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2024 Disabled LGBTQ+ Youth Report

A Descriptive Overview of Disabled LGBTQ+ Youth



Last updated March 26, 2024

APPENDIX 1. METHODOLOGY

ABOUT THE SURVEY

In 2022, HRC Foundation and faculty at the University of Connecticut fielded the 2022 LGBTQ+ Youth Study, a 150+ question online quantitative survey on the multiple factors and experiences that influence the wellbeing of queer youth. LGBTQ+ youth, who were aged 13-18 and openly identified as LGBTQ+ completed the survey between January and October 2022, via Qualtrics.com.

Initial results from the survey, focusing on all LGBTQ+ youth, regardless of race/ethnicity were published as the 2023 LGBTQ+ Youth Report. A further description of the survey recruitment methodology can be found [in the main report](#). For the present report, we explored many of the same outcomes among just respondents who were diagnosed with a disability by a healthcare provider.

ABOUT THE SAMPLE

Youth were eligible to participate in the original survey if they (a) self-identified as LGBTQ+; (b) were 13-18 years of age; (c) resided in the United States of America at the time of survey completion; and (d) consented to be part of the survey.

17,578 respondents were deemed eligible, consented to participate, and started the survey, a total of 12,706 (72.3%) of whom completed at least half of the questions, provided valid information on LGBTQ+ identity, age, and race, and thus were eligible for inclusion in the original report.

For the present report, a total of 3,699 had been diagnosed with a disability and are included in this analysis, the vast majority of whom (3,072) were transgender and gender expansive.

ABOUT THE ANALYSIS

All analyses were run in Stata (v.17) by HRC Foundation researchers. Results are unweighted and reflect the raw counts and percentages of respondents who report each outcome, as described below.



This report provides an overview of key findings among disabled LGBTQ+ youth from the 2022 LGBTQ+ Youth Survey. It does not attempt to represent all disabled LGBTQ+ youth and the intersectional experiences across the LGBTQ+ community.

The HRC Foundation will be releasing future analyses of this survey data exploring how different experiences, identities and variables interact to contribute to the well-being of queer and trans youth, as well as exploring additional outcomes and sectors of daily life.

ABOUT THE MEASURES

Disability is assessed in the survey two different ways in the survey:

Self-diagnosed: Do you consider yourself to have a disability

- Yes
- No
- I don't know

Diagnosed by a provider: Were you ever told by a doctor, healthcare provider or mental health care provider that you have a disability?

- Yes
- No
- I don't know

Unless otherwise indicated, "youth with a disability" is defined as those who report having a disability diagnosed by a provider. Additionally, type of disability is assessed based on the following:

Type of disability: Which of the following best describes your disability/disabilities? Please select all that apply.

- Physical disability
- Developmental or learning disability
- Psychiatric disability/mental illness
- Another type
- Those that selected this were prompted to write in their disability ("how would you describe the disability that you have?")

Physical disability:

- Diabetes, Asthma other chronic illness
- Cardiovascular disorders
- Immune disorders
- Fibromyalgia or chronic pain

Psychiatric disability:

- Anxiety
- Depression
- Unspecified "mental illness"
- BPD or Bipolar

Neurodevelopmental or intellectual disability:

- ADHD
- Autism, autism spectrum disorder or neurodivergent
- Dyslexia
- Tourette's, tics, stutter or other speech impediments
- Auditory, deaf or other hearing related disability
- Visual disability or blind
- Epilepsy seizure disorder
- Intellectual disabilities



Table 1: Disability Diagnosis and Type			
	All LGBTQ+ Youth	Cisgender LGBTQ+ Youth	Transgender and Gender-expansive Youth
Disability Diagnosis			
Consider self to have a disability (self-diagnosed)	35.4%	20.9%	41.2%
Provider-diagnosed disability	29.7%	20.6%	33.3%
Self- or provider-diagnosed disability	45.1%	26.7%	53.1%
Type of Disability (Self-Diagnosed Respondents)			
Physical disability	25.4%	22.8%	25.9%
Psychiatric disability or mental illness	76.6%	62.7%	79.5%
Neurodevelopmental or intellectual disability	60.6%	51.2%	62.5%
Another type of disability	5%	7.5%	4.5%
Type of Disability (Provider-Diagnosed Respondents)			
Physical disability	25.9%	22%	26.9%
Psychiatric disability or mental illness	75.6%	62.6%	78.8%
Neurodevelopmental or intellectual disability	59.1%	50.7%	61.2%
Another type of disability	4.8%	7.3%	4.2%



