

2024 Black LGBTQ+ Youth Report

February 2024



EXECUTIVE SUMMARY

Black LGBTQ+ youth face compounding challenges and have unique experiences because they exist at the intersection of multiple marginalized identities. In this analysis, HRC Foundation examines survey responses from roughly 1,200 Black LGBTQ+ youth (aged 13-17) from all 50 states and Washington, D.C.

KEY TAKEAWAYS

Racism, Homophobia and Transphobia

Many Black LGBTQ+ youth have experienced at least one form of racism from within the LGBTQ+ community and simultaneously say they do not feel like they are able to trust white LGBTQ+ people.

- **74.8%** of Black LGBTQ+ youth and **78.2%** of Black transgender and gender-expansive youth have experienced racism in the LGBTQ+ community
- **60.3%** of Black LGBTQ+ youth and **64.7%** of Black transgender and gender-expansive youth say they are not able to trust white LGBTQ+ people

Most Black LGBTQ+ youth say they have experienced anti-LGBTQ+ bigotry in the Black community, while half say they do not feel accepted by other Black people because of their LGBTQ+ identity.

- **80.9%** of Black LGBTQ+ youth and **83.5%** of Black transgender/gender-expansive youth say they have experienced homophobia or transphobia in the Black community
- **54.1%** of Black LGBTQ+ youth and **57%** of Black transgender/gender-expansive youth do not feel accepted by other Black people because of their LGBTQ+ identity

Black LGBTQ+ Youth at Home

More than 8 out of 10 (**81.9%**) Black LGBTQ+ youth are out to at least some of their immediate family, which includes parents and siblings.

Experiences with parental support and rejection are relatively mixed for Black LGBTQ+ youth, facing both rejection and support.

- **58.6%** of Black LGBTQ+ youth have experienced some form of rejection by their parents, while **56.5%** of Black LGBTQ+ youth say they have felt supported by their parents

Experiences in School

Almost all Black LGBTQ+ youth were out to some of their LGBTQ+ friends at school, while far less (only about half) were out to some of their teachers or school staff.

- **96.9%** were out to their LGBTQ+ friends
- **57.9%** were out to their teachers or school staff

A significant percentage of Black LGBTQ+ youth report they do not feel safe at school and experience high rates of bullying:

- A plurality of Black LGBTQ+ youth (**42.7%**), including half (**48.8%**) of Black transgender and gender-expansive youth, feel unsafe in at least one setting in school.
- Over half (**55.9%**) of Black LGBTQ+ youth overall, including reported being physically or verbally harassed at school in the past 30 days, as well as **58.8%** of Black transgender and gender-expansive youth.

Religion, Faith and Spirituality

Religion, faith and spirituality is an important part of many Black people's lives, yet more work is needed to fully include Black LGBTQ+ youth in their faith communities.

- **77%** of Black LGBTQ+ youth were raised in a religion

Among those who were raised in a religion:

- **63.1%** said their religion was unfriendly to LGBTQ+ people
- **54.5%** said their religious beliefs triggered feelings of guilt and shame when they came out as an LGBTQ+ person
- Only a quarter (**25.9%**) said their faith community leaders support and include them as an LGBTQ+ person

Mental Health

Black LGBTQ+ youth can face many mental health challenges and may not always have the mental healthcare to work through them.

- **58.6%** of Black LGBTQ+ youth screened positive for depression, and **38.6%** of Black LGBTQ+ youth screened positive for anxiety
- **46.5%** of Black LGBTQ+ youth wanted therapy but could not receive it

Black LGBTQ+ Youth Futures

Overall, (**82.6%**) Black LGBTQ+ youth are considering attending college, and **92.2%** say that college is important.

- However, **28.6%** of Black LGBTQ+ youth believe that their LGBTQ+ identity could negatively affect their future college and higher education opportunities

Historically Black Colleges and Universities can play a vital role in providing higher education opportunities to Black LGBTQ+ students.

- **33.7%** of Black LGBTQ+ youth want to attend an HBCU because they believe they will be more supported at an HBCU.

In terms of careers, **(73%)** of Black LGBTQ+ youth say they would like to be open about their LGBTQ+ identity at their future job.

- However, only **54.2%** of Black LGBTQ+ youth feel like they will be able to be their authentic self when applying for jobs in the future.

INTRODUCTION

In 2022, HRC and the University of Connecticut surveyed almost 13,000 LGBTQ+ identified youth (age 13-18) from all 50 states and the District of Columbia about their experiences as an LGBTQ+ youth today. Results released by HRC as the [2023 LGBTQ+ Youth Report](#), and other sub-reports delve into respondents' well-being, experiences at home, at school, hopes for the future, and other aspects of their daily lives.

In the present report, we focus on the specific experiences of the approximately 1,200 Black LGBTQ+ youth who completed the survey.

Black LGBTQ+ Americans have seen strides toward equality and acceptance. More Americans, both youth and adults, are proudly and openly identifying as LGBTQ+ than ever before, and public acceptance for marriage equality and non-discrimination protections are the highest it has ever been. According to Gallup, 6.6% of Black adults identify as lesbian, gay, bisexual or transgender, including 12.1% of Black adults 18-34 years of age. Data from the [Youth Risk Behavior Surveillance System \(YRBSS\)](#) suggests that 24% of Black high school-aged youth identify as lesbian, gay, bisexual or queer/questioning.

Holding multiple marginalized identities can magnify challenges. Anti-blackness, racism and anti-LGBTQ+ hate can create a compounding number of challenges for Black LGBTQ+ youth as bias, stigma and discrimination can be directed at their multiple identities.

Historical racism, the legacy of slavery and the injustice of Jim Crow have also led to long-lasting inequities and stereotypes about Black people that dehumanize them. Virulent and inflammatory anti-Blackness from elected and public officials, negative portrayals in the media, and historically maintained systems of racial oppression ultimately strain the ability of Black LGBTQ+ youth to fully express and explore their intersecting racial and LGBTQ+ identities.

Most of these bills directly target LGBTQ+ youth, and transgender, non-binary, gender non-conforming, and other non-cisgender gender-expansive (referred to as “transgender and gender-expansive youth” throughout this report for brevity) youth. Transgender and gender-expansive youth are being targeted by extremists working to strip LGBTQ+ Americans of their basic freedoms, dignity and respect. Anti-LGBTQ+ legislative attacks were so pervasive in 2023, the Human Rights Campaign issued a [National State of Emergency for LGBTQ+ Americans](#) for the first time in our 40+ year history.

The analysis shows that Black LGBTQ+ youth have remained steadfast and proud of their individual identities despite challenges with rejection, mental health and overarching bias and stigma. At the end of the report, actionable guidelines are provided to help guide parents, caregivers, school administrators, educators, counselors and other youth-serving professionals on how they can support Black LGBTQ+ youth. It is important to follow the lead of Black LGBTQ+ youth and implement the actionable guidelines to create safe, affirming, and welcoming spaces for Black LGBTQ+ youth.

In this report, HRC Foundation uses data from the HRC Foundation and University of Connecticut's 2022 LGBTQ+ Teen Survey, a survey over 12,000 LGBTQ+ youth aged 13-17, to observe some of the experiences Black LGBTQ+ youth. This includes both positive and negative elements of daily life, including outness, family experiences, school safety, mental health, faith and more. The analysis in this study specifically reports on a subsample of 1,118 Black LGBTQ+ youth. Please see the appendix for full study methodology and tables for all analyses in this report. For a complete methodology, view the [Methodology Appendix](#).

AT THE INTERSECTIONS OF RACE AND LGBTQ+ IDENTITY

This section highlights the racialized experiences of Black LGBTQ+ youth in which white people were considered the main perpetrators of racism. This is due to survey language (see methodology appendix). However, white people are not the sole perpetrators of anti-Black discrimination. Many people contribute to anti-Blackness within the LGBTQ+ community, including other racial and ethnic minorities.

Racism is a systemic issue (e.g., a broader cultural challenge), and anti-Blackness is often the result of stigma and bias that has evolved from centuries of colorism, featurism, and colonialism. The root causes of many racist and anti-Black encounters are often the result of Black youth running into racist elements of systems, such as the criminal justice system, education system, or economy, structures that have exclusively served white people for most of their history. Racism is not a Black vs white issue but is instead reflective of discriminatory systems that must be dismantled and rebuilt.

Black LGBTQ+ Youth Experiences with White LGBTQ+ People

Race and LGBTQ+ identity can come together and pose a two-way stream of challenges. Black LGBTQ+ youth (and LGBTQ+ youth of color in general) may have negative experiences within the broader LGBTQ+ community because of racism and anti-Blackness. In addition, Black LGBTQ+ youth may also face homophobia or transphobia from non-LGBTQ+ people within their racial/ethnic communities—and often at the same time.

Most Black LGBTQ+ youth believe that white LGBTQ+ people are not trust worthy, say they are often misunderstood by white LGBTQ+ people and are often having to educate white LGBTQ+ people about racial issues. are not trust worthy, say they are often misunderstood by white LGBTQ+ people and are often having to educate white LGBTQ+ people about racial issues.

