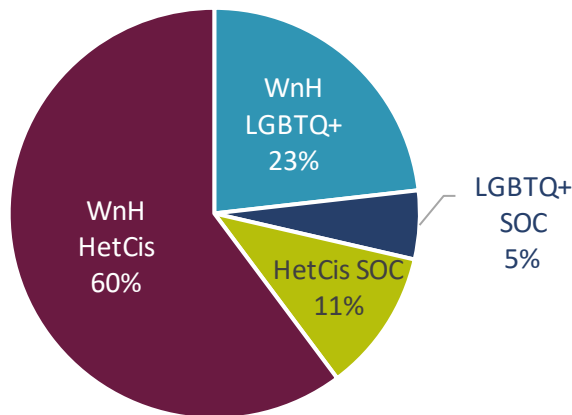


LGBTQ+ Students of Color (SOC) often experience the combined effects of systemic racism, homophobia, and/or transphobia. These students experience health risks at levels higher than their white non-Hispanic or heterosexual cisgender peers.^a This brief focuses on the experiences of Vermont LGBTQ+ Students of Color in high school to better understand the impact of race and sexual orientation and gender identity on behavior and outcomes.^b Results from this report may help inform development and implementation of inclusive and responsive programming, including Gender and Sexuality Alliances (GSAs), ethnic and cultural clubs, and specialized curriculum to support sexual and gender diverse Students of Color.^c

Overall, 60% of high school students identified themselves as **white non-Hispanic heterosexual cisgender** (WnH HetCis), 23% as **white non-Hispanic LGBTQ+** (WnH LGBTQ+), 11% as **heterosexual cisgender Students of Color** (HetCis SOC), and 5% as **LGBTQ+ Students of Color** (LGBTQ+ SOC).

Vermont High School Student Population



KEY FINDINGS

- **Half of all LGBTQ+ Students of Color feel that they are treated unfairly due to their race, ethnicity, sexual orientation, or gender.**
- **Only one in five LGBTQ+ Students of Color report getting the help they need for emotional problems.**
- **One in five LGBTQ+ Students of Color report attempting suicide in the past year.**
- **LGBTQ+ Students of Color are significantly less likely than their peers to feel like they matter to people in their community.**

^a [2024 Black LGBTQ+ Youth Report \(Human Rights Campaign\)](#)

^b **Data Notes:** In the 2021 Youth Risk Behavior Survey, Students of Color identify themselves as Hispanic/Latino, and/or Black, American Indian/Alaskan Native, Asian, Native Hawaiian/ Pacific Islander, or multiple races. LGBTQ+ students identify themselves as lesbian, gay, bisexual, transgender or questioning their gender, questioning or an additional sexual orientation. Throughout this report, sexual orientation and gender identity, as well as race and ethnicity have been aggregated into the categories of LGBTQ+ and Cisgender Heterosexual, Students of Color and white non-Hispanic students, to make statistical comparisons among groups and to protect student anonymity. We acknowledge that meaningful differences exist among the subpopulations within these groupings and recognize these data as only a starting point in understanding the whole story of health among these populations.

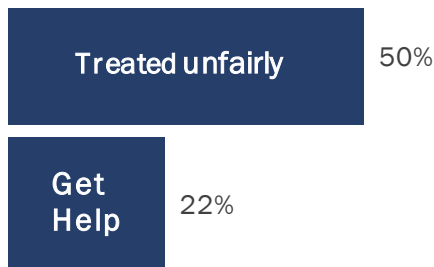
^c [New Research Details How to Support LGBTQ Youth of Color, Who Face Racism, Homophobia, and Transphobia in Schools \(glsen.org\)](#)

LGBTQ+ High School Students of Color

While this brief focuses on the experiences of **LGBTQ+ Students of Color**, **statistical differences also exist between other various groups of students**. All data for the measures in this brief by sexual orientation and gender identity and race and ethnicity are included in the Appendix at the end of the document.

Discrimination and Unfair Treatment, Getting Help

LGBTQ+ Students of Color feel they are treated unfairly, unlikely to get emotional support.



