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

**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:
  - 2x More likely to have ever wanted to leave home due to violence or the threat of violence.
  - 8x More likely to have slept someplace other than their parent’s or guardian’s home in the past month.

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

Their health risks are similar to transgender students.

1.6% of high school students say they are not sure if they are transgender.

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

**Cisgender: those whose identify with the gender they were assigned at birth.
Trans students are less likely than cisgender students to feel supported by adults.

<table>
<thead>
<tr>
<th></th>
<th>Transgender</th>
<th>Not sure</th>
<th>Cisgender</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parents help me succeed</td>
<td>55%</td>
<td>56%</td>
<td>78%</td>
</tr>
<tr>
<td>I have support from other adults</td>
<td>35%</td>
<td>32%</td>
<td>52%</td>
</tr>
<tr>
<td>Love &amp; support from family most/all of the time</td>
<td>58%</td>
<td>60%</td>
<td>82%</td>
</tr>
</tbody>
</table>

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

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](http://www.glsen.org/chapters/southernme)
  - [www.glsen.org/chapters/downeastme](http://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.

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

- 4X more likely to misuse prescription drugs
- 1.5X more likely to use marijuana
- 3X more likely to smoke cigarettes

See more youth health data at: [https://data.mainepublichealth.gov/miyhs/home](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.