



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.

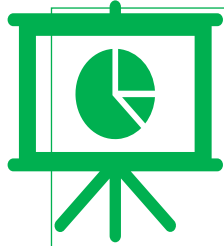
Drop-in Center Programming (currently virtual, ages 12-20)

Education & Training Program (currently virtual)

KYC Connections Program (ages 16-24)



Context



Historical inequality of sexual rights



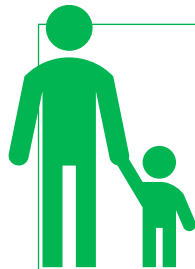
History of mental health treatment



Discrimination's effects on young people



“-isms” in systems and institutions



Adulthood



The Big Takeaway

Remembering life as a teenager

LGBTQ+ youth mental health

Implications of COVID-19

What can we do about it?



THE **TREVOR** PROJECT



them.



movement advancement project ▶

GLSEN®

Thanks to these organizations for important research and guidance!



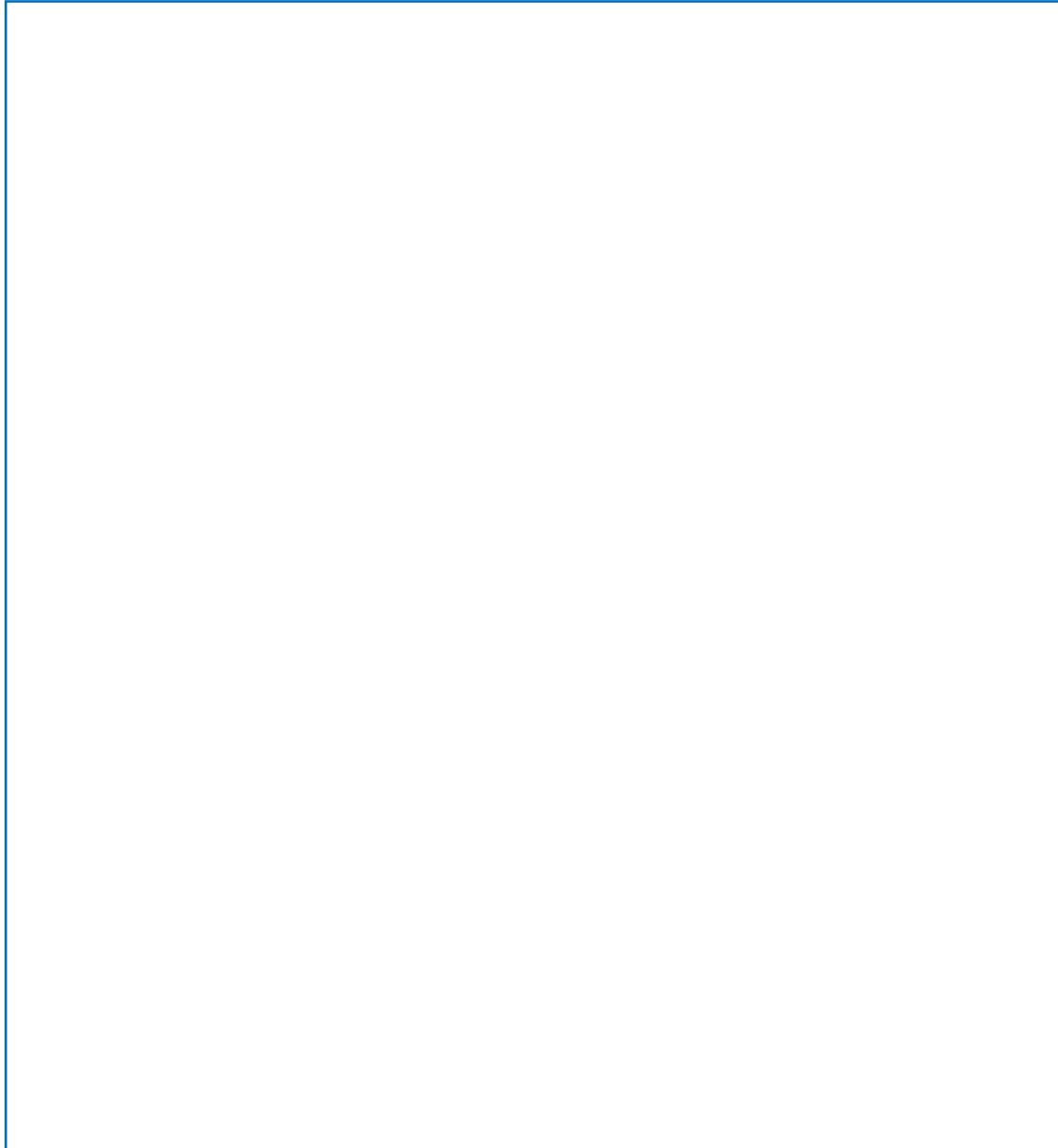


Let's go back in time!

