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The health of LGBTQA+ young people in NSW: the role of social context and influencers of wellbeing

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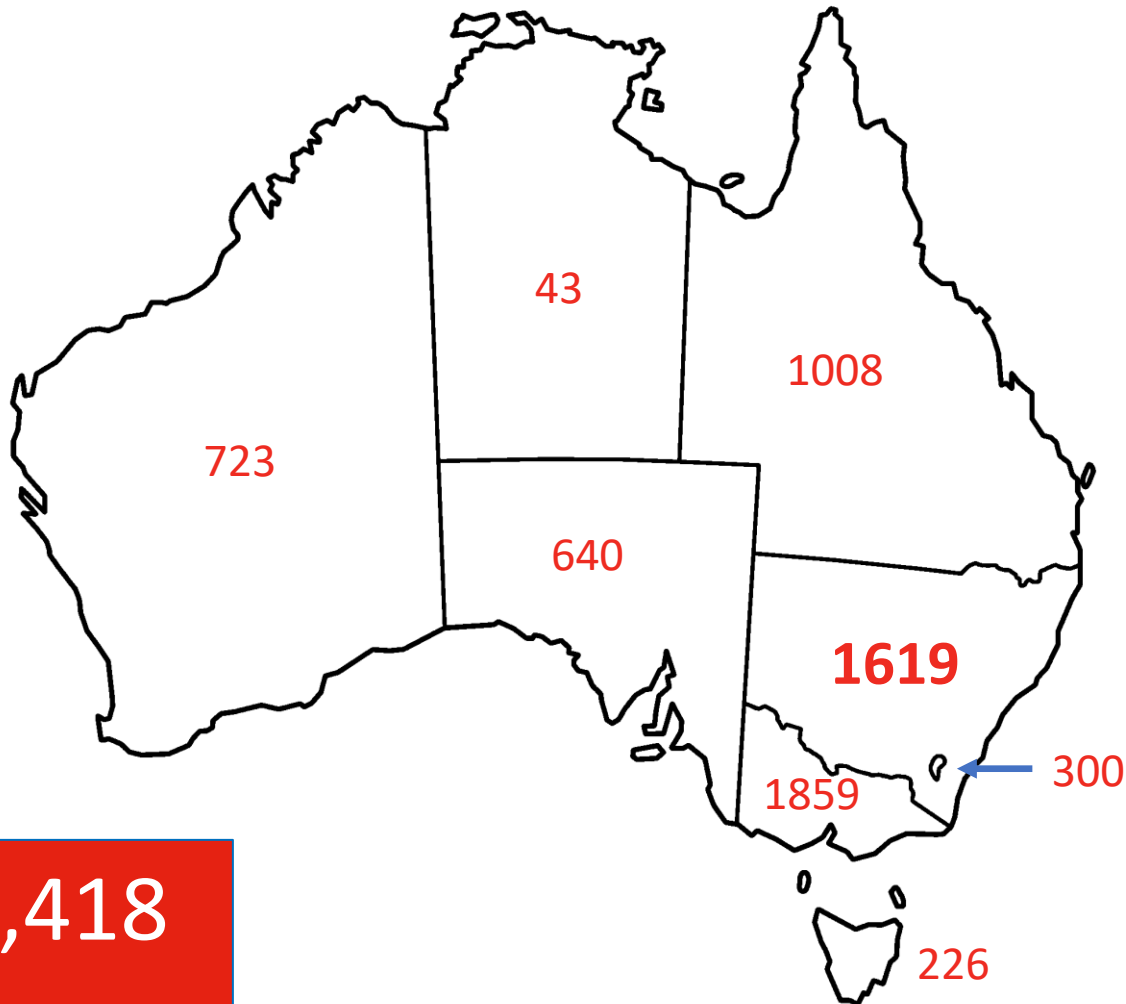
Writing Themselves In 4

Online survey, social media promoted, October 2019



State/territory

Writing Themselves In 4



Total = 6,418
aged 14-21

People with disability
or long term health
condition



- 39.0% (n=2,500)

Multicultural
background



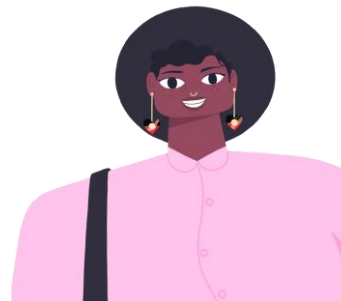
- 35.5% (n=2,498)

