

 MORNING CONSULT<sup>®</sup>

**THE TREVOR PROJECT** 

# Issues Impacting LGBTQ Youth

Polling Presentation

JANUARY 2023

## *Content Warning:*

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The content and discussion in this report may be triggering or make some uncomfortable in response to the material that will be examined. Content that is explored in this report ranges from *suicide and prevention, anti-LGBTQ policies, and the impact on the mental health of queer youth.*

## METHODOLOGY

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This poll was conducted between October 23-November 2, 2022 among a sample of 716 LGBTQ Youth. The interviews were conducted online. Results from the full survey have a margin of error of plus or minus 4 percentage points.

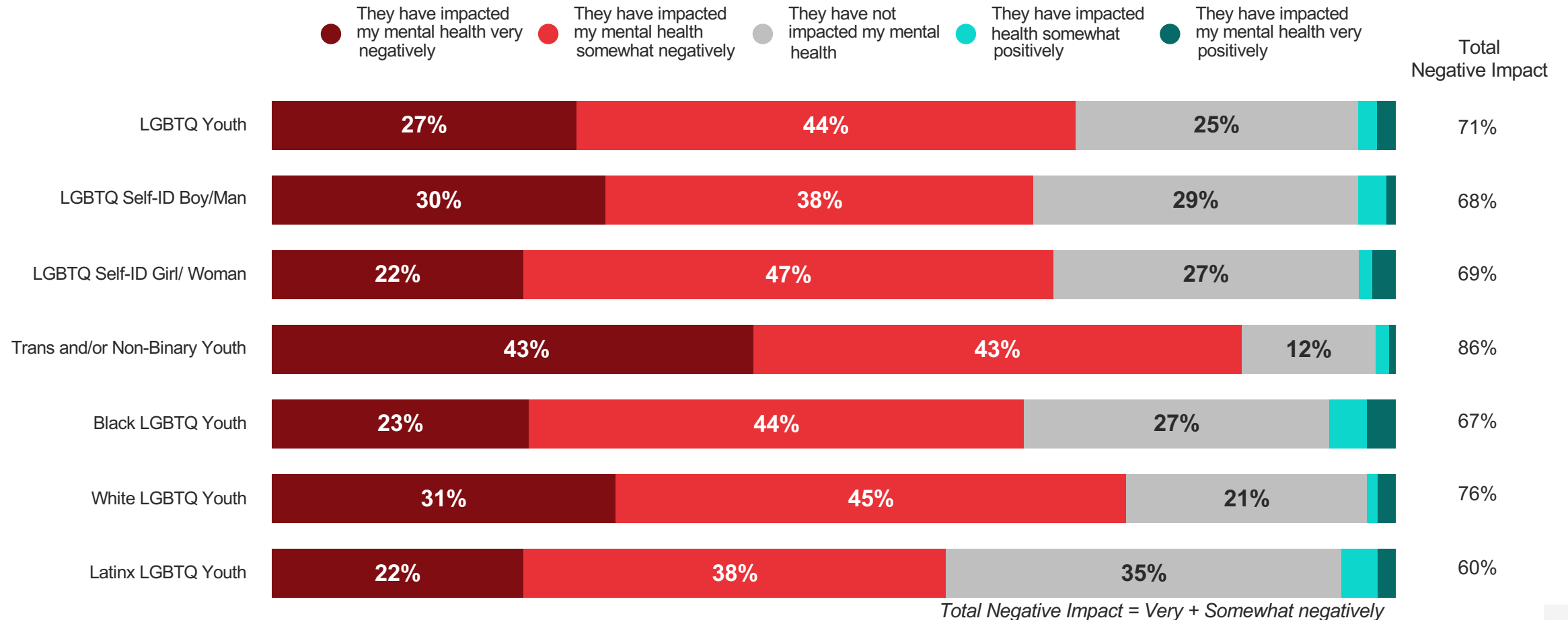
## ISSUES IMPACTING LGBTQ YOUTH

- 1. Debates and laws that restrict the rights of LGBTQ young people are having a negative impact on the mental health of LGBTQ youth.** More so, debates and laws that target transgender people are having a disproportionate impact on the mental health of trans and/or non-binary youth with 86% of trans and/or non-binary youth sampled reporting they have a negative impact on them.
- 2. The tangible impact of anti-LGBTQ policies is being felt online, at home, and in school for LGBTQ youth.** Three in ten LGBTQ youth report being cyberbullied because of these policies while a quarter has stopped speaking to a family member or relative as a result of them. Additionally, 29% of trans and/or nonbinary youth sampled report that they did not feel safe going to the doctor or hospital when they were sick or injured because of these policies, this is 7.25 times more likely than cisgender-LGBQ youth.
- 3. Anti-LGBTQ policies foster a range of negative and harmful emotions in LGBTQ youth.** From banning trans youth participation in sports to banning doctors from providing gender-affirming medical care to banning books that have LGBTQ characters, the chief emotions elicited among LGBTQ youth are anger, sadness, stress, and fear.
- 4. Fear is an emotion that is most intensely felt among transgender and/or non-binary youth.** These emotions are disproportionately felt when referring to policies like requiring schools to tell a student's parent or guardian if they request to use a different name/pronoun and banning doctors from providing gender-affirming care.

**ISSUES IMPACTING LGBTQ YOUTH**

LGBTQ youth sampled, particularly trans and/or non-binary youth, report that the recent debates about state laws restricting the rights of LGBTQ young people are impacting their mental health negatively.

