

 MORNING CONSULT<sup>®</sup>

**THE TREVOR PROJECT** 

# Issues Impacting LGBTQ Youth

Polling Analysis

JANUARY 2022

## METHODOLOGY

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This poll was conducted between September 14-November 5, 2021 among a sample of 820 LGBTQ+ Youth aged 13-24. The interviews were conducted online. Results from the full survey have a margin of error of plus or minus 3 percentage points.

# KEY FINDINGS

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- 1. Three-quarters of LGBTQ youth are following recent news about issues that impact the transgender community.** Tangentially, two-thirds of LGBTQ youth report that the recent debates about state laws restricting the rights of transgender people has impacted their mental health negatively. This impact is even more dramatic among transgender and/or non-binary youth, where more than four in five of them (85%) report it has impacted their mental health negatively.
- 2. For LGBTQ+ youth, racism is the most important issue impacting the world. Issue prioritization, however, differed in intensity by race and gender identity.** Black LGBTQ+ youth were significantly more likely to report racism as the most important issue to them while white LGBTQ+ youth were almost equally as likely to report racism as LGBTQ rights as the most important issue to them. Moreover, transgender and/or non-binary youth were almost nearly four times more likely to cite transphobia as the most important issue to them.
- 3. The tested issues caused varying levels of stress and anxiety among Black and white LGBTQ+ youth that differed significantly in intensity by topic.** For example, Black LGBTQ+ youth are significantly more likely than white LGBTQ+ youth to say the following cause them stress and anxiety very often: racism, policy brutality, and gun violence. Conversely, white LGBTQ+ youth are significantly more likely than Black LGBTQ+ youth to say the following cause them stress and anxiety very often: transphobia, anti-LGBTQ hate-crimes, and efforts to restrict access to abortion.
- 4. COVID-19 has created unique challenges for transgender and/or non-binary youth.** Transgender and/or non-binary youth are nearly 1.9x more likely than cis-LGBTQ+ youth to report having difficulty getting mental health care. Additionally, transgender and/or non-binary youth are 1.76x more likely to report having difficulty getting physical health care compared to cis-LGBTQ+ youth.
- 5. Three in five LGBTQ+ youth report feeling scared about the future while nearly half report feeling anxiety about in-person learning amidst the pandemic.** LGBTQ+ youth reported feeling mostly stressed and nervous about the 2021-2022 academic school year amid the ongoing COVID-19 pandemic.

AGENDA

# ISSUES IMPACTING THE TRANSGENDER COMMUNITY

GENERAL ISSUE LANDSCAPE

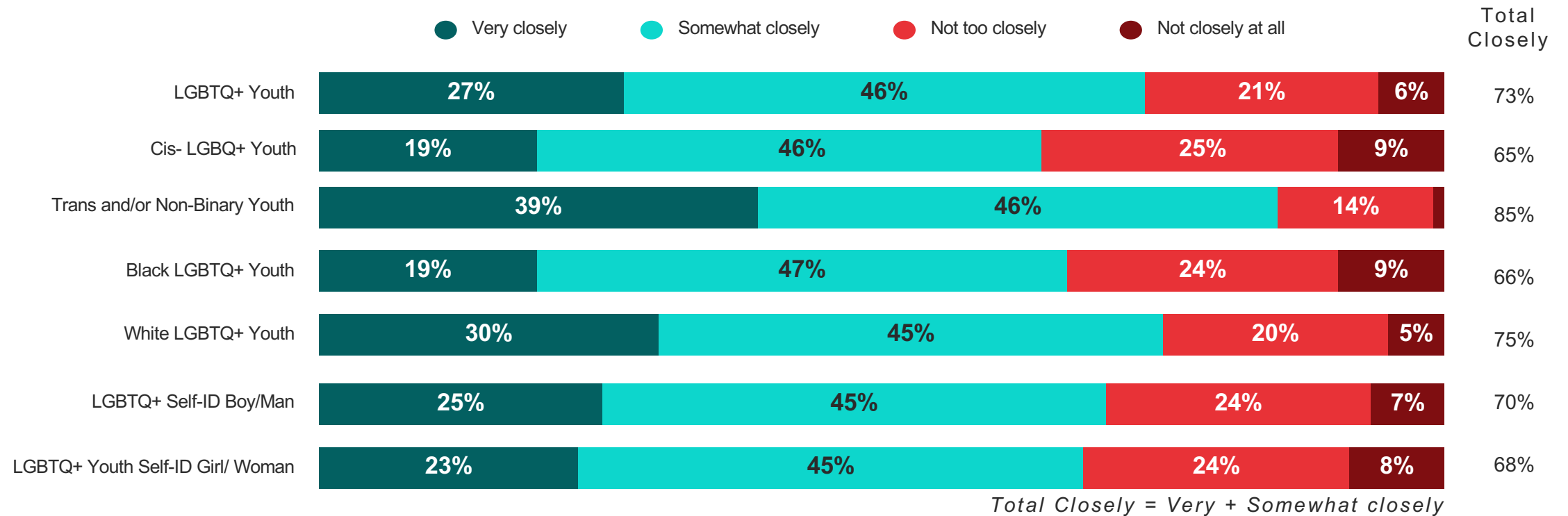
COVID-19



**ISSUES IMPACTING THE TRANSGENDER COMMUNITY**

Seven in ten LGBTQ+ youths report closely following recent news about issues that impact the transgender community. Unsurprisingly, transgender and/or non-binary youth are most likely to be following news about issues that impact their community.

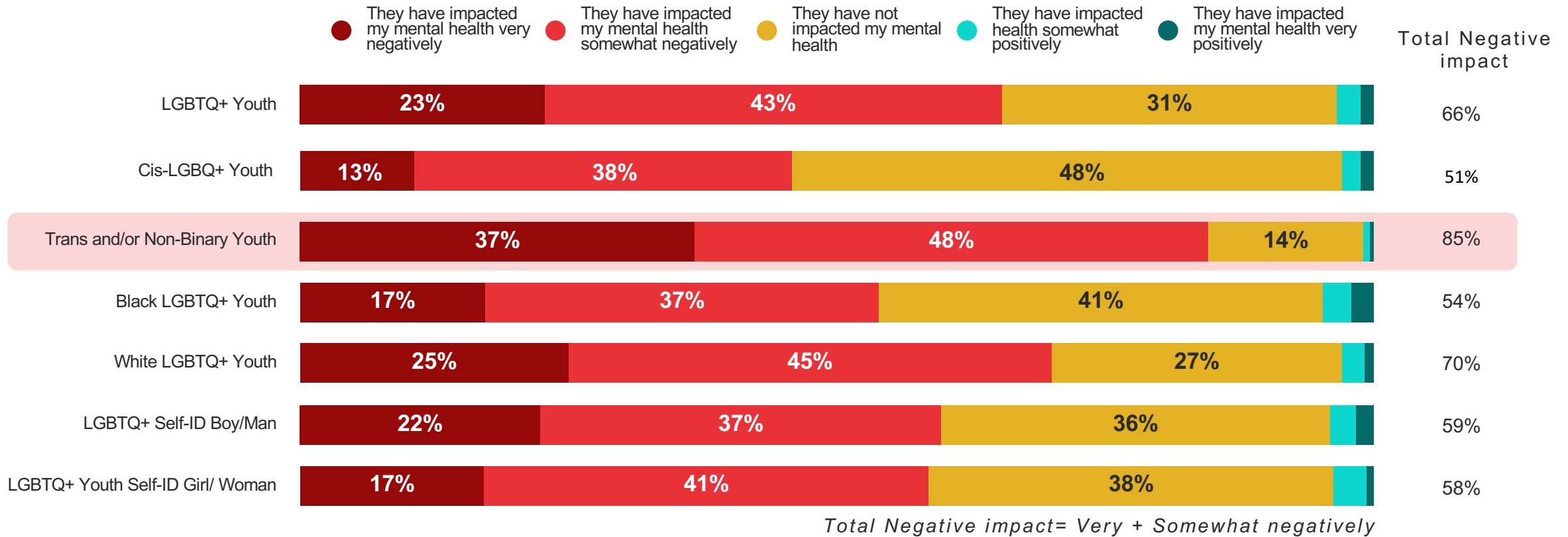
*How closely, if at all, have you been following recent news about issues that impact the transgender community?*



**ISSUES IMPACTING THE TRANSGENDER COMMUNITY**

Two-thirds of LGBTQ youth report that the recent debates about state laws restricting the rights of transgender people has impacted their mental health negatively. This impact is even more dramatic among transgender and/or non-binary youth where more than four in five of them (85%) report it has impacted their mental health negatively.