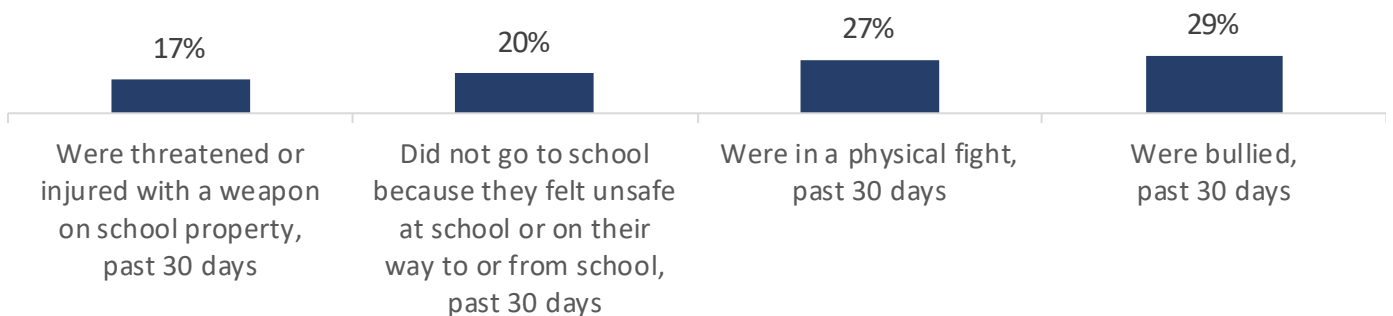
Half of all **LGBTQ+ Students of Color** feel they are treated unfairly due to their race, ethnicity, age, sexual orientation or gender.

About one in five **LGBTQ+ Students of Color** (22%) report receiving emotional support, with just over one in five reporting that, “most of the time or always,” they get the help they need when they feel sad, empty, hopeless, angry, or anxious.

Physical Violence and Safety

LGBTQ+ Students of Color experience violence and physical threats to safety. During the past 30 days, nearly one in three **LGBTQ+ Students of Color** were bullied (29%) or in a physical fight (27%). One in five (20%) did not go to school at least once in the last 30 days because they felt unsafe at or on the way to school, while one in six (17%) reported being threatened with a weapon on school grounds in the past 30 days.

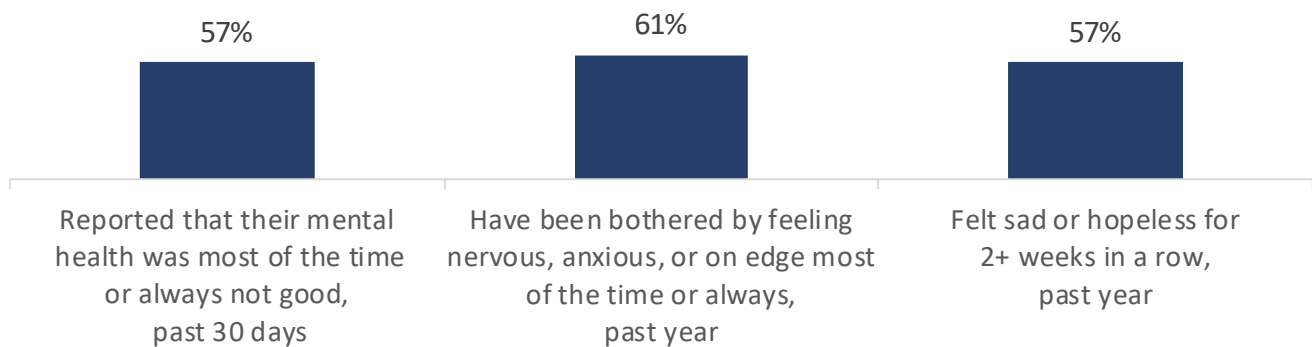
LGBTQ+ Students of Color experience bullying, physical violence and threats to safety.



