



GLBTQ College Students: Mental Health, Suicide, and Bullying

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Introduction

- Who are we?
 - Who are you?
 - Vocabulary Quiz:
 - LGBTTTQQIPAA
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Learning Outcomes

- Understand the mental health needs and concerns of LGBT students
 - Understand the impact of bullying on LGBT students
 - Understand the relationship of bullying to suicide
 - Identify avenues to address bullying and suicide related to LGBT students
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An estimated 4-10% of the American population is LGBT



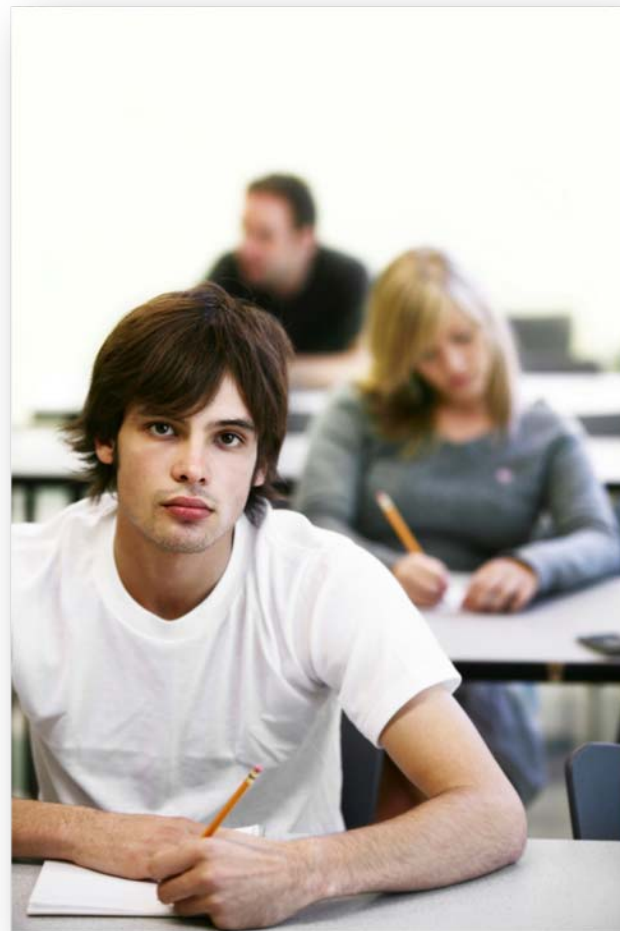
12% of UNCG's Student Population self-identify as LGBTQ





The GLBTQ Experience

- Homophobia
- Prejudice
- Discrimination
- Homelessness





The GLBTQ Youth Experience

- 84.6% -- verbally harassed,
 - 40.1% -- physically harassed, and
 - 18.8% -- physically assaulted at school in the past year because of their sexual orientation. (*GLSEN, 2009 Report*)
 - 72.4% -- heard homophobic remarks and slurs frequently or often (*GLSEN, 2009 Report*)
 - *61.1% of GLBT students reported that they felt unsafe in school because of their sexual orientation* (*GLSEN, 2009 Report*)
 - Sexual minority youth are bullied 2 to 3 times more than heterosexuals. (*Nationwide Children's Hospital, Columbus, OH, 2010*)
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Risk Factors for Youth

BIOLOGICAL	SOCIOLOGICAL	PSYCHOLOGICAL	EXISTENTIAL
<p>Family History of - Cognitive - impairments</p> <p>Disability</p> <p>Chronic illness</p> <p>Mental illness</p> <p>Puberty</p>	<p>Family conflict</p> <p>Victimization experiences</p> <p>Bullying</p> <p>Harassment</p> <p>Expectations: of school, family, & self</p> <p>Break up</p> <p>Rejection: by family & peers</p> <p>Negative coming out experience</p> <p>Homophobia</p> <p>Heterosexism</p> <p>Inaccessible GLBT friendly service providers</p>	<p>Depression</p> <p>Negative self talk</p> <p>Poor distress tolerance</p> <p>Poor Resiliency</p> <p>Previous attempt</p> <p>Anxiety</p> <p>Internalized: Homophobia & transphobia</p> <p>Overwhelming stressors/distress</p> <p>Internal conflict</p>	<p>Failure to see the good in the world</p> <p>Feelings of hopelessness</p> <p>“The world will never be a safe place for gay people”</p>



Protective Factors for Youth

GLB youth report lower levels of each of the following “protective factors” against suicide:

- Adult caring
- Parental support (of sexuality/gender identification)
- High self-esteem
- Positive role models (mentors)
- Family connectedness
- School safety
- Access to effective care



Protective Factors

- Eisenberg & Resnick (2006) found that family caring, other adult caring, and school safety were important protective factors for GLBT young people.
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Increase Support for Youth

INDIVIDUALS	FAMILIES	PROVIDERS	SCHOOLS
<p>Knowledge of GLBT issues</p> <p>Aware of and condemns heterosexism & discrimination</p> <p>Models appreciation for ALL youth</p> <p>Maintains confidentiality</p>	<p>Unconditional support of student's identity</p> <p>Access to safe health care</p> <p>Ensure that school is safe & welcoming</p> <p>Educate self about issues facing student</p> <p>Lets student take lead in coming out process</p> <p>Seeks resources of GLBT issues</p> <p>Appropriate response to issues if they come up</p>	<p>Explicit policies that prohibit ALL discrimination</p> <p>Trains all staff about GLBT issues</p> <p>Offers programs for ALL types of families</p> <p>Establishes a welcoming environment</p> <p>All forms inclusive</p> <p>Staff/volunteers representative of GLBT community</p>	<p>Welcoming environment</p> <p>Obvious "safe zone" programs (GSA)</p> <p>Trains all staff about GLBT issues</p> <p>Curricula is inclusive of GLBT issues & people</p> <p>Staff are representative of GLBT community</p> <p>Easily available & accurate information</p> <p>Inclusive forms</p> <p>Appropriate response to bullying & harassment</p>



The GLBT College Experience

- Gay and lesbian individuals are far more likely to be the targets of violent hate crimes than any other minority group in U.S. (SPLC, 2010)
 - 23% of GLBT college students, faculty, and staff have experienced harassment (2010 State of Higher Education)
 - One-third of GLBT students, faculty, and staff have considered leaving their institution due to hostile climate (2010 State of Higher Education)
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Bullying

- Bullying –The act of intentionally and repeatedly causing harm or injury (by a person or group) to someone who has difficulty defending him/herself.
 - *Bullying is the systematic abuse of power.*
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Bullying behaviors

	Direct	Indirect
Verbal	<ul style="list-style-type: none">• Insulting language• Name calling• Ridicule• Cruel teasing or taunting	<ul style="list-style-type: none">• Persuading another to verbally abuse someone• Spreading malicious rumors• Anonymous phone calls• Offensive text messages and emails• Demeaning content on websites
Physical	<ul style="list-style-type: none">• Striking, kicking• Throwing objects• Slapping, shoving• Using weapons	<ul style="list-style-type: none">• Deliberately and unfairly excluding someone• Removing and hiding things
Gestural	<ul style="list-style-type: none">• Threatening gestures• Staring at someone	<ul style="list-style-type: none">• Repeatedly turning away



