Dr. Henry's LGBT Health Blog

I started this LGBT health blog to promote issues in LGBT Health and improve patient care. I hope you find the links and information helpful and informative. Let me know if you have health questions and I will try to answer them for you or direct you to a resource.
Our PRIDE Clinic Staff

Sunday, October 3, 2010

LGBT Youth Suicide and Bullying

By now, many of you may have heard about the tragic deaths of several youth across the United States in the month of September. Homophobia and heterosexism still drive many youth to feel such despair that they feel that suicide is the only way out. Unfortunately this is not a new phenomenon. Despite increased visibility of Gay and Lesbian characters in the media in shows like GLEE, nine out of 10 students still report experiencing bullying based on their real or perceived sexual orientation, gender identity or gender expression(1).

In 2008, Caitlin Ryan published an article in the medical journal Pediatrics which demonstrated the deleterious effects that negative parental messages to Lesbian, Bisexual and Gay youth have on self-esteem and self-efficacy for self-care(2). Lack of support at home, combined with anti-LGBT messages from religious, spiritual, social and secular institutions leaves little support for youth with emerging sexual identities.

However, these trends do not have to continue and there are many ways that you can support LGBT youth. You can be the trusted adult that a youth can confide in and obtain support. You can become an active member in one of many organizations that promote a safe environment in schools and universities. You can work with organizations which offer support to LGBT youth in crisis. You can use your right to vote and support anti-bullying legislation. Most of all, you can be visible and share your story with youth and let them know that it does get better.

Dan Savage—sex-positive author, columnist and web podcaster—recently started a project on Youtube, "It Gets Better." On this
Youtube site, Savage invites Lesbian, Gay, Bisexual and Transgender adults to share their stories and to let youth know that "it does get better" and that suicide is not the answer. I invite you to do the same. The safety and well-being of our LGBT youth is directly related to our future.

References:


2. Ryan C, Huebner D, Diaz RM, Sanchez J. Family Rejection as a Predictor of Negative Health Outcomes in White and Latino Lesbian, Gay, and Bisexual Young Adults. Pediatrics 2009; 123; 346-352

Resources:

Dan Savage's "It Gets Better" Project:

http://www.youtube.com/user/itgetsbetterproject

Stop Bullying Now website:

The Trevor Project website:
http://www.thetrevorproject.org/

Parents, Families and Friends of Lesbians and Gays website:

The Gay Lesbian & Straight Education Network:
http://www.glsen.org/cgi-bin/iowa/all/home/index.html

Posted by Henry Ng, MD FAAP FACP at 8:06 AM

0 COMMENTS:

POST A COMMENT
Metro Youth Outreach with Judy Shepard

Anniversary 2008
LGBT Health Centers and Services

- Callen-Lorde Community Health - NY, NY
- Chase Brexton Health Services, Inc. - Baltimore, MD
- Fenway Health - Boston, MA
- Gouverneur LGBT Health Services - NY, NY
- Hartford Gay and Lesbian Health Collective - Hartford, CT
- Howard Brown Health Center - Chicago, IL
- Legacy Community Health - Houston, TX
- Los Angeles Gay and Lesbian Center - Los Angeles, CA
- Tapestry Health - Springfield, MA
- The Mazzoni Center - Philadelphia, PA
- Whitman-Walker Clinic - Washington, DC

Professional LGBT Health Webpages and Resources

- American Academy of Family Physicians - GLBT Resources
- American Academy of Pediatrics - Gay, Lesbian and Bisexual Teens in your Practice
- American Academy of Physician Assistants - LGBT Caucus
- American College of Physicians, Fenway Guide - Resources for Clinicians and Patients
- American Medical Association - GLBT Advisory Committee (AMA-GLBT)
- American Psychological Association - Guidelines for Psychotherapy for Gay, Lesbian and Bisexual Clients
- Association of Gay and Lesbian Psychiatrists
- Gay Lesbian Medical Association
- Healthy Children - Gay and Lesbian Teens
- Healthy Children - Gay Parents

...blogspot.com/.../lgbt-youth-suicide-a...
Cleveland Area LGBT Resource and Health Links

- AIDS Taskforce of Greater Cleveland
- Antone Feo and Associates
- Case Western University LGBT resources
- Cleveland Department of Public Health
- LGBT Center of Greater Cleveland
- PFLAG Cleveland
- Positively Cleveland
- Proyecto Luz
- The Center for Marital and Sexual Health
- Transfamily

Affirming LGBT Youth links

- Advocates for Youth
- The Trevor Project
- Matthew Shepard Foundation

Patient Health Question Sites

- Medpedia
- Netwellness

My Favorite LGBT Health links

- American Public Health Association - LGBT Health Links
- Bisexual Resource Center
- Centers for Disease Control LGBT Health
- Gay American Smokeout
- LGBT Cancer Project - Out With Cancer
- Medline Plus - Gay Lesbian Transgender Health
- Parents, Families & Friends of Lesbians and Gays
- The National Coalition for LGBT Health
- The PRIDE Clinic at MetroHealth Medical Center
- Transgender Care
Transkids Purple Rainbow