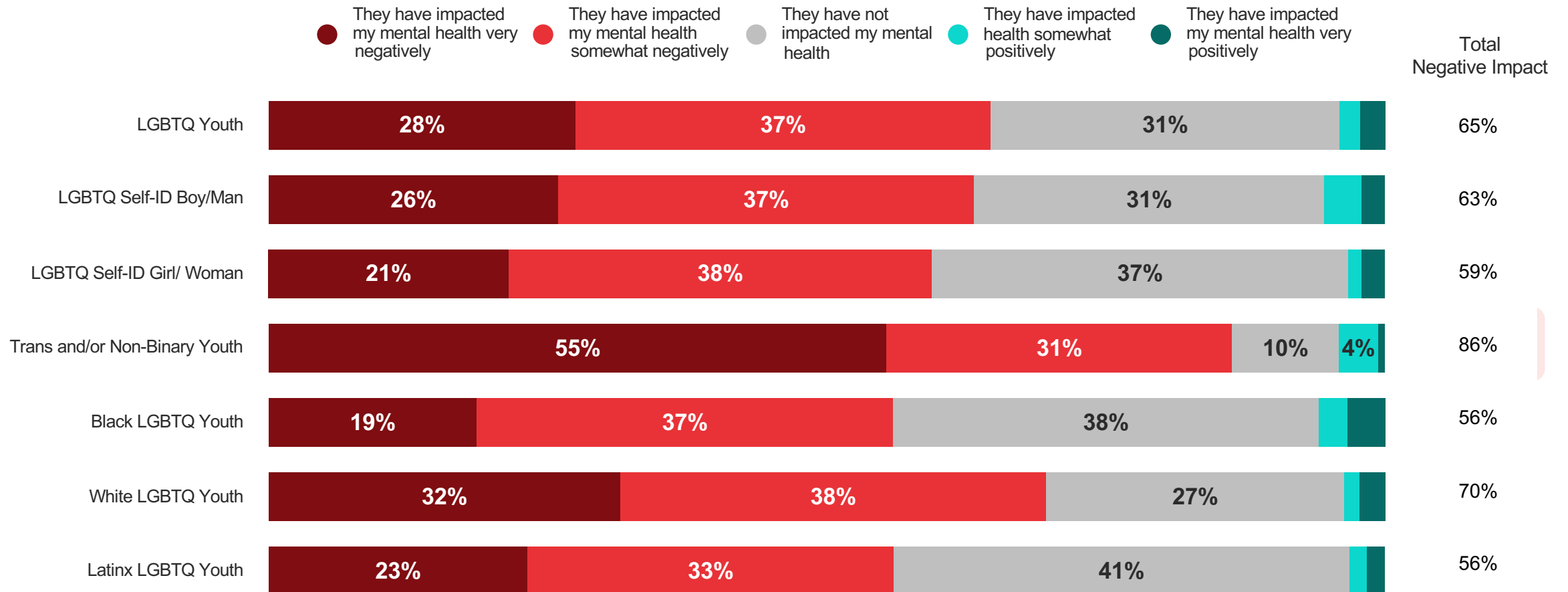
How have recent debates about state laws restricting the rights of LGBTQ young people impacted your mental health?



**ISSUES IMPACTING LGBTQ YOUTH**

Similarly, LGBTQ youth sampled, specifically trans and/or non-binary youth, report that the recent debates about state laws restricting the rights of transgender people are impacting their mental health negatively.

How have recent debates about state laws restricting the rights of transgender people impacted your mental health?

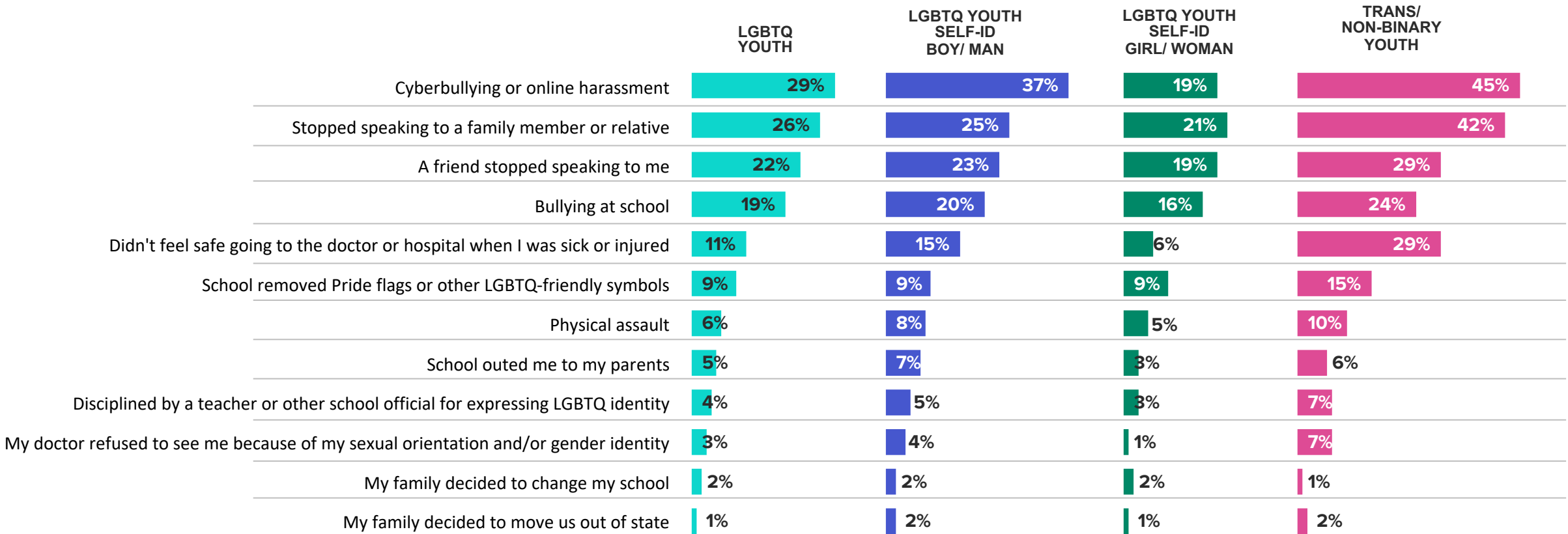


Total Negative Impact = Very + Somewhat negatively

**ISSUES IMPACTING LGBTQ YOUTH**

Three in ten LGBTQ youth reported experiencing cyberbullying or online harassment as a result of anti-LGBTQ policies and debates in the last year.

