

**YOU**  
are not  
**ALONE**

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**LGBTQ Youth Suicide Prevention**

**YSPP**  
Youth Suicide Prevention Program

**OUTLoud**

Crisis  Clinic  
Helping Lives On the Line

[www.YSPP.org](http://www.YSPP.org)



- Suicide is the 2nd leading cause of death among young people ages 10 to 24.
- LGB youth are 4 times more likely, and questioning youth are 3 times more likely, to attempt suicide as their straight peers.
- Nearly half of young transgender people have seriously thought about taking their lives, and one quarter report having made a suicide attempt.
- LGB youth who come from highly rejecting families are 8.4 times as likely to have attempted suicide as LGB peers who reported no or low levels of family rejection.
- LGBT youth from supportive affirming families that attend schools that create supportive environments are not at any higher risk than straight identified peers!



## Youth identifying as LGBTQ

General population

Homeless Youth who identify as LGB



9-10%

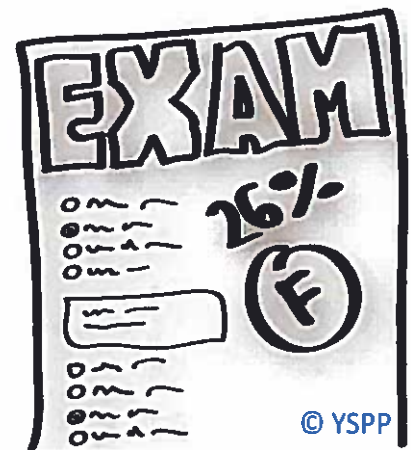


30-45%

# Stress... what is it?

The way our minds and bodies respond to changes challenges and threats!

- Find what works for you to decrease your stress
- Decrease negative self-talk
- Exercise, eat & sleep regularly
- Build a strong network of friends
- Learn to feel good about a competent job
- Strengthen positive coping skills
- Develop relaxation skills



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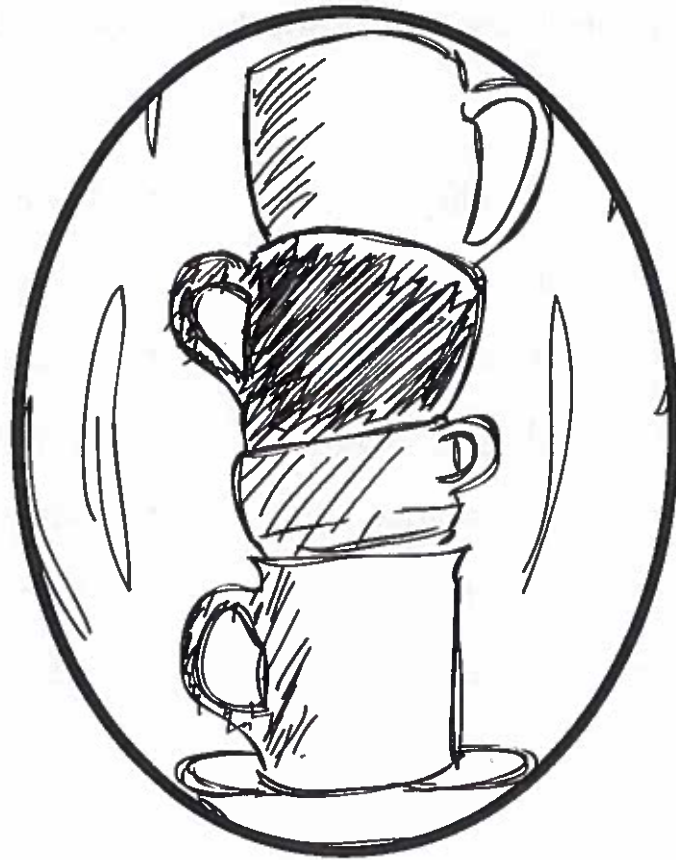
dealing with stress





dealing with stress

## The Cup Exercise





## Adolescent Depression:

Feelings of intense sadness that last 2 weeks or longer and keeps a person from functioning normally

A treatable illness that is not the person's fault

- Irritability
- Persistent feelings of sadness
- A drop in school performance
- Problems with authority
- Indecision, lack of concentration
- Poor self-esteem
- Overreaction to criticism
- Frequent physical complaints
- Anxiety
- Withdrawal
- Self harm



## Risk Factors for LGBTQ Youth

- What is your school like?
- What opportunities for improvement do you see in this school?
- What is the school doing well?
- What do you think are the risk factors for LGBTQ youth?



