. Connections to supportive friends and caring adults can have a positive effect on students' mental health and well being.
- CREATE** a welcoming and affirming environment in your school, organization, or community by actively reaching out to LGBTQ+ youth and using inclusive language and programming.
- PROVIDE** LGBTQ+ youth 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 LGBTQ+ young people and their families.
- REQUEST** a free guide on GSTAs, inclusive youth programming, or LGBTQ+ friendly workplaces, here: [outmaine.org/resources/](https://outmaine.org/resources/)

### ABOUT MAINE INTEGRATED YOUTH HEALTH SURVEY (MIYHS)

The MIYHS is a biennial collaboration between the Maine Department of Health and Human Services and the Maine Department of Education since 2009. It aims to identify youth health trends through direct surveys taken by Maine students in grades 5 - 12. All middle and high schools can participate.

[www.maine.gov/miyhs](https://www.maine.gov/miyhs)  
[miyhs.dhhs@maine.gov](mailto:miyhs.dhhs@maine.gov)