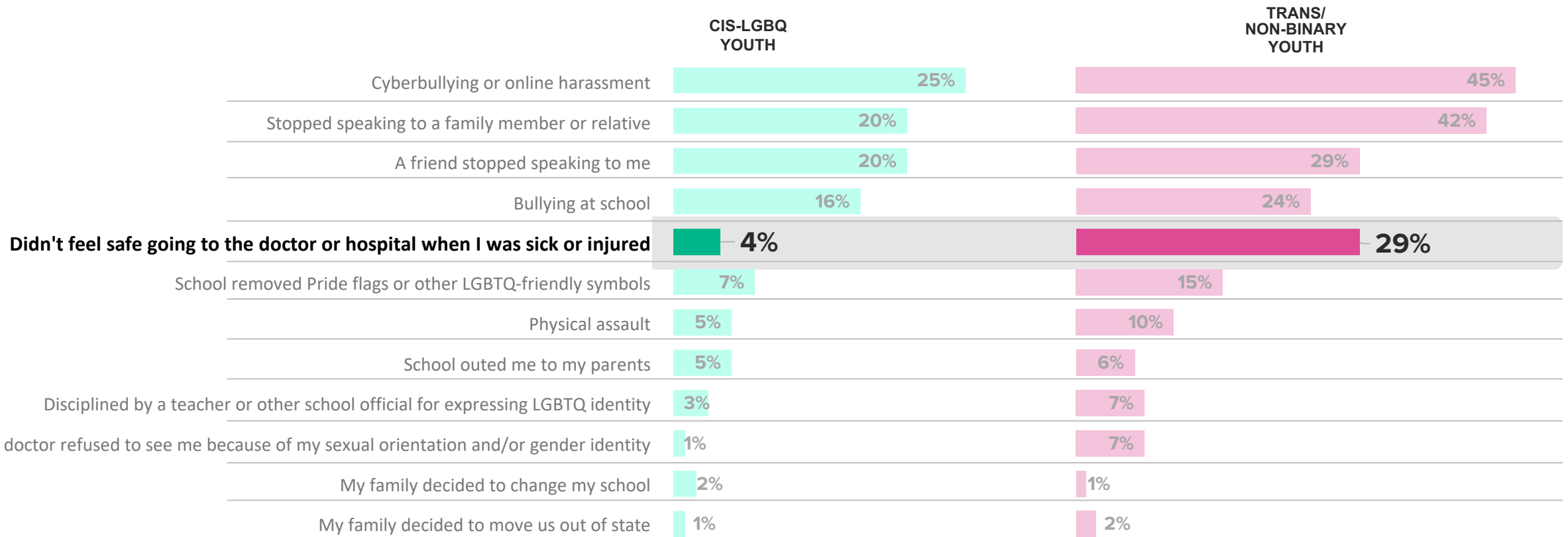
Have you experienced any of the following as a result of anti-LGBTQ policies and debates in the last year? Please select all that apply.



ISSUES IMPACTING LGBTQ YOUTH

Trans and/or non-binary youth sampled were 25% more likely to report they didn't feel safe going to a doctor when they were sick or injured than cisgender LGBQ youth as a result of the anti-LGBTQ policies.

Have you experienced any of the following as a result of anti-LGBTQ policies and debates in the last year? Please select all that apply.

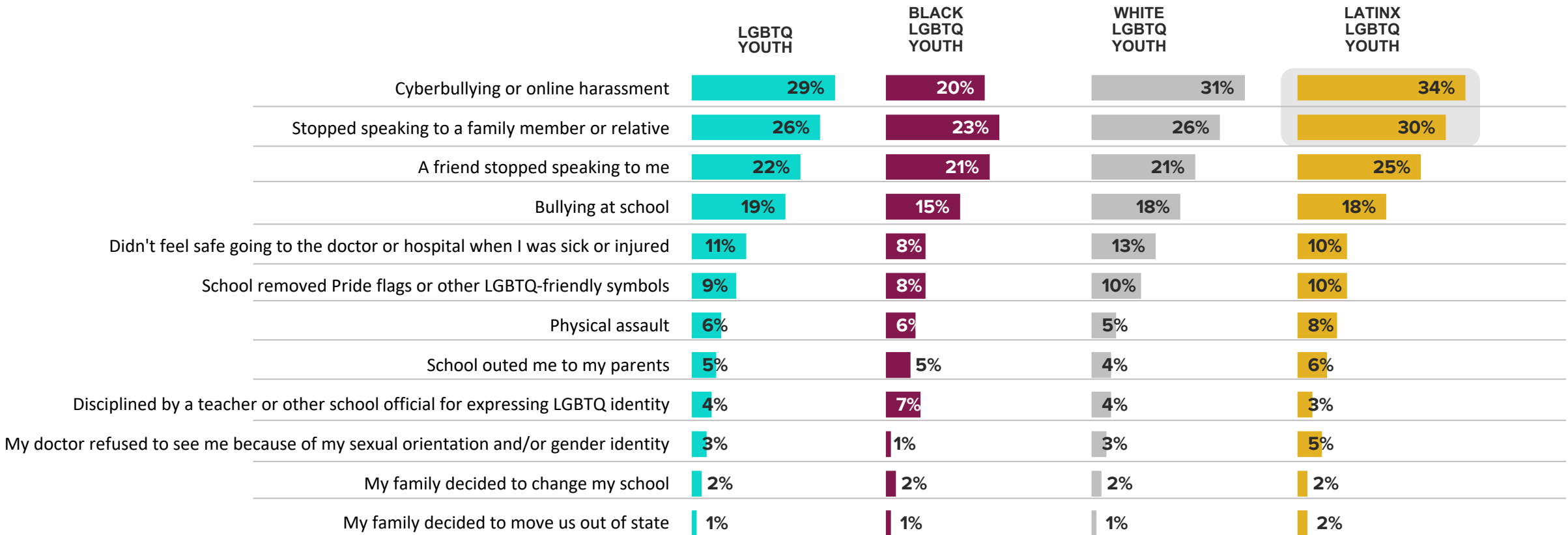




**ISSUES IMPACTING LGBTQ YOUTH**

Latinx LGBTQ youth sampled report higher levels of experiencing cyberbullying and that they stopped speaking to a family member or relative, on average, than Black or white LGBTQ youth sampled — as a result of anti-LGBTQ policies.

Have you experienced any of the following as a result of anti-LGBTQ policies and debates in the last year? Please select all that apply.



## From the Voices of Transgender Youth

*How have anti-transgender policies and the debates surrounding them impacted you in the last year?*

*It makes me angry and upset and not very optimistic for the future of trans people. It makes me worried for my life and safety. I am trans, so these policies have made me feel like I am losing my rights. Makes me sad and scared for the future. I feel as though these debates dehumanize and endanger transgender people. They have made me feel less valued, less seen, and more hopeless about the future of individual rights in the country I reside. As a transgender man, it has made me very sad and scared for my safety. I'm so scared I won't be able to continue hormone replacement therapy.*

*They have caused me great anxiety. I have attempted to get top surgery in the past year and my parents used these discussions as an excuse to further alienate me. They made me feel so pathetic and stupid. As a trans person, they've impacted me greatly. I'm terrified to even use the bathroom in public. It's made me feel more unseen and makes me want to fight back. But I can't do anything just yet but they're going to regret it. It's a constant debate on my existence and it just makes me exhausted and frustrated that I have to legitimately just live. It has made me feel increasingly trapped and hopeless.*

### **I don't feel safe.**

*I feel like some enigma that people would rather not have around in society. Like I will harm them somehow.*

ISSUES IMPACTING LGBTQ YOUTH

Trans and /or non-binary youth are disproportionately more likely to feel a broad range of intense emotions in response to a policy that would ban trans girls from playing on girls' sports teams. LGBTQ youth who self-identify as a boy or man are the most likely to feel conflicted about the policy and least likely to be angry about it.

