

What do we know about the health and wellbeing of LGBTI+ youth in Europe (and what we don't)?

Lunch with the Authors

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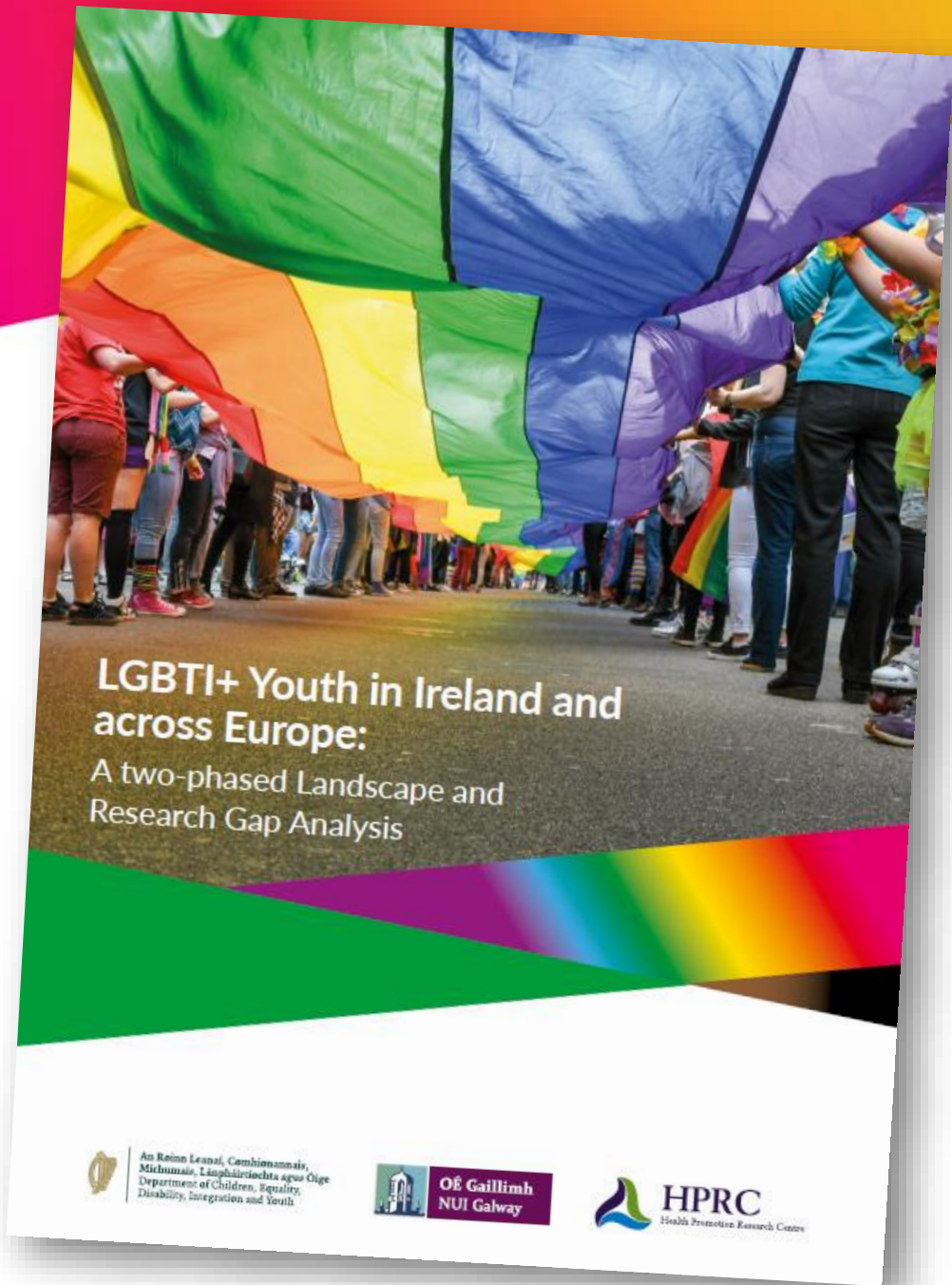
Stigma and Resilience
Among Vulnerable
Youth Centre



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National LGBTI+ Youth Strategy 2018-2020

- **Goal 3:** Develop the research and data environment to better understand the lives of LGBTI+ young people
- **Objective 15:** Enhance the quality of LGBTI+ data and commission research to ensure evidence-informed policy and service delivery

Aims of this study

- **Exploring what research has been done** in Ireland and across Europe with LGBTI+ young people
- **Identifying research and data gaps** that need to be addressed

Method

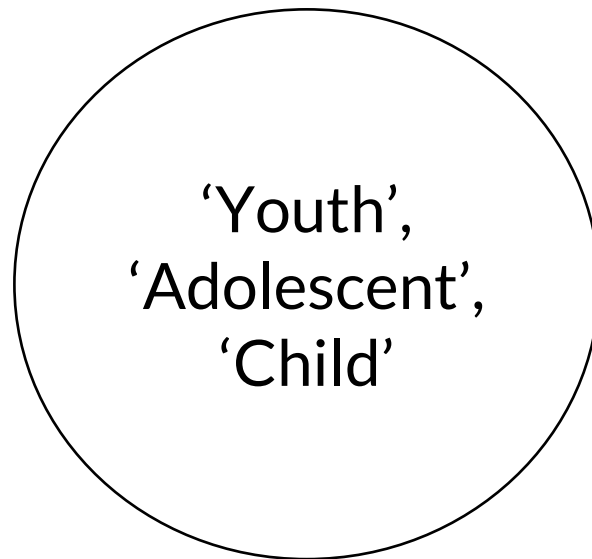
- A **scoping review** approach
- **Five strategies:** database searches, online search, 'pearl-growing', contacting stakeholders, contacting international colleagues
- **Five sources:** national/international, peer-reviewed/'grey' literature and data
- Review by **International Expert** Professor Elizabeth M. Saewyc, University of British Columbia, Vancouver, Canada
- Pre-registered **Study Protocol:** <https://osf.io/46q8f>
- 4,603 records found – **126 included in the analysis**

