

LGBTQ Teen Health

Michael Zito-Govert, APN

Eric Wuethrich, BA

VNACJ LGBTQ Center for Health and Wellness

understanding

L

Lesbian

A woman who is primarily attracted to women.

G

Gay

A man who is primarily attracted to men; sometimes a broad term for individuals primarily attracted to the same sex.

B

Bisexual

An individual attracted to people of their own and opposite gender.

T

Trans-gender

A person whose gender identity differs from their assigned sex at birth.

T

Transsexual

An outdated term that originated in the medical and psychological communities for people who have permanently changed their gender identity through surgery and hormones.

Q

Queer

An umbrella term to be more inclusive of the many identities and variations that make up the LGBTQ+ community.

Q

Questioning

The process of exploring and discovering one's own sexual orientation, gender identity and/or gender expression.

I

Intersex

An individual whose sexual anatomy or chromosomes do not fit with the traditional markers of "female" and "male."

A

Ally

Typically a non-queer person who supports and advocates for the queer community; an individual within the LGBTQ+ community can be an ally for another member that identifies differently than them.

A

Asexual

An individual who generally does not feel sexual desire or attraction to any group of people. It is not the same as celibacy and has many sub-groups.

P

Pansexual

A person who experiences sexual, romantic, physical and/or spiritual attraction to members of all gender identities/expressions, not just people who fit into the standard gender binary.

Implications for School Nurses

Implications for School Nurses

“School nurses have an ethical responsibility to provide care to all students, families, school staff and community equally regardless of sexual orientation, gender identity or gender expression; to maintain confidentiality and to respect the individual’s right to be treated with dignity. Utilizing the Framework for the 21st Century School Nursing Practice, school nurses are responsible for care coordination and should be actively involved in improving the health and safety of the school environment for all students, including LGBTQ students.”

Implications for School Nurses

- Collaborate with school personnel, community healthcare providers, families and LGBTQ students to promote improved physical and mental health outcomes and improve academic achievement.
- Recognize that the health risks are disproportionately higher for LGBTQ students and provide culturally competent care in a safe, private and confidential setting.
- Make referrals for evidence-based care to healthcare professionals knowledgeable about the healthcare needs of LGBTQ youth.

Implications for School Nurses

- Provide support and resources for families about local and national organizations that are available to help them to support their children.
- Advocate for the creation and enforcement of inclusive zero tolerance bullying policies, attend and promote professional development programs for school leadership and personnel to understand and meet the needs of LGBTQ students, promote inclusive health education and curriculum for all students, and encourage a welcoming inclusive environment with safe spaces in the school, i.e., health office, counselor's office, and classrooms.

Implications for School Nurses

- Promote student-led Gay Straight Alliance and other clubs supported by faculty and administrators to improve the school climate for all students, regardless of their sexual orientation or gender identity or gender expression.
- Provide support for students by advocating for practices and policies that promote the physical, psychological and social safety of all students regardless of their sexual orientation, gender identity or gender expression.
- Encourage the use of gender neutral school forms, dress codes, changing space and bathrooms; use the students' preferred names and pronouns and to protect confidentiality when contacting others if the student is not “out/open” to family or to others at school.

Implications for School Nurses

- Trauma assessments for your students
 - Many LGBTQ young adults have experienced some form of trauma
 - Coming out is often a traumatic experience
 - Verbal & physical harassment at home or school
 - Bad experiences with previous healthcare situations
 - Another form of advocating for your students

LGBT Teen Sexual Health

LGBTQ Teen Sexual Health

- Young adults 15-24 acquire ½ of all STDs
- Higher prevalence due to:
 - Barriers to accessing prevention services, inability to pay, lack of transportation, long wait times, conflicting clinic times, embarrassment of seeking services, method of specimen collection, and concerns about confidentiality
- Following data is on all teens, however studies show an increased amount in gay/bisexual men



LGBTQ Teen Sexual Health

- Chlamydia

- 62.6% of all cases were those aged 15-24
 - For those 15-19 there has been a 7.5% increase (2016-2017)
 - Female: 6.5% increase
 - Males: 11.1% increase

