

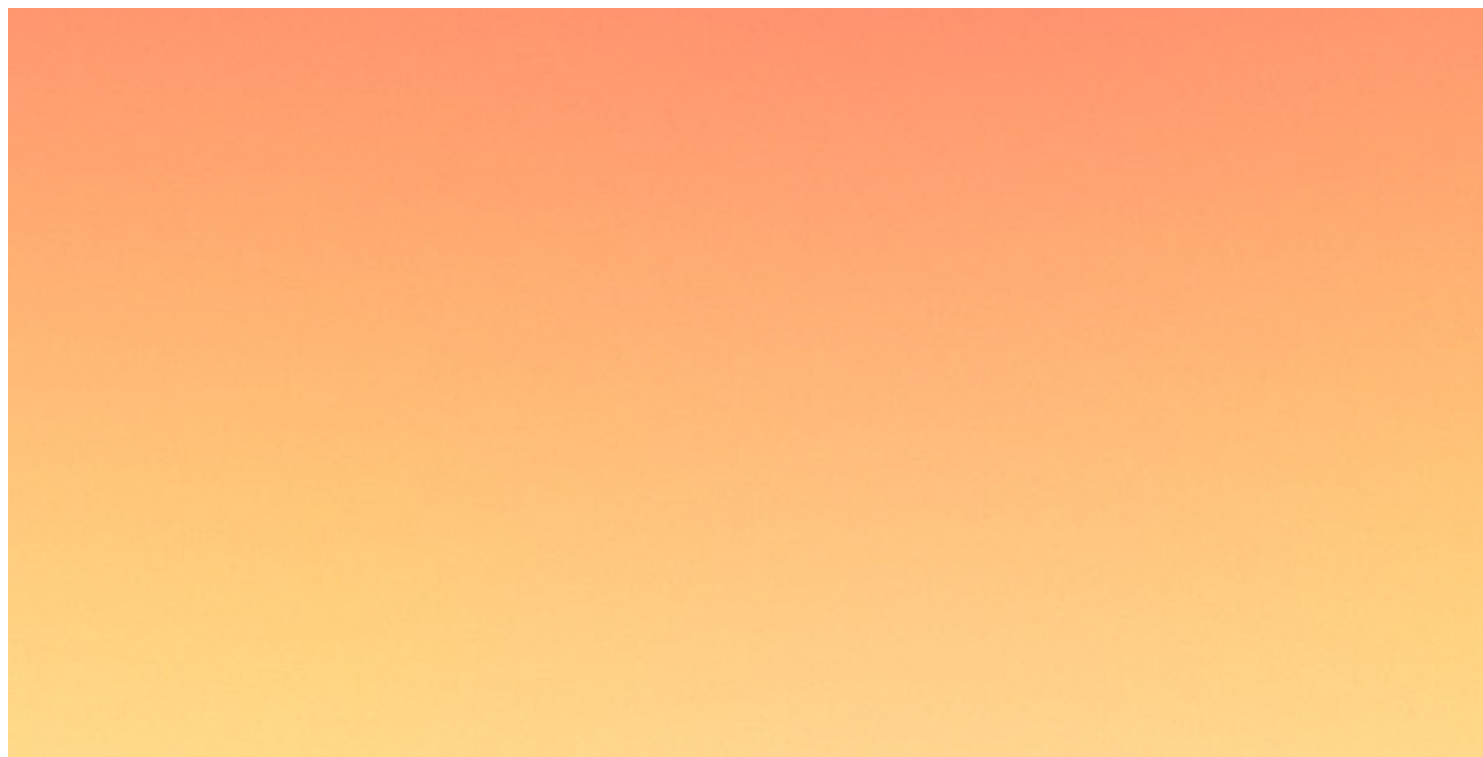


PRESS

# New Poll Emphasizes Negative Impacts of Anti-LGBTQ Policies on LGBTQ Youth

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BY: TREVOR NEWS



- 86% of transgender and nonbinary youth say recent debates over bills have harmed their mental health; as a result of these policies and debates in the last year, 45% of trans youth experienced cyberbullying, and nearly 1 in 3 reported not feeling safe to go to the doctor or hospital when they were sick or injured.
- 75% of LGBTQ youth say that both anti-LGBTQ hate crimes and threats of violence against LGBTQ spaces often give them stress or anxiety.
- At least 70% of LGBTQ youth say issues like efforts to restrict abortion access, gun violence, police brutality, and not having enough money often give them stress and anxiety.

January 19, 2023 — The Trevor Project, the leading suicide prevention organization for lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) youth, released a new poll today that finds an overwhelming majority of LGBTQ youth have been negatively impacted by recent debates and laws around anti-LGBTQ policies and that many have also experienced

victimization as a result. The poll, conducted by Morning Consult between October 23 and November 2, 2022, among a national sample of 716 LGBTQ youth ages 13–24, also assessed emotional responses to these anti-LGBTQ policies, as well as which other social issues often give LGBTQ youth stress and anxiety. The full analysis can be found [here](#).

These data are published as more than 150 anti-LGBTQ bills have been pre-filed or introduced across 23 states in the first two weeks of 2023.

