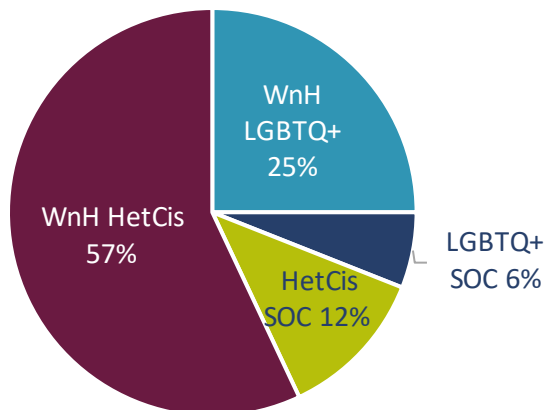


LGBTQ+ Students of Color (SOC) often experience the combined effects of systemic racism, homophobia, and/or transphobia. These students experience health risks at levels higher than their white non-Hispanic or heterosexual cisgender peers.^a This brief focuses on the experiences of Vermont LGBTQ+ Students of Color in middle 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, 57% of middle school students identify as **white non-Hispanic heterosexual cisgender** (WnH HetCis), 25% as **white non-Hispanic LGBTQ+** (WnH LGBTQ+), 12% as **heterosexual cisgender Students of Color** (HetCis SOC), and 6% as **LGBTQ+ Students of Color** (LGBTQ+ SOC).

Middle School Student Population



KEY POINTS

- **Half of LGBTQ+ Students of Color have ever been in a physical fight and four in ten were bullied in the last 30 days.**
- **About half of LGBTQ+ Students of Color report poor mental health outcomes.**
- **LGBTQ+ Students of Color think about suicide (44%) and participate in self-harm (41%). Nearly two in ten have tried to kill themselves (18%).**
- **Most LGBTQ+ Students of Color regularly eat dinner with their families (73%) and have a teacher or adult in school they feel comfortable talking to (57%).**

^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 \(glsen.org\)](#)

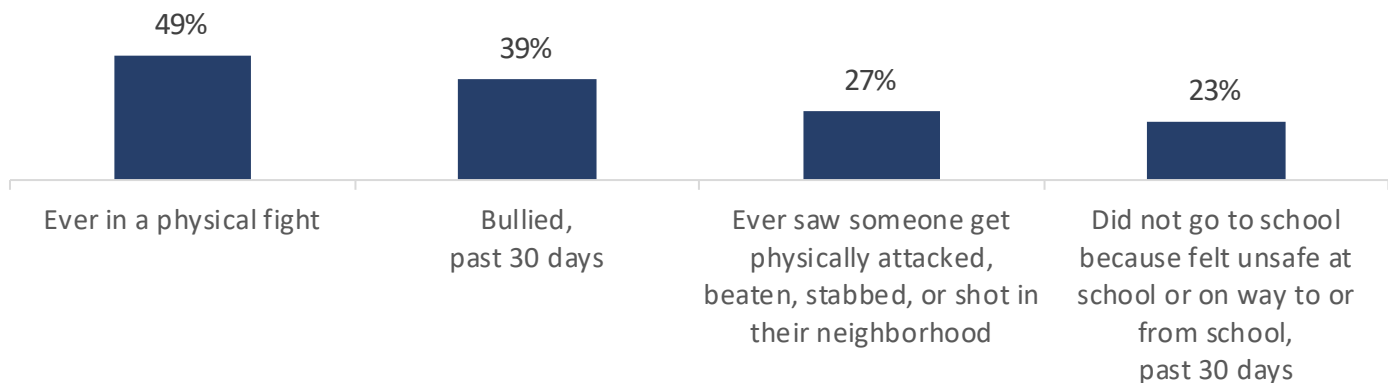
LGBTQ+ Middle School Students of Color

While this brief focuses on the experiences of **LGBTQ+ Students of Color**, **statistical differences also exist between other various groups of students**. Additional 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.

Physical Violence and Safety

Nearly half of all **LGBTQ+ Students of Color** (49%) have ever been in a physical fight and about a quarter (27%) have ever seen someone be physically attacked, beaten, stabbed or shot in their neighborhood. In the past 30 days, nearly two in five (39%) were bullied; 23% did not go to school at least one time because they felt unsafe at or on the way to school.