Some states have implemented policies that **ban transgender girls from playing on girls' sports teams and transgender boys** from playing on boys' sports teams. How does this policy make you feel? Please select all that apply.

	LGBTQ YOUTH	LGBTQ YOUTH SELF-ID BOY/ MAN	LGBTQ YOUTH SELF-ID GIRL/ WOMAN	TRANS/ NON-BINARY YOUTH	BLACK LGBTQ YOUTH	WHITE LGBTQ YOUTH	LATINX LGBTQ YOUTH
Angry	50%	40%	50%	64%	42%	53%	50%
Sad	35%	32%	36%	44%	25%	41%	26%
Unsure	28%	32%	28%	23%	29%	27%	24%
Stressed	23%	25%	16%	39%	19%	26%	16%
Hopeless	19%	19%	19%	30%	11%	23%	16%
Helpless	17%	13%	17%	26%	12%	20%	11%
Tired	17%	18%	13%	28%	9%	21%	8%
Scared	15%	16%	12%	25%	10%	18%	13%
Nervous	13%	14%	10%	24%	7%	16%	8%
Happy	7%	10%	8%	2%	7%	7%	9%
Excited	3%	4%	2%	2%	3%	3%	2%
None of the above	6%	6%	6%	4%	6%	5%	10%

ISSUES IMPACTING LGBTQ YOUTH

Banning doctors from providing gender-affirming medical to trans and non-binary youth has a dramatically more intense emotional impact on trans and/or non-binary youth, particularly in emotions that center around fear and helplessness. A majority of LGBTQ youth, however, remain *angry* across demographics.

Some states have implemented policies that **ban doctors from providing gender-affirming medical care to transgender and nonbinary youth**. How does this policy make you feel? Please select all that apply.

	LGBTQ YOUTH	LGBTQ YOUTH SELF-ID BOY/ MAN	LGBTQ YOUTH SELF-ID GIRL/ WOMAN	TRANS/ NON-BINARY YOUTH	BLACK LGBTQ YOUTH	WHITE LGBTQ YOUTH	LATINX LGBTQ YOUTH
Angry	58%	51%	59%	74%	52%	63%	47%
Sad	43%	39%	43%	56%	27%	49%	38%
Stressed	35%	32%	29%	59%	17%	40%	33%
Hopeless	30%	28%	27%	48%	19%	36%	21%
Scared	29%	28%	24%	47%	14%	33%	26%
Nervous	26%	27%	18%	45%	15%	30%	24%
Helpless	26%	26%	21%	46%	15%	30%	25%
Tired	22%	23%	20%	35%	10%	26%	18%
Unsure	19%	19%	19%	14%	16%	18%	22%
Happy	6%	9%	6%	3%	5%	6%	7%
Excited	3%	6%	1%	2%	3%	3%	3%
None of the above	5%	5%	6%	2%	9%	5%	5%

## ISSUES IMPACTING LGBTQ YOUTH

Policies that require schools to tell a student's parent or guardian if they requested to use a different name/ pronoun or identify as LGBTQ has a more intense emotional impact on trans and/or non-binary youth, particularly around being angry, stressed, scared, or nervous. Notably, Black and Latinx youth also had a softer emotional response to this policy compared to white LGBTQ youth.

Some states have implemented policies that **require schools to tell a student's parent or guardian if they request to use a different name/pronoun**, or if they identify as LGBTQ at school. How does this policy make you feel? Please select all that apply.

	LGBTQ YOUTH	LGBTQ YOUTH SELF-ID BOY/ MAN	LGBTQ YOUTH SELF-ID GIRL/ WOMAN	TRANS/ NON-BINARY YOUTH	BLACK LGBTQ YOUTH	WHITE LGBTQ YOUTH	LATINX LGBTQ YOUTH
Angry	46%	41%	44%	67%	27%	55%	35%
Nervous	34%	33%	33%	46%	24%	39%	25%
Stressed	34%	30%	30%	54%	26%	38%	27%
Sad	32%	28%	33%	43%	16%	40%	21%
Scared	32%	29%	30%	51%	21%	38%	22%
Unsure	21%	22%	23%	13%	23%	19%	19%
Hopeless	21%	21%	19%	35%	11%	25%	17%
Helpless	20%	19%	17%	32%	6%	24%	15%
Tired	16%	16%	12%	30%	7%	20%	13%
Happy	12%	14%	12%	6%	11%	9%	22%
Excited	5%	7%	4%	5%	7%	4%	14%
None of the above	6%	6%	6%	3%	10%	5%	6%

ISSUES IMPACTING LGBTQ YOUTH

High levels of anger and sadness emerge across LGBTQ youth in response to a policy that would ban teachers from discussing LGBTQ topics in the classroom.

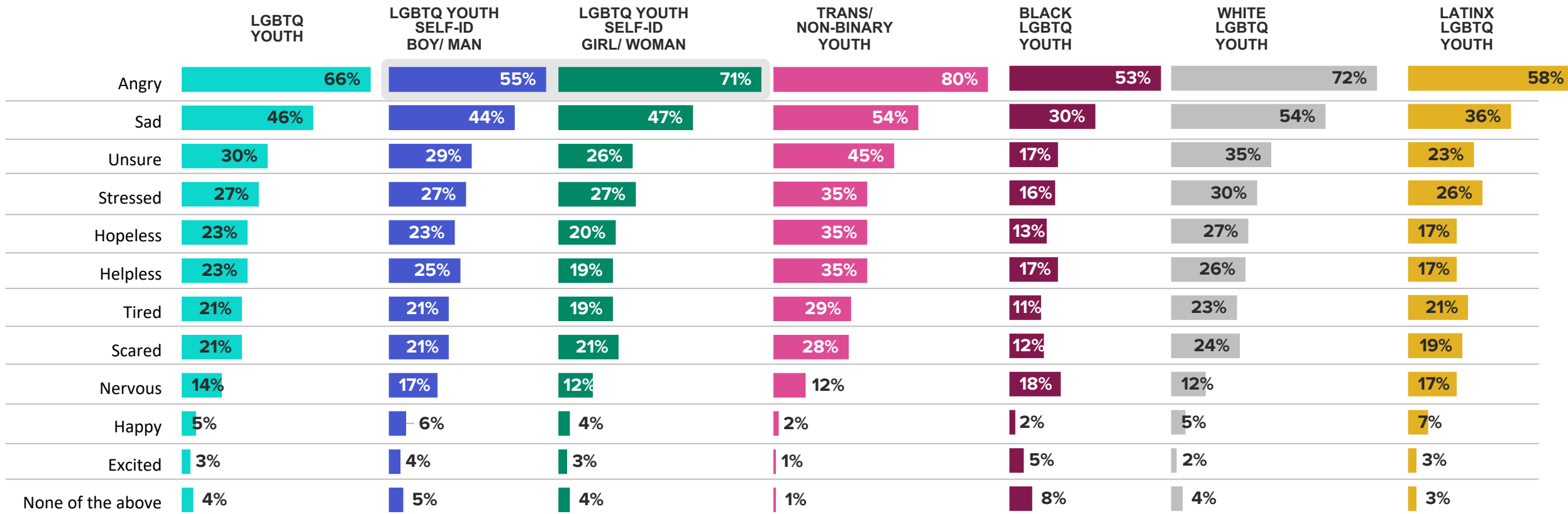
Some states have implemented policies that **ban teachers from discussing LGBTQ topics in the classroom**. How does this policy make you feel? Please select all that apply.

