

hope,
equity,
power!



Critical Stats: Vermont's LGBTQ+ Youth



Minority Stress Perspective highlights that poor health outcomes and behavior risks that LGBTQ+ youth face are not due to their sexuality or gender identity, but instead result from the burden of stress caused by discrimination, bias, and harm.

Middle School

During the past year, among middle school students:

THIRTY-TWO PERCENT OF 12,210 MIDDLE SCHOOL STUDENTS IDENTIFY WITHIN THE LGBTQ+ SPECTRUM

	LGBTQ+ Students	Cisgender, Heterosexual Students
Hurt themselves on purpose without wanting to die	37%	11%
Have thought seriously about killing themselves	35%	11%
Made a suicide plan	27%	8%
Have ever tried to kill themselves	13%	4%

High School

During the past year, among high-school students:

TWENTY-NINE PERCENT OF THE 17,412 HIGH SCHOOL RESPONDENTS IDENTIFIED AS LGBTQ+

	LGBTQ+ Students	Cisgender, Heterosexual Students
Hurt themselves on purpose without wanting to die	46%	13%
Made a suicide plan	29%	8%
Have ever tried to kill themselves	14%	4%

Data from the Vermont Department of Health 2021 Youth Risk Behavior Assessment Survey (YRBS)

"It's a known fact that individuals in the community have higher rates of depression, anxiety, and suicidal thoughts than their cis-het peers."

— OUTRIGHT YOUTH PARTICIPANT



Act Now: Change is Crucial

We urge decision-makers to act and to center LGBTQ+ youth in response to these alarming results!



Here's what's possible:

"Suicide is no longer an option. I want to live for moments like this."
"I don't feel alone anymore."
"I'm not the only one!"

This model demonstrates the layers of action required to promote protective factors that support healthy outcomes for LGBTQ+ youth. Outright's Theory of Change reflects this prevention model and calls on community members to work with and alongside LGBTQ+ and allied youth to:

- ✓ Discover Self & Peer Connections
- ✓ Strengthen Families
- ✓ Transform Schools & Communities
- ✓ Advance Liberation & Social Justice

Let's do this — together! Heck yeah!

Vermont Prevention Model