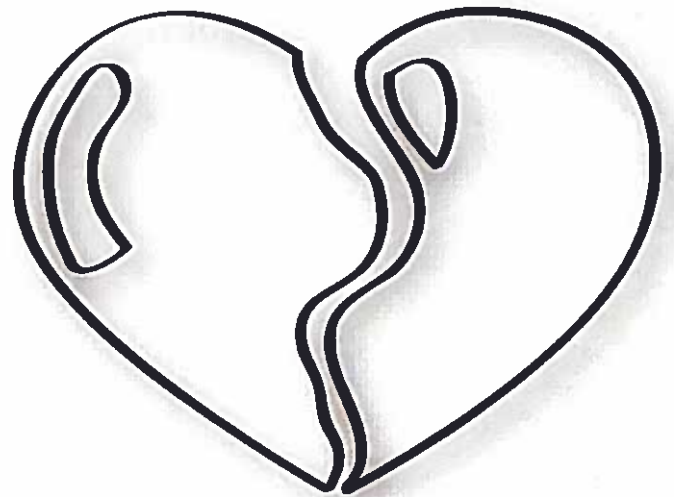
recognize the signs



## Risk Factors for LGBTQ Youth

### BIOLOGICAL

- Family history of cognitive impairments
- disability
- Chronic illness
- Mental illness
- Puberty



recognize the signs





# Risk Factors for LGBTQ Youth

## SOCIOLOGICAL

- Family conflict
- Homophobia, transphobia, heterosexism
- Victimization experiences
- Bullying & Harassment
- Social inequalities
- Rejection by family / peers
- Drug & Alcohol abuse
- Expectations of school, family, and self.

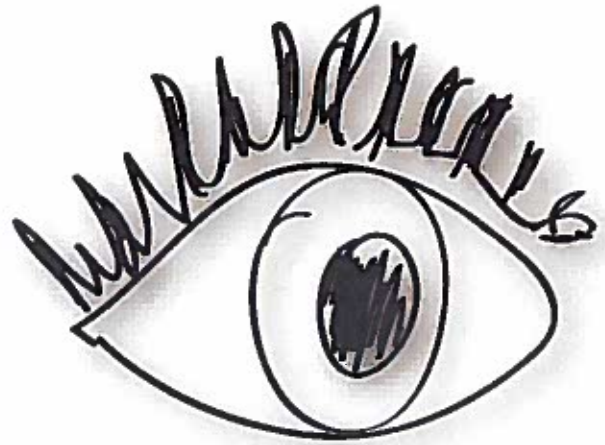


recognize the signs

## Risk Factors for LGBTQ Youth

### PSYCHOLOGICAL

- Depression
- Negative self talk
- Internal conflict
- Poor resiliency
- Anxiety
- Previous attempt
- Poor distress tolerance
- Internalized homophobia or transphobia
- Inaccessible LGBTQ friendly service providers
- Low self-esteem



recognize the signs

## Risk Factors for LGBTQ Youth

### EXISTENTIAL

- Failure to see the good in the world
- Feelings of hopelessness
- “The world will never be a safe place for gay people”



## Increase Support for LGBTQ Youth

### INDIVIDUALS

- Knowledge of LGBT issues
- Aware of and condemns:
  - Heterosexism
  - Discrimination
- Models appreciation for ALL youth
- Maintains confidentiality



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## Increase Support for LGBTQ Youth