<p>60.3% of Black LGBTQ+ youth...</p> <p>64.7% of Black transgender/gender-expansive youth...</p> <p><i>say they are not able to trust white LGBTQ+ people</i></p>	<p>65.3% of Black LGBTQ+ youth...</p> <p>70.7% of Black transgender/gender-expansive youth...</p> <p><i>say they feel misunderstood by white LGBTQ+ people</i></p>	<p>69.8% of Black LGBTQ+ youth...</p> <p>73.2% of Black transgender/gender-expansive youth...</p> <p><i>say they have to educate white LGBTQ+ people about race issues</i></p>
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It is likely that many Black LGBTQ+ youth have little trust of white LGBTQ+ people because of direct experiences with racism from LGBTQ+ white people. Many Black LGBTQ+ youth note that they have experienced racism from within the LGBTQ+ community and have dealt with white LGBTQ+ people being dismissive of their identities and speaking in ways that are racist (Table 25). Among Black LGBTQ+ Youth:

- **74.8%** of Black LGBTQ+ youth and **78.2%** of Black transgender and gender-expansive youth have experienced at least one form of racism in the LGBTQ+ community
- **67.7%** of Black LGBTQ+ youth and **71.2%** of Black transgender and gender-expansive youth have heard white LGBTQ+ people say racist things
- **53.4%** of Black LGBTQ+ youth and **57.3%** of Black transgender and gender-expansive youth have been told that “race isn’t important” by white LGBTQ+ people

Black LGBTQ+ Youth Experiences with Black Communities

Black LGBTQ+ youth indicate that they lack acceptance among their own racial/ethnic communities. A large proportion of Black LGBTQ+ youth have experienced homophobia, transphobia, and rejection from other Black people because of their LGBTQ+ identity (Table 26).

- **80.9%** of Black LGBTQ+ youth and **83.5%** of Black transgender/gender-expansive youth say they have experienced at least one form of homophobia or transphobia in the Black community.

<p>54.1% of Black LGBTQ+ youth</p> <p>57% of Black transgender/gender-expansive youth</p> <p><i>do not feel accepted by other Black people because of their LGBTQ+ identity</i></p>	<p>61.8% of Black LGBTQ+ youth</p> <p>67.9% of Black transgender/gender-expansive youth</p> <p><i>say they feel invisible in the Black community because they are an LGBTQ+ person</i></p>	<p>72.6% of Black LGBTQ+ youth</p> <p>75.9% of Black transgender/gender-expansive youth</p> <p><i>say they feel misunderstood by people in the Black community</i></p>
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Being Both LGBTQ+ and Black

Knowing that Black LGBTQ+ youth can face challenges in both the LGBTQ+ community and their racial/ethnic communities, Black LGBTQ+ youth may seek out other Black LGBTQ+ youth for authentic friendships. However, that is not always easy. Trust, understanding, education, friendship, visibility, and acceptance are all important for Black LGBTQ+ youth to feel accepted, not tokenized (Table 25; Table 26).

- More than seven in ten Black LGBTQ+ youth (**73.4%**), and Black transgender/gender-expansive youth specifically (**77.3%**), say they find it difficult making friends who are LGBTQ+ people and from their racial/ethnic community.
- Around half of Black LGBTQ+ youth (**48.9%**) and Black transgender and gender-expansive youth specifically (**51.8%**) say they felt like the token LGBTQ+ person of color in groups or organizations.

BLACK LGBTQ+ YOUTH AT HOME

Outness to Family

Overall, the vast majority of Black LGBTQ+ youth—more than 8 out of 10 (**81.9%**) - are out to at least one member of their immediate family. A fifth are out to their entire immediate family. However, they are far less likely to be out to other family members, with more than half (**56.1%**) out to none of their grandparents or extended family members (Table 1).

A fifth are out to their entire immediate family:

- **18.1%** of Black LGBTQ+ youth are out to none of their immediate family
- **63.1%** of Black LGBTQ+ youth are out to some of their immediate family
- **18.8%** of Black LGBTQ+ youth are out to all their immediate family

However, Black LGBTQ+ youth are far less likely to be out to grandparents and other extended family members, with more than half (**56.1%**) out to none of their extended family - and only **3.4%** out to all their extended family (Table 1).

While family outness among Black LGBTQ+ youth is relatively similar to what is seen among LGBTQ+ youth overall (**82.7%** of all LGBTQ+ youth in the 2023 LGBTQ+ Youth Report were out to at least one member of their immediate family), patterns are slightly different:

- **A quarter (26.4%)** of all LGBTQ+ youth are out to their entire immediate family –compared with less than a fifth of Black LGBTQ+ youth
- A little over half (**56.3%**) are out to some of their immediate family – compared with over six in ten (**63.1%**) Black LGBTQ+ youth.

Many Black transgender and gender-expansive youth are able to live authentically at home, though progress is still to be made (Table 2).

- **45.7%** say they can always or most of the time dress and express their gender identity at home
- **38.7%** say their chosen name is used at home always or most of the time
- **26.9%** say their correct pronouns are used at home always or most of the time

Parental Rejection and Support

Support or rejection from parents plays an important role in LGBTQ+ youth well-being. Parents have a critical role to play in creating open environments that foster positive self-esteem, mental health and well-being.

Parental rejection can lead to worsening mental and physical well-being of children, while parental support serves as a protective factor. While the HRC and University of Connecticut survey focused on legal parents and caregivers, some Black LGBTQ+ youth may turn to “othermothers” in the form of gay parents, house mothers (in the Ballroom community) or drag mothers to create their own chosen family as support systems. For Black LGBTQ+ youth, support from family at home is considered one of the strongest predictors of outness among Black LGBTQ+ people.

Figure 1: Parental Rejection

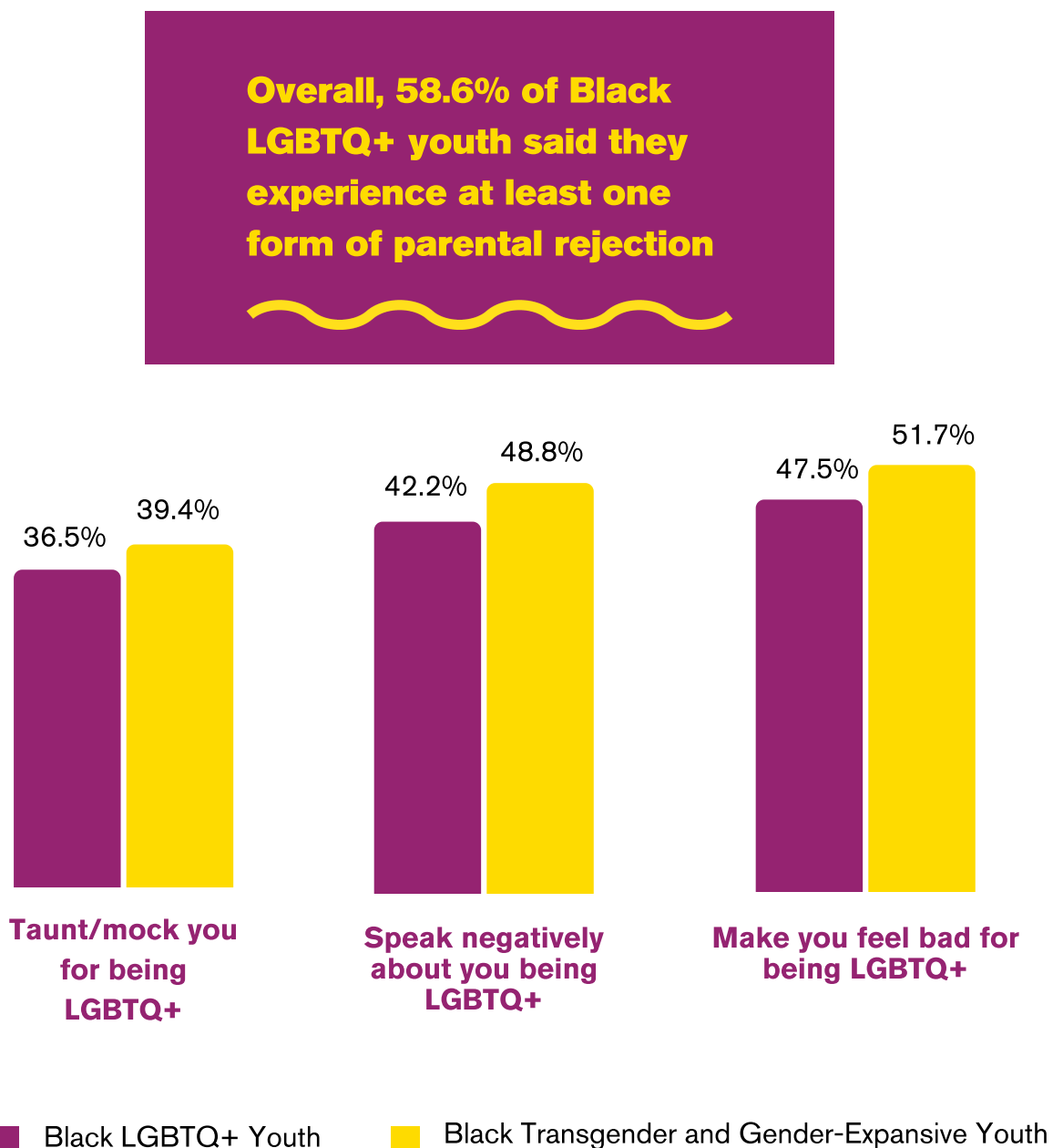
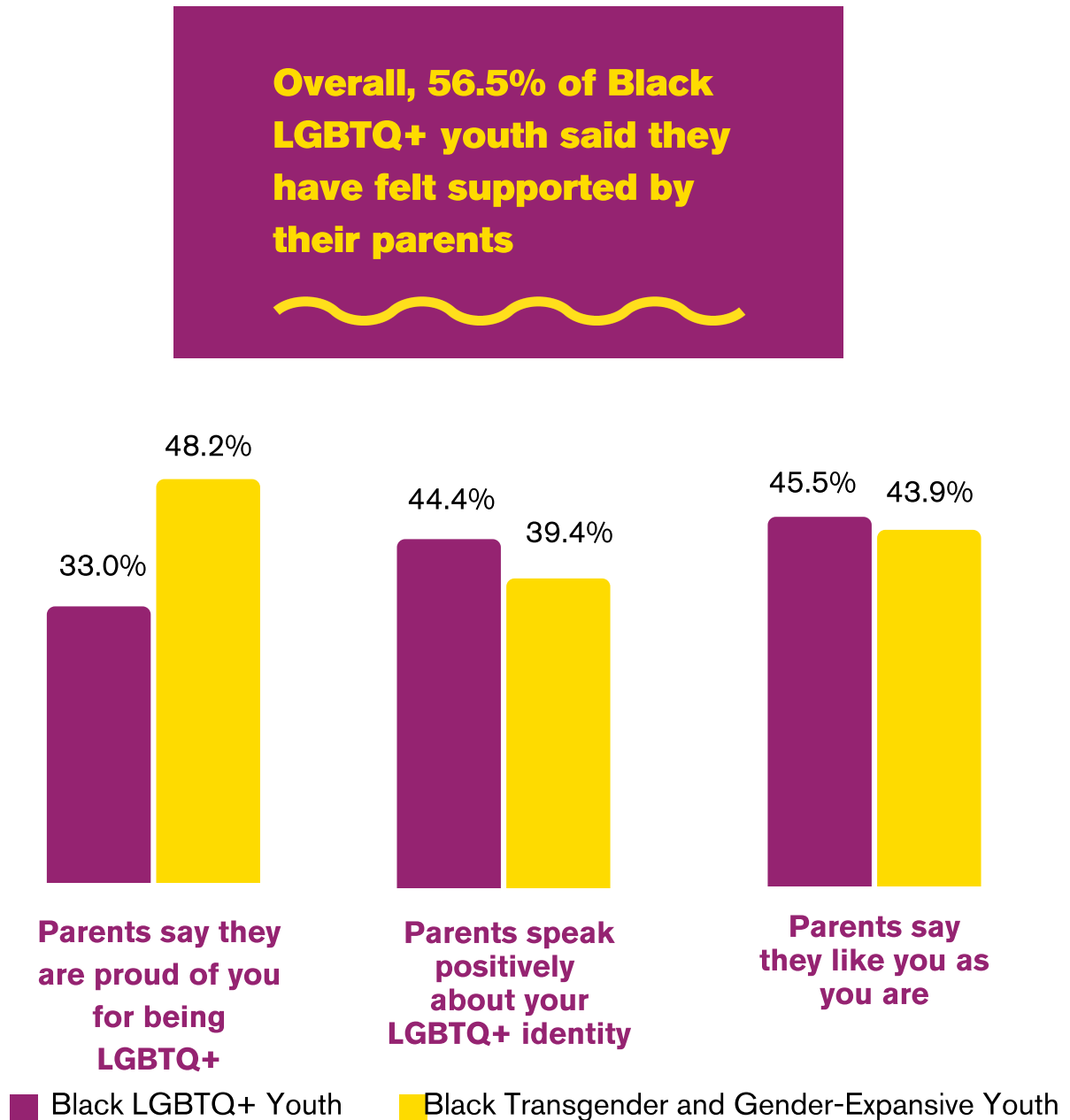


