

# FACTS ABOUT THE LGBTQ COMMUNITY



## Lesbian, gay, bisexual, transgender and questioning (LGBTQ)

youth need to feel socially, emotionally and physically safe and supported. Negative attitudes toward them can sometimes lead to violent behaviors such as bullying, teasing, harassment and physical assault.

Parents should be supportive and have honest and open talks with their teens. Parental rejection has been linked to depression, drug and alcohol use and risky sexual behavior among teens.

According to data from the 2015 national Youth Risk Behavior Survey of lesbian, gay and bisexual students:

10%  
were threatened  
or injured with a weapon  
on school property

34%  
were bullied on  
school property

28% were bullied  
electronically

The following are research-based steps parents can take to support the health and wellbeing of their LGBTQ teen:

- **Talk and listen.** Parents who talk with and listen to their teen in a way that invites an open discussion about sexual orientation can help their teen feel loved and supported. Parents should have honest conversations with their teens about sex and how to avoid risky behaviors and unsafe situations.
- **Provide support.** Parents who take time to come to terms with how they feel about their teen's sexual orientation will be more able to respond calmly and use respectful language. Parents should develop common goals with their teen, including being healthy and doing well in school.
- **Stay involved.** Parents who make an effort to know their teen's friends and know what their teen is doing can help their teen stay safe and feel cared about.
- **Be proactive.** Parents can access many organizations and online information resources to learn more about how they can support their LGBTQ teen, other family members and their teen's friends.

*\*Information from the Centers for Disease Control and Prevention*