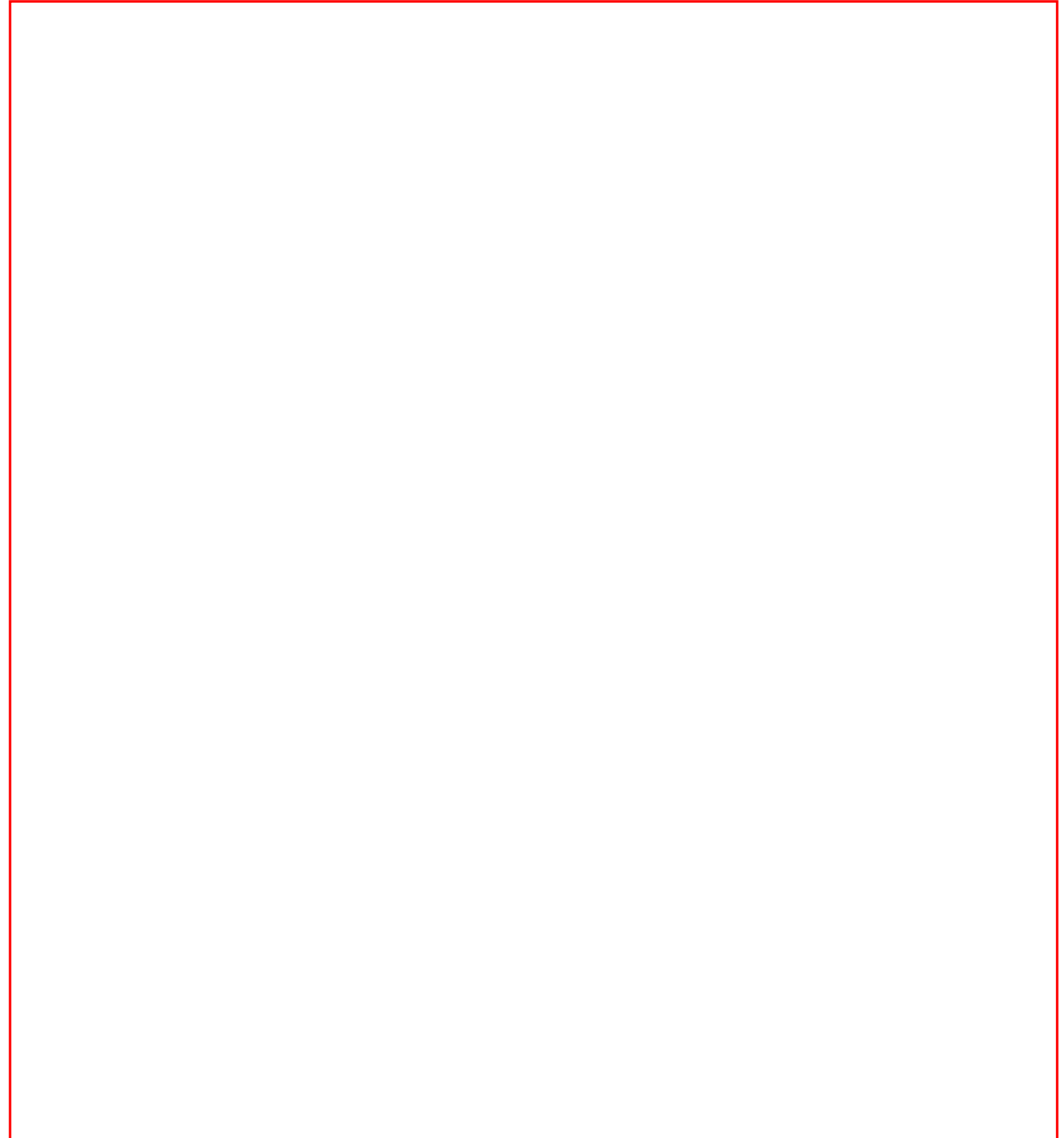




What made you happy?

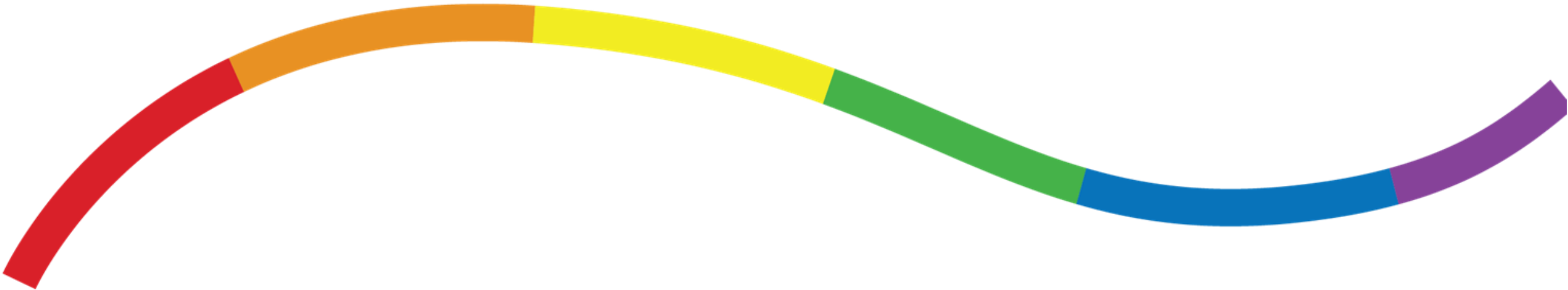


Sad or anxious?



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:

Higher

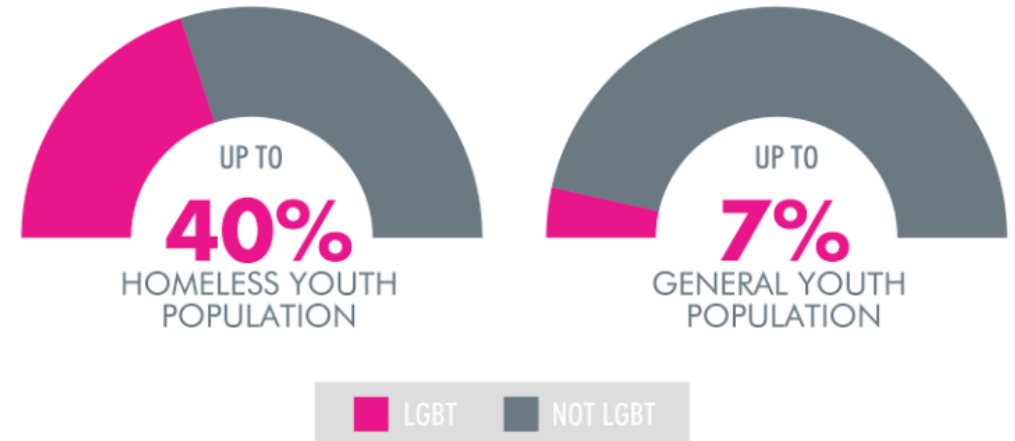
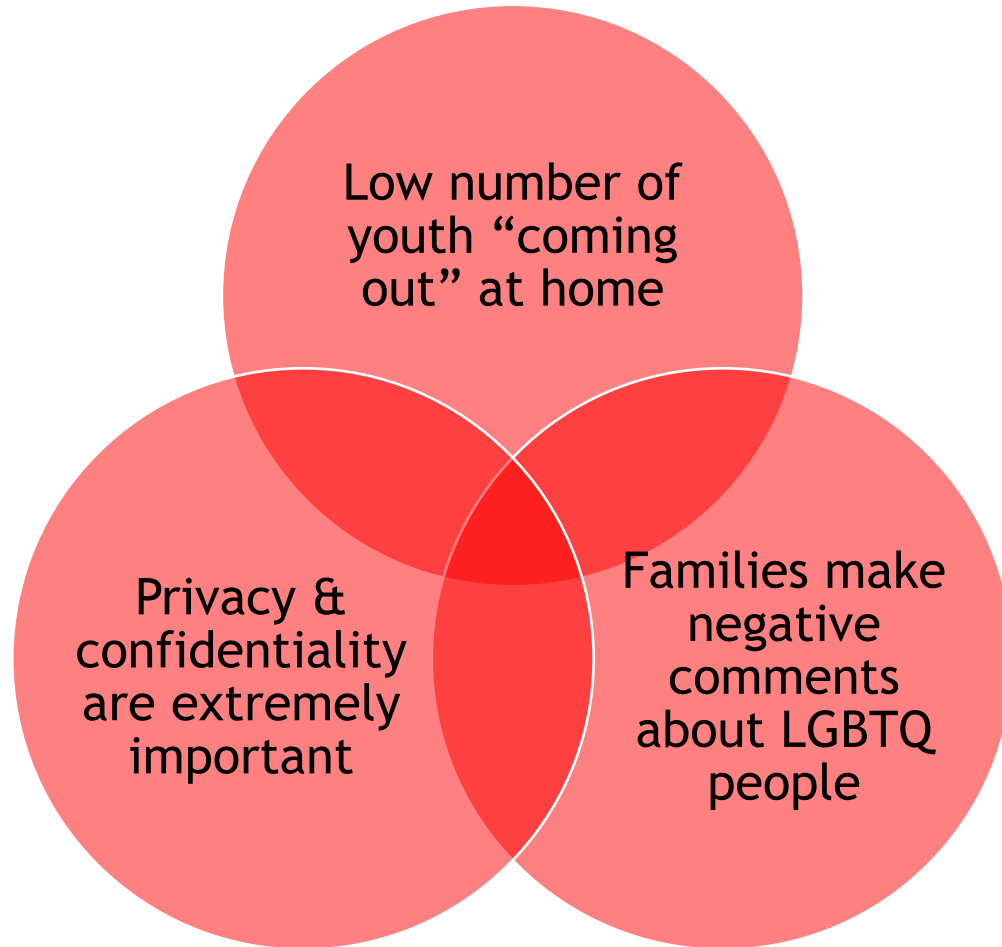
- Absenteeism
- Rates of Discipline
- Levels of Depression
- Rates of Substance Use
- Rates of Unplanned Pregnancies
- Rates of Suicidal Ideation and Attempts

