

LGBTQ+ Students in Alberta

12 Evidence-Based Facts

This fact-sheet presents research findings about LGBTQ+ youth as well as their cisgender and heterosexual peers in Alberta, Canada, and beyond.

1. There is more than XX and XY.

Worldwide, people born with bodies outside of traditional male/female categories are **as common as people with red hair** (or twice the estimated population of Canada).



2. 75% of surveyed Canadian transgender youth reported **self-harming** in the past year, nearly **50% experienced extreme stress** in the past 30 days, and a third had **attempted suicide** in the past year.



3. Gay and bisexual male students are **twice as likely to self-harm**.

Lesbian and bisexual female students are **2-3 times more likely to self-harm**.



4. 75% of trans students in Alberta (ages 14-18) reported experiencing discrimination; 70% were sexually harassed; **35% were physically threatened or injured**; and 32% had run away from home.



5. **Schools** are identified by LGBTQ+ youth as potential **safe havens**.



6. All Alberta students (LGBTQ+ and otherwise) are **legally entitled to privacy and confidentiality, to start a GSA in their school**, and to attend a discrimination-free school.



7. Providing **gender-neutral bathrooms** to all students helps LGBTQ youth **feel safer at schools**.



8. Transgender students in Alberta who reported feeling **connected to their schools** were twice as likely to report **good or excellent mental health**.



9. Schools with established GSAs and anti-homophobic bullying policies have **lower odds of discrimination, suicidal thoughts and attempts** among LGB students, and among heterosexual boys.



10. A school GSA costs about an hour per week to sponsor a teacher or public health nurse during the school year (about \$1000). This can **save \$183,000 in health care costs**.



11. Displaying LGBTQ+-friendly symbols helps improve LGBTQ+ youths' **self-esteem and fosters a sense of belonging**.



12. The NHL-endorsed **Pride Tape** lets allies show their support for LGBTQ+ students, **decreasing the risk of harassment** and poorer mental health, and **fostering LGBTQ2+ inclusion in sports**.



Stigma and Resilience
Among Vulnerable
Youth Centre

www.saravyc.ubc.ca

The Research Behind Our Facts:

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4. Wells, K., Frohard-Dourlent H., Saewyc E., Ferguson, M., Veale J., & the Canadian Trans Youth Health Survey Research Group. (2017). *Being Safe, Being Me in Alberta: Results of the Canadian Trans Youth Health Survey*. Vancouver, BC: Stigma and Resilience Among Vulnerable Youth Centre, School of Nursing, University of British Columbia. Available online at www.saravyc.ubc.ca
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8. Wells, K., Frohard-Dourlent H., Saewyc E., Ferguson, M., Veale J., & the Canadian Trans Youth Health Survey Research Group. (2017). *Being Safe, Being Me in Alberta: Results of the Canadian Trans Youth Health Survey*. Vancouver, BC: Stigma and Resilience Among Vulnerable Youth Centre, School of Nursing, University of British Columbia. Available online at www.saravyc.ubc.ca
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-- *Pride Tape*, <http://pridetape.com/>

About the Stigma and Resilience Among Vulnerable Youth Centre (SARAVYC):

The Stigma and Resilience Among Vulnerable Youth Centre (SARAVYC) aims to understand the influences of stigma and discrimination on health disparities of marginalized youth, including sexually exploited, street-involved, and LGBTQ2S (Lesbian, Gay, Bisexual, Trans*, Queer and Questioning, and Two Spirit) youth. In collaboration with youth and their communities, we develop interventions to improve health outcomes and equity for marginalized youth.

Since 2006, SARAVYC has been dedicated to using mixed method research approaches to identify strategies that reduce stigma and improve resilience among youth and share those results with the public. We collaborate with health professionals, policy-makers, educators, service providers, and youth to produce evidence-based research that influences policy, practice, and health.



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