“Right now, we are witnessing the highest number on record of anti-LGBTQ bills introduced this early in any legislative session. We must consider the negative toll of these ugly public debates on youth mental health and well-being. LGBTQ young people are watching, and internalizing the anti-LGBTQ messages they see in the media and from their elected officials. And so are those that would do our community harm,” **said Kasey Suffredini (he/him), VP of Advocacy & Government Affairs.**

“The Trevor Project is proud to see that more than two-thirds of LGBTQ youth, including 81% of transgender and nonbinary youth, have seen,

read, or heard about our work to fight back against anti-LGBTQ bills. We are prepared for the fight ahead and will not stop advocating for a safer, more accepting world for all.”

### Key Findings:

- 86% of transgender and nonbinary youth say recent debates about state laws restricting the rights of *transgender people* have negatively impacted their mental health. A majority of those trans youth (55%) said it impacted their mental health “very negatively.”
- 71% of LGBTQ youth — including 86% of trans and nonbinary youth — say state laws restricting the rights of *LGBTQ young people* have negatively impacted their mental health.
- 75% of LGBTQ youth — including 82% of transgender and nonbinary youth — say that threats of violence against LGBTQ spaces, such as community centers, pride events, drag shows, or hospitals/clinics that serve transgender people, often give them stress or anxiety. Nearly half (48%) of those LGBTQ youth

reported it gives them stress or anxiety “very often.”

As a result of anti-LGBTQ policies and debates in the last year, transgender and nonbinary youth reported that they have had a range of harmful experiences, including cyberbullying or online harassment (45%); stopped speaking to a family member or relative (42%); didn't feel safe going to the doctor or hospital when I was sick or injured (29%); a friend stopped speaking to them (29%); bullying at school (24%); their school removed Pride flags or other LGBTQ-friendly symbols (15%); and physical assault (10%). Among all LGBTQ youth, 1 in 3 reported cyberbullying or online harassment, 1 in 4 reported that they stopped speaking to a family member or relative, and 1 in 5 reported bullying.

The Trevor Project tracked a record number (more than 220) of anti-LGBTQ bills that were introduced across the country in 2022, most of which specifically targeted transgender people. As a result of these policies, trans and nonbinary youth are experiencing a range of negative emotions:

- New policies that will **ban doctors from providing gender-**

**affirming medical care to transgender and nonbinary youth** make 74% of transgender and nonbinary youth feel angry, 59% feel stressed, 56% feel sad, 48% feel hopeless, 47% feel scared, 46% feel helpless, and 45% feel nervous.

- New policies that will **ban transgender girls from playing on girls' sports teams and transgender boys from playing on boys' sports teams** make 64% of transgender and nonbinary youth feel angry, 44% feel sad, 39% feel stressed, and 30% feel hopeless.

In particular, schools have increasingly become a battleground for debates around respecting students' identities and pronouns, censoring LGBTQ-inclusive curriculums, and banning books.

- New 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** make 67% of transgender and nonbinary youth feel angry, 54% feel stressed, 51% feel scared, 46% feel nervous, and 43% feel sad.

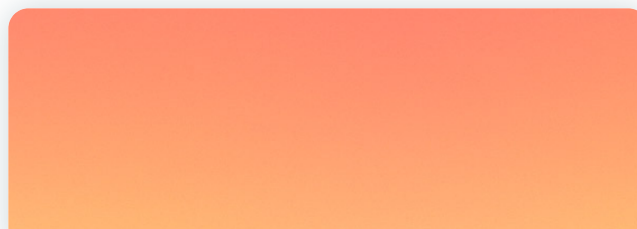
- 58% of LGBTQ youth, including 71% of transgender and nonbinary youth, feel angry about new policies that **ban teachers from discussing LGBTQ topics in the classroom**. Among trans youth, 59% feel sad and 41% feel stressed.
- 66% of LGBTQ youth, including 80% of transgender and nonbinary youth, feel angry about policies that will **ban books in school libraries that discuss LGBTQ topics**. Nearly half of LGBTQ youth, including 54% of trans youth, also felt sad about these book bans.

When asked in an open response question — “what social issue impacting our country/world is the most important to you?” — more than two-thirds of LGBTQ youth stated either LGBTQ rights (23%), abortion (17%), racism (15%), or climate change (11%). Then, when provided a list of issues to measure sources of stress and anxiety, a majority of LGBTQ youth said that their mental health (60%), not having enough money (57%), and efforts to restrict access to abortion (52%) give them stress and anxiety “very often,” followed by threats of violence against LGBTQ spaces (48%), anti-LGBTQ hate

crimes (47%), homophobia (46%), and gun violence (44%), and racism (42%). Overall, more than 65% of LGBTQ youth also stated that both climate change and police brutality often give them stress and anxiety.

Black LGBTQ youth sampled reported disproportionately higher rates of racism (+22%), police brutality (+19%), doing poorly in school (+12%), and gun violence (+9%) giving them stress or anxiety “very often” compared to white LGBTQ youth. Transgender and nonbinary youth sampled reported disproportionately higher rates of transphobia (41%), losing their healthcare (22%), anti-LGBTQ hate crimes (21%), and threats of violence in LGBTQ spaces (20%) giving them stress or anxiety “very often” compared to cisgender LGBTQ youth.

*If you or someone you know needs help or support, The Trevor Project’s trained crisis counselors are available 24/7 at 1-866-488-7386, via chat at [TheTrevorProject.org/Get-Help](https://www.thetrevorproject.org/Get-Help), or by texting START to 678678.*





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