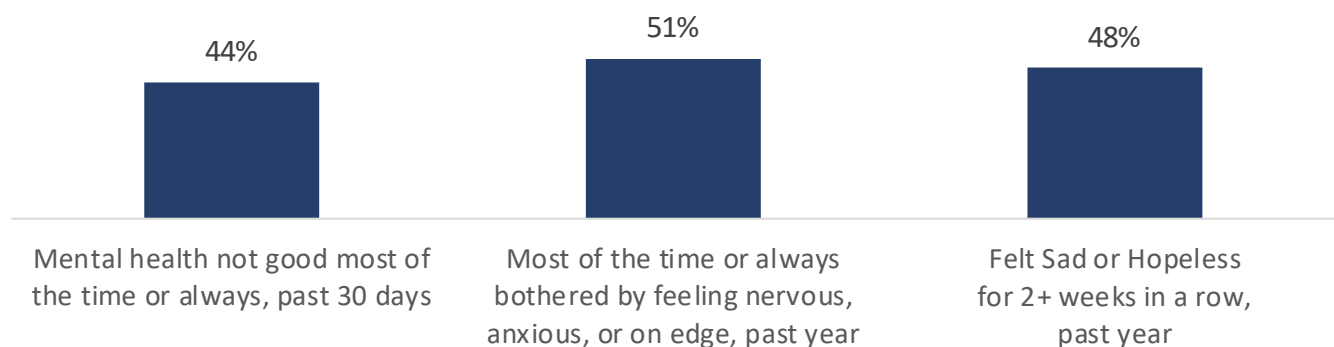
LGBTQ+ Students of Color experience physical violence and threats to safety.



Mental Health

About half of **LGBTQ+ Students of Color** report poor mental health outcomes, regardless of the measure. Forty-four percent of **LGBTQ+ Students of Color** said their mental health in the last 30 days was “not good” most or all of the time. About half (48%) felt sad or hopeless for two or more weeks in a row during the last year and 51% were bothered by feelings of nervousness, anxiety or “being on edge” in the last year.

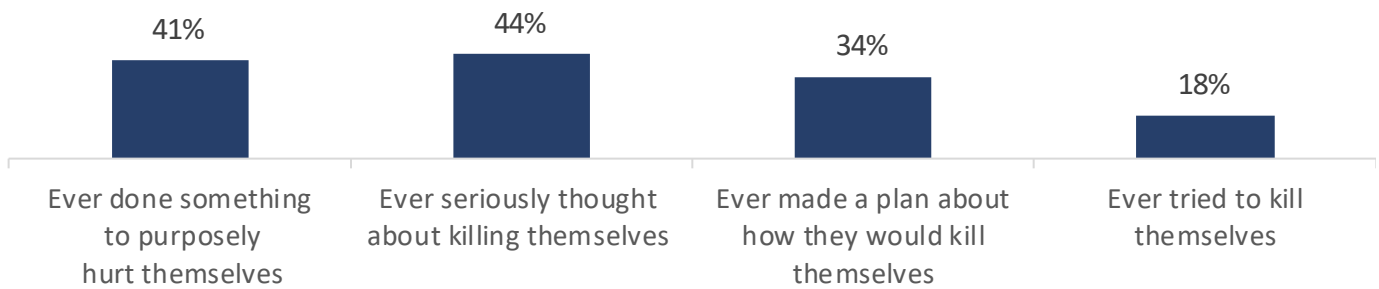
Half of LGBTQ+ Students of Color report poor mental health outcomes.



LGBTQ+ Middle School Students of Color

LGBTQ+ Students of Color also indicate thoughts and actions associated with self-harm and suicidal ideation. Four in ten (41%) have purposely hurt themselves without wanting to die. Forty-four percent have seriously thought about killing themselves, while a third (34%) have made a plan about how they would kill themselves. Nearly two in ten (18%) have tried to kill themselves.