Figure 2: Parental Support



BLACK LGBTQ+ YOUTH AT SCHOOL

Outness at School

Most Black LGBTQ+ youth were out to their friends and classmates and over half were out to their teachers and/or other staff at their school. Black transgender/gender-expansive youth are less likely to be out than the average Black LGBTQ+ youth (Figure 3; Figure 4).

Figure 3: Black LGBTQ+ Youth Are Out To At Least Some of Their...

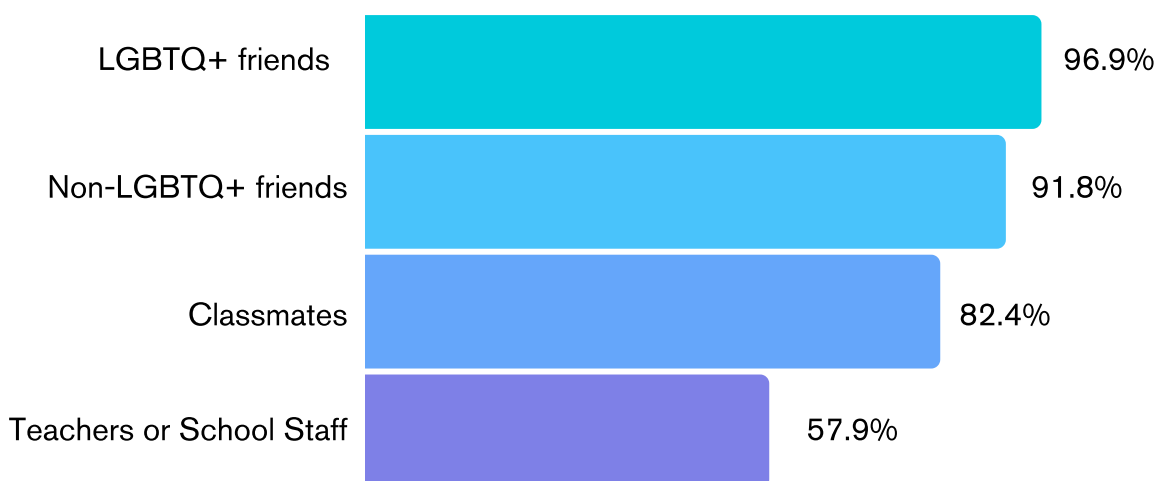
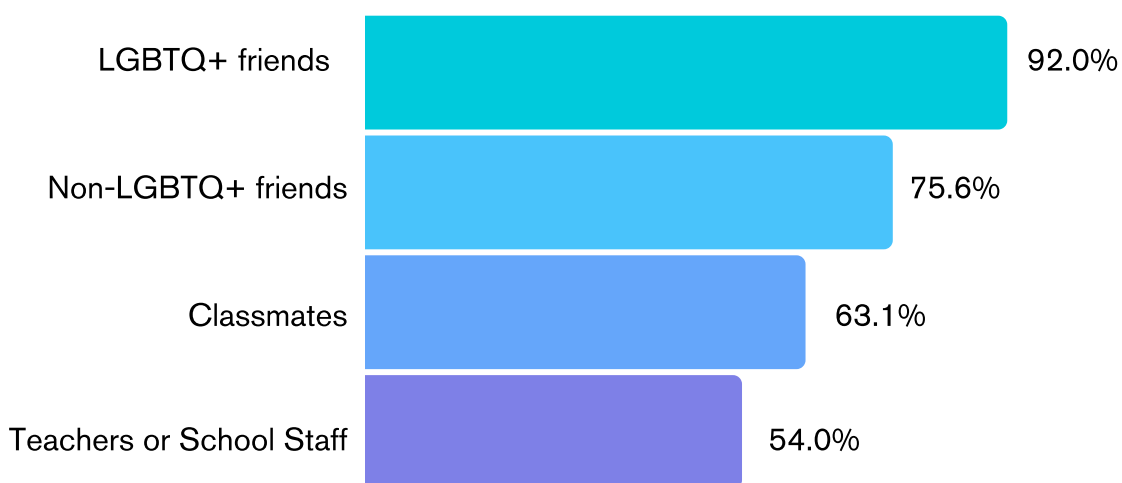


Figure 4: Black Transgender and Gender-Expansive Youth Are Out To....



However, significantly fewer Black LGBTQ+ youth report being out to any of their athletic coaches (**25.3%**) - including **17.5%** of Black transgender and gender-expansive youth. Black LGBTQ+ youth are more likely than LGBTQ+ youth broadly (**18.2%**) to have been out to at least one of their athletic coaches (Table 6; Table 7).

School Safety

Bullying, violence, and harassment are often connected to bias against a youth's identity (race, sexual orientation, religion, etc.), which makes multiple marginalized youth targets for bullies (Table 10).

- Over half (**55.9%**) of Black LGBTQ+ youth had been verbally or physically harassed at least once in the prior 30 days, as well as **58.8%** of Black transgender and gender-expansive youth.
- Overall, **62.1%** of Black LGBTQ+ youth (and **64%** of Black transgender and gender-expansive youth) said they faced some form of bullying or mistreatment at school in the year prior to taking the survey.

Among Black transgender and gender-expansive youth:

- **40.8% felt unsafe in locker rooms**
- **26.3% felt unsafe in bathrooms**



Among Black LGBTQ+ youth who reported they were bullied in at school in the year prior to the survey, most said they were bullied based on their LGBTQ+ identity or their race/ethnicity. As shown in Figure 5, this followed by body weight, disability, religion and immigrant background.

Figure 5: Black LGBTQ+ Youth Who Were Bullied at School in the Year Prior to the Survey said It Was Due To Their...

