

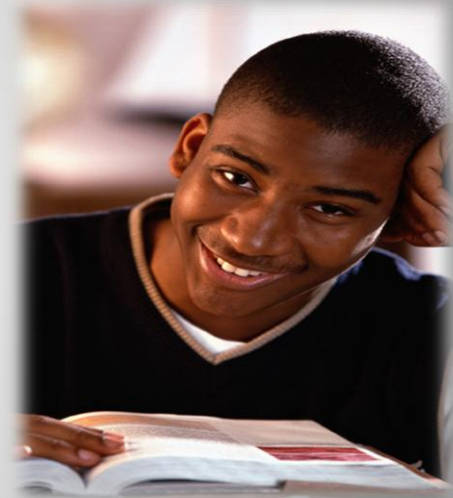


Safe and Accepted: LGBTQ Youth Suicide Prevention & Intervention



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www.yspp.org



YSPP
Youth Suicide Prevention Program



The LGBTQ Experience:



- **84.6% of LGBT students reported being verbally harassed,**
- **40.1% reported being physically harassed and**
- **18.8% reported being physically assaulted at school in the past year because of their sexual orientation.**
- **61.1% of LGBT students reported that they felt unsafe in school because of their sexual orientation (GLSEN 2009)**



The LGBTQ Experience:

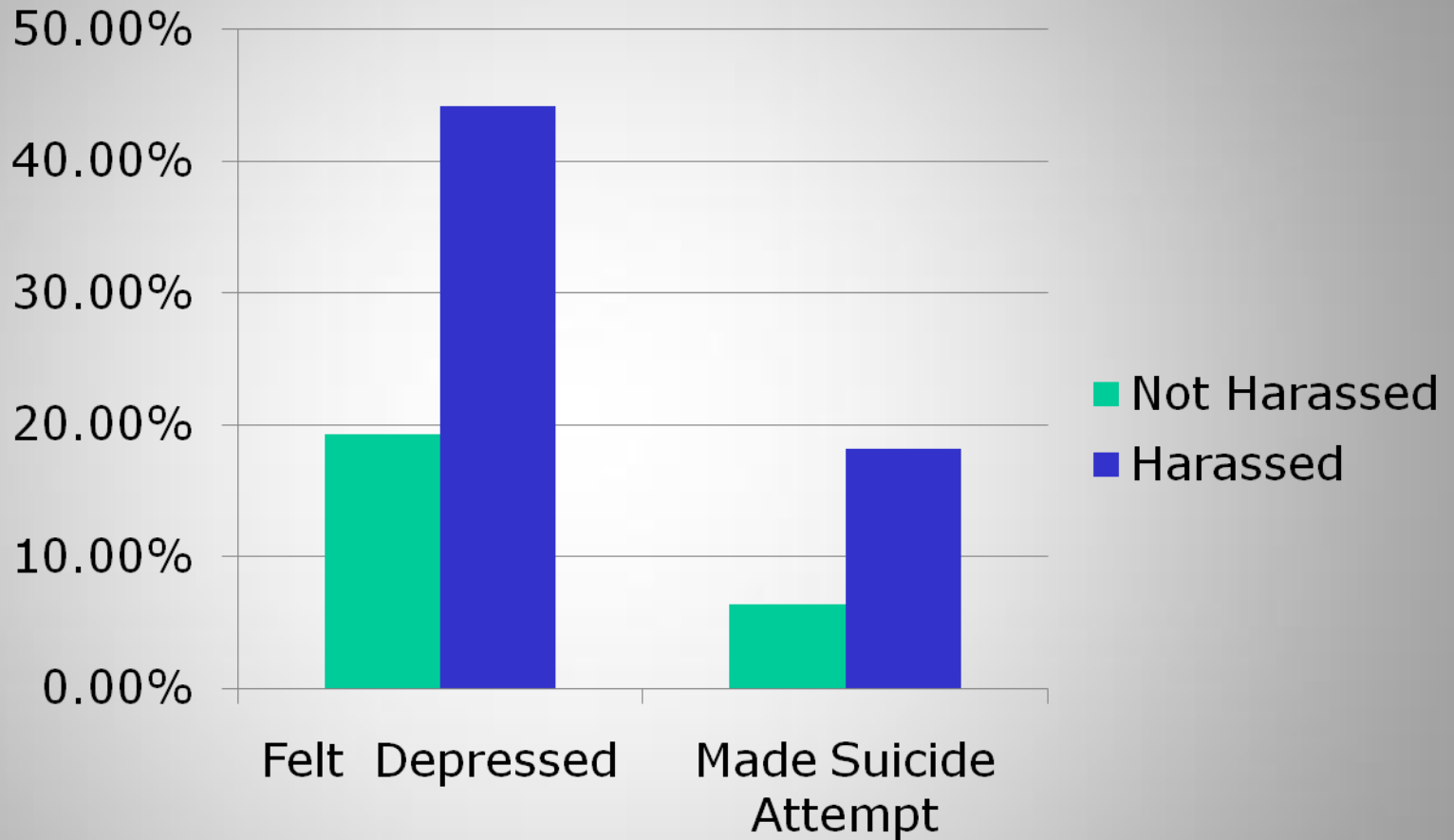
- Homophobia/Transphobia
- Prejudice
- Discrimination
- Homelessness