Lower

- GPAs
- Self-Esteem
- School Belonging

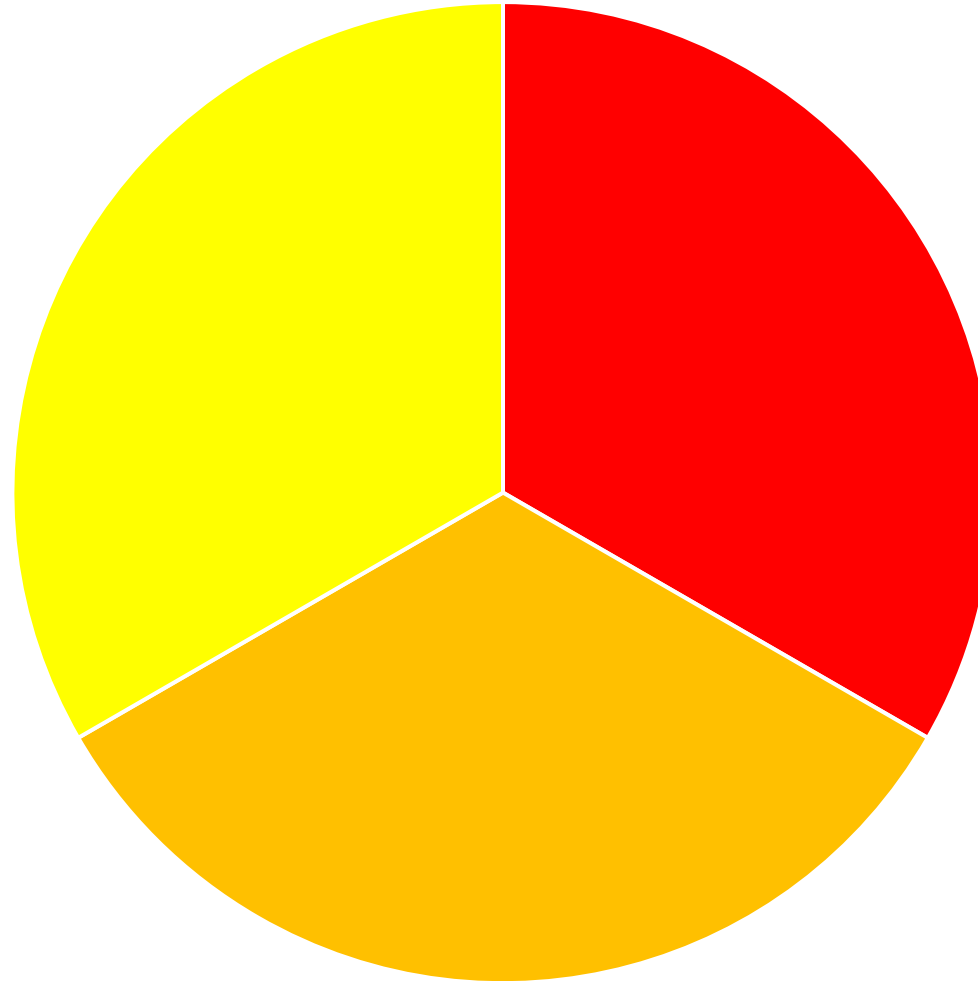


Experiences At Home



LGBTQ Youth and Family Acceptance

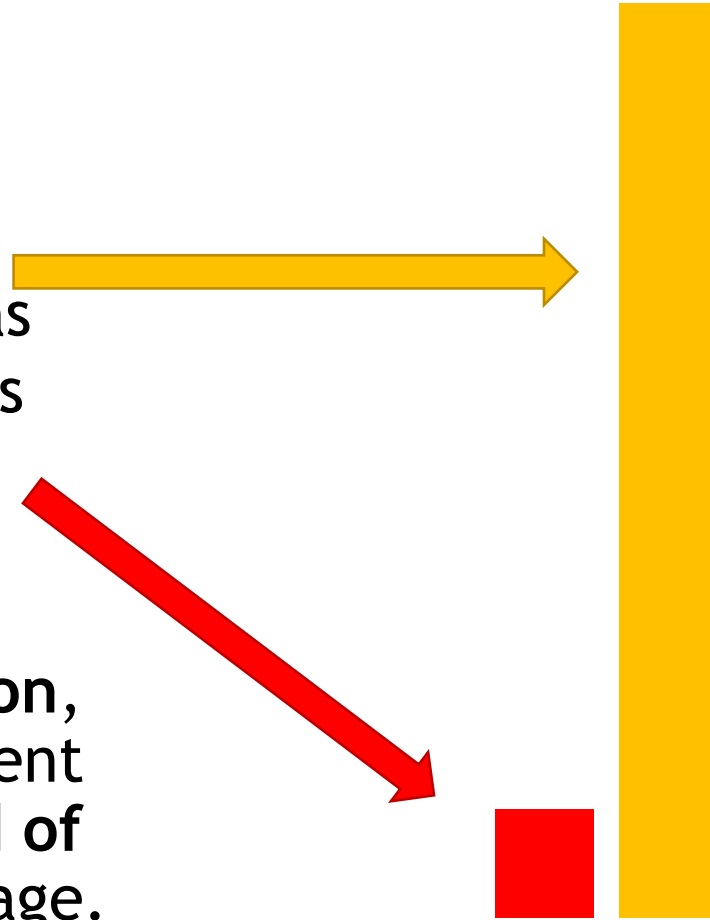
- Rejection
- Acceptance
- Closeted



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**.