Mental Health

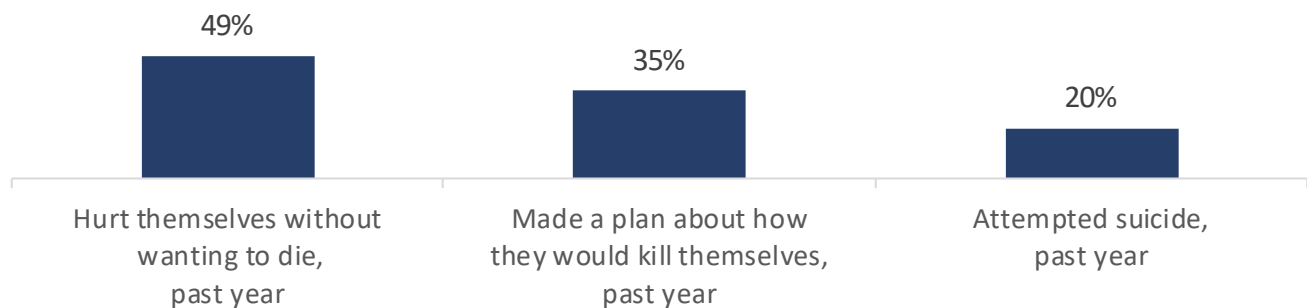
The majority of **LGBTQ+ Students of Color** report poor mental health outcomes, regardless of the measure. About six in ten **LGBTQ+ Students of Color** (57%) said their mental health in the last 30 days was “not good” most or all of the time. Similarly, in the past year, 61% were bothered by feelings of nervousness, anxiety or “being on edge” and 57% felt so sad or hopeless for two or more weeks in a row that they stopped doing usual activities.

Poor mental health, persistent sadness, and anxiety among LGBTQ+ Students of Color.



Half of all **LGBTQ+ Students of Color** (49%) have purposely hurt themselves without wanting to die. A third (35%) made a plan about how they would kill themselves, while one in five **LGBTQ+ Students of Color** (20%) attempted suicide in the past year.

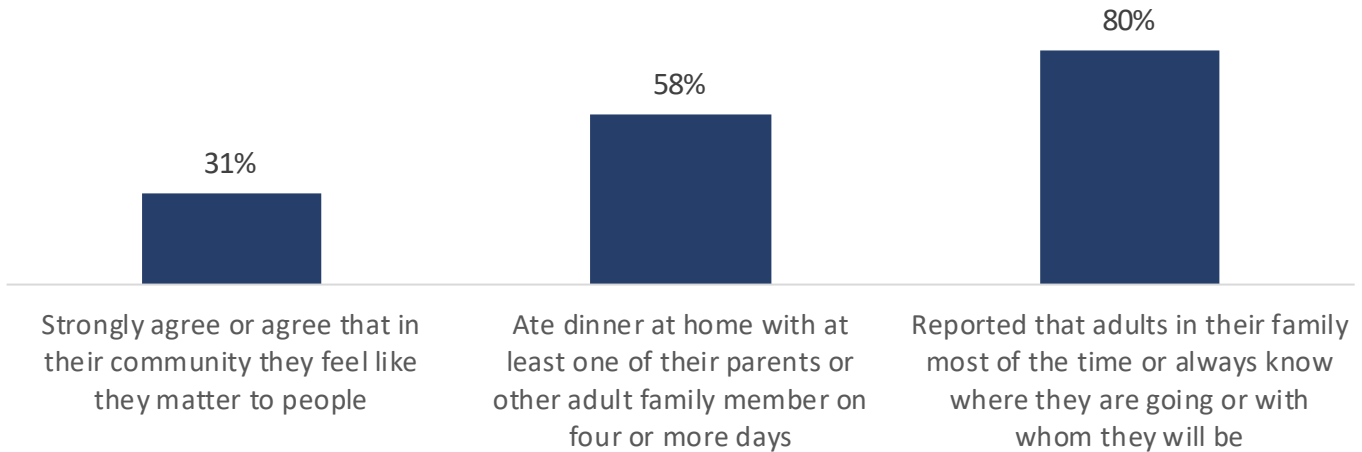
Suicidality and self-harm are common among LGBTQ+ Students of Color.