Impact of Harassment Based on Sexual Orientation

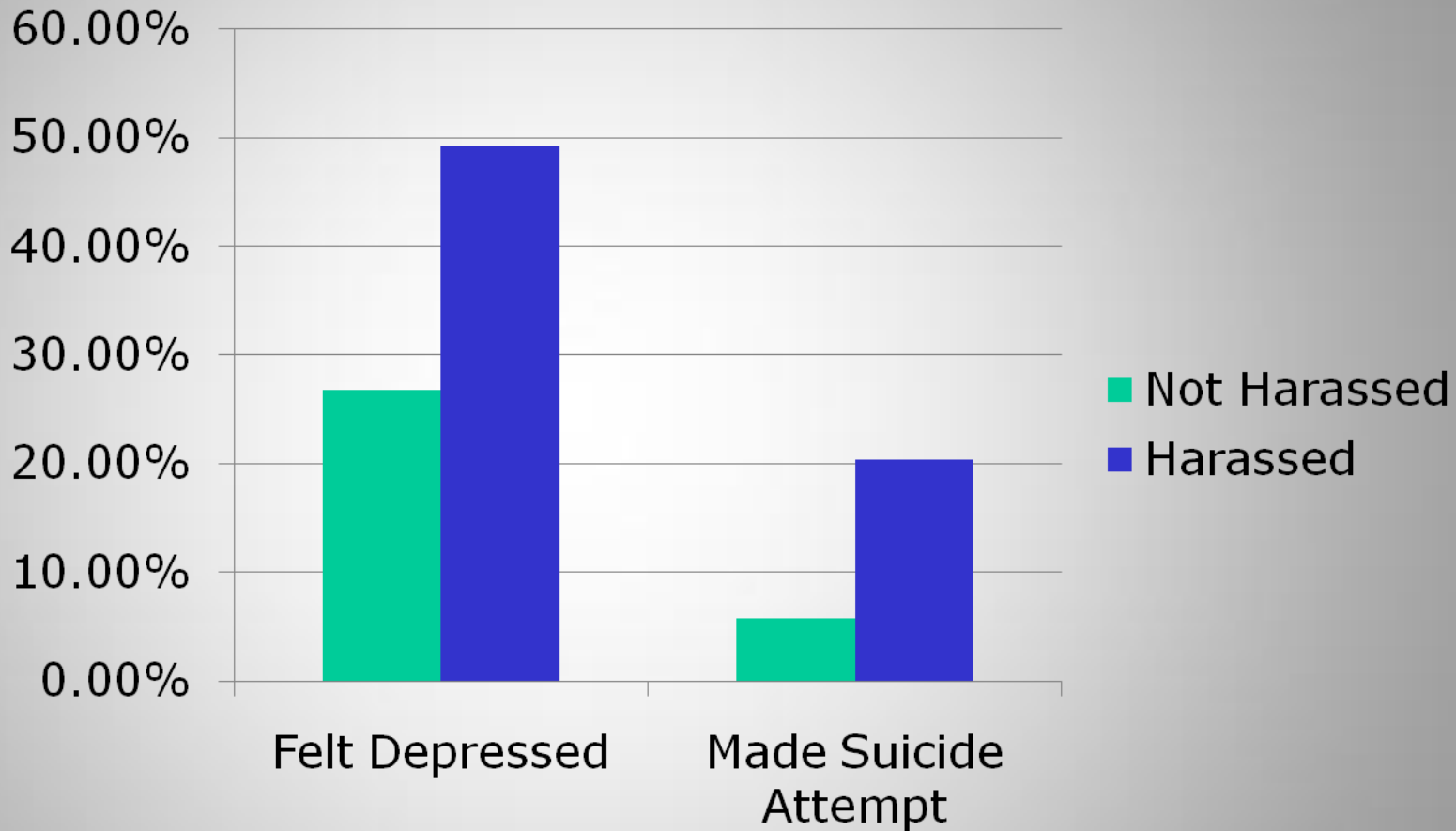
8th grade





More Data...Harassment Based on Sexual Orientation

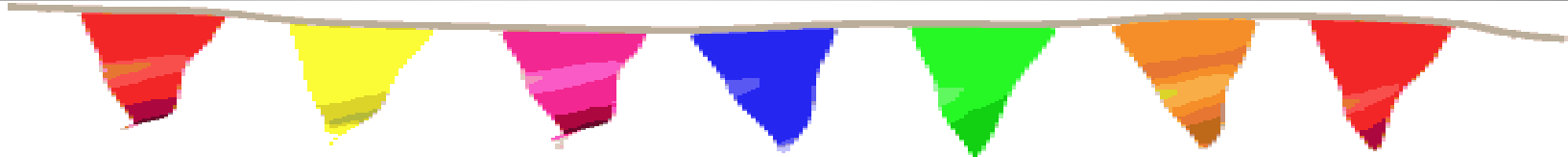
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The LGBTQ Experience

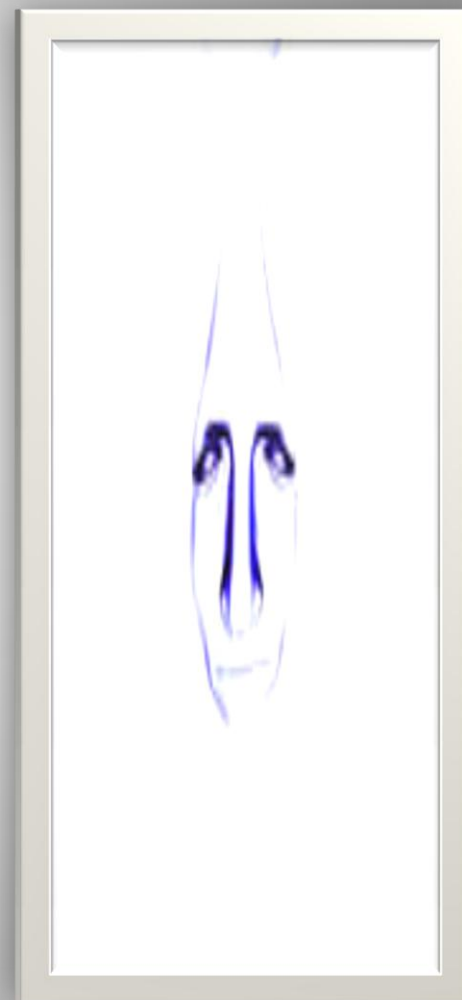
- **20-40% of homeless youth identify as LGB**
(National Runaway Switchboard)
 - **62% of homeless LGB youth report an attempt** (Van Leeuwen, 2006)
- **Suicide attempts amongst LGBT youth:**
 - **35% of LGB youth** (average 7 studies)
 - **54% Trans identified youth report at least one suicide attempt** (2001 GLMA Journal article)





Adolescent Depression: The Signs

- **Irritability**
- Persistent feelings of sadness
- A drop in school performance
- Problems with authority
- Indecision, lack of concentration
- Poor self-esteem
- Overreaction to criticism
- Frequent physical complaints
- **Anxiety**
- Self harm





Self Harm:

- Internal Psychological Elements
- Vulnerabilities to Self-Harm
- Characteristics of Self-Injurers
- Emotion Vulnerability