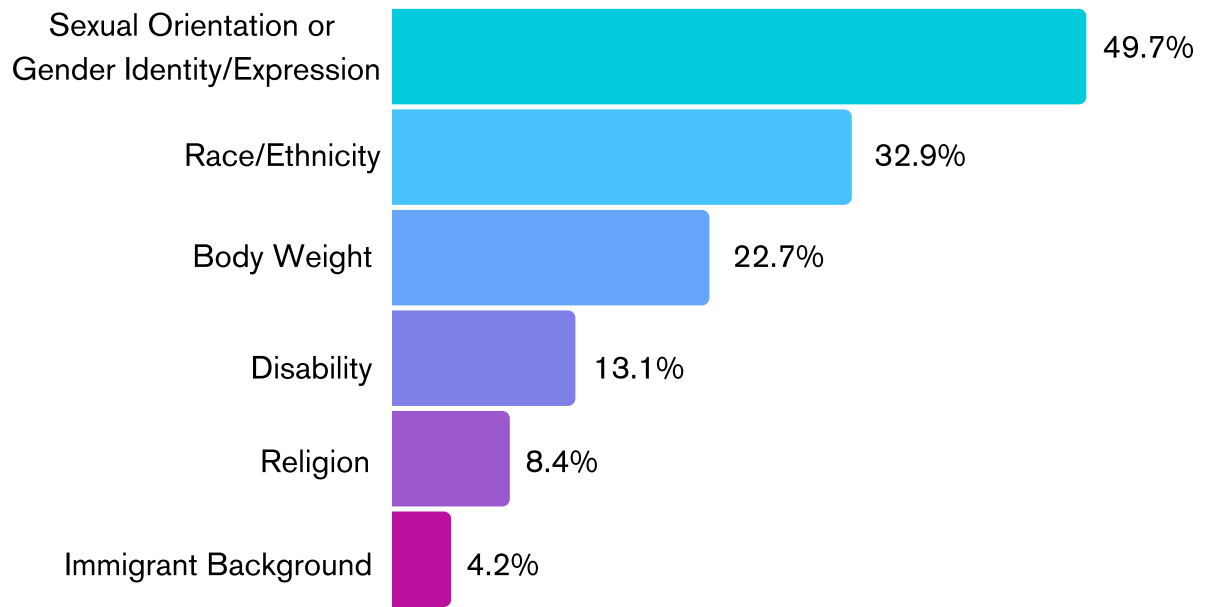
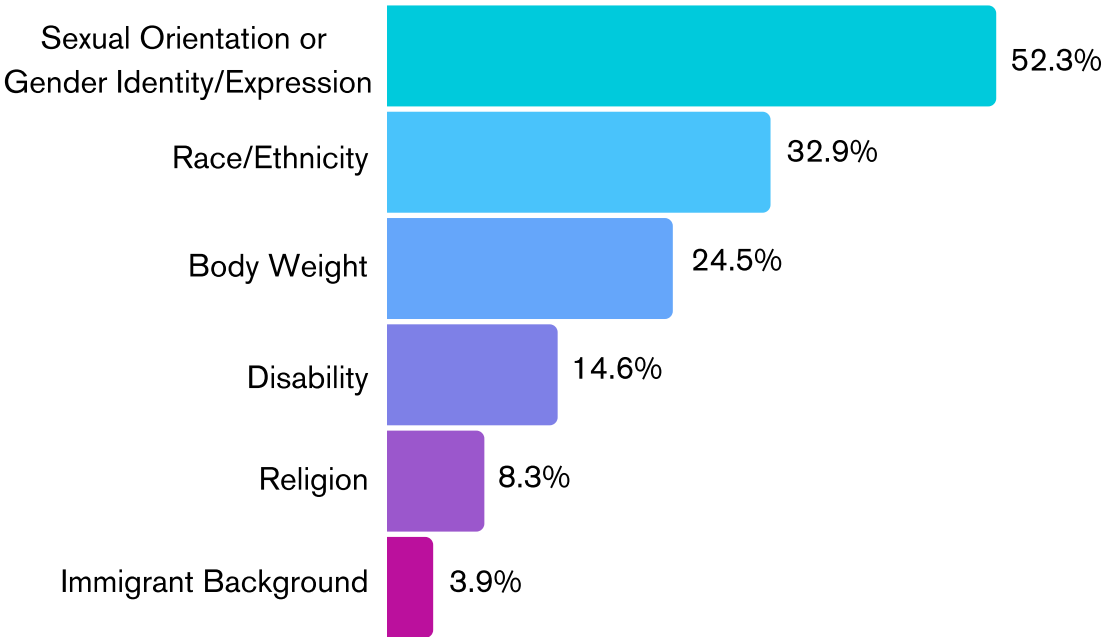
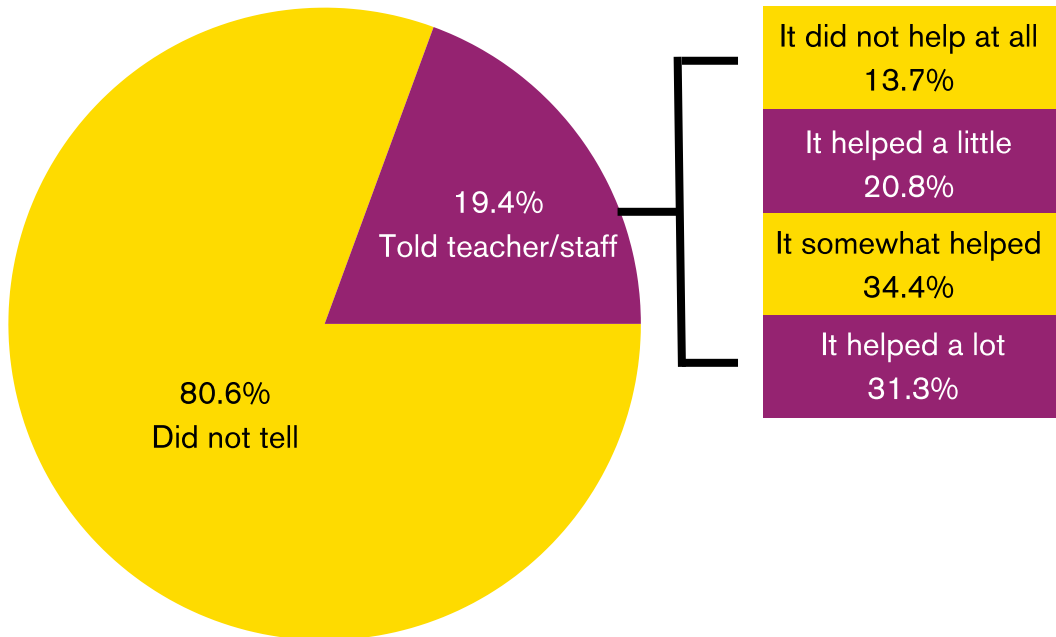


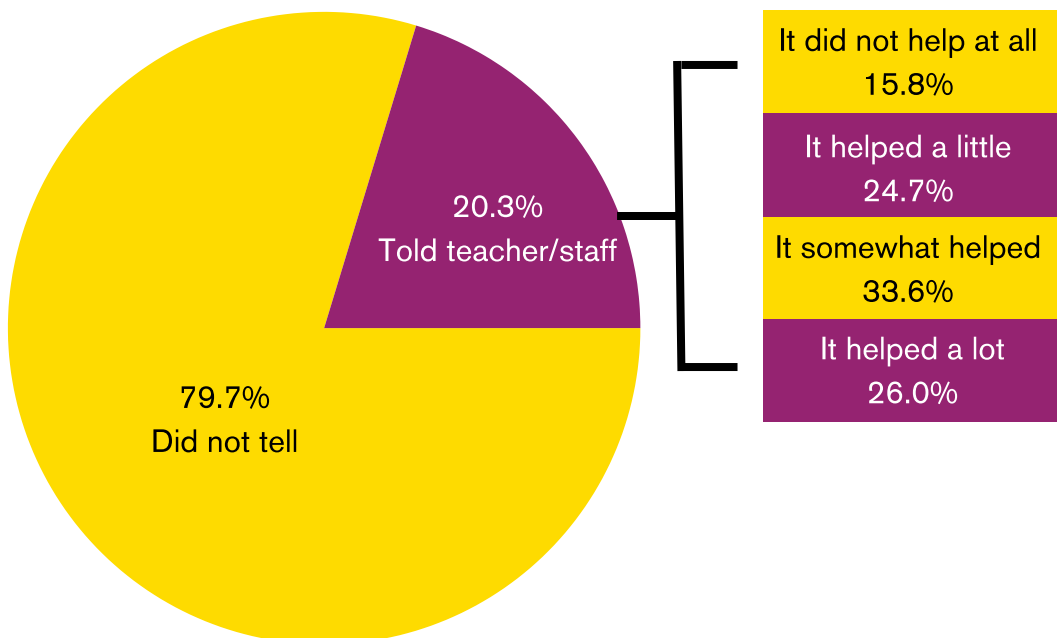
Figure 6: Black Transgender and Gender-Expansive Youth Who Were Bullied at School in the Year Prior to the Survey Said It Was Due To Their...



