

Health Behaviors and Experiences of LGBTQ Youth in the MetroWest Region (Grades 9-12)

Highlights from the 2016 MetroWest Adolescent Health Survey

14% of high school youth identify as lesbian/gay, bisexual, questioning, or transgender (LGBTQ).*

LGBTQ youth face higher rates of harassment and bullying than their peers.

2.8 in 10 LGBTQ students

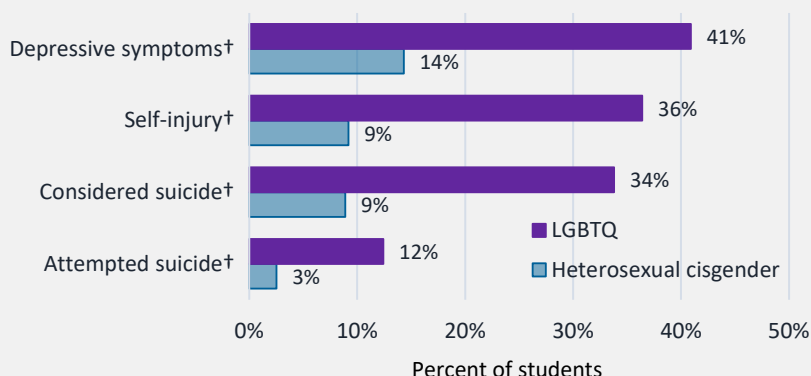


have been verbally harassed at school because of their sexual orientation.†

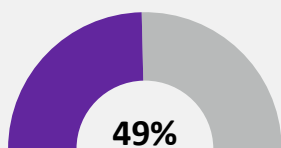
	LGBTQ	Heterosexual cisgender
Bullied on school property†	29%	15%
Cyberbullied†	28%	18%
Missed school due to feeling unsafe‡	8%	2%

Many LGBTQ youth feel connected with their school, but reports are lower than their peers. For example, 54% of LGBTQ youth agree/strongly agree that they feel like “part of their school,” compared to 74% of heterosexual cisgender youth.

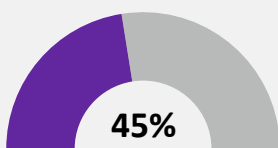
Mental health problems are elevated among LGBTQ youth.



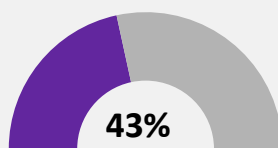
Nearly half of LGBTQ youth report symptoms of anxiety that impact their physical and mental health:§



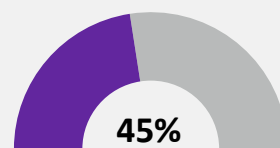
Had sleep difficulties



Had a poor appetite or ate too much



Had trouble concentrating in school



Felt like a failure

Adult support is a significant protective factor for LGBTQ youth.

While adult support is lower among LGBTQ youth compared to heterosexual cisgender youth, the majority of LGBTQ youth have a supportive adult at school (69%) and outside of school (82%). Mental health problems and substance use are lower among LGBTQ youth with a supportive adult in their lives than those without adult support.

* Questioning includes youth who are not sure of their sexual orientation
† At school or on their way to/from school; past 30 days

‡ Past 12 months
§ Reports are often/very often; past two weeks