


### Creating an Inclusive Environment for LGBTQ Youth

- Safe and affirming schools
- A strong, educated provider safety net
- Safe and welcoming communities
- Informed and supported parents and families




SUPPORT | EDUCATE | EMPOWER  
PO Box 1723, Rockland, ME 04841  
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1

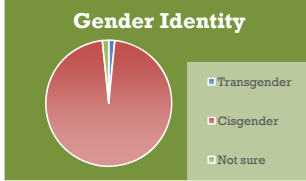
### Self-reported sexual orientation & gender identity Maine high school students, 2017

#### Sexual Orientation




**15 percent** of Maine high school students identified as either gay/lesbian, bisexual or not sure.

#### Gender Identity



**3 percent** of Maine high school students identified as either transgender or not sure of gender identity.

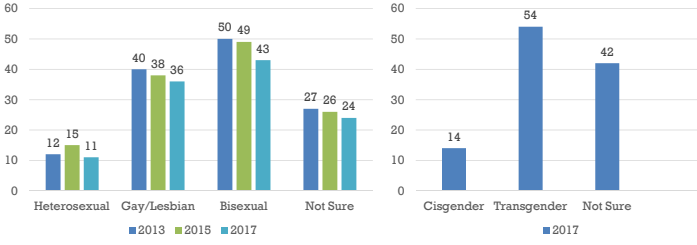


\*2017 Maine Integrated Youth Health Survey


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2

### Suicide ideation among Maine high school students



Sexual Orientation	2013	2015	2017
Heterosexual	12	15	11
Gay/Lesbian	40	38	36
Bisexual	50	49	43
Not Sure	27	26	24
Cisgender	14		
Transgender		54	
Not Sure		42	

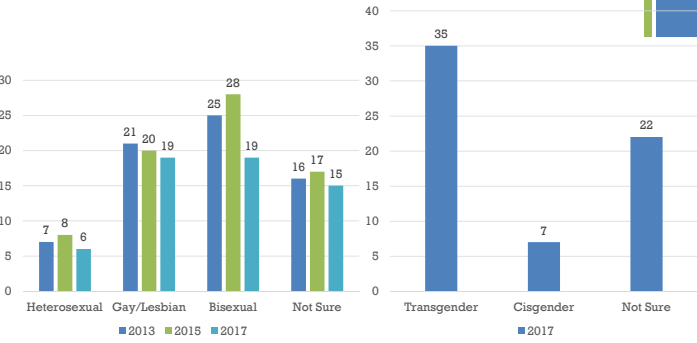


\*Maine Integrated Youth Health Survey 2017


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3

### Suicide attempts among Maine high school students



Sexual Orientation	2013	2015	2017
Heterosexual	7	8	6
Gay/Lesbian	21	20	19
Bisexual	25	28	19
Not Sure	16	17	15
Transgender		35	
Cisgender	7		
Not Sure		22	




\*Maine Integrated Youth Health Survey 2017


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4

**+ Risk Factors**



- Isolation  
*(especially due to lack of public transportation)*
- Homelessness
- Unsupportive families & communities
- Feeling unsafe in schools, homes, communities
- Depression, anxiety, suicide ideation, substance use





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5

**+ LGBTQ Youth Protective Factors**

- Unconditional support of child's identity, whatever it is.
- "Family" support is the number one protective factor (broad definition)
- Families, schools, providers are informed about LGBT issues, trained to support and model appreciation for all youth
- Access to safe and supportive community groups like OUT, Gay/Straight/Trans/Alliances (GSTA's), health care services and community services
- Inclusive forms and curriculum
- Appropriate response to bullying and harassment





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6

**+ Creating Supportive Spaces**

- LGBTQ people are everywhere.
- Examine your own beliefs and attitudes that might affect your professional responsibilities to LGBTQ youth.
- Treat LGBTQ individuals with the same dignity and expectations as others.
- Be aware of your language – use gender neutral language with all people.
- Don't stereotype LGBTQ people – avoid assumptions that all LGBTQ are the same
- Create a welcoming and affirming environment in your office, forms, posters, literature, etc.




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7

**+ OUT Maine's initiatives for supporting our youth**


- Welcoming and inclusive schools – GSTAs (Gay, Straight, Trans Alliances) & trainings
- Safe spaces in our communities – Rockland, Kieve-Wavus retreats, overnights, Rainbow Weekend, Haystack Weekend
- Strong network of informed educators health care, mental health, faith and community services providers (like you)
- Additional resources & training schedule on OUT's website
  - [www.outmaine.org](http://www.outmaine.org)



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8

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Safe and affirming schools


A strong, educated provider safety net

Safe and welcoming communities

Informed and supported parents and families

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