In 2022, HRC and the University of Connecticut surveyed nearly 13,000 LGBTQ+ youth (age 13-18) from across the United States on their health, well-being, school and home experiences, and more. Full results from this survey are presented in the 2023 LGBTQ+ Youth Report. Below, we present key findings every parent and caregivers should know, along with action steps you can take to support the LGBTQ+ youth in your life.

Key findings from the 2023 LGBTQ+ Youth Report you should know:

✚ AGE AT WHICH LGBTQ+ YOUTH REALIZED THEIR IDENTITY:

- 11 years old = the average age lesbian, gay, bisexual, and queer (LGBQ+) youth realized they were not heterosexual.
- 12.5 years old = the average age transgender and gender expansive youth realized they were not cisgender, or not the gender they were assigned at birth.

✚ BEING OUT TO FAMILY: The majority of LGBTQ+ youth have disclosed their LGBTQ+ identity to their parents. However:

- 31% of LGBQ+ youth have not yet disclosed their sexual orientation to their parents.
- Over half (58.5%) of LGBQ+ youth have not disclosed their sexual orientation to anyone in their extended family.
- 44% of transgender and gender-expansive youth have not yet disclosed their gender identity to their parents.
- Two-thirds (66.3%) of transgender and gender-expansive youth have not disclosed their gender identity to anyone in their extended family.

✚ GENDER AFFIRMATION AT HOME: Many transgender and gender-expansive youth report that their gender identity is not affirmed at home—potentially resulting in substantial negative effects for their mental health.

- 41% of transgender and gender-expansive youth never have their chosen name used at home.
- Seven in ten (72.1%) transgender and gender-expansive youth whose families never refer to them with the correct name screened positive for anxiety; six in ten (61.9%) of those whose families always use the correct name did so.
- 49.5% never have their correct pronouns used at home.
- Two-thirds (65.5%) of transgender and gender-expansive youth whose families never refer to them with correct pronouns screened positive for depression; less than half (49.6%) of transgender and gender-expansive youth whose families always use the correct pronouns did so.

✚ SCHOOL SAFETY: LGBTQ+ youth frequently experience verbal and physical harassment at school, and many report feeling unsafe when at school:

- More than half (51.6%) of LGBTQ+ youth reported they were victimized at school at least once in the past year because of their LGBTQ+ identity.
Almost half (46.1%) of LGBTQ+ youth, including over half (53.9%) of transgender and gender expansive youth, reported feeling unsafe in at least one school setting.

The two places at school where LGBTQ+ youth feel least safe are in school bathrooms and locker rooms. This is even more pronounced for transgender and gender-expansive youth, a third (32.8%) of whom feel unsafe in school bathrooms, and half of whom (49.3%) feel unsafe in school locker.

**MENTAL HEALTH:** LGBTQ+ youth are experiencing a mental health crisis.

- 55.1% of LGBTQ+ youth screened positive for depression.
- 63.5% of LGBTQ+ youth screened positive for anxiety.
- Over 4 in 10 (41.7%) LGBTQ+ youth wanted to receive therapy but were unable to do so.

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**What You Can Do to Support LGBTQ+ Youth**

### …At Home and With Family

- Regardless of whether your young person identifies as LGBTQ...share age-appropriate books, movies, and resources with them that teach about LGBTQ+ people, histories, and identities.
- Check out Welcoming Schools Booklists for ideas.
- Affirm your LGBTQ+ young person by sharing your pride in their identity, positive messages of love and acceptance, and your hope for their future.
- Use the name and pronoun your young person goes by, and allow them to express themselves and dress in accordance with their gender identity in age-appropriate ways.
- Support your LGBTQ+ young person in sharing their identity (including name and pronoun) with their siblings as well as extended family if it is safe to do so.

### …In Your Community

- Connect with local LGBTQ+ organizations in your community.
- Check out the database of local LGBTQ+ community centers with our partners at CenterLink.
- Seek out LGBTQ+ affirming mental health providers and resources in your community.
- Check out the national LGBTQ+ Healthcare Directory from GLMA and the Tegan and Sara Foundation, or with your local LGBTQ+ community center, to find an affirming provider near you.
- Familiarize yourself with anti-LGBTQ+ and pro-equality legislation and policy in your state and community.
- Speak up and fight back against anti-LGBTQ+ legislation, through having honest conversations with people in your community, contacting your legislators, and getting involved with local efforts.
- Check out HRC’s Count Me In campaign to learn more about getting engaged in your local community.

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To read the full 2023 Youth Survey Report, visit: hrc.im/YouthReport2023

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2023 Youth Report For Parents & Caregivers