

# IMPORTANCE OF FAMILY WELL-BEING

FOR EAST ASIAN LESBIAN, GAY, AND BISEXUAL YOUTH IN BC

FOR EAST ASIAN LESBIAN, GAY, AND BISEXUAL YOUTH IN BC THERE ARE UNIQUE STRESSES AND RISKS THAT CAN BE HARD TO COPE WITH ALONE.

78%

HAVE BEEN  
BULLIED OR  
HARRASSED



26%

HAVE USED  
DRUGS (OTHER  
THAN MARIJUANA)

26%

HAVE  
SELF-HARMED

24%

HAVE HAD  
SUICIDAL  
THOUGHTS



18%

HAVE  
ATTEMPTED  
SUICIDE

3 OUT OF 5

EAST ASIAN LESBIAN, GAY, AND BISEXUAL YOUTH IN BC  
REPORT EXPERIENCING DISCRIMINATION IN THE PAST YEAR.  
*28% WERE DISCRIMINATED AGAINST BECAUSE OF THEIR SEXUAL ORIENTATION.*

## PARENTS CAN HELP

Research shows that a supportive family who is accepting without judgement helps:

### REDUCE RISK

OF SUICIDAL THOUGHTS, SUICIDE  
ATTEMPTS, AND SELF-HARM

### INCREASE SELF-ESTEEM

WITH HIGHER LIKELIHOOD OF  
FEELING GOOD ABOUT THEMSELVES

### IMPROVE WELL-BEING

WITH LOWER STRESS AND FEWER  
MENTAL HEALTH CONCERNS

### STRENGTHEN SUPPORT

WITH HIGHER LIKELIHOOD OF HAVING A  
TRUSTED ADULT TO TALK TO



THE MAJORITY OF EAST ASIAN LESBIAN, GAY, AND BISEXUAL YOUTH IN BC:



FEEL GOOD ABOUT  
THEMSELVES



PLAN TO GO ON TO  
POST SECONDARY



HAVE A TRUSTED ADULT  
THEY CAN TALK TO