	LGBTQ YOUTH	LGBTQ YOUTH SELF-ID BOY/ MAN	LGBTQ YOUTH SELF-ID GIRL/ WOMAN	TRANS/ NON-BINARY YOUTH	BLACK LGBTQ YOUTH	WHITE LGBTQ YOUTH	LATINX LGBTQ YOUTH
Angry	58%	52%	59%	71%	39%	65%	48%
Sad	45%	38%	47%	59%	31%	50%	39%
Unsure	29%	27%	27%	42%	14%	35%	23%
Stressed	29%	29%	28%	41%	21%	32%	26%
Hopeless	25%	23%	23%	36%	19%	27%	22%
Helpless	22%	25%	18%	35%	10%	26%	19%
Tired	22%	19%	18%	35%	14%	25%	20%
Scared	22%	22%	21%	29%	16%	25%	19%
Nervous	19%	20%	19%	14%	19%	17%	23%
Happy	6%	11%	4%	4%	9%	5%	8%
Excited	2%	3%	2%	1%	5%	1%	2%
None of the above	5%	5%	6%	2%	12%	5%	4%

ISSUES IMPACTING LGBTQ YOUTH

LGBTQ youth show the highest and strongest levels of *anger* about a policy that would ban books in school libraries that discuss LGBTQ topics. Noticeably, however, LGBTQ girls are significantly more likely than LGBTQ boys to be angry about this policy.

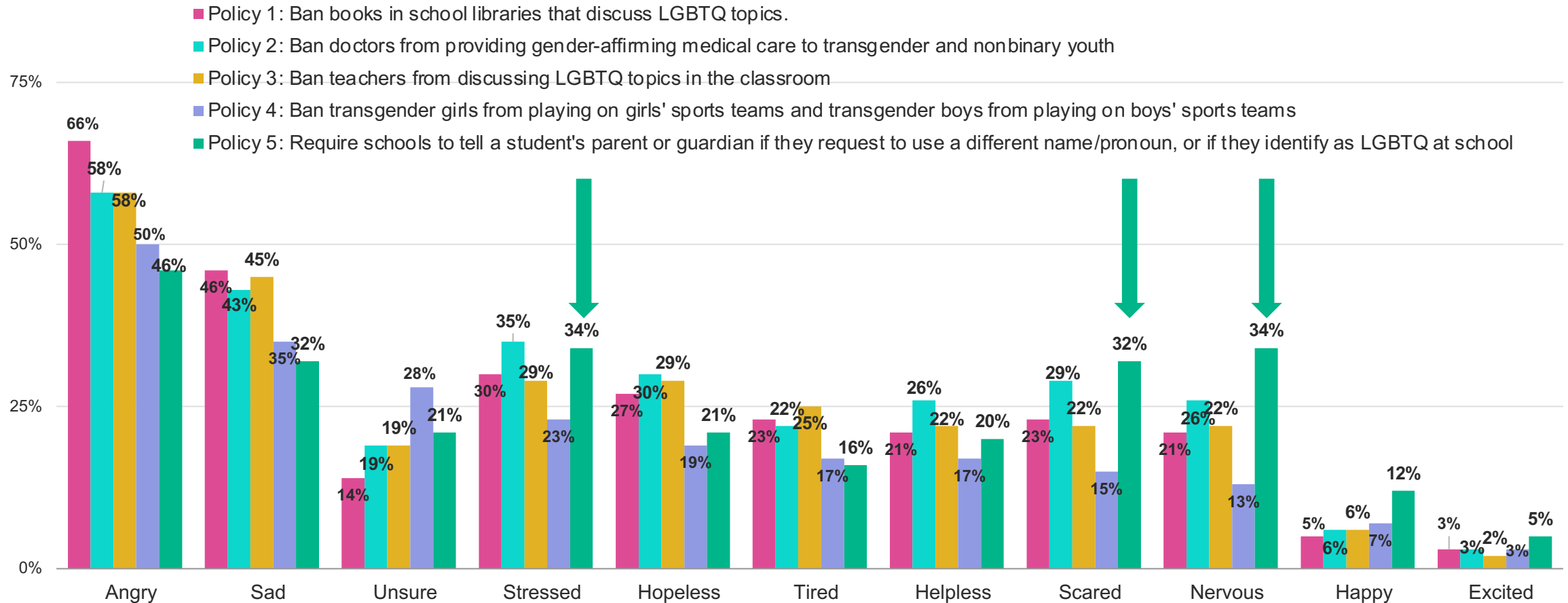
Some school districts have implemented policies that will **ban books in school libraries that discuss LGBTQ topics**. How does this policy make you feel? Please select all that apply.



## ISSUES IMPACTING LGBTQ YOUTH

Emotional reactions vary across policies, with *anger* emerging as a top-tier emotion across policies. However, emotions like stress, fear, and nervousness spike when considering policies related to “outing” students' individual sexual orientations and/or gender identities.

How does this policy make you feel? Please select all that apply.