**Figure 7: Black LGBTQ+ Youth
Who Told a Teacher/Staff About Bullying**



**Figure 8: Black Transgender and Gender-Expansive Youth
Who Told a Teacher/Staff About Bullying**



Transgender and Gender-expansive Youth in School

A plurality of Black LGBTQ+ youth (**42.7%**), including half (**48.8%**) of Black transgender and gender-expansive youth, feel unsafe in at least one setting in school. Transgender and gender-expansive youth face unique barriers to being able to show up and live authentically at school, such as being barred from using locker rooms or bathroom facilities that match their gender identity, or not being addressed by the appropriate pronouns or their chosen names.

These negative school experiences have damaging implications for transgender and gender-expansive youth, and further contribute to hostile learning environments where they feel unsafe and unprotected. In this analysis (Table 9):

- **50.2%** can dress and express their gender identity at school always or most of the time
- **64.9%** say their correct name is used at school always or most of the time
- **42.9%** say their correct pronouns are used at school always or most of the time
- **34.4%** say they can use the restroom at school that matches their gender identity always or most of the time

EXTRACURRICULARS

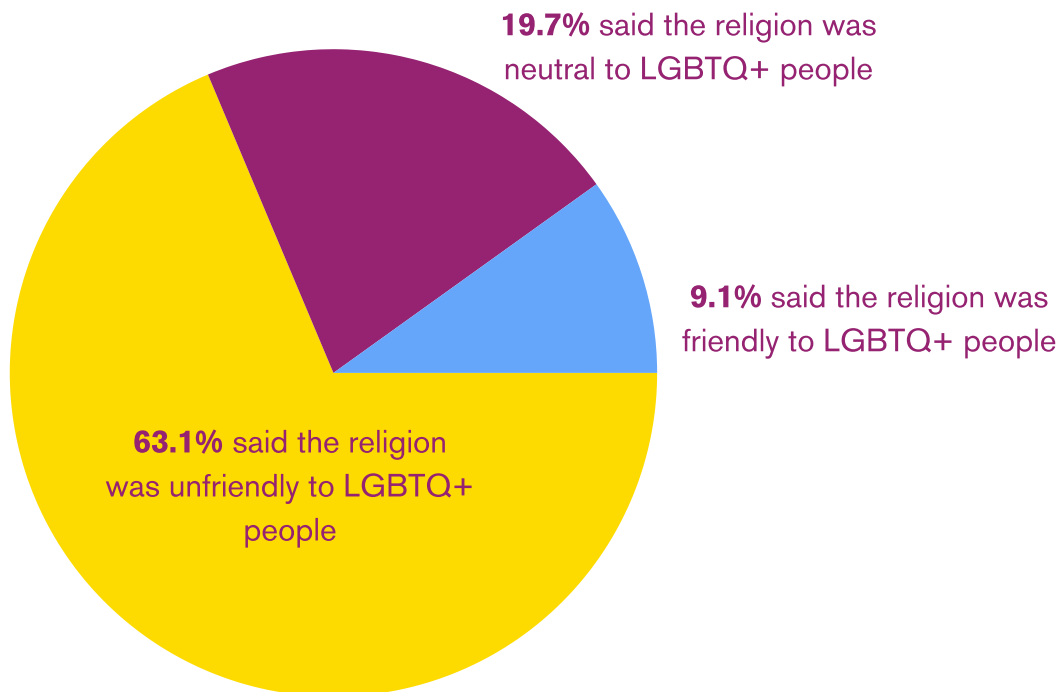
Extracurriculars are an important part of youth lives. Fortunately, many Black LGBTQ+ youth report participating in various extracurricular activities, including sports (Table 8).

- Many Black LGBTQ+ youth report that they have access to a Gender & Sexuality Alliance or GSA (**71.3%**).
- Currently, **21.6%** of Black LGBTQ+ youth, and **19.8%** of Black transgender and gender-expansive, play sports.
- In addition, more than half (**61.2%**) of Black LGBTQ+ youth currently participate in extracurriculars.

RELIGIOSITY AND FAITH

In this survey, **77%** of Black LGBTQ+ youth were raised in a religion (Table 18). Among those who were raised in a religion:

Figure 9: Black Transgender and Gender-Expansive Youth Attitudes Toward Religion



Unsurprisingly, given that the majority viewed their religious upbringing as unfriendly to LGBTQ+ people, Black LGBTQ+ youth are less likely to be out to their religious community compared to other people in their lives. Only one in five (**20.1%**) of Black LGBTQ+ youth in this study reported being out to at least some members of their faith community.

Furthermore, among Black LGBTQ+ youth who were raised in a religion: **54.5%** said their religious beliefs triggered feelings of guilt and shame when they came out as an LGBTQ+ person (Table 19).

Yet, for many Black LGBTQ+ youth, their faith community is a source of support and connection (Table 20).

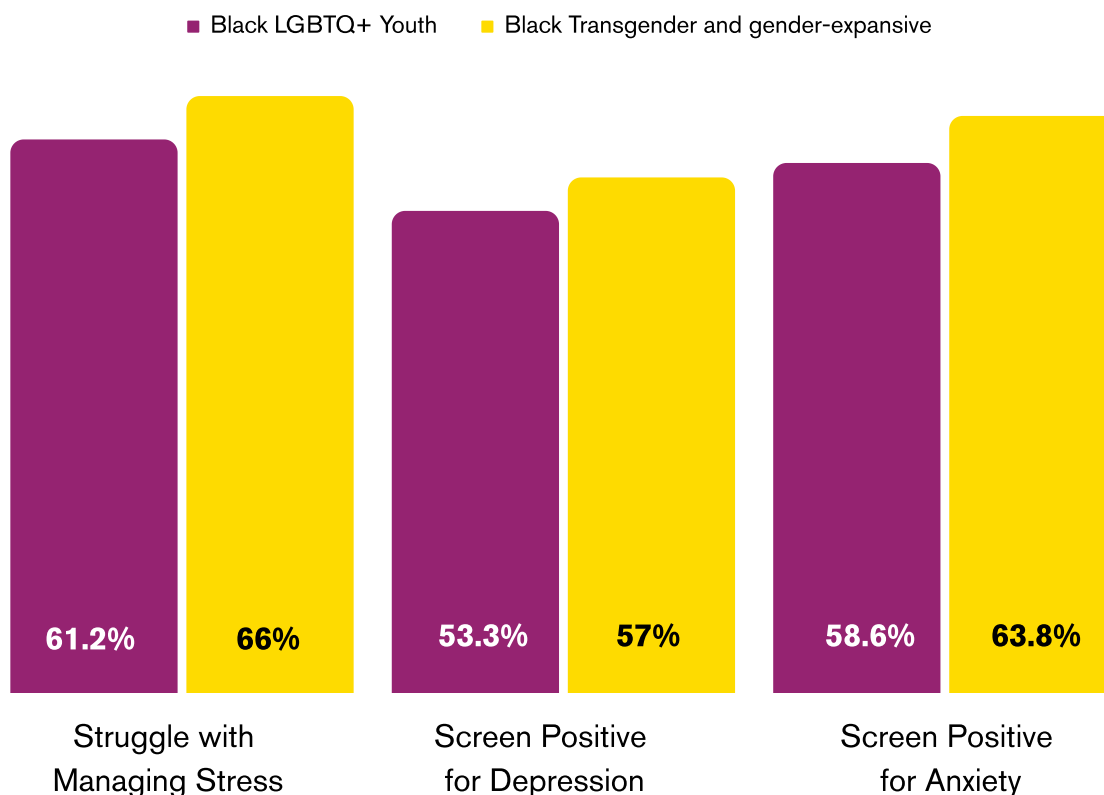
- About **3 in 10 (28.8%)** of Black LGBTQ+ youth said their friends in their faith community were important to their well-being and social life.
- A quarter (**25.9%**) said their faith community leaders support and include them as an LGBTQ+ person.

BLACK LGBTQ+ YOUTH MENTAL HEALTH AND WELL-BEING

Mental Health Challenges

Black LGBTQ+ youth face many mental health challenges (Table 15). This includes challenges with managing stress or dealing with depression and anxiety, as shown in Figure 10.