*How have recent debates about state laws restricting the rights of transgender people impacted your mental health?*

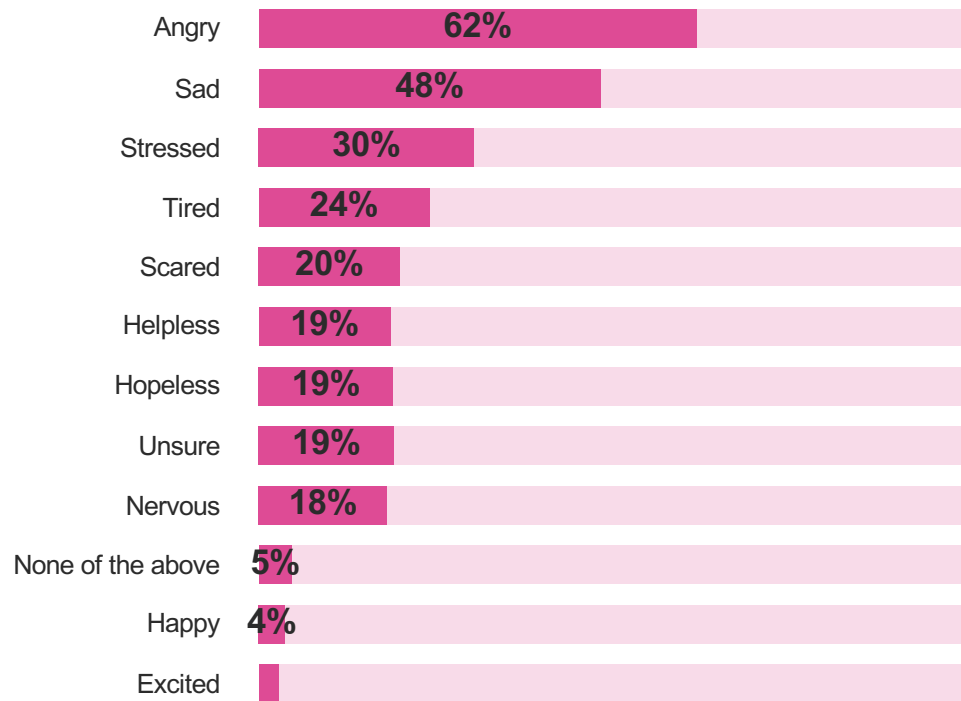


ISSUES IMPACTING THE TRANSGENDER COMMUNITY

The transgender sports ban was most likely to evoke *anger* and *sadness* across key demographics.

Some states have implemented a new policy that will ban transgender girls from playing on girls' sports teams and transgender boys from playing on boys' sports teams. How does this policy make you feel? Please select all that apply.

% Selected



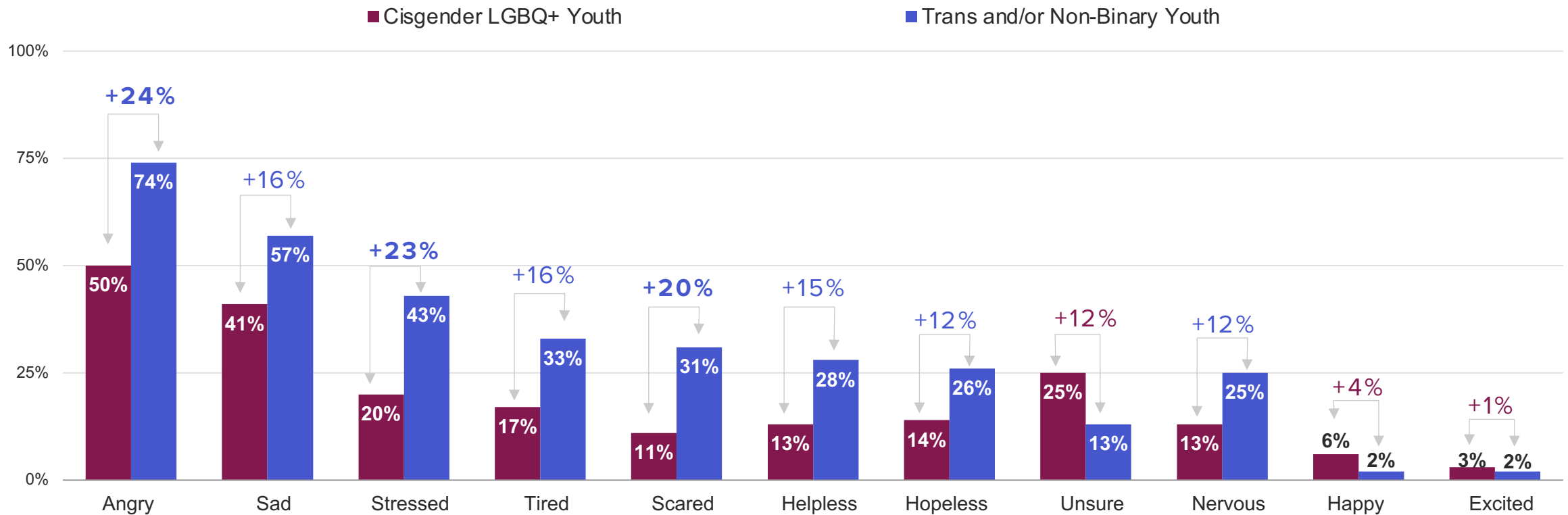
	LGBTQ+ Youth	Cis-LGBTQ+ Youth	Trans and/or Non-Binary Youth	Black LGBTQ+ Youth	White LGBTQ+ Youth	LGBTQ+ Youth Self-ID Boy/Man	LGBTQ+ Youth Self-ID Girl/Woman
Angry	62%	50%	74%	52%	66%	56%	56%
Sad	48%	41%	57%	45%	49%	47%	46%
Stressed	30%	20%	43%	22%	33%	26%	26%
Tired	24%	17%	33%	19%	24%	24%	18%
Scared	20%	11%	31%	12%	24%	18%	16%
Helpless	19%	25%	28%	15%	20%	15%	18%
Hopeless	19%	14%	26%	13%	22%	22%	15%
Unsure	19%	13%	13%	22%	18%	20%	21%
Nervous	18%	13%	25%	15%	20%	19%	14%
None of the above	5%	6%	2%	5%	5%	6%	6%
Happy	4%	6%	2%	6%	2%	4%	5%
Excited	3%	3%	2%	5%	1%	2%	4%



ISSUES IMPACTING THE TRANSGENDER COMMUNITY

Trans and/or non-binary youth were more likely to feel most of the emotions tested than cisgender LGBTQ+ youth, particularly emotions like *stressed* (+24), *anger* (+23), and *scared* (+20) regarding the transgender sports ban.