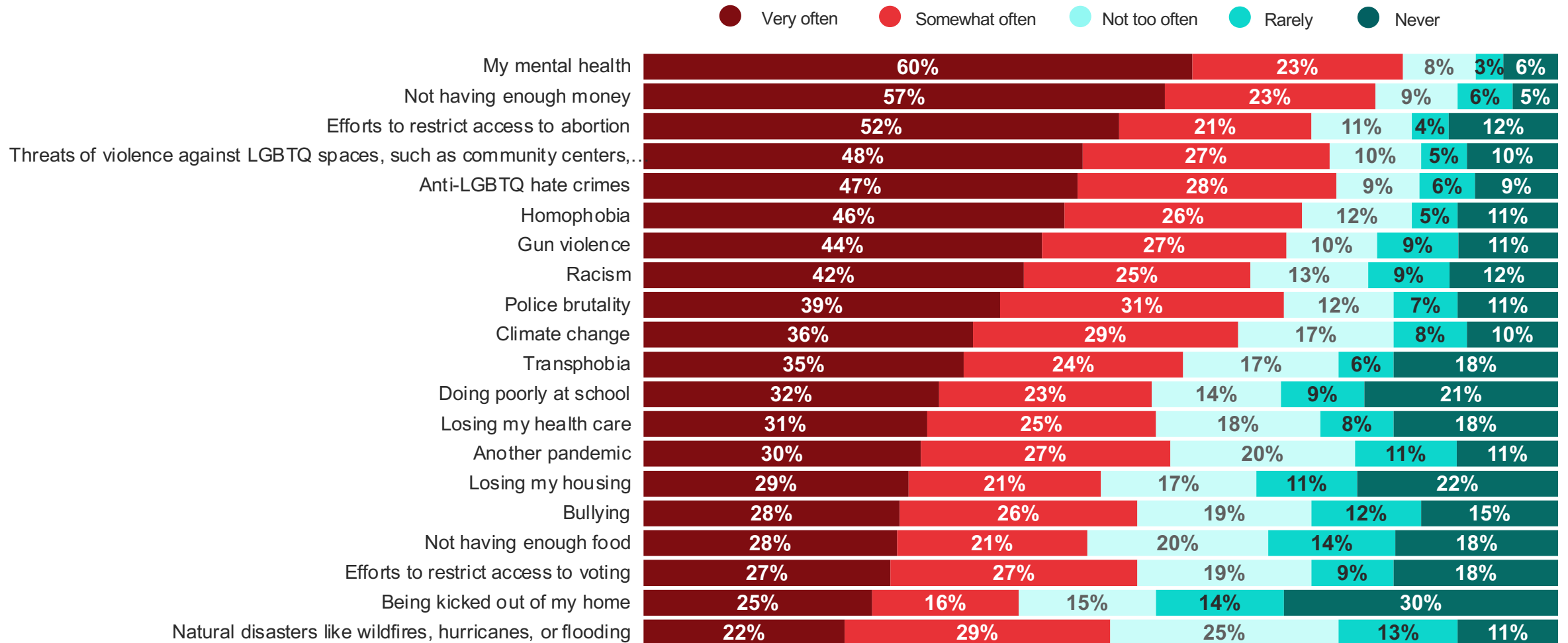




ISSUES IMPACTING LGBTQ YOUTH

Three in five LGBTQ youth report that their mental health gives them stress and anxiety *very often*.

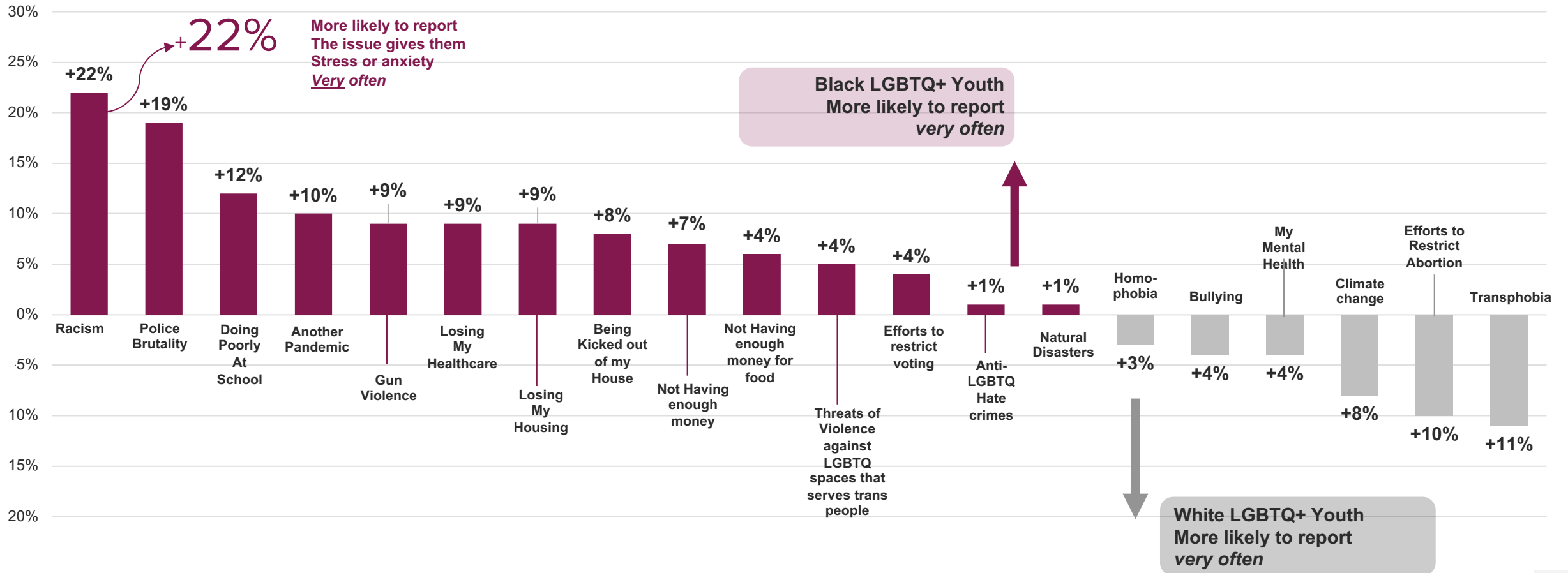
How often, if at all, do the following issues give you stress or anxiety?



### ISSUES IMPACTING LGBTQ YOUTH

Black LGBTQ youth sampled are disproportionately more likely to report that racism (+22%), police brutality (+19%), doing poorly in school (+12%), and gun violence (+9%) cause them stress/ anxiety *very often* compared to white LGBTQ youth.