Type of Disability (Self- or Provider-Diagnosed Respondents)			
Physical disability	24.2%	21.3%	24.8%
Psychiatric disability or mental illness	76%	62.1%	79%
Neurodevelopmental or intellectual disability	59%	49.9%	61%
Another type of disability	5%	7.3%	4.5%

Table 2: Outness to Immediate Family (Parents and Siblings)			
	Out to None	Out to Some	Out to All
All Disabled LGBTQ+ Youth			
Immediate family (parents and siblings)	11.5%	54.1%	34.4%
Parents only	18.2%	31.5%	50.3%
Siblings only	20.1%	39.1%	40.8%
Extended family	44.9%	49.7%	5.4%
Disabled Cisgender LGBTQ+ Youth			
Immediate family (parents and siblings)	20.3%	41.7%	38%
Parents only	29.7%	16.5%	53.8%
Siblings only	29.3%	24.1%	46.6%
Extended family	59.7%	35.2%	5.1%



Disabled Transgender and Gender-expansive Youth			
Immediate family (parents and siblings)	25.1%	33.7%	41.2%
Parents only	34.5%	10.8%	54.7%
Siblings only	33.4%	20.9%	45.7%
Extended family	57.6%	32.1%	10.3%

Table 3: Gender Identity Outness at Home Among Disabled Transgender and Gender-expansive Youth				
Never	Occasionally	Sometimes	Most of the time	Always
Dress or express gender identity at home				
11.5%	14.6%	18%	26.3%	29.6%
Others use chosen name at home				
37.7%	9.7%	8%	12.7%	31.9%
Others use correct pronouns at home				
45.8%	13.7%	9.9%	13.8%	16.7%



Table 4: Frequency of Parental Rejection			
Never	Occasionally	Sometimes	Often
All Disabled LGBTQ+ Youth			
“Parents taunt or mock you for being LGBTQ+”			
57.7%	19%	16.3%	7%
“Parents say negative things about your for being LGBTQ+”			
50.5%	19.3%	18.7%	11.5%
“Parents make you feel bad because you are LGBTQ+”			
49.8%	18.5%	18.1%	13.6%
Disabled Cisgender LGBTQ+ Youth			
“Parents taunt or mock you for being LGBTQ+”			
69%	18.9%	8.5%	3.6%
“Parents say negative things about your for being LGBTQ+”			
67.1%	15.1%	11.5%	6.3%
“Parents make you feel bad because you are LGBTQ+”			
65%	15.4%	12.1%	7.6%



Never	Occasionally	Sometimes	Often
Disabled Transgender and Gender-expansive Youth			
“Parents taunt or mock you for being LGBTQ+”			
54.9%	19.1%	18.2%	7.9%
“Parents say negative things about you for being LGBTQ+”			
46.5%	20.3%	20.5%	12.8%
“Parents make you feel bad because you are LGBTQ+”			
46.1%	19.3%	19.5%	15.1%

Table 5: Frequency of Parental Support			
Never	Occasionally	Sometimes	Often
All Disabled LGBTQ+ Youth			
“Parents say they like you for being LGBTQ+”			
42.8%	15.9%	23.1%	18.3%
“Parents say they are proud of you for being LGBTQ+”			
58.1%	13.2%	14.9%	13.9%
“Parents speak positively about your LGBTQ+ identity”			
42.9%	17.6%	19.6%	19.9%



Never	Occasionally	Sometimes	Often
Disabled Cisgender LGBTQ+ Youth			
"Parents say they like you for being LGBTQ+"			
49.4%	13.4%	19.4%	17.7%
"Parents say they are proud of you for being LGBTQ"			
56.5%	13.6%	16.7%	13.2%
"Parents speak positive about your LGBTQ+ identity"			
43.3%	15.6%	20.1%	21.1%
Disabled Transgender and Gender-expansive Youth			
"Parents say they like you for being LGBTQ+"			
41.1%	16.5%	23.9%	18.4%
"Parents say they are proud of you for being LGBTQ"			
58.5%	13.1%	14.5%	14%
"Parents speak positive about your LGBTQ+ identity"			
42.8%	18.1%	19.5%	19.6%