Some states have implemented a new policy that will ban transgender girls from playing on girls' sports teams and transgender boys from playing on boys' sports teams. How does this policy make you feel? Please select all that apply.

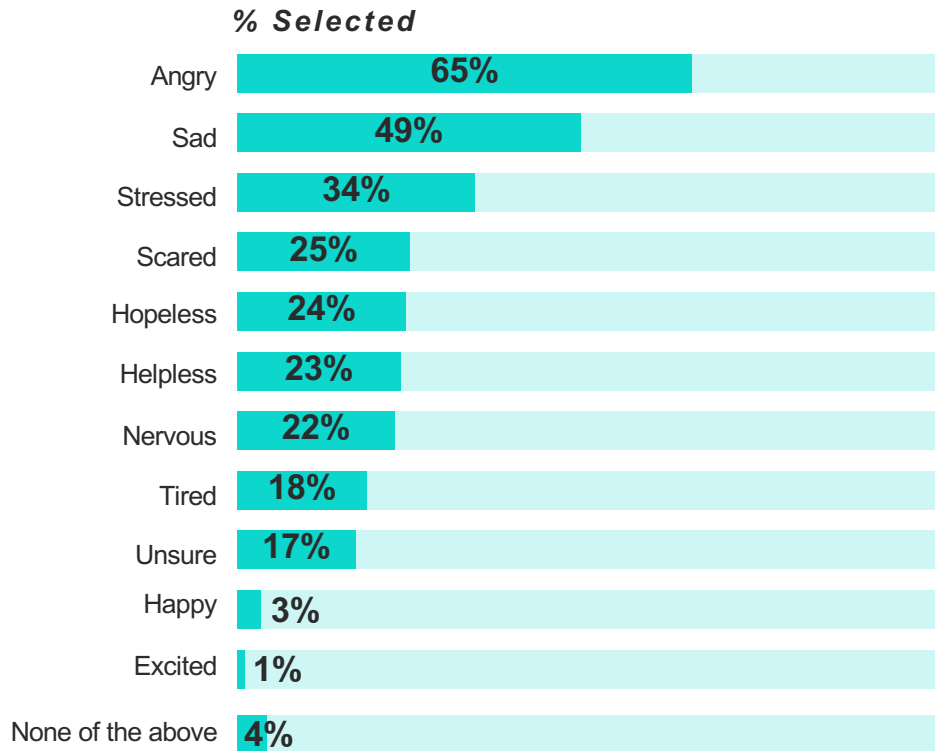




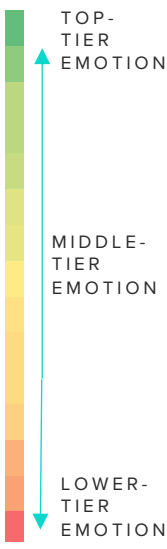
**ISSUES IMPACTING THE TRANSGENDER COMMUNITY**

LGBTQ youth, across key demographics, are most likely to report feeling *angry* and *sad* at a policy that would ban doctors from prescribing puberty blockers or hormone replacement to transgender and/or non-binary youth. Transgender and/or non-binary youth disproportionately report feeling *stressed* and *scared*.

Some states have suggested policy changes that would ban doctors from prescribing puberty blockers or hormone replacement therapy to transgender and nonbinary youth. How does this policy make you feel? Please select all that apply.



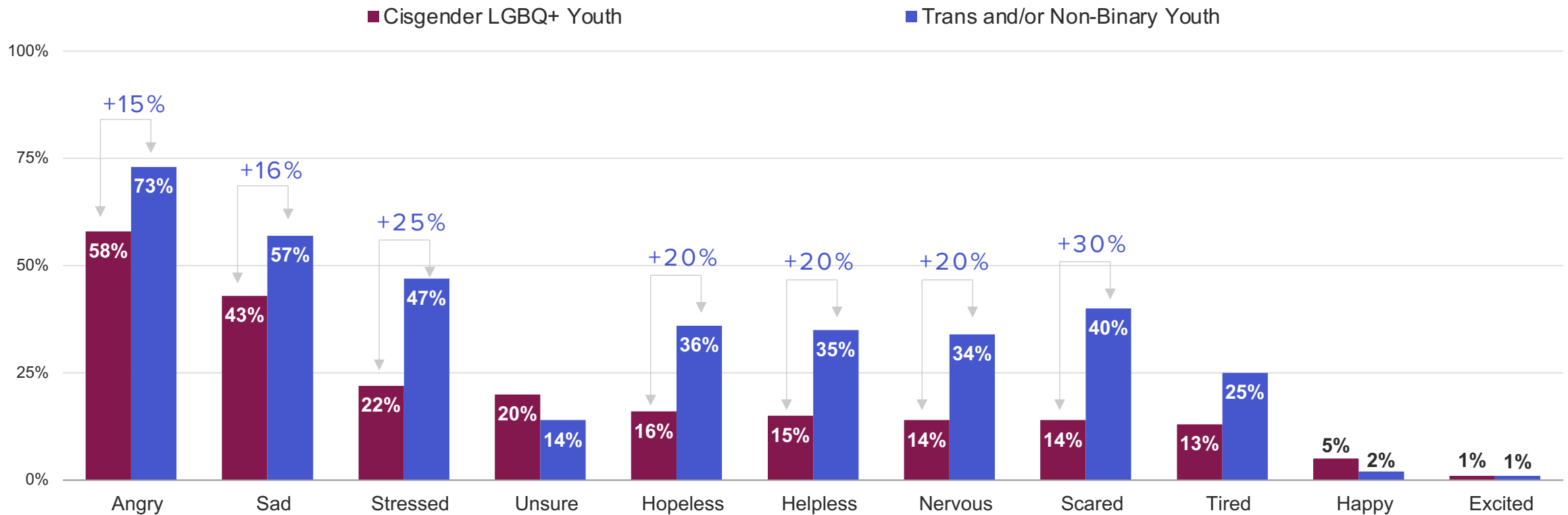
	LGBTQ+ Youth	Cis-LGBTQ+ Youth	Trans and/or Non-Binary Youth	Black LGBTQ+ Youth	White LGBTQ+ Youth	LGBTQ+ Youth Self-ID Boy/Man	LGBTQ+ Youth Self-ID Girl/Woman
Angry	65%	58%	73%	55%	68%	60%	64%
Sad	49%	43%	57%	38%	54%	45%	48%
Stressed	34%	22%	47%	25%	38%	27%	32%
Scared	25%	14%	40%	12%	29%	24%	18%
Hopeless	24%	16%	36%	12%	29%	24%	19%
Helpless	23%	15%	35%	16%	26%	20%	21%
Nervous	22%	14%	34%	11%	27%	22%	17%
Tired	18%	13%	25%	12%	19%	18%	15%
Unsure	17%	20%	14%	19%	16%	15%	20%
None of the above	4%	6%	1%	4%	4%	7%	5%
Happy	3%	5%	2%	6%	2%	5%	3%
Excited	1%	1%	1%	3%	0%	2%	1%



ISSUES IMPACTING THE TRANSGENDER COMMUNITY

Trans youth are dramatically more likely to feel *scared, nervous, helpless, hopeless, sad, stressed, sad* and *angry* at a policy change which would prevent doctors from prescribing puberty blockers or hormone replacement therapy than cisgender LGBTQ+ youth.