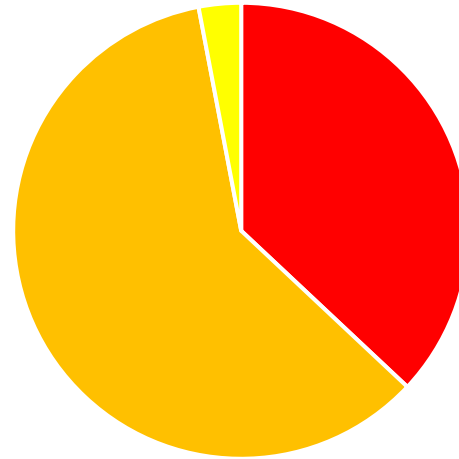
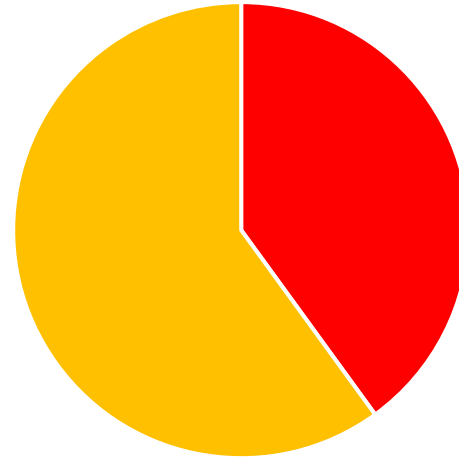
Each episode of **LGBT victimization**, such as physical or verbal harassment or abuse, **increases the likelihood of self-harming** by **2.5 times** on average.



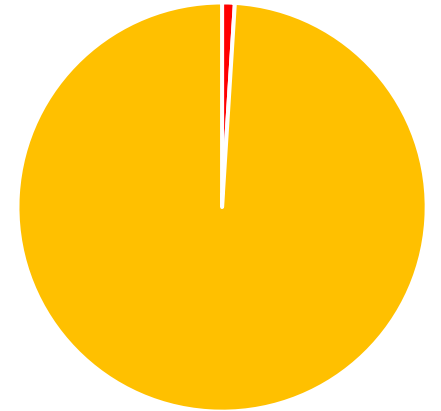
Suicide Risk

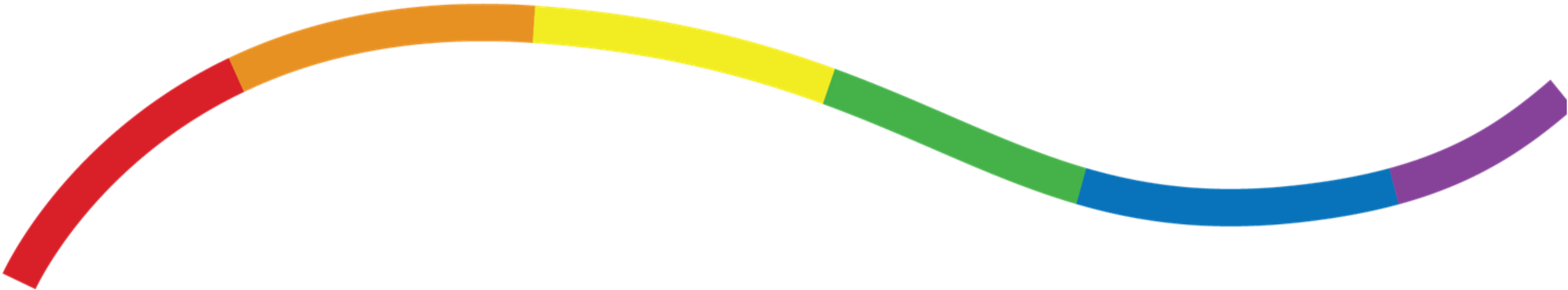
In a national study, **40% of transgender adults** reported having made a suicide attempt.