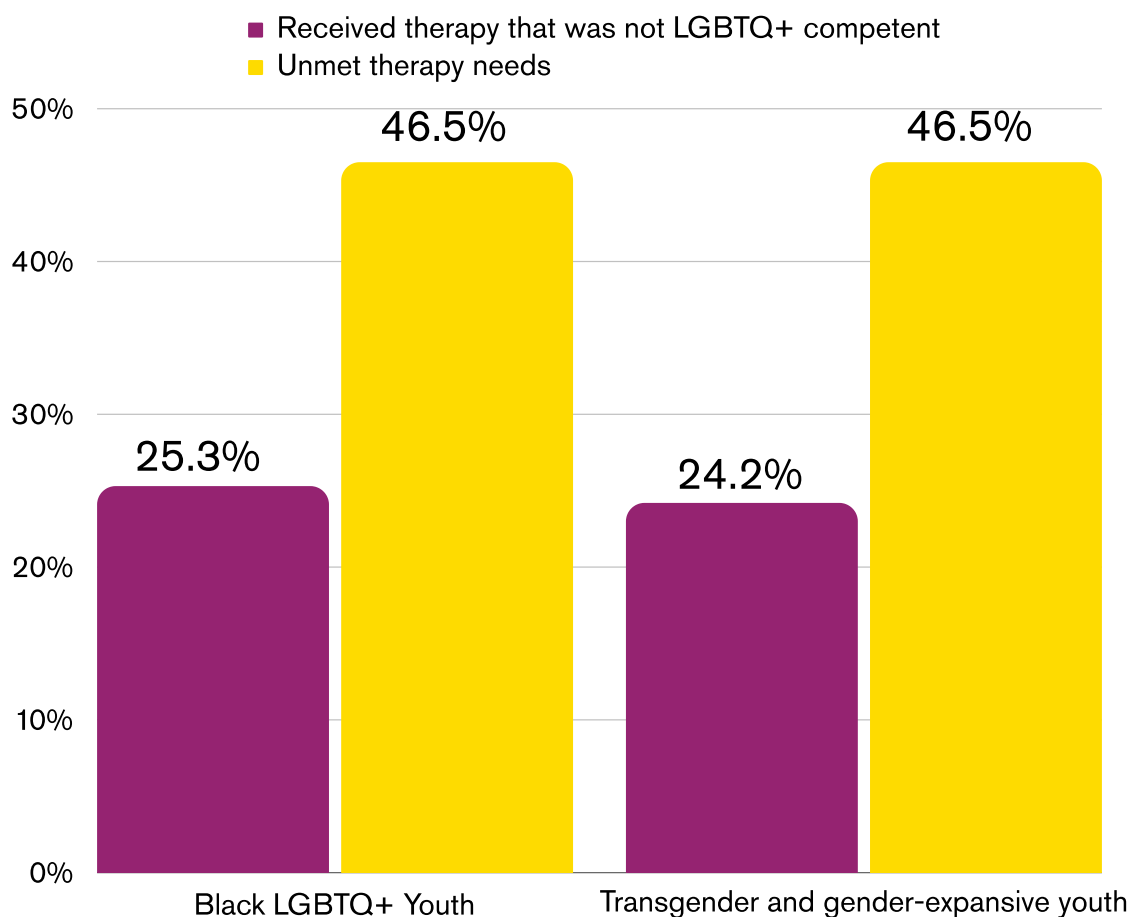
Figure 10: Mental health and Well-being Among Black LGBTQ+ Youth



Challenges Receiving Mental Healthcare

Nearly half (**46.5%**) of Black transgender/gender-expansive youth have unmet mental healthcare needs. In addition, **63%** of Black LGBTQ+ youth and **50.4%** of Black transgender/gender-expansive youth were out to their mental healthcare provider. Specifically, many Black LGBTQ+ youth have gone without mental health care such as therapy or had mental health care that was not LGBTQ+ competent (Table 16).

Figure 11: Unmet Therapy Needs Among Black LGBTQ+ Youth



HOPES, FEARS AND DREAMS

In the face of many challenges, most **(90.8%)** Black LGBTQ+ youth say they are proud to be a part of the LGBTQ+ community (Table 17). That does not mean Black LGBTQ+ people have only positive self-images:

- A nontrivial share **(17.9%)** of Black LGBTQ+ youth still wish they were not an LGBTQ+ person, including **18.4%** of Black transgender and gender-expansive youth
- A larger share of Black LGBTQ+ youth say they feel depressed when thinking about being an LGBTQ+ person **(31.2%)** or that they are critical of themselves because of their LGBTQ+ identity **(43.6%)**.

Higher Education

Eight in ten **(82.6%)** Black LGBTQ+ youth (and **80.7%** of Black transgender and gender-expansive youth) are considering attending college, and **92.2%** say that college is important. However, **28.6%** of Black LGBTQ+ youth and **32.7%** of Black transgender and gender-expansive youth believe that their LGBTQ+ identity could negatively affect their future college and higher education opportunities, underscoring the importance of colleges and universities to be inclusive of all experiences and identities (Table 22).

Historically Black College and Universities

Historically Black Colleges and Universities (HBCUs) are uniquely situated to address the needs of Black LGBTQ+ students. Overall, **33.7%** of Black LGBTQ+ youth (and **34.2%** of Black transgender/gender-expansive youth) want to attend an HBCU because they believe they will be more supported at an HBCU (Table 22).

HRC Foundation's Historically Black Colleges and Universities (HBCU) Program

HRC's HBCU Program mobilizes and supports HBCUs in enhancing policies and services that promote excellence in LGBTQ+ inclusion, equity, and engagement. It focus on promoting individual competencies and collective action, empowering leaders and stakeholders, and building a network of committed leaders in pursuit of eliminating stigma and enriching the college experience for LGBTQ+ students and the entire student body.

Future Careers

Nearly three-quarters **(73.1%)** of Black LGBTQ+ youth say they would like to be open about their LGBTQ+ identity at their future job. However, only **54.1%** of Black LGBTQ+ youth feel like they will be able to be their authentic self when applying for jobs in the future. In addition, **62.4%** of Black LGBTQ+ youth, and **71%** of Black transgender and gender-expansive youth, fear they will be discriminated against at work in the future because of their LGBTQ+ identity (Table 23; Table 24).

Ways to Support Black LGBTQ+ Youth

For Parents And Caregivers

1. Educate yourself about the Black LGBTQ+ experience including:
 - Learn about the basic concepts of sexuality, gender identity, and gender expression.
 - Practice introducing yourself with your pronouns and asking others about their pronouns. Consistently use pronouns your young person and their friends use.
 - Explore different terms that the Black LGBTQ+ community use to define themselves such as stud, stem, butch queen, fem queen, realness, trade, etc.

2. Respect the privacy of your youth and don't force them to "out" themselves to you, other family members, or friends. Black LGBTQ+ youth are often not "in the closet" the same way their LGBTQ+ peers of other racial identities are. Explore the idea of "inviting in," and create an environment where your young person feels safe and proud of who they are. Such as, talking positively about Black LGBTQ+ people including highlighting the contributions of notable Black LGBTQ+ figures.

Learn more about "inviting in" from HRC's partners at the National Black Justice Coalition.

3. Affirm your young person's feelings and emotions, recognizing they may not be what you expect. Let your young person take the lead on disclosing their identities to others or "inviting them in."

Read the HRC Foundation's Black Coming Out Guide

4. Consistently use the name and pronoun your child uses to define themselves and assist them in navigating correcting others in your family or in their school or community when they misgender them or use the wrong name.

5. If necessary, plan a family therapy session with a Black LGBTQ+ or allied therapist to provide emotional support as your young person navigates their identities. This can help to create an affirming and safe environment for young people who might not be comfortable opening up and also allow you to learn how to better navigate conversations around sexuality, gender expression, and gender identity with them.

6. Help your child find a third place (spaces of public relaxation and community that are not work, school, or home) that are affirming to both your child's Black identity and their LGBTQ+ identity. It is important to not only help them find those spaces, but also to assist with getting them there, or with accessing those spaces on a regular basis. Examples would include LGBTQ+ sports teams, open Ballroom house practices, and online communities on Discord.

7. Research LGBTQ+ youth organizations in your area and ensure they are racially inclusive and culturally competent to support Black LGBTQ+ youth.

- Check out CenterLink's database of LGBTQ+ community centers and programs across the country to find resources in your area - <https://www.lgbtqcenters.org/LGBTCenters>.

8. Connect your children with Black LGBTQ+ mentors and highlight Black LGBTQ+ role models in your community.

9. If you are a family of faith, ensure your faith community is welcoming and affirming to Black LGBTQ+ people and that your young person receives positive messages about both their racial identity and LGBTQ+ identity from faith leaders in your community.

10. Feature books and movies in your home library that affirm your youth's identities as a Black LGBTQ+ person and uplifts stories from their communities.

- a. Check out HRC's Welcoming Schools' book lists for ideas - <https://welcomingschools.org/resources/books>.

11. Advocate for LGBTQ+ inclusive and Black culturally responsive policies and practices in your youth's school including engaging with your local school board.

- Check out HRC's Welcoming Schools' for more information on inclusive policies - <https://welcomingschools.org/resources/laws-and-policies>.

For Educators & Youth Serving Professionals

1. Seek out professional development opportunities and educate yourself about the intersections of race, sexuality, gender identity, and gender expression. Additionally, recognize that these identities also intersect with religion, immigrant status, neurodivergence, ability status, spoken languages, and more; all of which can affect how much a young person wants to come out to others or invite others in.

- Check out HRC's Welcoming Schools' training program and advocate bringing this to your school - <https://welcomingschools.org/resources/training>.

2. Ensure that you are a trusted adult by affirming and supporting Black LGBTQ+ youth in your school and community. This could include:

- Uplifting notable Black LGBTQ+ people and celebrating their contributions to history, art, science, and culture.
- Creating opportunities for conversations around intersectionality with specific focus on Black and LGBTQ+ identities and experiences.
- Signaling that you are a safe space for Black LGBTQ+ youth with pride flags, stickers, and other symbols of support.
- Practice introducing yourself with your pronouns and asking others about their pronouns. Consistently use pronouns your young person and their friends use.

3. Ensure your school and/or organization has support systems that work at all grade and age levels to support and affirm Black LGBTQ+ youth.

- Check out HRC's Welcoming School's resources to learn more - <https://welcomingschools.org/resources>.

4. Provide opportunities for Black LGBTQ+ youth to connect such as creating events within your Gender & Sexuality Alliances (GSAs) focused on Black LGBTQ+ youth experiences and identities. Additionally, ensure you know about local community-based LGBTQ+ organizations that are culturally responsive to Black LGBTQ+ youth identities and experiences.

- Check out CenterLink's database of local LGBTQ+ community centers and programs to find resources in your community - <https://www.lgbtqcenters.org/LGBTCenters>.