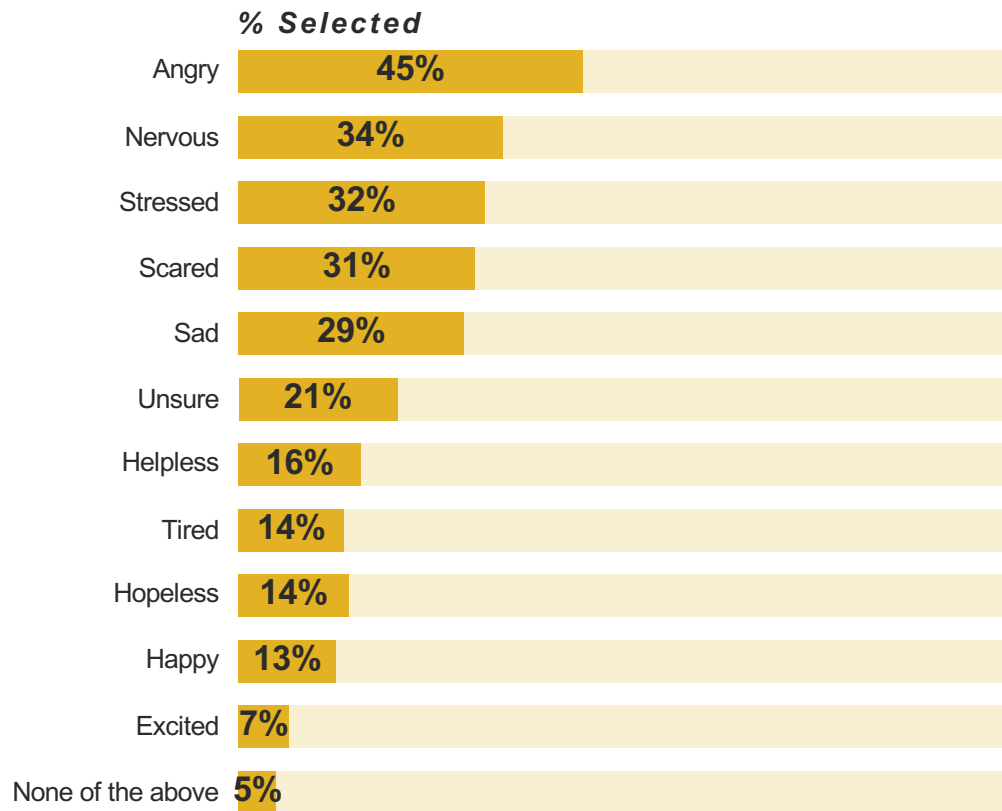
Some states have suggested policy changes that would ban doctors from prescribing puberty blockers or hormone replacement therapy to transgender and nonbinary youth. How does this policy make you feel? Please select all that apply.



ISSUES IMPACTING THE TRANSGENDER COMMUNITY

A policy that would require schools to tell a student’s parent or guardian if they request to use a different name/pronoun or identify as LGBTQ at school predominantly evoked *anger*, *nervousness*, and *stress* among LGBTQ+ youth. Black LGBTQ youth indicated softer and more positive emotive responses to the policy than other key demographics with *unsureness* being a top tier emotion felt by them.

Some states have suggested policy changes that would require schools to tell a student's parent or guardian if they request to use a different name/pronoun, or if they identify as LGBTQ at school. How does this policy make you feel? Please select all that apply.

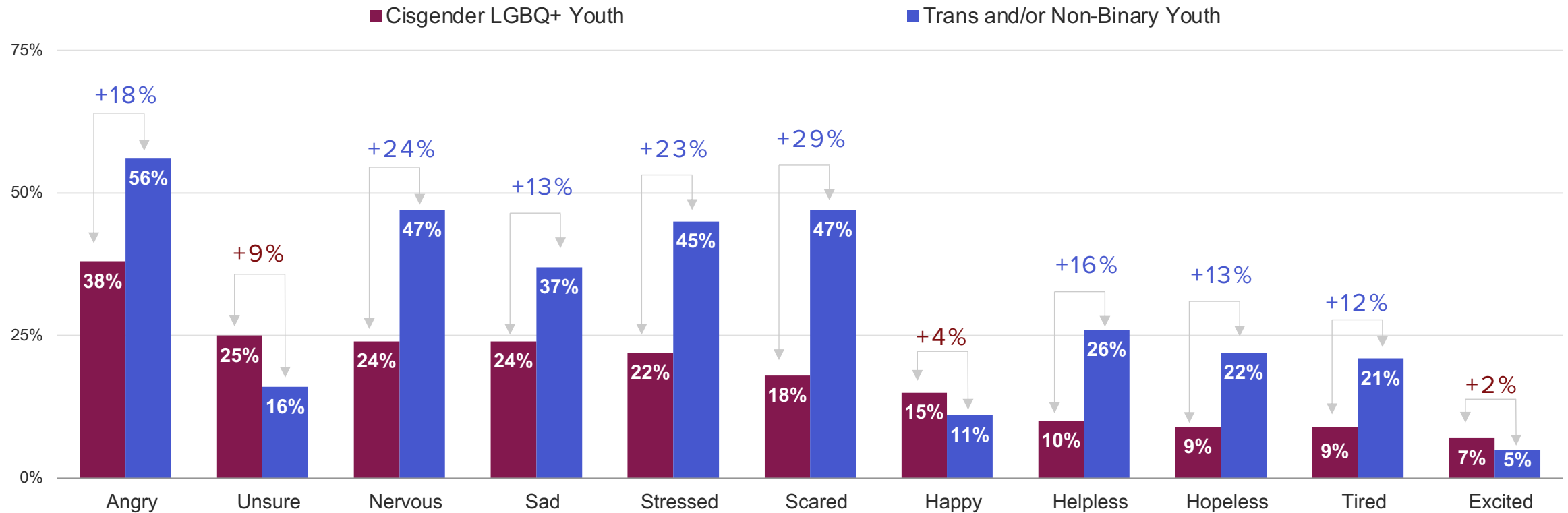


	LGBTQ+ Youth	Cis- LGBTQ+ Youth	Trans and/or Non-Binary Youth	Black LGBTQ+ Youth	White LGBTQ+ Youth	LGBTQ+ Youth Self-ID Boy/Man	LGBTQ+ Youth Self-ID Girl/Woman
Angry	45%	38%	56%	27%	52%	38%	42%
Nervous	34%	24%	47%	24%	38%	28%	31%
Stressed	32%	22%	45%	20%	35%	24%	30%
Scared	31%	18%	47%	15%	36%	26%	25%
Sad	29%	24%	37%	17%	35%	28%	29%
Unsure	21%	25%	16%	25%	18%	19%	24%
Helpless	16%	10%	26%	8%	19%	12%	13%
Hopeless	14%	9%	22%	6%	18%	11%	11%
Tired	14%	9%	21%	6%	15%	13%	10%
Happy	13%	15%	11%	19%	10%	13%	12%
Excited	7%	7%	5%	14%	4%	5%	8%
None of the above	5%	6%	1%	7%	4%	7%	6%

ISSUES IMPACTING THE TRANSGENDER COMMUNITY

Transgender and/or non-binary youth report feeling disproportionately *scared*, *stressed* and *nervous* at a policy that would require schools to tell a student's parent or guardian if they request to use a different name/pronoun, or if they identify as LGBTQ at school.

Some states have suggested policy changes that would require schools to tell a student's parent or guardian if they request to use a different name/pronoun, or if they identify as LGBTQ at school. How does this policy make you feel? Please select all that apply.