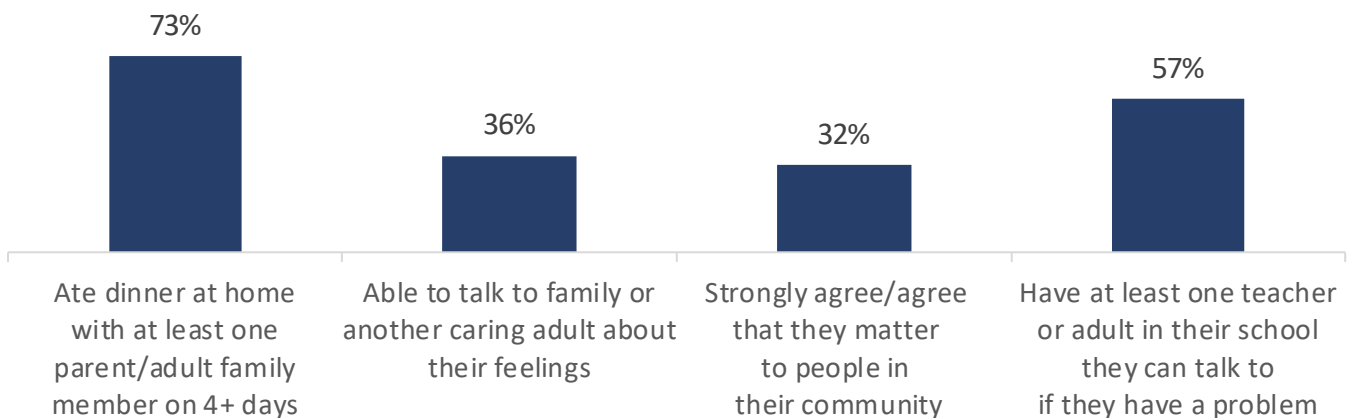
LGBTQ+ Students of Color report self-harm and suicidal ideation.



Family and Community Connectedness

Most (73%) **LGBTQ+ Students of Color** ate dinner at home with at least one parent four or more days in the past week. However, only about a third (36%) have a family member or other adult they feel they can talk to about their feelings. A third of **LGBTQ+ Students of Color** (32%) report they agree or strongly agree they matter in their community and 57% have at least one teacher or adult in their school they can talk to if they have a problem.

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



For More Information

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For more information about the YRBS: HealthVermont.Gov/YRBS

Appendix

	LGBTQ+ Students of Color	WNH LGBTQ+	HetCis Students of Color	WNH HetCis
Ever in physical fight	49%*^	38%#@	46%*^	37%#@
Ever saw someone physically Attacked, Beaten, or Stabbed in Neighborhood	27%*@^	15%#^	18%#^	10%#**@
Did not go to school because felt unsafe at or on way to school (30 days)	23%*@^	15%#^	11%#^	7%#**@
Bullied (30 days)	39%#@^	36%#@^	20%#**	18%#**
Mental Health not good most of the time or always (30 days)	44%#@^	43%#@^	18%#**^	14%#**@
Most of the time or always bothered by feeling nervous, anxious, or on edge (last 12 months)	51%#@^	45%#@^	18%#**	16%#**
Felt sad or hopeless for 2+ weeks in a row (last 12 months)	48%*@^	39%#@^	20%#**^	14%#**@
Ever done something to purposely hurt themselves without wanting to die	41%#@^	38%#@^	15%#**^	10%#**@
Ever seriously thought about killing themselves	44%*@^	34%#@^	14%#**^	11%#**@
Ever made a plan about how they would kill themselves	34%*@^	26%#@^	12%#**^	7%#**@
Ever tried to kill themselves	18%*@^	13%#@^	6%#**^	3%#**@
At dinner at home with at least one parent/adult family member on 4+ days	73%*@^	81%#@^	86%#**^	91%#**@
Able to talk to family/another caring adult about feelings	36%*@^	43%#@^	59%#**^	68%#**@
Strongly agree/agree matter to people in community	32%#@^	35%#@^	58%#**^	64%#**@
Have at least one teacher/adult in school can talk to if have a problem.	57%*^	59%#@^	68%*	70%#**

#Statistically different from LGBTQ+ Students of Color

*Statistically different from WNH LGBTQ+

@Statistically different from HetCis Students of Color

^Statistically different from WNH HetCis