5. Ensure your school has LGBTQ+ inclusive and Black culturally responsive policies and procedures. Specifically, look at policies like dress codes that often punish Black youth for culturally significant hairstyles and clothing as well as punish LGBTQ+ youth with strict and unnecessary gender regulations.

- Check out HRC's Welcoming Schools' resources for more - <https://welcomingschools.org/resources>.

6. For educators, develop lesson plans that highlight and affirm Black LGBTQ+ experiences and identities. Additionally, ensure your school libraries and classroom libraries include books that highlight, affirm, and celebrate Black LGBTQ+ people and experiences.

- Check out HRC's Welcoming Schools' inclusive lesson plans - <https://welcomingschools.org/resources/lessons>.
- Check out HRC's Welcoming Schools' booklists - <https://welcomingschools.org/resources/books>.

7. Highlight LGBTQ+ inclusive Historically Black Colleges & Universities (HBCUs) as well as Predominantly Black Institutions (PBIs) that celebrate and affirm youth's Black and LGBTQ+ identities.

- Check out HRC's HBCU Program to learn more - <https://www.thehrcfoundation.org/about/hbcu-program>.

For Youth

1. Find spaces that allow you to publicly relax and community outside of your home, work, and school (what some refer to as third space) that affirms both your Black and LGBTQ+ identities. Examples would include LGBTQ+ sports teams, open Ballroom houses practices, online communities on Discord.

2. Create a support system by connecting with other Black LGBTQ+ youth in your area. Utilize trusted adults in your community to assist you in finding others who share your identities. Trusted adults may be those who:

- Use pronouns when they introduce themselves.
- Have rainbow stickers in their classrooms and offices.
- People who make you feel comfortable to express yourself by encouraging you to share your emotions.

3. When looking for environments that affirm your LGBTQ+ identity make sure they also address your racial identity. Here are some questions to ask yourself when navigating LGBTQ+ spaces:

- Do they have events that uplift Black LGBTQ+ people?
- Are there other Black youth in the room with you?
- Do they ever bring up issues around racial discrimination?

4. Learn about your school's policies and practices related to LGBTQ+ youth, specifically understand if your school requires teachers and staff to share your identity with your family without your consent.

RESPONDENT PROFILE

Figure 12: Sexual Orientation

Most respondents were either gay or lesbian (28.9%), bisexual/biromantic (28.1%), or pansexual/panromantic (18.7%). Additionally one in ten (10.3%) identified as queer, 6.3% identified as Asexual, 3.4% were questioning, 2.2% were omnisexual/omniromantic and 1.4% were straight or heterosexual. Less than one percent identified as demisexual/demiromantic or abrosexual/sexually fluid. Note sexual identities are not mutually exclusive.

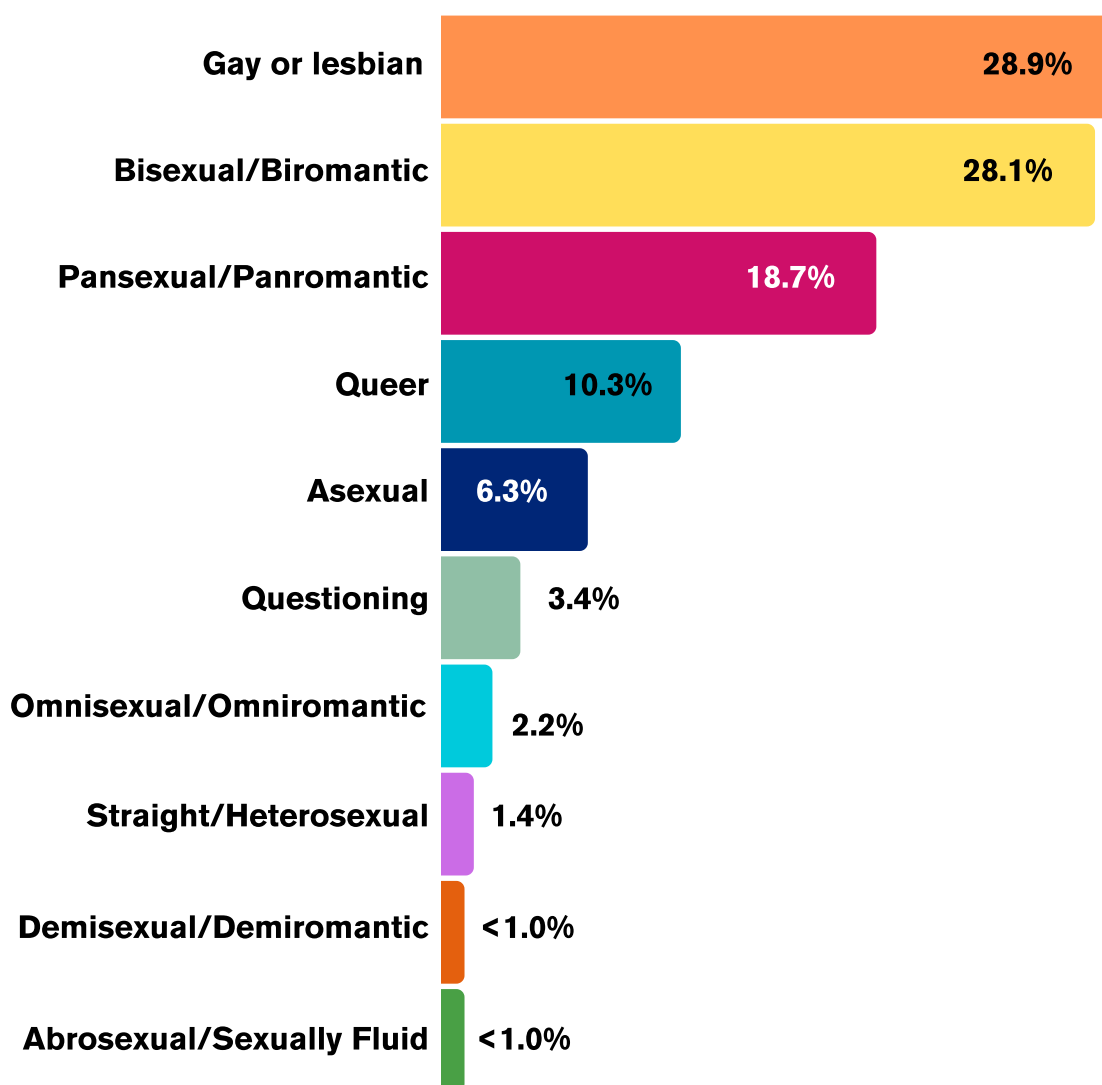


Figure 13: Gender Identity

A plurality were cisgender (32.5%), followed by 14.1% who were transgender, 10.3% who were non-binary and 5.1% who were questioning. Additionally, 13.2% identified as another non-cisgender gender identity such as genderqueer or genderfluid. Note gender identity options are not mutually exclusive.

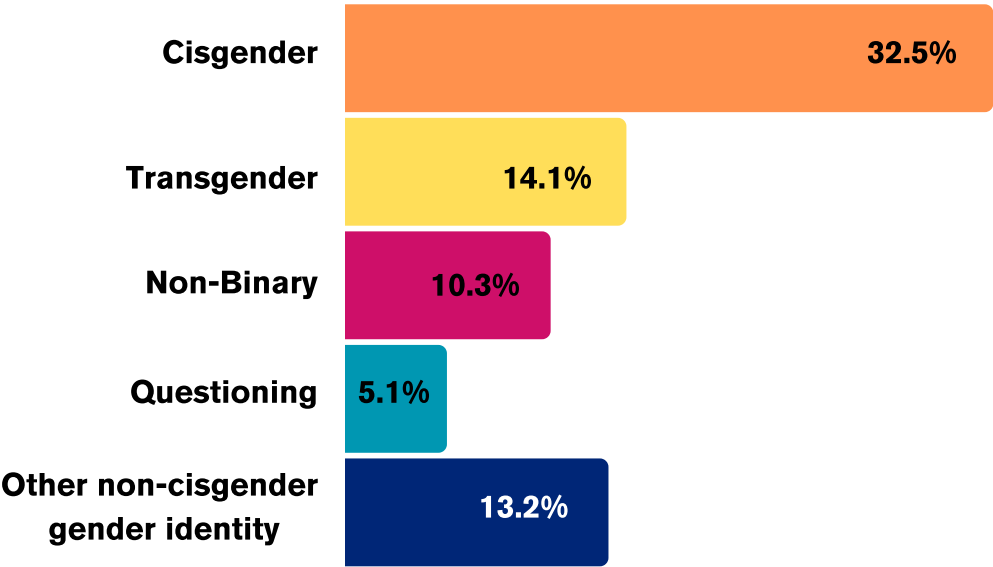


Figure 14: Student Grade

A supermajority of respondents were high school students (74%), while 11.5% were middle school students, 11% were in college or a trade school and 3.6% were not in school.