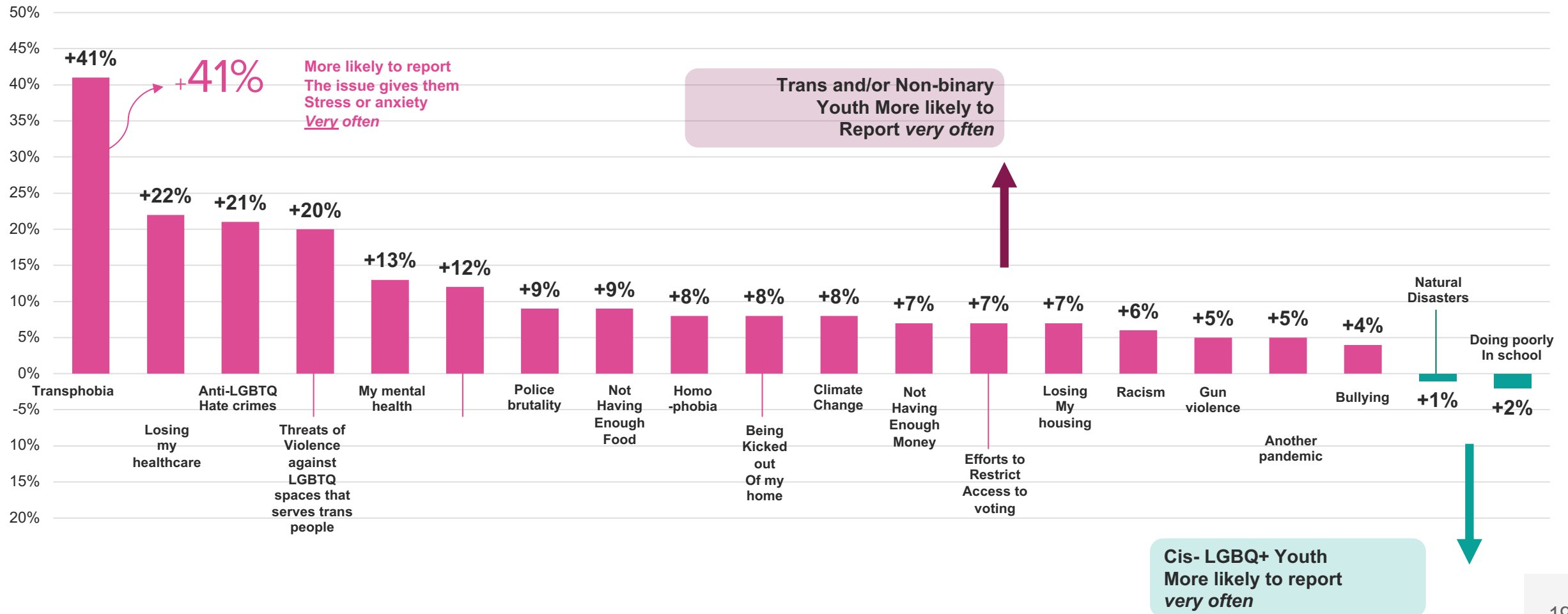
How often, if at all, do the following issues give you stress or anxiety?



### ISSUES IMPACTING LGBTQ YOUTH

Trans and/or non-binary youth are +41% more likely to report transphobia causes them stress/ anxiety *very often* and more than +20% more likely to report that *losing their healthcare, anti-lgbtq hate crimes, and threats of violence in spaces that serve trans people* causes them stress and anxiety compared to cis-LGBQ youth.

How often, if at all, do the following issues give you stress or anxiety?

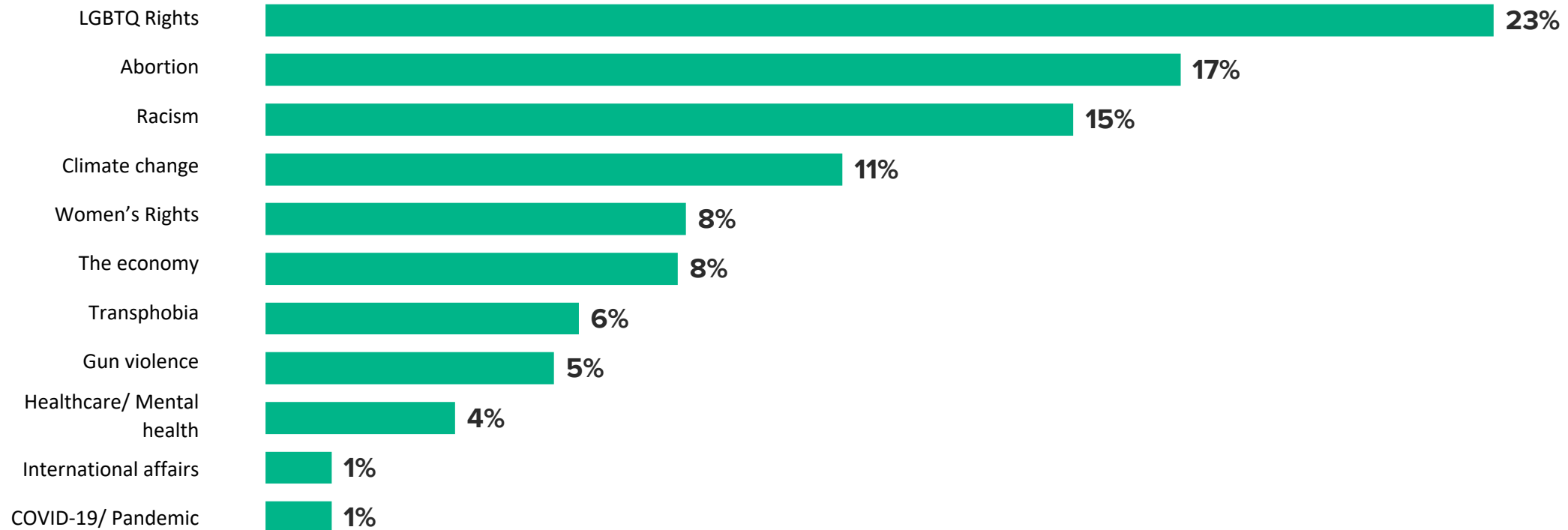


## ISSUES IMPACTING LGBTQ YOUTH

In an open-ended response, LGBTQ youth are most likely to cite LGBTQ rights, abortion, and racism as the most important issues impacting the world today.