Database and online search: 4,603 records found



Keywords: sexual orientation, biological sex and gender identity

+



Keywords: age group

+



Keywords relevant to the *Better Outcomes Brighter Futures* framework

Findings

- A **varied research landscape**, with some objectives of the LGBTI+ National Youth Strategy well-covered and others largely understudied
- Large variety in the **scope, aim, sample, method, variables, results** and **implications**
- **Relevance** to Ireland and the **quality** of evidence varied

Figure 1. Density map of research on LGBTI+ youth across the LGBTI+ National Youth Strategy Goals and Objectives

Index – level of representation

Very poor	Poor	Quite poor	Some	Fair	Quite high	High	Very high
(1.0–2.78%)	(2.79–4.55%)	(4.56–6.33%)	(6.34–8.10%)	(8.11–9.88%)	(9.89–11.65%)	(11.66–13.43%)	(13.44–15.20%)

GOAL 1: Create a safe, supportive and inclusive environment for LGBTI+ young people

Objective 1: Create a more supportive and inclusive environment for LGBTI+ young people in formal education settings (15.2%)	Objective 2: Create safe environments for LGBTI+ young people (14.2%)	Objective 3: Make all youth services more inclusive of LGBTI+ young people and provide accessible LGBTI+ youth services nationally (5.9%)
Objective 4: Ensure equal employment opportunity and an inclusive work environment for LGBTI+ young people (2.4%)	Objective 5: Provide a more supportive and inclusive environment that encourages positive LGBTI+ representation and participation in culture, society, and sport, and reduces LGBTI+ stigma (9.6%)	Objective 6: Expand and develop supports to parents and families of LGBTI+ young people (4.7%)
Objective 7: Provide capacity building measures among service providers to improve their understanding of, and ability to engage with, LGBTI+ young people (9.4%)	Objective 8: Address gaps in current legislation and policies, and ensure inclusion of LGBTI+ young people in future legislation and policy development (3.3%)	Objective 9: Address fragmentation in funding and support networking of organisations to work collaboratively (1.2%)
	Objective 10: Provide an inclusive physical environment for transgender and intersex young people (4.7%)	

GOAL 2: Improve the physical, mental and sexual health of LGBTI+ young people

Objective 11: Respond effectively to the mental health needs of LGBTI+ young people (11.4%)	Objective 12: Strengthen sexual health services and education to respond to the needs of LGBTI+ young people, including in the area of sexual consent (4.3%)	Objective 13: Improve the physical and mental health of transgender young people (8.3%)	Objective 14: Improve the understanding of, and the response to, the physical and mental health needs of intersex young people (2.2%)
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GOAL 3: Develop the research and data environment to better understand the lives of LGBTI+ young people

Objective 15: Enhance the quality of LGBTI+ data and commission research to ensure evidence-informed policy and service delivery (3.3%)
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‘Heatmap’

'Shadow CV'

- **Multiple failures** to involve youth in research
- **In-person workshops:** cancelled due to Covid-19
- **Tipi Hub:** No uptake
- **Online consultations:** data protection and privacy concerns; parental consent
- **Online / Zoom fatigue**
- **Over-researching Sexual and Gender Minority youth?**

Summary Reports for and with stakeholders

- Educators
- Policy Makers
- Service Providers
- Researchers
- Young People



Education system

- “Acknowledgement of non-conventional gender identities and pronouns in school environments”
- “LGBT+ visibility in school and college curriculums”
- “Less gendered uniforms in school”
- “Counselling in schools”

Environments

- “Focus less on coming out and more on having a safe environment for all – not everyone will or wants to come out”

Safe spaces

- “Signs and posters, areas for people to be, education of those there as to what terms are important and knowledge of what challenges there can be that would affect LGBTI youth”
- “Conversations around positive mental health, gender euphoria etc. instead of focusing on negatives all the time”
- “Informing stakeholders in all areas that concern young people on the creation and maintenance of safe spaces”
- “Positive role models”

Healthcare

- “Greater sexual health education and resources specific to LGBTI plus youth”
- “Trans healthcare - access to hormone blockers, testosterone/estrogen and gender realignment surgery at a lower cost/wait”
- “Simple and easy access to support, both in the medical and the mental without stigma regarding getting help”
- “LGBT+ inclusive mental health support”
- “GP/Medical professionals training in youth LGBT+, don’t have to be an encyclopedia every time you see the doctor!”

Knowledge gaps

- **Resilience**, identity assets and empowerment
- **Sexual health** of LGBTI+ youth
- Experiences and needs of **families**
- Health, well-being and other needs of **trans youth**
- **Intersex, non-binary** and **genderqueer** youth are almost entirely neglected

What's next?

- **LGBTI+ inclusive** birth-registered sex, gender identity and sexual orientation questions
- **Sexual health** indicators in SGM and non-minority youth
- Gender and age **non-response** analysis
- **Case-control** matching
- **Oversampling** of SGM youth?



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HEALTH BEHAVIOUR IN
SCHOOL-AGED CHILDREN

Thank you

@KoltoAndras, @HPRC_NUIG



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