### FAMILIES

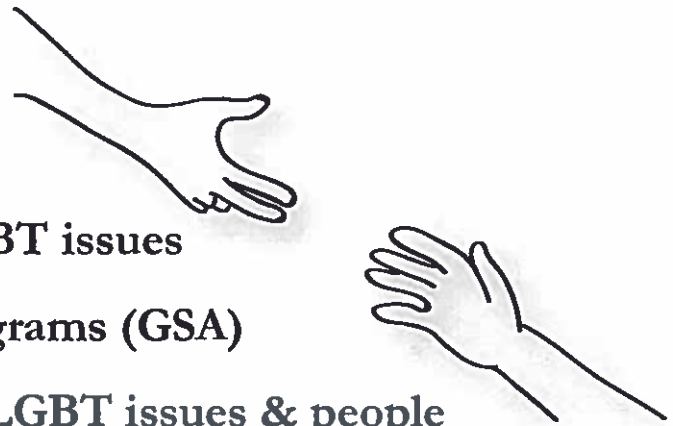
- Unconditional support of child's identity
- Access to safe health care
- Ensure that school is safe and welcoming
- Educate self about issues facing child
- Lets child take lead in coming out process
- Seeks resources of LGBT issues
- Appropriate response



## Increase Support for LGBTQ Youth

### SCHOOLS

- Welcoming environment
- Trains all staff about LGBT issues
- Obvious “safe zone” programs (GSA)
- Curricula is inclusive of LGBT issues & people
- Staff are representative of LGBT community
- Easily accessible and accurate information
- Inclusive forms
- Appropriate response to bullying & harassment



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# Schools: Working with Students on Bullying & Harassment

## KNOWLEDGE

- What it is
- What will happen if you bully
- What you can do if you are bullied

## SKILLS

- Assertive, but not aggressive
- Conflict resolution
- Being a supportive bystander
- How to react to bullying

## ATTITUDES

- A culture of acceptance, zero bias, and safety
- Cooperation and empathy
- Responsibility for own actions-resist negative group pressure



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## What Youth Can Do to Help Themselves

- Develop strong coping skills
- Take responsibility for your own feelings
- Deal with difficult & painful issues
- Don't ignore or store your pain
- Learn to ask for help
- Look for modeling
- Learn through trial & error





## Helping a Friend: Warning Signs

- A previous suicide attempt
- Current talk of suicide or making a plan
- Strong wish to die, preoccupation with death, giving away prized possessions.
- Signs of serious depression, such as moodiness, anxiety, hopelessness, withdrawal
- Increased alcohol and/or drug use





## Remember the F.A.C.T.S



**Feelings...** Sad, lonely, hopeless, in pain, moody, irritable, increased depression



**Actions...** Pushing away friends and family, giving away prized possessions, researching suicide



**Changes...** in behavior school performance, appearance, personality or attitude



**Threats...** Saying they are going to kill themselves, saying goodbye



**Situations or triggers...** A sudden loss, especially in the last couple weeks



## Suicide Intervention



show you care



ask the question



get help



## Youth Suicide Prevention Resources

<b>National Crisis Line</b>	1-800-273-TALK (8255)
<b>LGBTQ Specific</b>	1-866-4-U-TREVOR (488-7386)
<b>Transgender specific</b>	1-877-565-8860
<b>Crisis Text Line</b>	741-741 "start"
<b>Crisis Response Unit</b>	509-783-0500

### **Seattle Counseling Service for Sexual Minorities**

(in Seattle, but has a lot of resources)

1-800-527-7683

- [MakeItBetterProject.org](http://MakeItBetterProject.org)
- [WeGiveaDamn.org](http://WeGiveaDamn.org)
- [AdvocatesForYouth.org](http://AdvocatesForYouth.org)
- [SafeSchoolsCoalition.org](http://SafeSchoolsCoalition.org), [CrisisClinic.org](http://CrisisClinic.org) and [YSPP.org](http://YSPP.org)







## General LGBTQ Resources

### Faith based resources

[www.welcomingresources.org](http://www.welcomingresources.org)

[HRC.org/Scripture](http://HRC.org/Scripture)

### Addressing LGBTQ issues in K-5

[WelcomingSchools.org](http://WelcomingSchools.org)

### File a bullying complaint

[Community.pflag.org/ClaimYourRights](http://Community.pflag.org/ClaimYourRights)

### Count Me In:

### A Toolkit for Building LGBTQ-Inclusive Schools

[AllyAction.org](http://AllyAction.org)

### Healthy LGBTQ Youth Toolbox

[APA.org](http://APA.org) – look up “HLGBSP Toolbox”





## Where you come in...

- What needs to be done at your school?
- What are you willing to do to address the issue of:
  - Bullying
  - Anti-LGBT bias & harassment
  - ...what else needs to be here?
- Name one thing you will do differently as a result of this training...