

NO MORE LGBT SUICIDES:
DISCUSSING BULLYING AND
SUICIDE RISK

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OBJECTIVES

- ❖ Objectives for my presentation:
 - ❖ Discuss definitions of sexual orientation and behavior.
 - ❖ Describe the spectrum of sexuality in the population.
 - ❖ Identify that sexual orientation is not a choice.
 - ❖ Describe how bullying can lead to LGBT suicide.
 - ❖ Identify ways to help reduce LGBT suicide.
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SEXUAL ORIENTATION DEFINITION

- ❖ Sexual Orientation Definition:
- ❖ Sexuality: homosexual, heterosexual, and bisexual.



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DEFINITIONS

❖ S.O. definition: defined by thoughts, fantasies and dreams.

❖ homosexual

❖ bisexual

❖ heterosexual

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DEFINITIONS

- ❖ Transgender: Gender identity or gender expression differs from the sex assigned at birth.
- ❖ Transgender and sexual orientation are independent of one other.



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SEXUAL ORIENTATION VS. BEHAVIOR

❖ Sexual orientation refers to a person's erotic response tendency.



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KINSEY STUDY

- ❖ Sexual Behavior in the Human Male in 1948.
- ❖ Sexual Behavior in the Human Female in 1953.
- ❖ Indicated broad spectrum of sexual orientation.

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BISEXUALITY: IS SEXUALITY AN EITHER/OR?

- ❖ Alfred Kinsey developed a spectrum of sexuality scale.
- ❖ Heterosexual - Homosexual Rating Scale.
- ❖ Scale was 0 to 6 with 0: exclusively heterosexual and 6: exclusively homosexual.

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BISEXUALITY: IS SEXUALITY AN EITHER/OR?

❖ Among bisexuality findings:

❖ 10% of males in the sample were rated 4, 5, or 6 (predominantly homosexual).

❖ 11.6% of white males were given a rating of 3.

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BISEXUALITY: IS SEXUALITY AN EITHER/OR?

- ❖ About 20% of males interviewed had thoughts, fantasies, and dreams towards both genders or the same gender.
- ❖ Our thoughts, fantasies, and dreams are not chosen.

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KINSEY FINDINGS

- ❖ **Kinsey's study confirmed sexual orientation is a broad spectrum of degrees of bisexuality.**



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ORIENTATION IS NOT A CHOICE

- ❖ No one chooses their sexual orientation.
- ❖ Sexual orientation is not changeable.
- ❖ A person can choose their sexual behavior.

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BULLYING AND
SUICIDE RISK

BULLYING

- ❖ Definition of bullying

- ❖ to harm

- ❖ induce fear

- ❖ create terror

THREE ELEMENTS

- ❖ Bullying always includes three elements
 - ❖ Imbalance of power
 - ❖ Intent to harm
 - ❖ Threat of further aggression

THREE ELEMENTS

- ❖ Bullying always includes three elements
 - ❖ Imbalance of power
 - ❖ Intent to harm
 - ❖ Threat of further aggression
 - ❖ Can result in **terror**

BULLYING

❖ Types of Bullying

❖ verbal, exclusion, physical

❖ sexual orientation or behavior

BULLYING

❖ Bullying

❖ Result of shame

❖ Group power dynamic

❖ Social process

DEADLY COMBINATION

- ❖ Bully gets what he wants
- ❖ Target afraid
- ❖ Bystanders do not help
- ❖ Adults seeing bullying as teasing

ROLE OF BYSTANDER

- ❖ School is community stage
- ❖ Bystanders play role in behavior of bullier

BULLYING AND SUICIDE

- ❖ LGBT bullying is widespread.
- ❖ LGBT youth: Higher rates of mental health issues, drug or alcohol abuse, and thoughts of suicide.