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

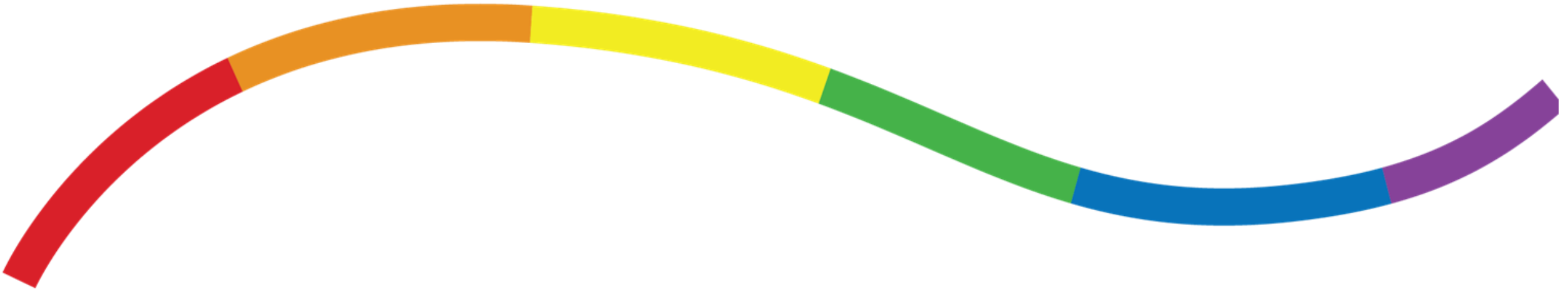
Decrease in positive social interactions

- Friends
- Trusted adults
- Extracurriculars
- GSAs
- Sports
- Mental Health Services

Increase in negative social interactions

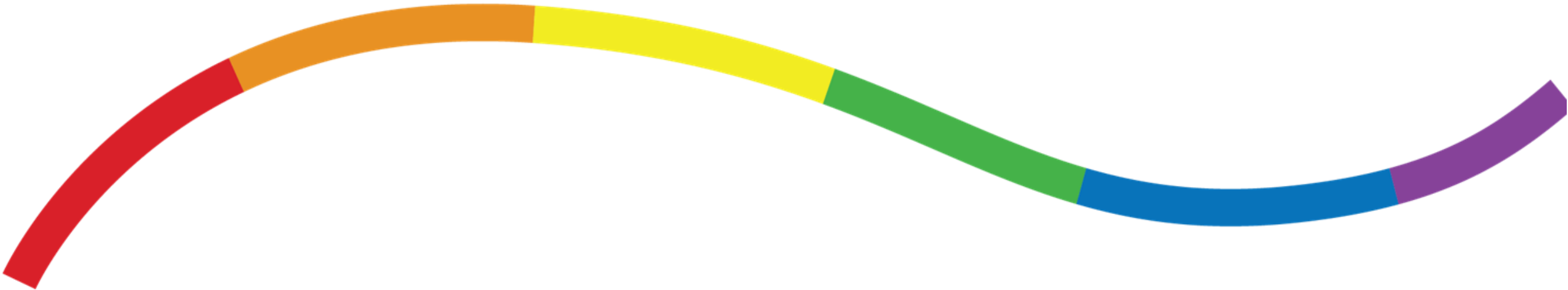
- Confined to unsupportive environment
- Confined to abusive environment





“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?

them.

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

Contact Info

Kaleidoscope Youth Center

614-294-5437

kycoho.org

    @kycoho

Amanda Erickson

Education & Training Manager

amanda@kycoho.org

linkedin.com/in/abuchert

