

YOUTH SURVEY

FAIRFAX COUNTY

LGBQ YOUTH in Fairfax County

Self-reported by 8th, 10th, and 12th grade LGBQ students on the Fairfax County Youth Survey

25% had been sexually harassed



2x more LGBQ youth get four or fewer hours of sleep on an average school night than non-LGBQ youth



43%

of LGBQ males who have had sex did not use a condom at last sexual intercourse



19%

have been victims of emotional abuse by dating partners

16%

have used unhealthy weight loss methods



47%

experienced depressive symptoms

What You Need to Know

Fourteen percent of teens in Fairfax County self-identify as lesbian, gay, bisexual or questioning (LGBQ). Many report involvement and support in their families, schools, and community; however, some LGBQ youth face disproportionate challenges.

Depressive symptoms (feeling so sad or hopeless almost every day for two weeks or more that they stopped doing some usual activities) affect 47% of LGBQ youth and 32% have seriously considered suicide.

Twenty-five percent of LGBQ youth have used alcohol, tobacco, or other drugs in the past 30 days. LGBQ and non-LGBQ youth report similar use of alcohol (14% vs. 15%, respectively), marijuana (9% for each), cigarettes (4% vs. 2%), and e-cigarettes (5% vs. 4%). LGBQ youth are slightly more likely to use painkillers for non-medical reasons (7% vs. 4%), but the groups use other prescription drugs at about the same rate (5% vs. 4%).

Twenty-five percent of LGBQ youth report that they have been bullied in the past year. These

youth are more than one-third more likely to report being a victim of bullying as non-LGBQ youth.

LGBQ youth also face greater risk of becoming a victim of sexual harassment, dating abuse, or cyberbullying.

LGBQ youth who can turn to family and other people in their lives for support are at relatively less risk. They are less likely to abuse drugs, report depressive symptoms, and have sex than LGBQ youth without support.

What Can You Do?

UNDERSTAND, ENCOURAGE, LEARN, AND ACT

Engage your teen. Parents should talk openly with their teen about any problems or concerns and be watchful of risk factors such as bullying, depression or expression of suicidal thoughts.

Understand the link between your reaction and your teen's mental and physical health. Supportive reactions can help youth cope with the challenges they face. Negative reactions are linked to higher rates of homelessness, running away, and mental and physical problems. Parents should have honest conversations with their teens about sex, and about how to avoid risky behavior and unsafe or high-risk situations. 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.

Familiarize yourself with local and national resources. When youth reveal same-sex attractions and relationships, this is an opportunity to better inform and support LGBQ youth and families by linking them with community resources. LGBQ youth may also need access to qualified health care professionals with experience in working with LGBQ youth.

Find out what kind of support, services, and education are in place at your teen's school. A positive school climate has been

associated with a decreased risk for mental health concerns, substance abuse, and unexcused school absences among LGBQ youth. In schools with LGBQ support groups (such as gay-straight alliances), LGBQ students were also more likely to have positive outcomes.

Ask your teen before you "come out" to others on your teen's behalf. Disclosure of a youth's sexual orientation or gender identity is a process. Be careful in your discussion with others to protect your teen's privacy.

Adapted from www.cdc.gov/lgb-thealth/youth.htm and www.stopbullying.gov/at-risk/groups/lgbt

Who Can Help?

Fairfax-Falls Church Community Services Board (CSB)
www.fairfaxcounty.gov/csb
Entry & Referral 703-383-8500, TTY 711 24-Hour
Emergency Services 703-573-5679, TTY 711

