LGBTQuarantine: The Impact of Staying Home when Home Feels Unsafe

Amanda Erickson (she/her)
Education & Training Manager
Kaleidoscope Youth Center is the largest and longest serving organization in Ohio solely dedicated to serving and supporting LGBTQIA+ youth.

Our mission is to work in partnership with youth to provide safe and inclusive spaces in our drop-in Center, in schools, and in our community.

Drop-in Center Programming (currently virtual, ages 12-20)

Education & Training Program (currently virtual)

KYC Connections Program (ages 16-24)
Historical inequality of sexual rights

Discrimination’s effects on young people

History of mental health treatment

“-isms” in systems and institutions

Adultism
The Big Takeaway

Remembering life as a teenager

LGBTQ+ youth mental health

Implications of COVID-19

What can we do about it?
Thanks to these organizations for important research and guidance!
Let’s go back in time!
<table>
<thead>
<tr>
<th>What made you happy?</th>
<th>Sad or anxious?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
How did you cope when you were sad or anxious? What helped you to feel better?
Experiences of LGBTQ+ Youth
## Effects of Discrimination

LGBTQ+ students who experience LGBTQ-related discrimination report:

<table>
<thead>
<tr>
<th>Higher</th>
<th>Lower</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Absenteeism</td>
<td>• GPAs</td>
</tr>
<tr>
<td>• Rates of Discipline</td>
<td>• Self-Esteem</td>
</tr>
<tr>
<td>• Levels of Depression</td>
<td>• School Belonging</td>
</tr>
<tr>
<td>• Rates of Substance Use</td>
<td></td>
</tr>
<tr>
<td>• Rates of Unplanned Pregnancies</td>
<td></td>
</tr>
<tr>
<td>• Rates of Suicidal Ideation and Attempts</td>
<td></td>
</tr>
</tbody>
</table>

Experiences At Home

Low number of youth “coming out” at home

Privacy & confidentiality are extremely important

Families make negative comments about LGBTQ people


LGBTQ Youth and Family Acceptance

- Rejection
- Acceptance
- Closeted
Suicide Risk

LGB youth who come from highly rejecting families are 8.4 times as likely to have attempted suicide as LGB peers who reported no or low levels of family rejection.

Each episode of LGBT victimization, such as physical or verbal harassment or abuse, increases the likelihood of self-harming by 2.5 times on average.
Suicide Risk

In a national study, 40% of transgender adults reported having made a suicide attempt.

92% of these individuals reported having attempted suicide before the age of 25.

Compare that to the general population, where somewhere between 0.5% and 1.5% of adults have made a suicide attempt.

What’s happening with COVID?
COVID’s Impact

Decrease in positive social interactions
- Friends
- Trusted adults
- Extracurriculars
- GSAs
- Sports
- Mental Health Services

Increase in negative social interactions
- Confined to unsupportive environment
- Confined to abusive environment

“It’s humiliating to rely on people who do not respect you.”
- 18-year-old from Yonkers, N.Y.

How would your teenage experience look different had there been a pandemic?
What can you do?

Self-care  Flexibility  Open space
Don’t play pretend  Avoid trendiness  Be in community
What can youth do?

9 Strategies for Quarantining in a Non-LGBTQ+ Affirming Environment

BY WREN SANDERS

Tell them how you feel
Share a helpful article/video
Use tech to connect with queer friends

The internet can be your friend!
Don’t overdo it
Immerse yourself in queer culture or history

Find a secret hideout
Reach out to LGBTQ+ orgs for help
Cherish symbolic objects
Kaleidoscope Youth Center
614-294-5437
kycohoio.org

Amanda Erickson
Education & Training Manager
amanda@kycohoio.org

@kycohoio

@kycohoio

linkedin.com/in/abuchert