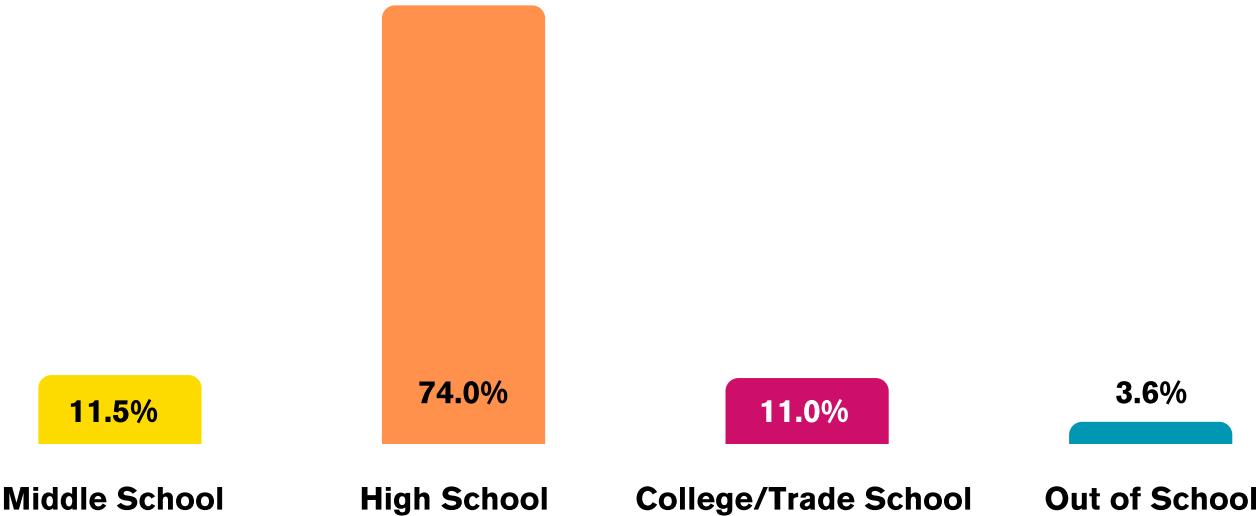
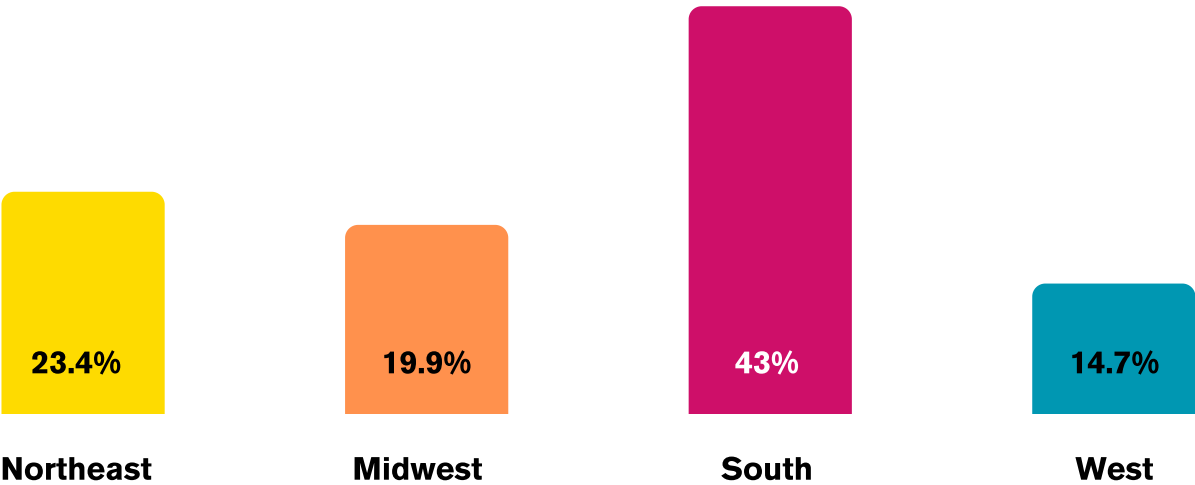


Figure 15: Geographic Region

A significant plurality of Black LGBTQ+ youth were from the South (33.5%) compared to the Northeast (18.1%), Midwest (15.4%) and West (10.6%).



Acknowledgements

HRC FOUNDATION

The HRC Foundation — a tax-exempt 501(c)(3) organization — envisions a world where all LGBTQ+ people can participate fully in the systems that shape our daily lives. Through public education, research, and policy and practice change, the Foundation's impact can be felt in schools, on factory floors and corporate suites, and in places of worship. It touches LGBTQ+ lives from childhood through end-of-life, people of all races, ethnicities, sexual orientations, gender identities, abilities and religious beliefs, in big cities and small towns, in the United States and across the globe.

YOUTH WELL-BEING

The HRC Foundation's Youth Well-Being Program is dedicated to improving the lived experience of LGBTQ+ youth in everyday institutions of daily life--families, schools, after-school enrichment programs, community centers, health and wellness programs, child welfare, and other systems of care. The Youth Well-Being Program includes the Time to THRIVE conferences, Project THRIVE, the Youth Ambassador program, the Parents for Transgender Equality Council and a portfolio of training and educational resources to help youth-serving professionals promote the overall well-being of LGBTQ+ youth.

THE PUBLIC EDUCATION & RESEARCH PROGRAM

The HRC Foundation's Public Education & Research Program spearheads a wide variety of LGBTQ+ advocacy and outreach campaigns, working to ensure that the HRC Foundation's resources and programs are timely, impactful and inclusive. In addition to publishing resource guides, informational materials and reports, the team conducts original quantitative and qualitative research exploring the lived experiences of LGBTQ+ people. The program also collaborates with experts and provides guidance to other HRC initiatives in support of efforts to advance LGBTQ+ equality and well-being.

UNIVERSITY OF CONNECTICUT RESEARCH TEAM

Dr. Ryan Watson, Associate Professor, University of Connecticut

Dr. Ryan Watson is an Associate Professor at the University of Connecticut and was the lead researcher who ran both the 2017 and 2022 LGBTQ+ Youth Study, as well as co-led the 2018 LGBTQ+ Youth Report which utilized data from the 2017 survey. as well as co-led the 2018 LGBTQ+ Youth Report which utilized data from the 2017 survey. His program of research is focused on reducing health disparities among sexual and gender minority (SGM) youth and young adults. Motivated by the urgent need to reduce the inequities in health for vulnerable populations, he has focused his scholarship on SGM youth and young adults, their relationships within family and school contexts, and their health experiences. Collaborating with a prolific team of scholars, he has been awarded over a million dollars in federal funding and published more than 125 peer-reviewed papers in the spirit of better understanding the mechanisms that drive well-documented injustices in health, school, and community experiences for SGM individuals.

Report Authors

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Charleigh J. Flohr is Associate Director of Public Education & Research at the HRC Foundation, where she has been for almost five years. As Associate Director, she conducts statistical analyses and leads data collection efforts that support public education efforts geared toward increasing public awareness and understanding of LGBTQ+ people. Charleigh has nearly a decade of experience in research with experience across multiple organizations, including the Edgar Dyer Institute of Leadership and Public Policy, the Congressional Management Foundation, Center for American Progress, Democracy Fund and the National Center for Transgender Equality. She has several research publications, including peer reviewed publications. She holds a Master's in Public Policy from Georgetown University, where she studied causal econometrics and applied survey statistics. She is currently based in Washington, DC.

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Shoshana K. Goldberg is the Director of Public Education & Research at the HRC Foundation. In her role, she oversees research projects that use quantitative and qualitative data to better understand the lived experiences of LGBTQ+ individuals in all aspects and dimensions of daily life, as well as public education products that aim to educate and inform advocates, policy makers and the general public. Prior to joining to HRC, Goldberg held both research and academic positions in the fields of LGBTQ+ health and policy, working with organizations such as The Williams Institute at the UCLA School of Law, UNC-Chapel Hill, and Strength in Numbers Consulting Group. Through her prior work, she has co-authored numerous academic articles, book chapters and research briefs, gaining expertise in the use of population-based data to understand the demographics of the LGBTQ+ population, as well as how existing social, structural and political factors contribute to vulnerabilities, marginalization and health disparities faced by the LGBTQ+ community. Goldberg holds a Master's of Public Health in Maternal and Child Health, and a Ph.D. in Maternal and Child Health and Epidemiology, both earned from the Gillings School of Global Public Health at the University of North Carolina-Chapel Hill. She is currently based in Brooklyn, N.Y.

Ralph Jones, Manager, Youth Well-Being

Ralph Jones is a community advocate with a background in program creation, public health, and legal theory. He currently serves as the manager of the Youth Well-Being program at the Human Rights Campaign Foundation. Within this role he coordinates collaborations between the program and its national partners and manages external communications through the Project THRIVE newsletter. The focus of his work is LGBTQ+ youth prosperity which he does through empathetic partnership to push for changes in inclusive policy. Ralph brings a plethora of lived and professional experienced informed primarily by his time as a health impact specialist with the DC Department of Health where he engaged with Washington DC's BIPOC communities and supported the HRC HBCU Program, eventually co-creating the HBCU PrEP Peer Initiative. He currently holds a Bachelor of Arts in Philosophy with a concentration in Law from the University of New Orleans.

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Ted Lewis, MEd, serves as the director of HRC Foundation's Youth Well-Being program, which is dedicated to improving the lived experience of LGBTQ+ youth in everyday institutions of daily life. Ted brought nearly two decades of experience to their role at HRC. Prior to this role, Ted served as the executive director of Side by Side, a Richmond-based LGBTQ+ youth organization and was the founding LGBTQ+ staff position at UNC Charlotte and the University of Richmond. Ted has also consulted with Fortune 500 companies, K-12 schools, colleges and universities, and nonprofit organizations on LGBTQ+ inclusion. They hold a Master of Education from the University of South Carolina.

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