What social issue impacting our country/world is the most important to you? [OPEN-END]

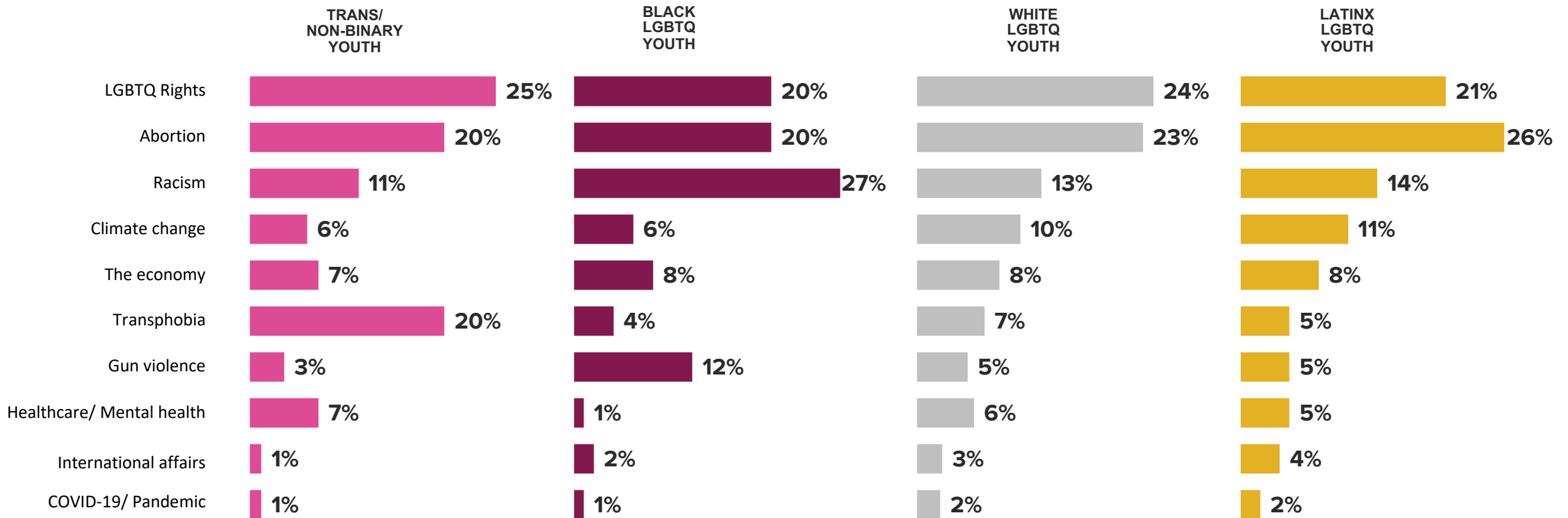
*N = 641 coded responses*



**ISSUES IMPACTING LGBTQ YOUTH**

Responses varied by demographics. Trans/ non-binary youth were disproportionately more likely to cite transphobia as the issue most important to them. Conversely, Black LGBTQ youth were most likely to cite racism, while Latinx LGBTQ youth were most likely to cite abortion.

What social issue impacting our country/world is the most important to you? [OPEN-END]

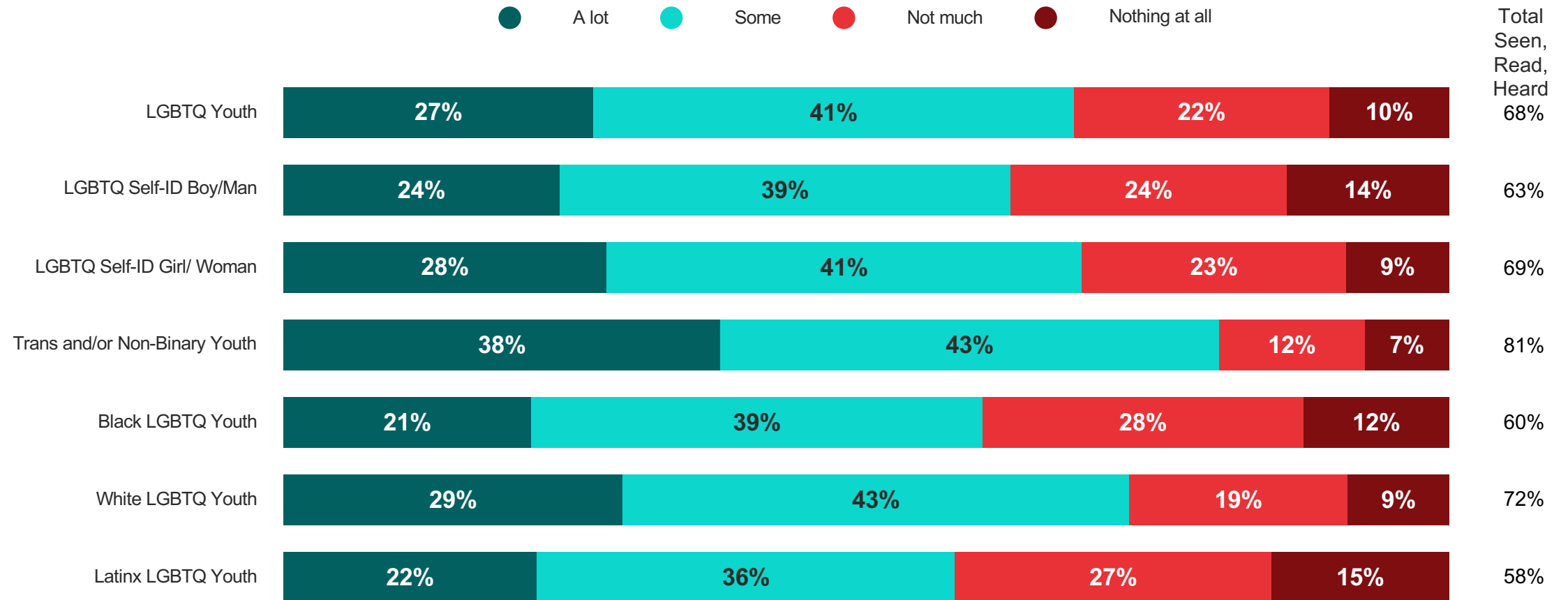


Non-answers were removed from the averages\*

**ISSUES IMPACTING LGBTQ YOUTH**

More than two-thirds of LGBTQ youth have seen, read, or heard *a lot* or *some* about the Trevor Project's work to fight back against anti-LGBTQ bills.

How much have you seen, read, or heard about The Trevor Project's work to fight back against anti-LGBTQ bills?



Total SRH = A lot + Some

ISSUES IMPACTING LGBTQ YOUTH

LGBTQ youth were most likely to cite *Heartstopper* as the current media that makes them feel good about being LGBTQ, closely followed by *The Owl House*.

Are there any current TV shows, movies, or other visual media that make you feel good about being LGBTQ? [OPEN-END]



HEARTSTOPPER

2. The Owl House
3. Euphoria
4. RuPaul's Drag Race
5. Queer Eye



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