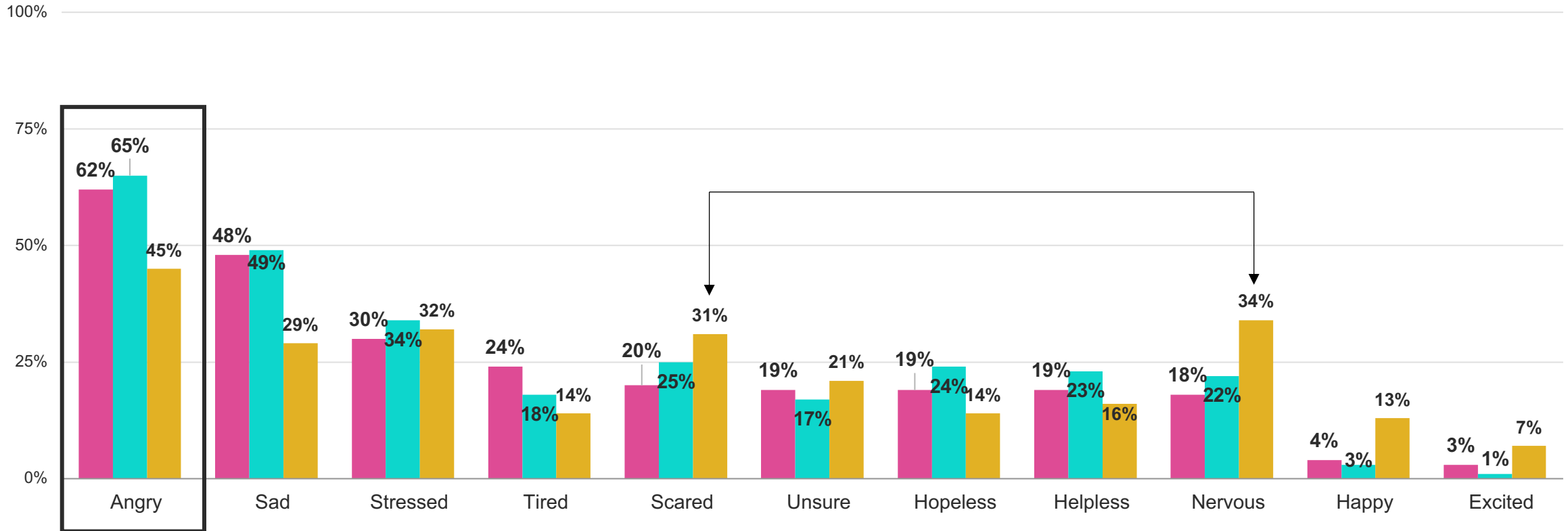


## ISSUES IMPACTING THE TRANSGENDER COMMUNITY

Across emotional responses, *scared* and *nervous* feelings peaked regarding a policy that would require schools to inform a student's parent or guardian if they identify as LGBTQ at school. *Anger*, however, was the most highly felt emotive response to all the policies tested.

How does this policy make you feel? Please select all that apply. **LGBTQ+ Youth**

- Policy: Will ban transgender girls from playing on girls' sports teams and transgender boys from playing on boys' sports teams.
- Policy: Would ban doctors from prescribing puberty blockers or hormone replacement therapy to transgender and nonbinary youth.
- Policy: Would require schools to tell a student's parent or guardian if they request to use a different name/pronoun, or if they identify as LGBTQ at school.

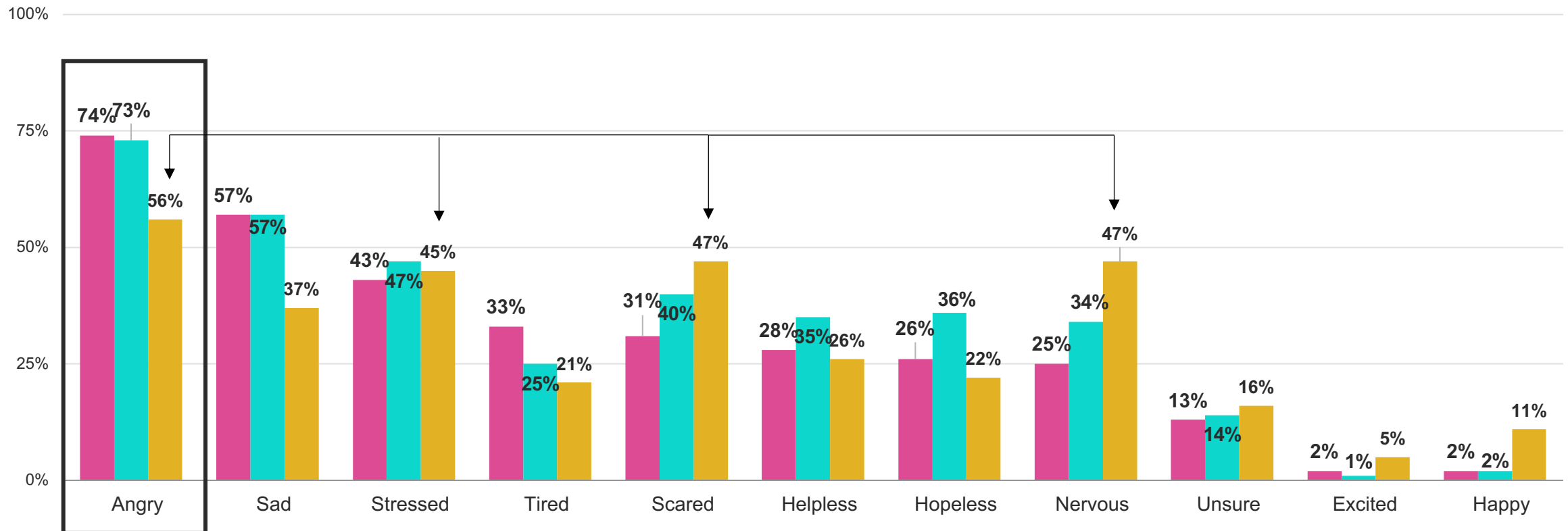


## ISSUES IMPACTING THE TRANSGENDER COMMUNITY

Transgender and/or non-binary youth disproportionately coalesced around *anger* when considering the sex-based sports requirement and a hormone replacement. A policy that would require schools to tell a student’s parent or guardian if they identify as LGBTQ or use a different name/pronoun were more diffused across the emotional spectrum—specifically around *anger*, *stress*, *scared*, and *nervousness*.

How does this policy make you feel? Please select all that apply. **Transgender and/or Non-binary Youth**

- Policy: Will ban transgender girls from playing on girls' sports teams and transgender boys from playing on boys' sports teams.
- Policy: Would ban doctors from prescribing puberty blockers or hormone replacement therapy to transgender and nonbinary youth.
- Policy: Would require schools to tell a student's parent or guardian if they request to use a different name/pronoun, or if they identify as LGBTQ at school.