- Gonorrhea

- 70% of all cases were those 15-24
 - For those 15-19 there has been a 15.5% increase (2016-2017)
 - Female: 15.8% increase
 - Male: 15.2% increase

LGBTQ Teen Sexual Health

- Primary & Secondary Syphilis (2016-2017)
 - Increased 9.8% for those 15-19
 - Females: decreased 3%
 - Males: increased 13.5%
- Human Papillomavirus
 - 49% among those 15-24
 - Vaccinations recommended for females & males
 - Prevents throat, cervical, colorectal, anal cancers

Prevalence of Mental Health in LGBTQ

Prevalence of Mental Health in LGBTQ

- LGBTQ individuals are 3x more likely to experience mental health conditions such as major depression or generalized anxiety
 - LGBTQ teens are 6x more likely to experience depression than general pop.
- Prejudice & Stigma - Unique 'Dual Stigma'
 - LGBTQ must deal with both regarding their sexual orientation or gender identity. This fear can lead to depression, post traumatic stress disorder, thoughts of suicide & substance abuse
 - They must also deal with both in relation to society's bias against mental health conditions
 - Hiding
 - Will hide orientation from mental health systems, as well as their mental health from the LGBTQ community for fear of discrimination

Prevalence of Mental Health in LGBTQ

- Why so many disparities in LGBTQ Community?

- social stigma
- Discrimination
- Prejudice
- denial of civil & human rights
- Abuse
- Harassment
- Victimization
- social exclusion
- family rejection

- 2012 Human Rights Campaign Survey

- 26% identified family rejection
- 21% school / bullying problems
- 18% fear being out or open

Prevalence of Mental Health in LGBTQ Hostile School Climate Report

- 2017 GLSEN School Climate Report
 - 70.1% verbally harassed
 - 59.1% due to gender expression
 - 28.9% physically harassed
 - 24.4% due to gender expression
 - 12.4% physically assaulted
 - 11.2% due to gender expression
 - 59.5% felt unsafe due to their sexual identity
 - 44.6% due to gender expression
 - 34.8% missed at least one day of school because they did not feel safe
 - 62.2% reported experienced LGBTQ discriminatory school policies or practices

Prevalence of Mental Health in LGBTQ

Effects of Hostile School Climate

Effects of victimization because of sexual orientation

- More likely to miss school. (63% vs. 23.1%)
- Lower GPA than their peers (3.0 vs. 3.3)
- 2x as likely not to pursue post-secondary education (9.5% vs. 5%)
- Higher rates of school discipline (54.1% vs. 30.3%)
- Lower self-esteem & higher rates of depression

Prevalence of Mental Health in LGBTQ

- Suicide

- For LGBTQ ages 10-24 Suicide is one of the leading causes of death
- LGBTQ youth are 4x more likely (Questioning 3x) to attempt suicide, experience suicidal thoughts, or engage in self-harm than straight people.
- 38-65% of Transgender individuals experience suicidal ideations
- Family Support
 - Those who faced rejection from their families after coming out at 8x more likely to have attempted suicide than those with accepting families

Prevalence of Mental Health in LGBTQ

- Substance Abuse for LGBTQ Young Adults
 - 1.3x heavy alcohol use
 - 1.6x marijuana use
 - 2.9x injection drug use
 - 3.3x cocaine use
- Substance Abuse Factors for LGBTQ
 - Bullying and harassment
 - Family conflict and rejection
 - Stigma
 - Childhood abuse
 - Gender stereotypes
 - Peer influence

Prevalence of Mental Health in LGBTQ

- What helps LGBTQ substance abuse?
 - Family Support
 - Primary influences of substance use and abuse
 - Caring Adults
 - Stronger bonds with teachers show less drug and alcohol use among teens
 - Supporting adults can provide individual support as well as shape a healthy school climate where harassment is not tolerated
 - Safe Schools
 - Schools that protect their LGBT youth and treat them with respect reduce the substance abuse gap