Family, School, and Community Connectedness

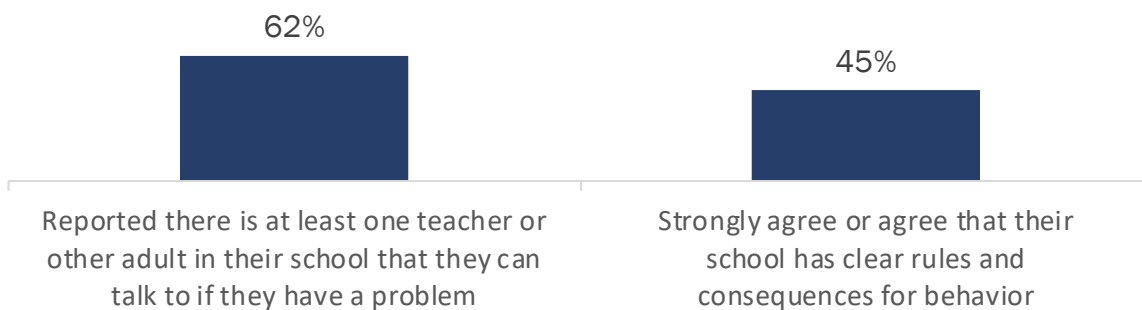
Most **LGBTQ+ Students of Color** (58%) ate dinner at home with at least one parent four or more days in the past week, and the majority (80%) agree that their parents or other guardians know where they are going and with whom they'll be most of the time or always. However, only about a third (31%) of **LGBTQ+ Students of Color** believe they matter to people in their community.

LGBTQ+ Students of Color are connected with their families but may not feel as connected with their communities.



About two-thirds of **LGBTQ+ Students of Color** (62%) have an adult to talk to at school. However, less than half (45%) believe their school has clear rules and consequences.

LGBTQ+ Students of Color have school staff support, may not believe school has clear behavioral rules.



For More Information

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About the YRBS: Healthvermont.Gov/YRBS

LGBTQ+ High School Students of Color

Appendix

	LGBTQ+ Students of Color #	WNH LGBTQ+ *	HetCis Students of Color @	WNH HetCis ^
Treated unfairly due to their race, ethnicity, age, sexual orientation or gender	50%*@^	34%#@^	26%#*^	9%#*@
Threatened or injured with weapon on school property (past 30 days)	17%*@^	8%#^	7%#	6%#*
Did not go to school because felt unsafe at or on way to school (past 30 days)	20%*@^	13%#@^	8%#*	6%#*
Were in a physical fight (past 30 days)	27%*@^	14%#@	21%#*^	15%#@
Bullied (past 30 days)	29%@^	25%@^	13%#*	13%#*
Mental Health not good most of the time or always (past 30 days)	57%@^	59%@^	26%#*	27%#*
Most of the time or always bothered by feeling nervous, anxious, or on edge (last 12 months)	61%@^	62%@^	27%#*	27%#*
Felt sad or hopeless for 2+ weeks in a row (last 12 months)	57%*@^	50%#@^	25%#*^	21%#*@
Ever done something to purposely hurt themselves without wanting to die	49%@^	45%@^	14%#*	13%#*
Ever made a plan about how they would kill themselves	35%*@^	27%#@^	10%#*^	8%#*@
Ever tried to kill themselves	20%*@^	13%#@^	7%#*^	4%#*@
Always or Most of the time get the help they need when they feel sad, empty, hopeless, angry, or anxious	22%*@^	26%#@^	31%#*^	38%#*@
Strongly agree or agree matter to people in community	31%*@^	38%#@^	54%#*^	59%#*@
At dinner at home with at least one parent/adult family member on 4+ days	58%*@^	69%#@^	73%#*^	79%#*@
Reported that their parents or other adults in their family most of the time or always know where they are going or with whom they will be	80%*@^	89%#@	86%#*^	90%#@
Have at least one teacher/adult in school can talk to if have a problem.	62%^	66%^	66%^	73%
Strongly agree or agree that their school has clear rules and consequences for behavior	45%@^	44%@^	60%#*	59%#*

#Statistically different from LGBTQ+ Students of Color

*Statistically different from WNH LGBTQ+

@Statistically different from HetCis Students of Color

^Statistically different from WNH HetCis