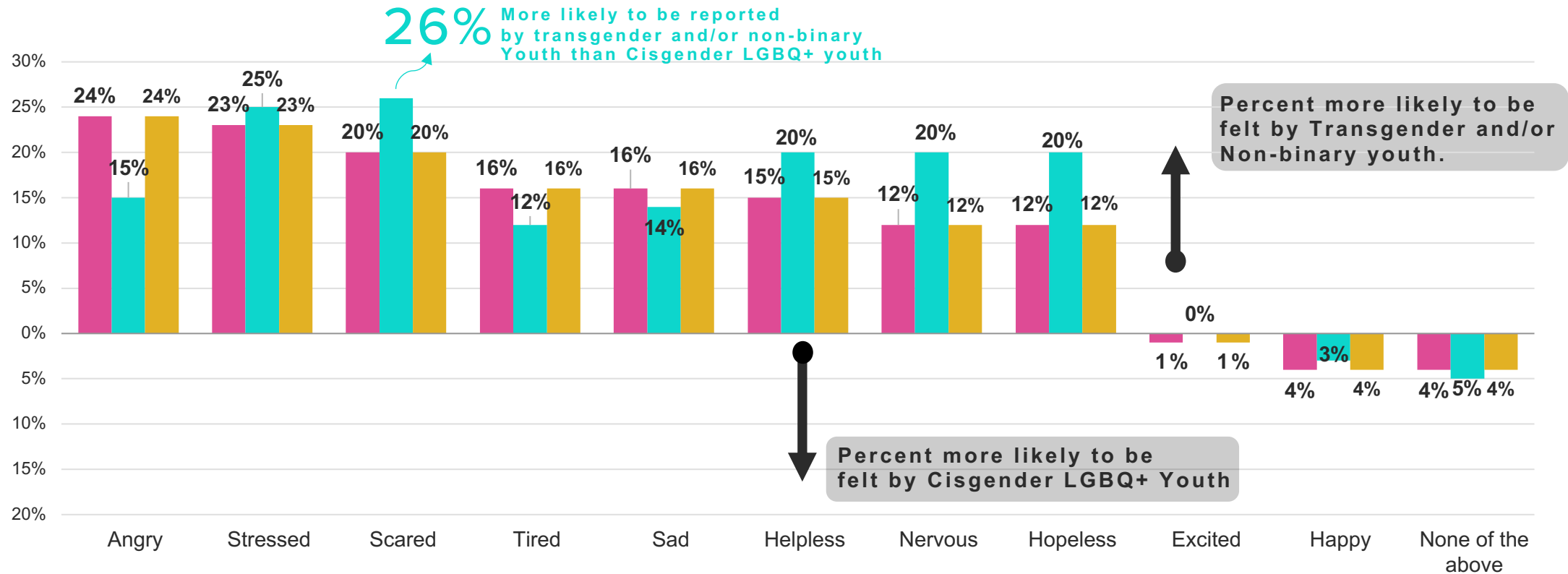


## ISSUES IMPACTING THE TRANSGENDER COMMUNITY

Transgender and/or non-binary youth are significantly more likely than cis-gender LGBTQ+ youth to feel negative emotive reactions to the tested policies. Emotive reactions, across policies, most strongly differ around *stressed*, *scared*, and *angry*.

How does this policy make you feel? Please select all that apply.

- Policy: Will ban transgender girls from playing on girls' sports teams and transgender boys from playing on boys' sports teams.
- Policy: Would ban doctors from prescribing puberty blockers or hormone replacement therapy to transgender and nonbinary youth.
- Policy: Would require schools to tell a student's parent or guardian if they request to use a different name/pronoun, or if they identify as LGBTQ at school.



AGENDA

# ISSUES IMPACTING THE TRANSGENDER COMMUNITY

GENERAL ISSUE LANDSCAPE

COVID-19

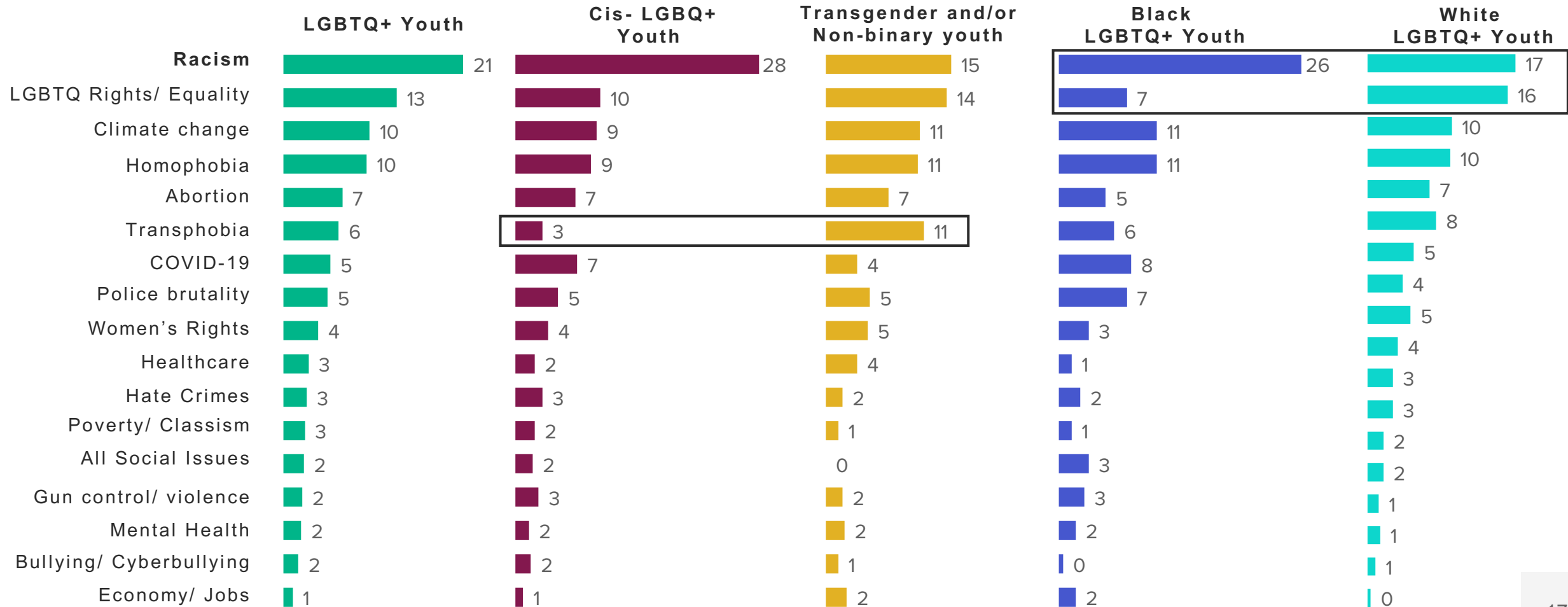




GENERAL ISSUE LANDSCAPE

Issue prioritization varied by race and gender identity. Black LGBTQ+ youth were significantly more likely to report *racism* as the most important issue to them, while white LGBTQ+ youth were equally likely to report *racism* as *LGBTQ rights*. Moreover, transgender and/or non-binary youth were nearly four times more likely to cite *transphobia* as the most important issue to them than cisgender LGBTQ+ youth.

What social issue impacting our country/world is the most important to you [OPEN-END]

