

Coping During the Pandemic: How to Support LGBTQ+ Youth

LGBTQ+ youth may be especially vulnerable to the effects of social distancing because many of them rely on school staff and friends for validation and affirmation. Schools often provide a needed inclusive sanctuary where they can be their authentic selves.



The Power of One

School staff can continue to inspire, empower, and promote protective factors for already resilient LGBTQ+ youth. Together, with the support of even **one** caring adult they depend on, youth can feel less alone.

HRC Youth Survey Report (2018)



Created by Nithyan Tatan from Nour Project

95% of LGBTQ youth

Report trouble sleeping at night

67% of LGBTQ youth

Hear parents make negative comments about LGBTQ people

Trans youth are 2x

More likely to be mocked by their family for their gender



Created by Nithyan Tatan from Nour Project

78% of LGBTQ youth

Who are NOT out to their parents hear negative comments about LGBTQ people

48% of LGBTQ youth

Who ARE out to their parents say their family makes them feel bad for being LGBTQ

24% of LGBTQ youth

Can “definitely” be themselves as an LGBTQ person at home

Coping Skills



Created by Nithyan Tatan from Nour Project

Coping skills are necessary for everyone to manage when life gets stressful. They are *not* a substitute for counseling, therapy, or medication, but can be used alongside these **interventions**. Questions to ask youth:

- ✓ Are they keeping a daily sleep/wake schedule?
- ✓ Are they using phone apps for meditation, calming, stress release?
- ✓ Are they listening to music?
- ✓ Are they engaging with friends via text/social media?
- ✓ Are they engaging in **daily** physical activity?
- ✓ Do they have a trusted adult to whom they can reach out?
- ✓ Is a trusted adult checking in on them?
- ✓ Are they taking care of themselves?
- ✓ Are they engaging in adaptive skills (e.g., personal hygiene, cleaning)?



Crisis Resources

If youth are not able to effectively use coping skills to de-escalate, refrain from self-harming, or are having suicidal thoughts, emergency services may be needed.

Created by Adrien Clouzet from Noun Project

The Trevor Project	Trans Lifeline
Talk to a trained crisis counselor 24/7 via the phone, chat, or text. 1-866-488-7386 or Text "START" to 678678	Peer support crisis service run by trans* persons. Trans Lifeline does not utilize non-consensual rescue. 1-877-565-8860

Virtual National Resources



Created by Jani Kwon Lay from Noun Project

PFLAG

www.pflag.org

Sometimes the best support is the love of one's own family. PFLAG helps family members to understand and accept gender identity and or/sexuality.

Ally Parents

www.standwithtrans.org/ally-parents

Ally parents are parents of trans* and nonbinary youth who volunteer their time to support young people who may lack or not yet have parental support. Youth can select 'parents' by location to call or text.



Chat Rooms

Often the best support is connecting with others who understand and don't question your identity and/or orientation.



Created by Okessa Latipheva from Noun Project

Gender Spectrum Lounge

Space for teens, parents, and professionals to connect with one another and have conversations about gender outside of the boxes.

<https://genderspectrum.org/lounge>

Q Chat

Online facilitated discussion groups for LGBTQ+ teens ages 13-19

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

How You Can Help

Generally what young people really need is just to be heard – without judgement or questioning. What can you say to a youth in crisis?



- ✓ I'm here for you.
- ✓ How can I help you?
- ✓ What supports do you need?
- ✓ It sounds like things are really hard right now.
- ✓ I support you.
- ✓ I hear you.
- ✓ You are loved.
- ✓ I need to keep you safe.