i scar myself
so you will
see i wish i
wasnt
ME



Skills for Reducing Self Harm:

- Interpersonal Effectiveness Skills
- Emotion Regulation Skills
- Distress Tolerance Skills





Risk Factors for Youth

BIOLOGICAL	SOCIOLOGICAL	PSYCHOLOGICAL	EXISTENTIAL
<p>Family History of - Cognitive - impairments</p> <p>Disability</p> <p>Chronic illness</p> <p>Mental illness</p> <p>Puberty</p>	<p>Family conflict</p> <p>Victimization experiences</p> <p>Bullying</p> <p>Harassment</p> <p>Expectations: of school, family, & self</p> <p>Break up</p> <p>Rejection: by family & peers</p> <p>Negative coming out experience</p> <p>Homophobia</p> <p>Heterosexism</p> <p>Inaccessible LGBT friendly service providers</p>	<p>Depression</p> <p>Negative self talk</p> <p>Poor distress tolerance</p> <p>Poor Resiliency</p> <p>Previous attempt</p> <p>Anxiety</p> <p>Internalized: Homophobia & transphobia</p> <p>Overwhelming stressors/distress</p> <p>Internal conflict</p>	<p>Failure to see the good in the world</p> <p>Feelings of hopelessness</p> <p>“The world will never be a safe place for gay people”</p>