Table 6: Outness at School			
	Out to None	Out to Some	Out to All
All Disabled LGBTQ+ Youth			
Teachers or adults at school	27%	63.3%	9.7%
Classmates	13.2%	77.9%	8.9%
LGBTQ+ friends	1.1%	40%	58.9%
Non-LGBTQ+ friends	4.9%	70.7%	24.4%
Athletic coaches	73.7%	19.5%	6.9%

Table 7: Out About Sexual Orientation at School			
	Out to None	Out to Some	Out to All
Disabled Cisgender LGBTQ+ Youth			
Teachers or adults at school	48.5%	44.8%	6.8%
Classmates	18%	71%	11%
LGBTQ+ friends	3.3%	34.4%	62.3%
Non-LGBTQ+ friends	7.9%	62.6%	29.5%
Athletic coaches	85.2%	9.9%	4.9%



Table 8: Out About Gender Identity at School

	Out to None	Out to Some	Out to All
Disabled Transgender and Gender-expansive Youth			
Teachers or adults at school	34.9%	43.7%	21.5%
Classmates	29.3%	54.8%	15.9%
LGBTQ+ friends	3.6%	31.4%	65%
Non-LGBTQ+ friends	16.9%	51.2%	32%
Athletic coaches	76.5%	12.4%	11.2%



Table 9: School Safety (Feeling Unsafe in School Settings)

	All Disabled LGBTQ+ Youth	Disabled Cisgender LGBTQ+ Youth	Disabled Transgender and Gender-expansive Youth
Classrooms	12.6%	5.5%	14.4%
Bathrooms	33.6%	12.7%	38.9%
Locker rooms	50.2%	23.8%	57.5%
Hallways/stairwells	15.9%	9.5%	17.5%
Library	4.7%	3.1%	5.1%
Cafeteria	20.3%	11.3%	22.6%
Outside grounds	14.8%	7.1%	16.7%
Getting to/from school	9.3%	5.5%	10.2%
School bus	24.3%	13.8%	27.1%
Any (1+) setting above	55.1%	30.9%	61.2%



Table 10: Frequency Feeling Safe in School Settings

	Never	Rarely	Sometimes	Usually	Always
Disabled Cisgender LGBTQ+ Youth					
Classrooms	3%	9.7%	24.6%	48%	14.8%
Bathrooms	14.9%	18.7%	22%	29.3%	15.1%
Locker rooms	30.6%	19.7%	18.9%	20.9%	9.9%
Hallways/st airwells	5%	10.9%	24%	42.6%	17.4%
Library	2.1%	2.6%	9%	40%	46.4%
Cafeteria	8.6%	11.7%	25.2%	35.5%	19%
Outside grounds	4.7%	10.1%	24.6%	42.3%	18.2%
Getting to/from school	3.3%	6%	17.6%	40.9%	32.2%
School bus	10.7%	13.7%	22.1%	33.1%	20.5%



Table 11: Frequency Feeling Safe in School Settings

	Never	Rarely	Sometimes	Usually	Always
Disabled Transgender and Gender-expansive Youth					
Classrooms	3.4%	11%	26.7%	64.5%	12.4%
Bathrooms	17.8%	21.1%	23.4%	26.4%	11.2%
Locker rooms	36%	21.5%	18.8%	16.8%	6.9%
Hallways/st airwells	5.7%	11.7%	26.3%	41.9%	14.4%
Library	2.3%	2.8%	9.8%	41.6%	43.5%
Cafeteria	9.9%	12.7%	26.7%	35%	15.7%
Outside grounds	5.4%	11.4%	25.6%	42.4%	15.3%
Getting to/from school	3.7%	6.5%	18.3%	41.4%	30%
School bus	12.1%	15.1%	22.7%	32.1%	18%



Table 12: Prior-Year Bullying with Attributed Reason

	All Disabled LGBTQ+ Youth	Disabled Cisgender LGBQ+ Youth	Disabled Transgender and Gender-expansive Youth
SOGIE (sexual orientation, gender identity, gender expression)	59.6%	46.8%	62.8%
Sexual orientation	43.8%	36.6%	45.5%
Gender identity and/or gender expression	52.5%	33.4%	57.2%
Gender	39.5%	13%	46.1%
Gender expression	40.5%	28.5%	43.4%
Disability	37.9%	26.9%	40.7%
Race/ethnicity	11.4%	12.3%	11.2%
Religion	11.6%	12.8%	11.3%
Body weight	25.6%	23.8%	26%
Any (1+) reason	69.9%	61.3%	72.1%



