



LGBTQIA+ COMMUNITY



Statistics

- 46% OF LGBTQ YOUTH EXPRESS THEY WOULD LIKE COUNSELING BUT ARE UNABLE TO GET SERVICES
- 1 IN 3 REPORT THEY HAVE BEEN PHYSICALLY THREATENED OR HARMED IN THEIR LIFE DUE TO THEIR IDENTITY
- 73% REPORT ANXIETY SYMPTOMS AND 58% REPORT DEPRESSIVE SYMPTOMS
- LGBTQ YOUTH WHO HAVE AT LEAST ONE IN-PERSON LGBTQ-AFFIRMING SPACE ARE LESS LIKELY TO ATTEMPT SUICIDE

Resources

- **TransParent, St. Louis Chapter**
 - **Growing American Youth**
www.growingamericanyouth.org
- **Metro Trans Umbrella Group**
 - <https://www.stlmetrotrans.org/#main>
- **St Louis Queer+ Support Helpline**
 - <https://www.thesqsh.org/>
- **St. Louis University Family Clinic**
 - Center for Counseling and Family Therapy
- **PFLAG**
 - <https://pflag.org/chapter/pflag-greater-st-louis>

Pronouns

Why do pronouns matter?

A recent study shows that in transgender youth, using correct pronouns and names reduces depression and suicide risks. Many transgender youth feel discouraged, disrespected, invalidated, dismissed, alienated, or dysphoric when people do not make attempts to respect their pronoun.

- **He/Him-** His, himself
- **She/Her-** Hers, herself
- **They/Them-** Theirs, Themself
- **Ze/Hir-** Ze replaces she/he/they & Hir replaces her/hers/him/his/they/theirs

terminology

- **Gay:** Describes a man who is emotionally, romantically, and/or sexually attracted to other men
- **Lesbian:** Describes a woman who is emotionally, romantically, and/or sexually attracted to other women
- **Bisexual:** Describes a person who is emotionally, romantically, and/or sexually attracted to two or more genders
- **Transgender:** Describes a person whose gender identity and/or expression is different from their gender assigned at birth
- **Queer:** Describes a spectrum of identities and orientations that are counter to the mainstream