FCPS Intervention and Prevention Services 571-423-4020
bit.ly/FCPSspecialsvcs

PRS CrisisLink 24-Hour Hotline
Call 703-527-4077 or text CONNECT to 855-11

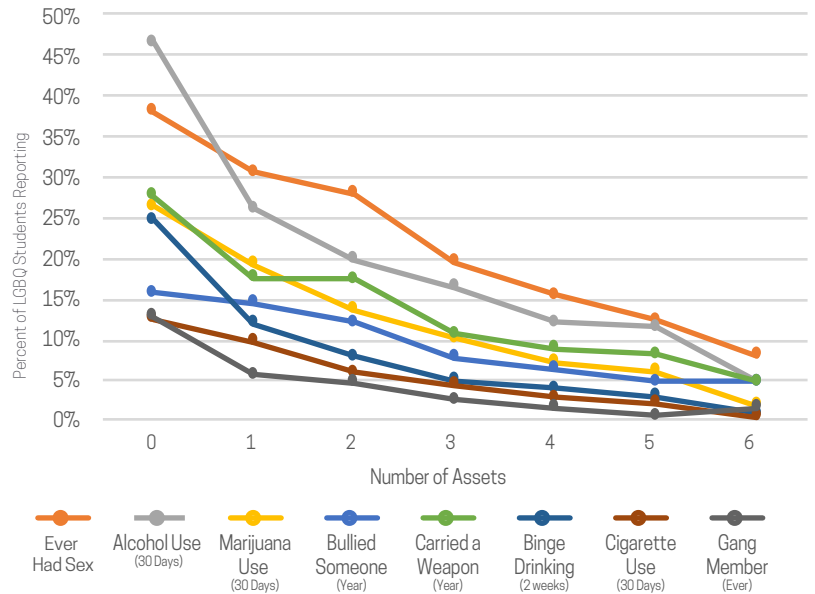
Trevor 24-Hour Lifeline
Call 866-488-7386

3 Three to Succeed

THREE TO SUCCEED IS BASED ON THE YOUTH SURVEY ANALYSIS THAT SHOWS HAVING JUST **THREE ASSETS** DRAMATICALLY REDUCES RISK BEHAVIORS AND PROMOTES THRIVING YOUTH.

Assets are strengths in young people, their families, friends, schools and communities that help them thrive in health, in school, in daily life, and in a safe environment. The more assets a person has, the fewer risk behaviors they report and the Youth Survey shows that every asset makes a difference.

Young people in Fairfax County report positive influences from the people and other assets in their lives, though there are disparities that make it more challenging for some to thrive. Take action to be an asset in any young person's life and help build a stronger, more positive community that benefits ALL children.



Victimization

	LGBQ	NON-LGBQ
BULLYING	25%	14%
CYBERBULLYING	18%	10%
SEXUAL HARRASMENT	25%	11%
RACIAL OR CULTURAL HARRASMENT	50%	50%

Sexual Health

	LGBQ	NON-LGBQ
EVER HAD SEX	18%	17%
EVER HAD ORAL SEX	21%	20%
HAD SEX BEFORE AGE 13*	15%	7%
4 OR MORE SEX PARTNERS*	27%	20%

* Among youth who have ever had sex

WEBSITES FOR MORE INFORMATION

Fairfax County Youth Survey
www.fairfaxcounty.gov/youthsurvey

Fairfax County Prevention System
www.fairfaxcounty.gov/ncs/prevention

Centers for Disease Control and Prevention: LGBT Youth Resources
www.cdc.gov/healthyyouth/disparities/smy.htm
www.cdc.gov/lgbthealth/youth-resources.htm

FCPS: Mental Health and Resiliency
bit.ly/FCPSresilient

The LGBQ data presented represent the responses of youth who self-identify as lesbian, gay, bisexual, or questioning (not sure). The survey does not ask if students identify as transgender. The Fairfax County Youth Survey was administered in the fall semester of 2016.



Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Reasonable accommodations will be provided upon request. For information, call 703-324-4600, TTY 711.



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Assets

Having high personal integrity
Having community adults to talk to
Performing community service

Participating in extracurricular activities
Having teachers recognize good work
Having parents available for help

Mental Health and Suicide

	LGBQ	NON-LGBQ
HIGH STRESS	48%	34%
DEPRESSIVE SYMPTOMS	43%	23%
CONSIDERED SUICIDE	32%	11%
ATTEMPTED SUICIDE	14%	4%

Teen Dating Abuse Victimization

	LGBQ	NON-LGBQ
CONTROLLING BEHAVIOR	15%	13%
VERBAL ABUSE	11%	5%
PRESSURE TO HAVE SEX	6%	3%
PHYSICAL ABUSE	8%	4%

Protective Factors

LGBQ youth in Fairfax County report they:

- Have teachers who notice their good work (62%).
- Volunteer for community service (64% in past year).
- Have parents they can go to for help (71%), although this is lower than for non-LGBQ youth (84%).
- Are involved in family decisions that affect them (62%).