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Table 13: Prior-30 Day Bullying by Type

	All Disabled LGBTQ+ Youth	Disabled Cisgender LGBTQ+ Youth	Disabled Transgender and Gender-expansive Youth
Other students called me names	44.2%	36.6%	46%
Other students made fun of me	54.2%	45.4%	56.5%
Other students picked on me	46.3%	38%	48.3%
Other students hit or pushed me	20.6%	12.9%	22.5%
Any prior 30-day school bullying	62.5%	54.9%	64.4%



Table 14: Reporting Bullying to Teacher

	All Disabled LGBTQ+ Youth	Disabled Cisgender LGBTQ+ Youth	Disabled Transgender and Gender-expansive Youth
Ever disclosed bullying to teacher			
Yes	32.4%	18.4%	35.8%
No	67.6%	81.6%	64.2%
Result of disclosing bullying to teacher			
Did not help at all	27.6%	15.9%	29.1%
Helped a little	22.1%	20.4%	22.3%
Somewhat helped	33.6%	38.1%	33.1%
Helped a lot	16.6%	25.7%	15.5%



Table 15: Frequency of Gender Identity Affirmation at School				
Never	Occasionally	Sometimes	Most of the time	Always
Dress or express gender identity at school				
13.7%	14.9%	12.8%	29.9%	28.8%
Others use chosen name at school				
12.7%	8.5%	10.6%	29.6%	38.6%
Others use correct pronouns at school				
14.3%	21.2%	24.9%	25.4%	14.2%
Use restroom that matches gender identity at school				
54.3%	9.8%	6.3%	6.9%	22.8%



Table 16: School Resources and Extracurricular Participation

	All Disabled LGBTQ+ Youth	Disabled Cisgender LGBTQ+ Youth	Disabled Transgender and Gender-expansive Youth
School has GSA	73.8%	76.5%	73.1%
LGBTQ+ inclusive sex education	18.7%	23.7%	17.5%
LGBTQ+ inclusive history curriculum	13.3%	18.2%	12.1%
Currently plays sports	18.4%	25.2%	16.7%
Plays sports in school	13.3%	20.1%	11.6%
Plays sports out of school	8.5%	11.7%	7.7%
Currently does extracurricular activities	66.2%	66.4%	66.1%
Currently does extracurricular activities in school	59.6%	60.1%	59.5%
Currently does extracurricular activities out of school	33.1%	35.9%	32.4%



Table 17: Mental Health Screening

	All Disabled LGBTQ+ Youth	Disabled Cisgender LGBTQ+ Youth	Disabled Transgender and Gender-expansive Youth
Fair/poor ability to manage stress	69.2%	57.7%	72%
Screened positive for depression	60.1%	49.5%	62.7%
Screen positive for anxiety (GAD-2)	70.6%	57.2%	73.9%
Severe psychological distress	37.1%	26.7%	39.6%
Therapy needs and competency			
Did not receive therapy or want therapy in last year	6.3%	10.8%	5.1%
Unmet therapy need (wanted therapy but did not receive it)	27.3%	28.6%	27%
Received therapy in the last year	66.4%	60.6%	67.9%
Level of LGBTQ+ informed therapy among those who received therapy			
Not at all informed	7.9%	10.4%	7.4%
Not very informed	13.1%	13.6%	12.9%
Somewhat informed	38.8%	40.3%	38.4%
Very informed	40.2%	35.7%	41.2%



Table 18: Outness to Healthcare Providers			
	Out to None	Out to Some	Out to All
All Disabled LGBTQ+ Youth			
Sexual orientation to doctors	45.8%	42.6%	11.5%
Sexual orientation to mental health providers	23.7%	38.1%	38.1%
Disabled LGBTQ+ Cisgender Youth			
Sexual orientation to doctors	58.9%	30.2%	10.9%
Sexual orientation to mental health providers	34.1%	31.2%	34.7%
Disabled Transgender and Gender-expansive Youth			
Sexual orientation to doctors	53.9%	24.8%	21.3%
Sexual orientation to mental health providers	30.7%	22.6%	46.6%