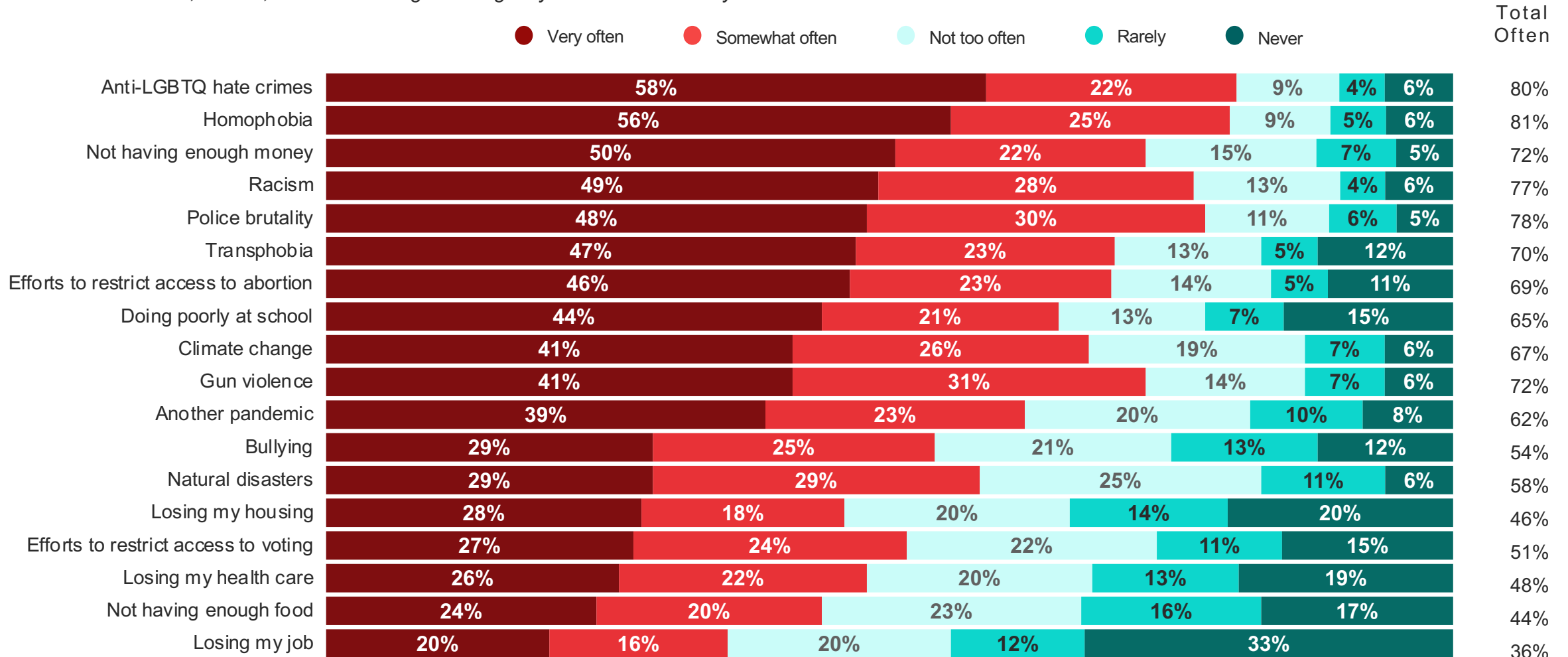


\*responses that did not answer open end were not counted\*

GENERAL ISSUE LANDSCAPE

Overall, *anti-LGBTQ hate crimes* and *homophobia* often give LGBTQ+ youth stress and anxiety. Additionally, *not having enough money*, *racism*, *police brutality*, and *transphobia* continue to give LGBTQ+ youth stress and anxiety particularly often.

How often, if at all, do the following issues give you stress or anxiety? **LGBTQ+ Youth**

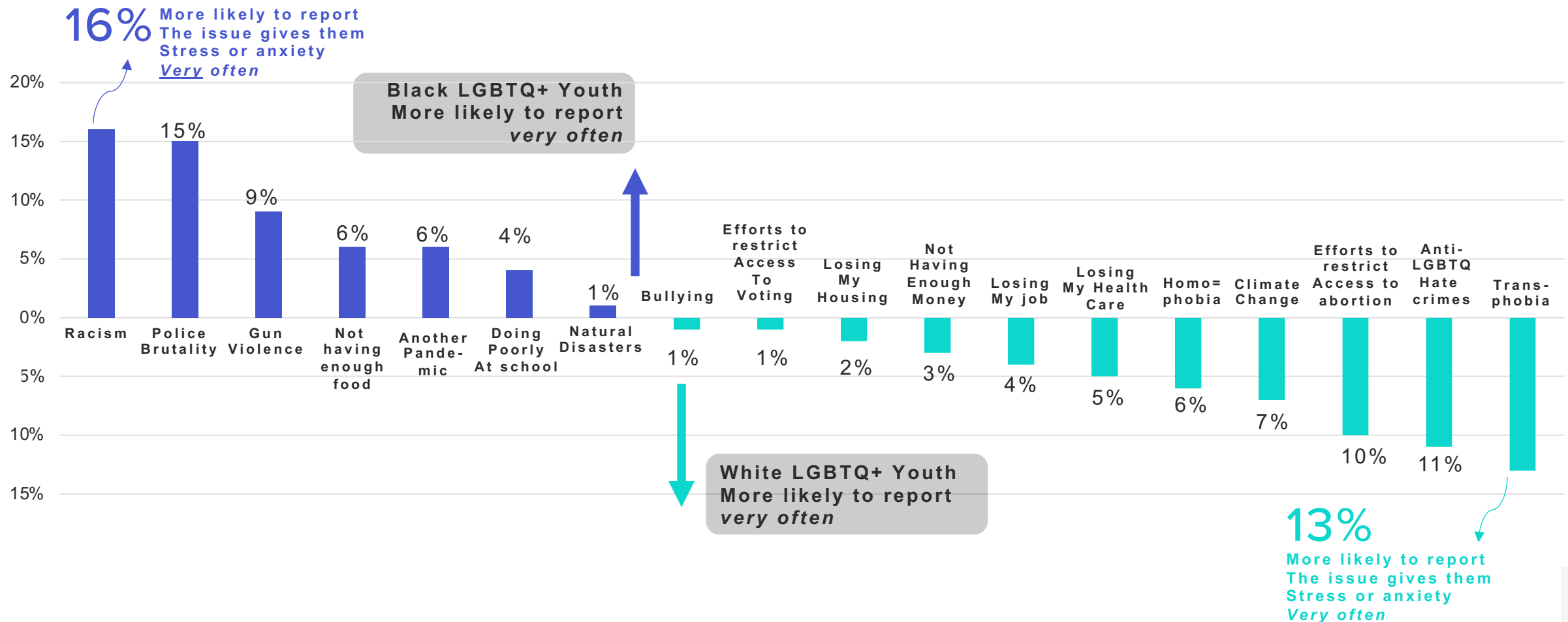


Total Often = Very + Somewhat often

**GENERAL ISSUE LANDSCAPE**

Black LGBTQ youth are disproportionately more likely to report that *racism* (16%), *police brutality* (15%), and *gun violence* (9%) cause them stress/anxiety *very often*. Conversely, white LGBTQ youth are more likely to report that *transphobia* (13%), *anti-LGBTQ hate crimes* (11%), and *efforts to restrict abortion access* (10%) cause them stress/anxiety *very often*.