The GLBT College Experience

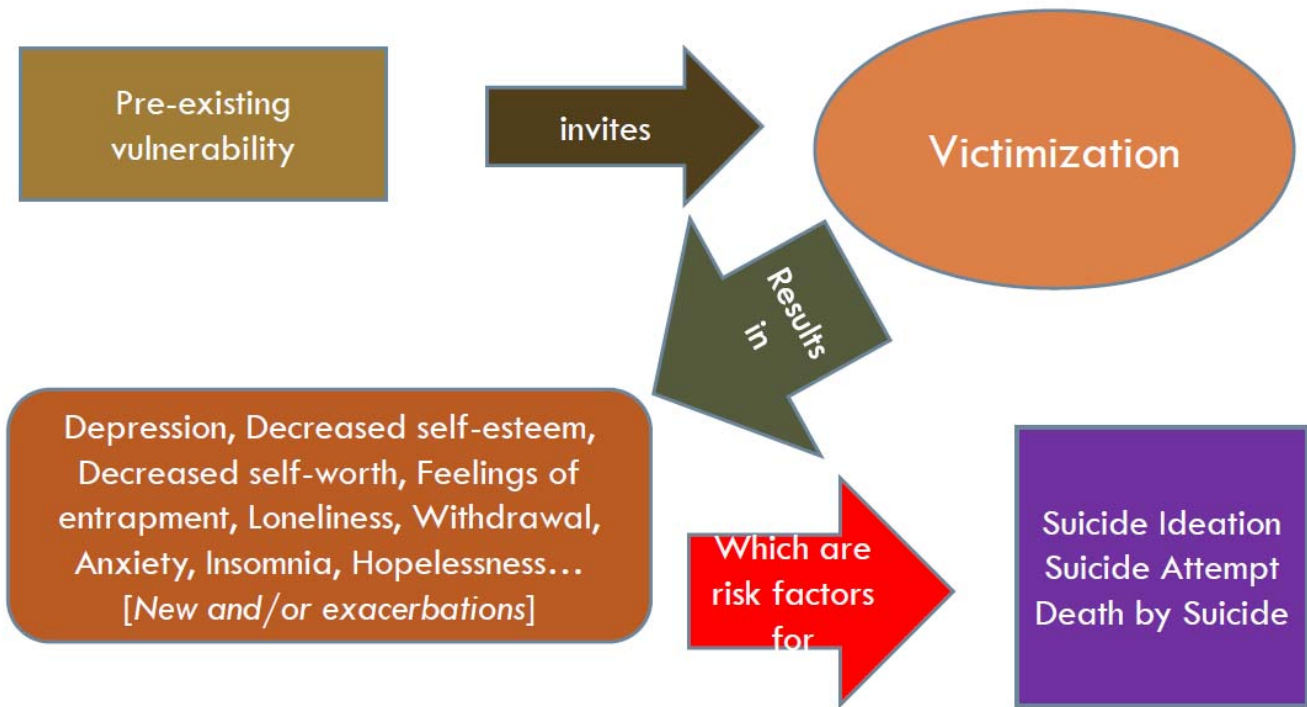
Of those who reported harassment:

Form of Harassment	Percentage
Derogatory remarks	61.1%
Felt deliberately ignored/excluded	47.0%
Isolated or left out	40.0%
Felt intimidated or bullied	30.1%
Feared for my physical safety	12.7%
Victim of a crime	3.3%
Target of physical violence	3.2%

2010 State of Higher Education



Bullying and Suicide: Is it connected?





Suicide Experience

- Suicide attempts amongst GLBT youth:
 - 35% of GLB youth (*avg. 5 YRBS*)
 - 54% Trans identified people report at least one suicide attempt (GLMA Journal, 2000)
 - 62% of homeless GLB youth report an attempt (Van Leeuwen et al., 2006)
 - 42% of adolescent lesbians and 34% of gay male youth who have suffered a physical attack also report an attempted suicide. (GLSEN, 2003)
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Suicide and GLB Youth

- Significantly higher rates of suicide attempts
- Significantly higher rates of suicide ideation (SPRC, 2008)





Suicide and Transgender Youth

- 45% of transgender youth (ages 15-21) had considered suicide (*Grossman & D'Augelli, 2007*)
 - ½ of them said that it was related to being transgender
 - 32% of transgender people over age 18 had attempted suicide (*Clements-Nolle, Marx, & Bkatz, 2006*)
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Barriers to Help Seeking

