

Health Disparities of Maine Transgender Youth



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

Transgender students experience mental and physical health disparities, which are differences linked to social disadvantage, such as a history of exclusion or discrimination.



1.6% of Maine high school students identify as transgender* (About 900 students)

✓ **Not Sure**
1.6% of high school students say they are not sure if they are transgender.

Their health risks are similar to transgender students.

Violence

Transgender students are more likely to experience physical, emotional, and sexual violence compared to cisgender** students.



28% of trans students have dated someone who physically hurt them on purpose (vs 8% of cisgender).



41% of trans students have ever been forced to have sexual contact (vs 11% of cisgender).

Compared to cisgender students, transgender students are:



2x More likely to have been bullied on school property in the past year (44% vs 22%).



4x More likely to have been threatened or injured with a weapon in the past year (33% vs 9%).



3x More likely to have skipped school because they felt unsafe in the past month (17% vs 5%).

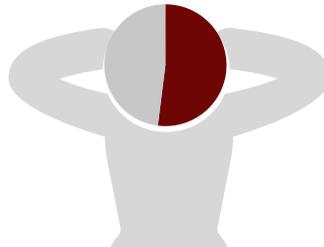
Mental Health

Nearly three quarters of trans students reported depressive symptoms, and half seriously considered suicide in the past year.

72%
Depressive symptoms
vs 31% cisgender



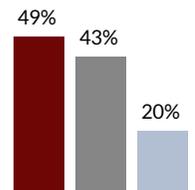
52%
Considered suicide
vs 15% cisgender



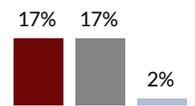
Compared to cisgender students, transgender students are:



More likely to have ever wanted to leave home due to violence or the threat of violence.



More likely to have slept someplace other than their parent's or guardian's home in the past month.



■ Transgender ■ Not Sure ■ Cisgender

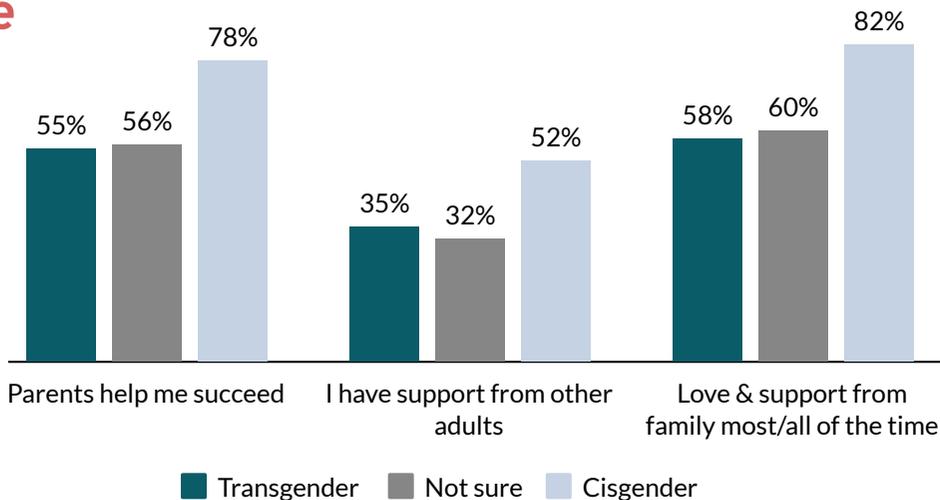
*Transgender (trans): those who identify with a gender other than the one they were assigned at birth.
**Cisgender: those who identify with the gender they were assigned at birth.

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Protective Factors



Trans students are less likely than cisgender students to feel supported by adults.

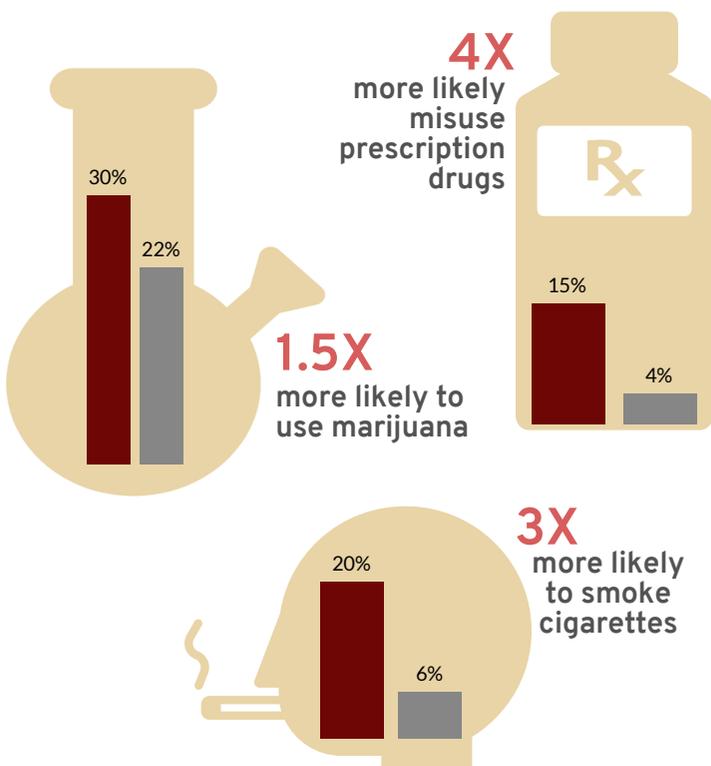


Only 1 in 3 trans students feel that they matter to people in their community. (vs 2 in 3 cisgender)



Substance Use

Trans students are more likely to smoke and use substances in the past 30 days compared to cisgender students.



Supporting Trans Youth

What adults can do to help in their school, organization, or community:



Create or support a Gay/Straight/Trans Alliance (GSTA) in your school. Resources for starting a GSTA are available at:

- www.glsen.org/chapters/southernme
- www.glsen.org/chapters/downeastme



Create a welcoming and affirming environment by reaching out to transgender youth, and using inclusive language and programming.



Provide transgender youth with opportunities to connect with each other, and with supportive adults.



Educate yourself and your colleagues about how to better serve and support trans youth and their families.

See more youth health data at: <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. Updated September 2020.