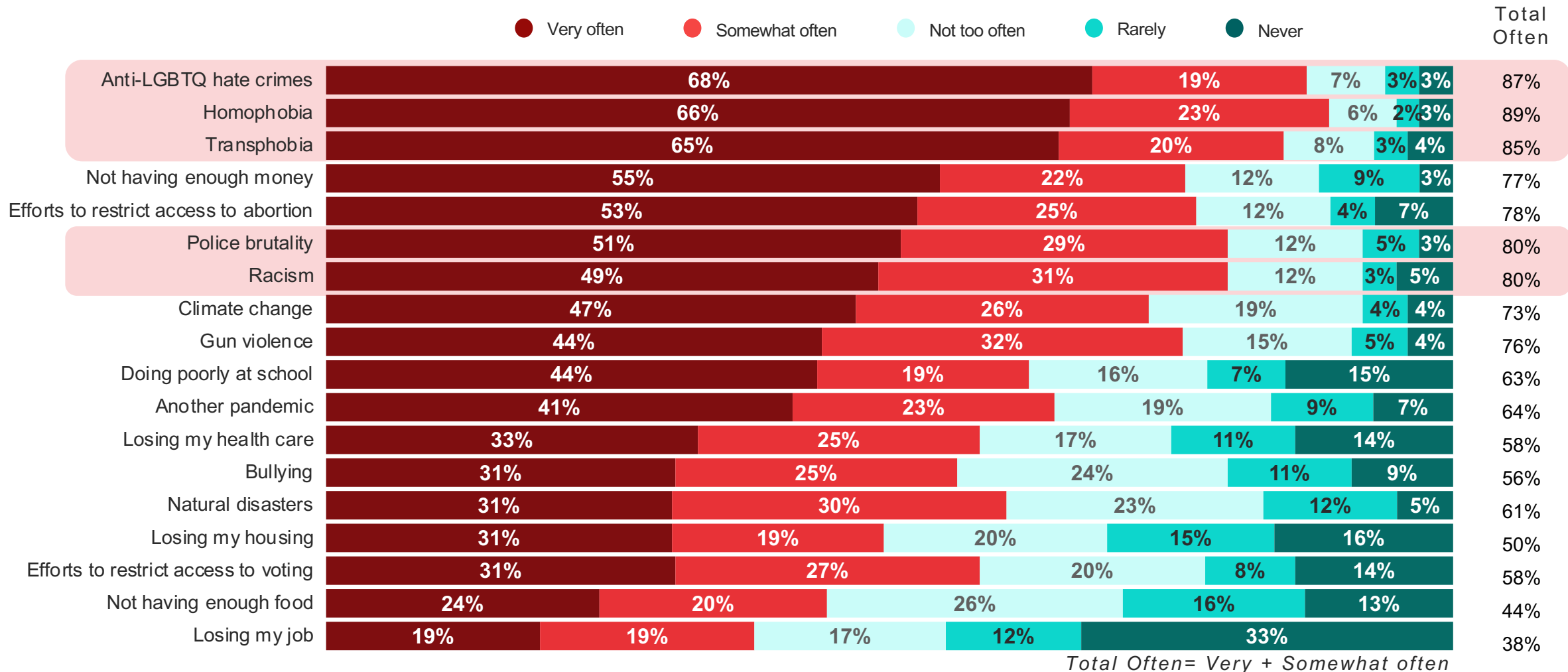
How often, if at all, do the following issues give you stress or anxiety?



GENERAL ISSUE LANDSCAPE

Four in five transgender and/or non-binary youth report that *anti-LGBTQ hate crimes, homophobia, transphobia, police brutality, and racism* often give them stress or anxiety.

How often, if at all, do the following issues give you stress or anxiety? **Transgender and/or Non-binary Youth**



AGENDA

ISSUES IMPACTING THE TRANSGENDER COMMUNITY

GENERAL ISSUE LANDSCAPE

COVID-19



COVID-19

LGBTQ+ youth, across key demographics, are most likely to feel *stressed* and/or *nervous* about the upcoming school year amid COVID-19. Additionally, transgender and/or non-binary youth are more likely than cisgender LGBTQ+ youth to report feeling *tired*, *unsure*, *scared*, and *lonely* about the upcoming school year.

Thinking about the upcoming school year amid the ongoing COVID-19 pandemic, which of the following emotions describe how you feel? Please select all that apply.

	LGBTQ Youth	Cis- LGBTQ+ Youth	Transgender and/or Non-binary Youth	Black LGBTQ+ Youth	White LGBTQ+ Youth	LGBTQ+ Self-ID Boy/Man	LGBTQ+ Youth Self-ID Girl/ Woman
Stressed	50%	45%	55%	44%	52%	46%	52%
Nervous	40%	35%	44%	30%	42%	39%	36%
Tired	36%	29%	43%	29%	37%	32%	32%
Unsure	33%	29%	37%	29%	34%	28%	31%
Scared	28%	24%	31%	23%	29%	23%	30%
Lonely	25%	20%	29%	18%	27%	21%	23%
Confused	22%	18%	28%	16%	24%	17%	21%
Sad	21%	19%	25%	19%	22%	21%	19%
Helpless	19%	15%	23%	16%	20%	17%	20%
Hopeless	18%	15%	21%	13%	20%	17%	18%
Angry	11%	10%	13%	9%	12%	10%	12%
Hopeful	11%	12%	10%	11%	12%	11%	11%
Motivated	8%	8%	8%	7%	8%	7%	8%
Excited	5%	6%	4%	4%	6%	4%	5%
Happy	3%	3%	4%	4%	3%	2%	2%
Inspired	3%	3%	3%	3%	3%	3%	2%
None of the above	6%	6%	6%	4%	7%	8%	6%

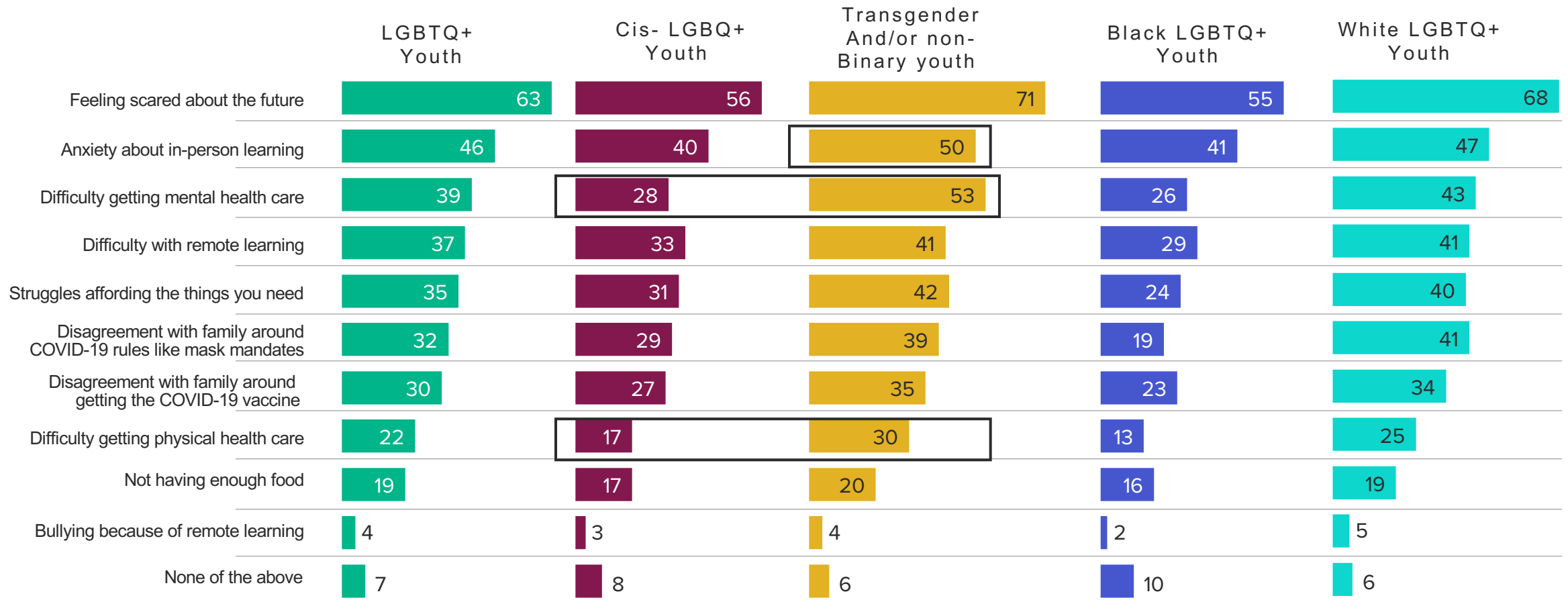


\*Ranked by LGBTQ+ Youth Column\*

COVID-19

Transgender and/or non-binary youth disproportionately report having difficulty getting mental health care compared to cisgender-LGBTQ+ youth and the overall sample. Nevertheless, LGBTQ+ youth tend to report feeling scared about the future and having anxiety about in-person learning amidst the COVID-19 pandemic. Transgender and/or non-binary youth are nearly 1.9x more likely than cis-LGBTQ+ youth to report having *difficulty getting mental health care*.

Which of the following have you experienced amid the ongoing coronavirus (COVID-19) pandemic? Please select all that apply.





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