

The background is a vibrant, abstract composition. On the left, there are bold, textured strokes of red, orange, yellow, and green, transitioning into a lighter, greyish-blue area on the right. Overlaid on this are several geometric patterns: concentric circles, dotted arcs, and radiating lines, all in a light grey or white color. The overall effect is dynamic and modern.

Young people's: mental health and being LGBT

By Cassie Thomas.

The Impact of Society on Young People

Garcia, 2019. highlighted that LGBT+ (lesbian, gay, bisexual, transgender, plus) adolescents reported greater risks of bullying, family rejection, school violence, and physical, verbal and sexual violence overall than heterosexual/cisgender youth do.

Wilson, 2020 agrees with Garcia's findings by claiming that adolescence presents many difficulties.

Worldwide, youth morbidity and death have been linked to anxiety, depression, and suicide. According to Wilson's (2020) research young people who identify as LGBT+ (lesbian, gay, bisexual, transgender) may experience more obstacles dealing with the heteronormative educational and social institutions. This includes schools and colleges where they spend a significant amount of their developmental years than the youth of a heterosexual orientation.

Young people's health and wellbeing include

- ❖ Physical health
- ❖ Mental health
- ❖ Social and emotional health
- ❖ Access to resources
- ❖ Support
- ❖ Education
- ❖ Stability
- ❖ Self-care

How does being LGBT+ affect a young person's mental health?

The largest LGBT+ rights group in Europe, Stonewall (2018), highlights that poor mental health is widespread among LGBT+ children and youth. According to research, stigma, discrimination, and a lack of acceptance increase the risk of depression, anxiety, and social isolation among LGBT+ kids in particular. Mental health conditions can often increase a person's risk of having suicidal thoughts by making them feel alone, hopeless, and powerless.

According to Stonewall's data, three out of five young people who identify as "LGB" (lesbian, gay, bisexual) have intentionally hurt themselves at some stage. This number is 84% for young trans persons. Over one in five youth who identify as LGBT+ and over two out of five youth who identify as trans have made a suicide attempt. Nearly half of LGBT+ youth with disabilities and one in three non-binary youth have attempted suicide.

LGBT+ Education

Young people should feel secure and content with their identities and know they are represented and accepted in the educational environment. This is the foundation of an LGBT+ inclusive education. Young people are more likely to grow in confidence, empathy, and self-awareness, which will enhance their social and emotional development, when they get an inclusive education that represents all variety (Social Development Direct, 2022).

Helpful websites

<https://www.stonewall.org.uk/>

<https://www.thetrevorproject.org/>

<https://switchboard.lgbt/>

<https://www.mind.org.uk/information-support/tips-for-everyday-living/lgbtqia-mental-health/useful-contacts/>

<https://www.fflag.org.uk/>

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Game questions.



What flag is this?

- A. Bisexual flag
- B. Pansexual flag
- C. Lesbian flag.





What year was same sex marriage
legalised in the UK?

A.2012

B.2014

C.2010



How many colours are in the Pride flag?

A. 5

B. 4

C. 6

For another 2 moves can you name all the colours used in the flag



What year did the
Stonewall riots take
place?

A. 1969 ✓

B. 1970

C. 1971



When was the pride flag first
flown?

A. 1992

B. 1978 ✓

C. 1985



Which popular sitcom portrayed
the first lesbian wedding on
primetime television.

- A. The big bang theory.
- B. That 70's show
- C. Friends ✓

In 2021 what percentage of
LGBT+ people had witnessed
anti-LGBT remarks being made
by healthcare workers?

A.15%

B.19%

C.23% ✓

Which rugby player came out as gay in December 2009 and received the Stonewall's hero award in 2010?

- A. Gareth Thomas ✓
- B. Freddie Thomas
- C. Dafydd Jenkins



What annual LGBTQ
celebration occurs every June?

- A. Transgender awareness month
- B. Lesbian visibility month
- C. Pride month ✓



What pronouns are
commonly used by Non-
Binary individuals ?

- A. She/Her
- B. They/Them ✓
- C. He/Him



Who sang the song 'I'm coming out' in 1980?

- A. Cher.
- B. Diana Ross. ✓
- C. Madonna

In the 1980's what flower was used as a symbol of lesbian love?

- A. Violets ✓
- B. Pansies
- C. Begonias