Additional Risk Factors for LGBTQ Youth:

- **Gender nonconformity**
- **Coming out:**
 - **Early**
 - **Not coming out to anyone**
- **Homophobia/Transphobia**
- **Internalized homophobia, transphobia=Internal conflict**
- **Heterosexism**
- **Inaccessible LGBT friendly service providers**





Protective Factors for Youth

LGB youth report lower levels of each of the following “protective factors” against suicide:

- Adult caring: Staff/volunteers
- Parental support (of sexuality/gender identification)
- High self-esteem
- Positive role models (mentors)
- Family connectedness
- School safety
- Access to effective care





Increase Support for Youth

INDIVIDUALS	FAMILIES	PROVIDERS	SCHOOLS
<p>Knowledge of LGBT issues</p> <p>Aware of and condemns heterosexism & discrimination</p> <p>Models appreciation for ALL youth</p> <p>Maintains confidentiality</p>	<p>Unconditional support of child's identity</p> <p>Access to safe health care</p> <p>Ensure that school is safe & welcoming</p> <p>Educate self about issues facing child</p> <p>Lets child take lead in coming out process</p> <p>Seeks resources of LGBT issues</p> <p>Appropriate response to issues if they come up</p>	<p>Explicit policies that prohibit ALL discrimination</p> <p>Trains all staff about LGBT issues</p> <p>Offers programs for ALL types of families</p> <p>Establishes a welcoming environment</p> <p>All forms inclusive</p> <p>Staff/volunteers representative of LGBT community</p>	<p>Welcoming environment</p> <p>Obvious "safe zone" programs (GSA)</p> <p>Trains all staff about LGBT issues</p> <p>Curricula is inclusive of LGBT issues & people</p> <p>Staff are representative of LGBT community</p> <p>Easily available & accurate information</p> <p>Inclusive forms</p> <p>Appropriate response to bullying & harassment</p>



Youth Suicide: Warning Signs



- A previous suicide attempt
- Current talk of suicide or making a plan
- Strong wish to die, preoccupation with death, giving away prized possessions
- Signs of serious depression, such as moodiness, anxiety, hopelessness, withdrawal
- Increased alcohol and/or drug use



Remember: THE F.A.C.T.S.

When concerned about a youth's risk:

- **F = feelings**
- **A = actions**
- **C = changes in behavior**
- **T = threats**
- **S = situations or triggers**

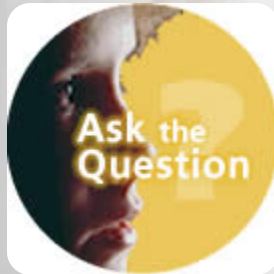
F**A****C****T****S**



Youth Suicide: Intervention



- **Show you care**



- **Ask the question**

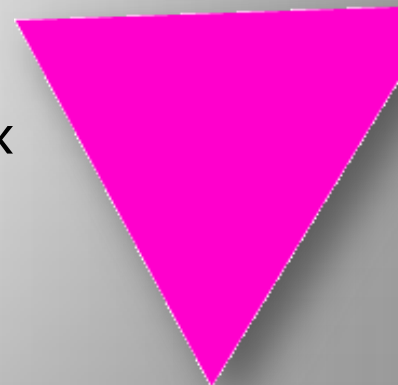


- **Get help**



LGBTQ Resources:

- Identified “gay” friendly adults/peers (especially in the schools):
- LGBTQ youth programs & support groups
- 1-800-273-Talk (8255) (crisis line)
- LGBTQ specific: 1-866-4-U-Trevor (488-7386)
- Seattle Counseling Service for Sexual Minorities:
1-800-527-7683 (in Seattle, but has a lot of resources)
- Healthy LGBQ Youth Toolbox:
<http://www.apa.org/>-look up HLGBSP Toolbox
- www.yspp.org
- 211





More **LGBTQ** Resources

Faith based resources:

- <http://www.welcomingresources.org/>
- <http://www.hrc.org/scripture/>

Addressing LGBT issues in K-5

- <http://www.welcomingschools.org/>

File a bullying complaint:

- <http://community.pflag.org/claimyourrights>

Count Me In: A Toolkit for Building LGBTQ-Inclusive Schools

- <http://www.allyaction.org/>
- Healthy LGBTQ Youth Toolbox:
<http://www.apa.org/>-look up HLG BSP Toolbox



Any questions or concerns?

**Thank you so much for the work
you do for youth in our schools
and communities!**