Table 19: Pride and Internalized Homophobia/Transphobia

	Strongly Disagree	Disagree	Agree	Strongly Agree
All Disabled LGBTQ+ Youth				
I am proud to be a part of the LGBTQ+ community	1.9%	7.8%	40%	50.3%
I wish I was not LGBTQ+	43.8%	31.3%	17.2%	7.7%
Whenever I think a lot about being LGBTQ+, I feel depressed	25.9%	37.1%	27.1%	9.9%
Whenever I think a lot about being LGBTQ+, I feel critical of myself	25%	30.5%	33.9%	10.7%
Disabled Cisgender LBQ+ Youth				
I am proud to be a part of the LGBTQ+ community	3.9%	10.5%	43.5%	42.1%
I wish I was not LGBTQ+	44.2%	33.6%	16%	6.2%
Whenever I think a lot about being LGBTQ+, I feel depressed	31.9%	38.9%	22.2%	7%



	Strongly Disagree	Disagree	Agree	Strongly Agree
Whenever I think a lot about being LGBTQ+, I feel critical of myself	26.3%	29.1%	34.8%	9.8%
Disabled Transgender and Gender-expansive Youth				
I am proud to be a part of the LGBTQ+ community	1.4%	7.1%	39.1%	52.4%
I wish I was not LGBTQ+	43.7%	30.8%	17.4%	8.1%
Whenever I think a lot about being LGBTQ+, I feel depressed	24.4%	36.7%	28.3%	10.6%
Whenever I think a lot about being LGBTQ+, I feel critical of myself	24.6%	30.9%	33.6%	10.9%



Table 20: College Attendance Considerations			
	All Disabled LGBTQ+ Youth	Disabled Cisgender LGBTQ+ Youth	Disabled Transgender and Gender-expansive Youth
Considering attending college: Yes	78.3%	82.6%	77.3%
Considering attending college: No	8.8%	7.2%	9.1%
Considering attending college: Not sure	12.9%	10.3%	13.6%

Table 21: How Important is it to go to College?			
	All Disabled LGBTQ+ Youth	Disabled Cisgender LGBTQ+ Youth	Disabled Transgender and Gender-expansive Youth
Not at all important	1.3%	2.8%	<1%
A little important	3%	5.9%	2.3%
Somewhat important	17.1%	25.4%	15%
Very important	78.6%	65.9%	81.8%



Table 22: LGBTQ+ Identity Will Negatively Impact Future College or Higher Education Opportunities

	All Disabled LGBTQ+ Youth	Disabled Cisgender LGBQ+ Youth	Disabled Transgender and Gender-expansive Youth
Disagree	33%	50.6%	28.7%
Neither agree nor disagree	32.6%	30.4%	33.1%
Agree	34.4%	19%	38.2%

Table 23: Would Like to Be Open About LGBTQ+ Identity at Future Job

	All Disabled LGBTQ+ Youth	Disabled Cisgender LGBQ+ Youth	Disabled Transgender and Gender-expansive Youth
Disagree	10.9%	13.1%	10.4%
Neither agree nor disagree	10.2%	14.2%	9.3%
Agree	78.9%	72.8%	80.4%



Table 24: Can be Authentic Self When Applying for Jobs in the Future			
	All Disabled LGBTQ+ Youth	Disabled Cisgender LGBQ+ Youth	Disabled Transgender and Gender-expansive Youth
Disagree	31.7%	22.5%	34%
Neither agree nor disagree	17.4%	18.1%	17.2%
Agree	50.9%	59.4%	48.8%

Table 24 Fear Discrimination At Work in Future Job Because of LGBTQ+ Identity			
	All Disabled LGBTQ+ Youth	Disabled Cisgender LGBQ+ Youth	Disabled Transgender and Gender-expansive Youth
Disagree	11.7%	28.3%	7.6%
Neither agree nor disagree	12.9%	19.5%	11.3%
Agree	75.4%	52.2%	81.2%



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Table 25: LGBTQ+ Identity Will Negatively Affect Future Career

	All Disabled LGBTQ+ Youth	Disabled Cisgender LGBTQ+ Youth	Disabled Transgender and Gender-expansive Youth
Disagree	24.1%	38.2%	20.7%
Neither agree nor disagree	25.8%	29.9%	24.8%
Agree	50.1%	31.9%	54.5%