- Many providers lack knowledge, are unaware of heterosexism and are demeaning to GLBT clients
 - Low provider awareness of and sensitivity to transgender issues
 - GLBT youth with negative provider experiences may feel discouraged from further help-seeking and disclosure
 - Important to include family
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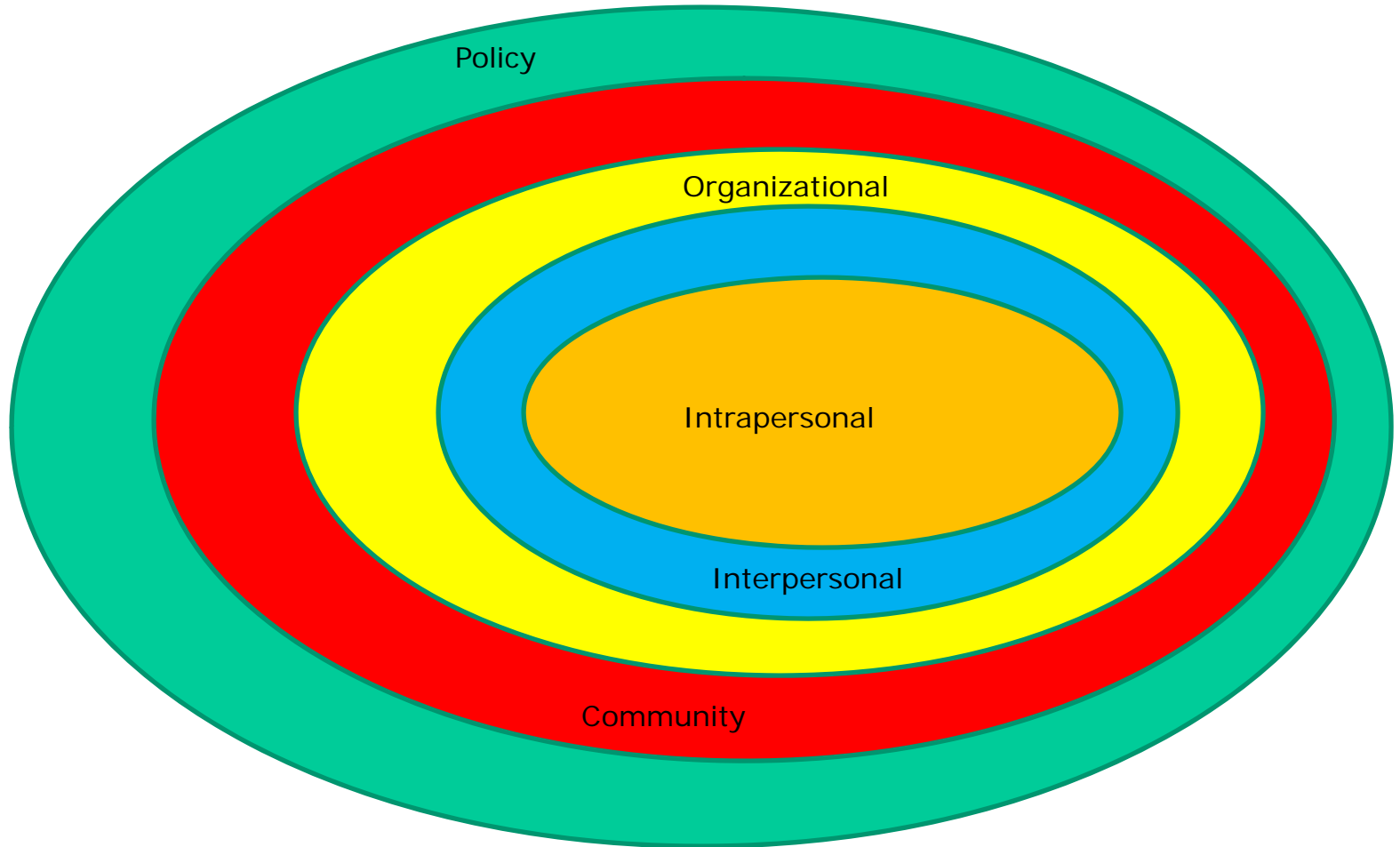
At UNCG

- Improve climate for GLBT students
 - SafeZone training
- Show support
 - Anti-bullying vigil
- Model acceptance, convey accurate knowledge, awareness
 - Peer education
- Informed providers and others
 - YSPP training and train the trainers





Social Ecological Model





Application of Social Ecological Model

- Intrapersonal
 - Peer Education
 - Stigma Reduction
 - Interpersonal
 - Peer Education
 - Safe Zone
 - Organizational
 - Safe Zone
 - Staff training
 - Community
 - Coalitions
 - Student groups
 - Policy
 - Anti-bullying laws
 - Anti-discrimination policy
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Applying This to Your Campus: Assessment

- Assess campus climate
<http://www.campusclimateindex.org/about/default.aspx>
 - Cultural Competence Checklist (handout)
 - ACHA Guidelines
 - Assessing your own staff
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Applying This to Your Campus: Training and Staff Development

- Fenway Institute
 - Safe Zone
 - Partnerships with campus, local and state LGBT organizations
 - GLMA conference or similar
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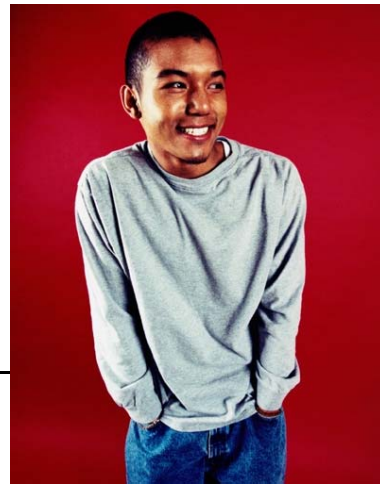
Action Plan

- Brainstorm for your campus





Discussion





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