HOSTILE CLIMATE FOR LGBT YOUTH

- ❖ According to GLSEN's 2009 National School Climate Survey:
- ❖ 89% heard "gay" used often in a negative way.
- ❖ 61% felt unsafe at school.
- ❖ 40% were physically harassed.

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- ◆ The following information on suicide was obtained from the 2008 *Suicide Risk and Prevention for LGBT Youth* report.

SUICIDE RATE

- ❖ 8.4% of students grades 9-12 reported having attempted suicide once in the prior year.
- ❖ 30% of LGB youth have considered suicide or have had a suicide attempt.

SUICIDE RATE

- ❖ Transgender rates
 - ❖ Transgender youth showed 45% seriously thought of suicide.
 - ❖ 50% had attempted suicide and 83% had suicidal ideations at one point in their life.

SUICIDE INDICATORS

- ❖ The most reliable indicators of suicide risk are **suicidal ideations** and **suicide attempts**.

GENERAL RISK FACTORS

- ❖ Mental disorders
- ❖ Sense of isolation
- ❖ Access to firearms or other lethal means

GENERAL RISK FACTORS

- ❖ Stigma of seeking help
- ❖ Loss of a relationship
- ❖ Low self esteem and feelings of hopelessness

ELEVATED RISK FACTORS OF LGBT SUICIDE

- ❖ LGB orientation and/or gender nonconformity
- ❖ Dropping out of school
- ❖ Bullying and victimization

ELEVATED RISK FACTORS OF LGBT SUICIDE

- ❖ Suicide attempts by LGBT acquaintances
- ❖ Homelessness due to family rejection
- ❖ Substance abuse as a coping mechanism

ELEVATED RISK FACTORS OF LGBT SUICIDE

- ❖ Acknowledging LGB orientation earlier in life
- ❖ Ethnic minority cultures - “triple” minority
- ❖ Living in politically conservative areas

THE TREVOR PROJECT

- ❖ The Trevor Project: The only 24 hour toll free suicide prevention helpline for LGBTQ youth.
- ❖ 1-866-4-U- TREVOR or thetrevorproject.org
- ❖ SUICIDE IS NEVER AN OPTION.

PROTECTIVE FACTORS

- ❖ Access to effective healthcare and community support
- ❖ Strong connectedness to family, parents, & friends
- ❖ Positive role models

PROTECTIVE FACTORS

- ❖ School safety and support network
- ❖ Coping skills and high self-esteem
- ❖ Restricted access to lethal means

WAYS TO PREVENT LGBT SUICIDE

- ❖ Training in life skills
- ❖ Enhancing peer relations
- ❖ Connecting LGBT youth with supportive adults

WAYS TO PREVENT LGBT SUICIDE

- ❖ Helping parents & teachers provide support to LGBT youth
- ❖ Training and educating staff, teachers, colleagues, students, and public on LGBT issues

WAYS TO PREVENT LGBT SUICIDE

- ❖ Discuss the coming out process at an age which youth are starting to come out
- ❖ Institute and enforce non-discrimination and non-harassment policies for all youth.

WAYS TO PREVENT LGBT SUICIDE

- ❖ Stop bullying when you see it - as a teacher, parent, friend, or colleague.
- ❖ Setting stage for someone to come out to you - as a parent, friend or colleague.
- ❖ Supportive church environment. God loves everyone.

SCHOOLS ROLE IN PREVENTING SUICIDE

- ❖ Schools play an important role
- ❖ **Ensure school is safe and supportive of LGBT youth.**
- ❖ **Include specific content about needs of LGBT youth in trainings.**

SCHOOLS ROLE IN PREVENTING SUICIDE

- ❖ Schools play an important role
- ❖ **Include LGBT material in curricula and resources in library.**
- ❖ **Integrate activities that develop life skills to resist at risk behaviors.**

ANTIDOTES TO BULLYING

- ❖ Strong sense of self
- ❖ Being a friend
- ❖ Having a good friend be there for you
- ❖ Successfully joining a supportive group

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