



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.

## 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.

### ...At School

- Learn about and engage with your local school board to advocate for inclusive policies, practices, and curriculum for all LGBTQ+ students.
- Show up for your LGBTQ+ young person in school by advocating for inclusive practices in their classrooms and professional development training for their teachers.
  - Check out [Welcoming Schools Training Program](#).

- Check in with your young person about bullying at school and ask for specific details to determine if they are being teased or verbally harassed, being physically harassed, or otherwise being bullied.

### ...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.

To read the full 2023 Youth Survey Report, visit: [hrc.im/YouthReport2023](https://hrc.im/YouthReport2023)