Trans and gender
diverse



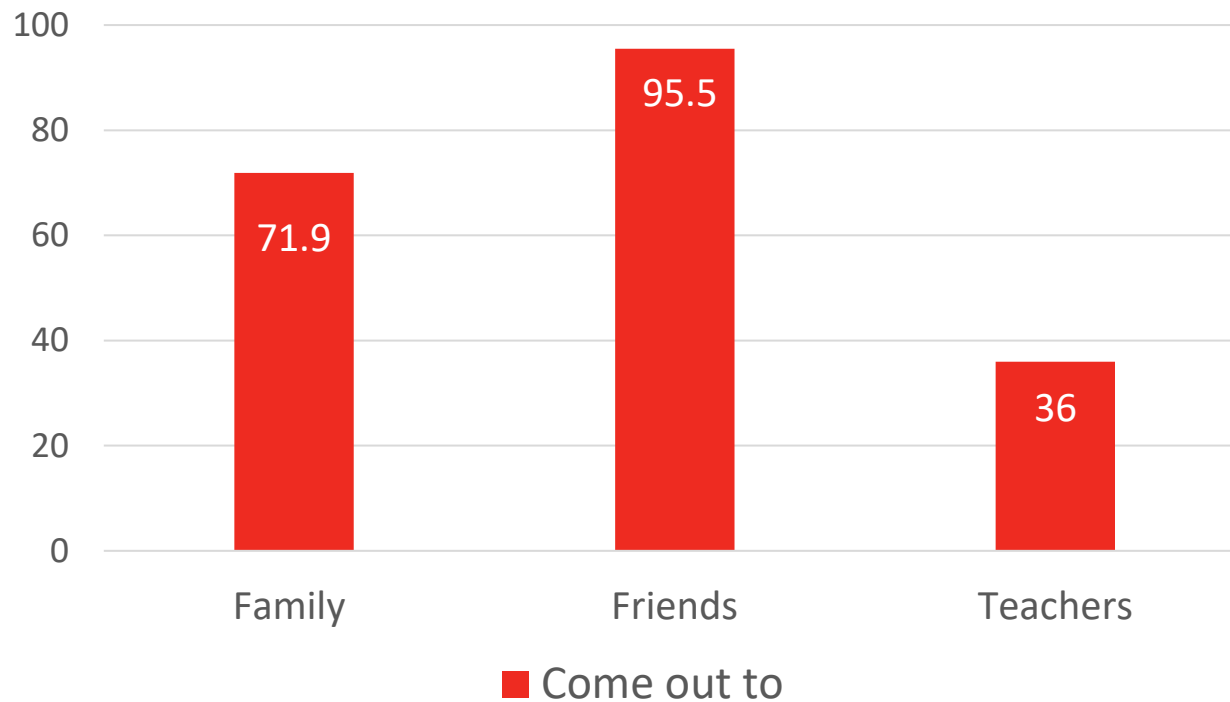
- 26.9% (n=1,697)

Aboriginal and
Torres Strait Islander

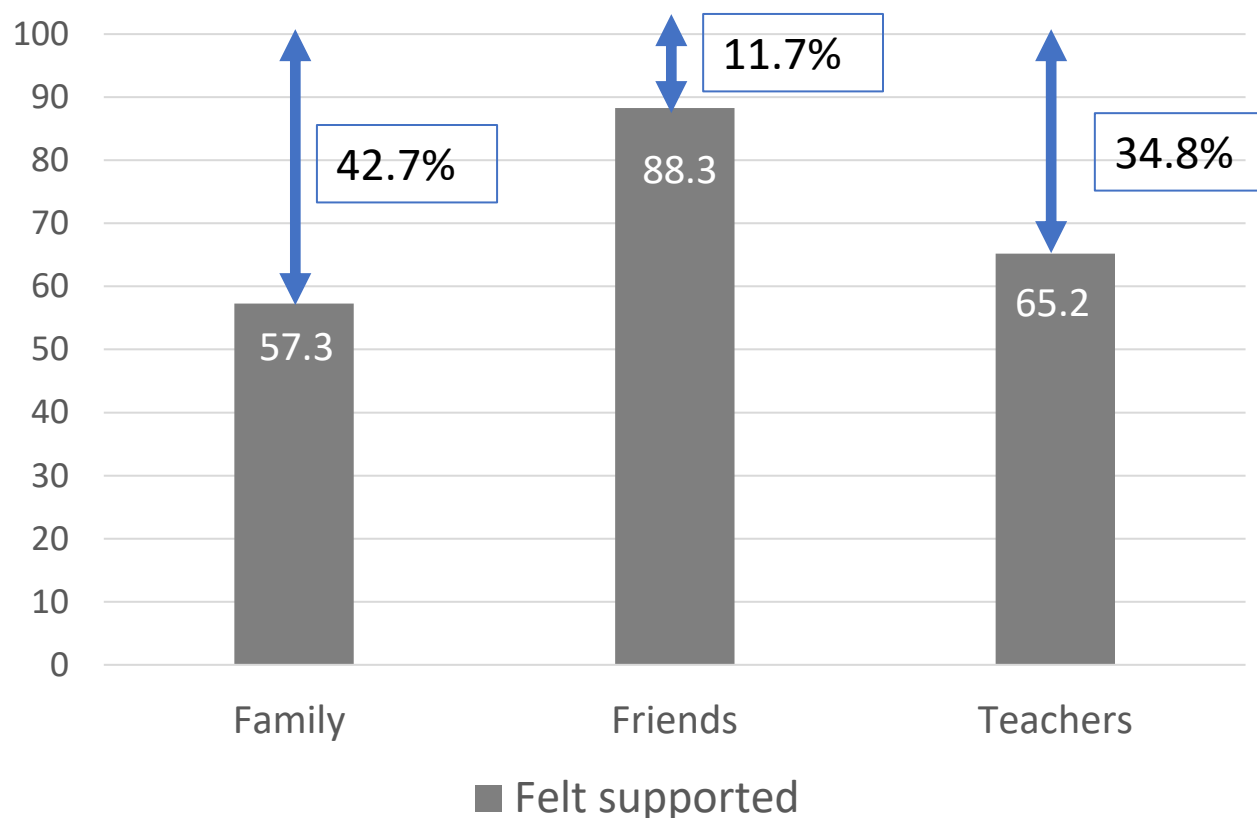


- 4.0% (n=256)

Coming out and feeling supported



Coming out and feeling supported





Mental health

and suicidality

Psychological distress

- **81.5%** of participants in NSW displayed signs of high or very high psychological distress (K10)
- More common among those:
 - living in rural areas
 - trans or gender diverse

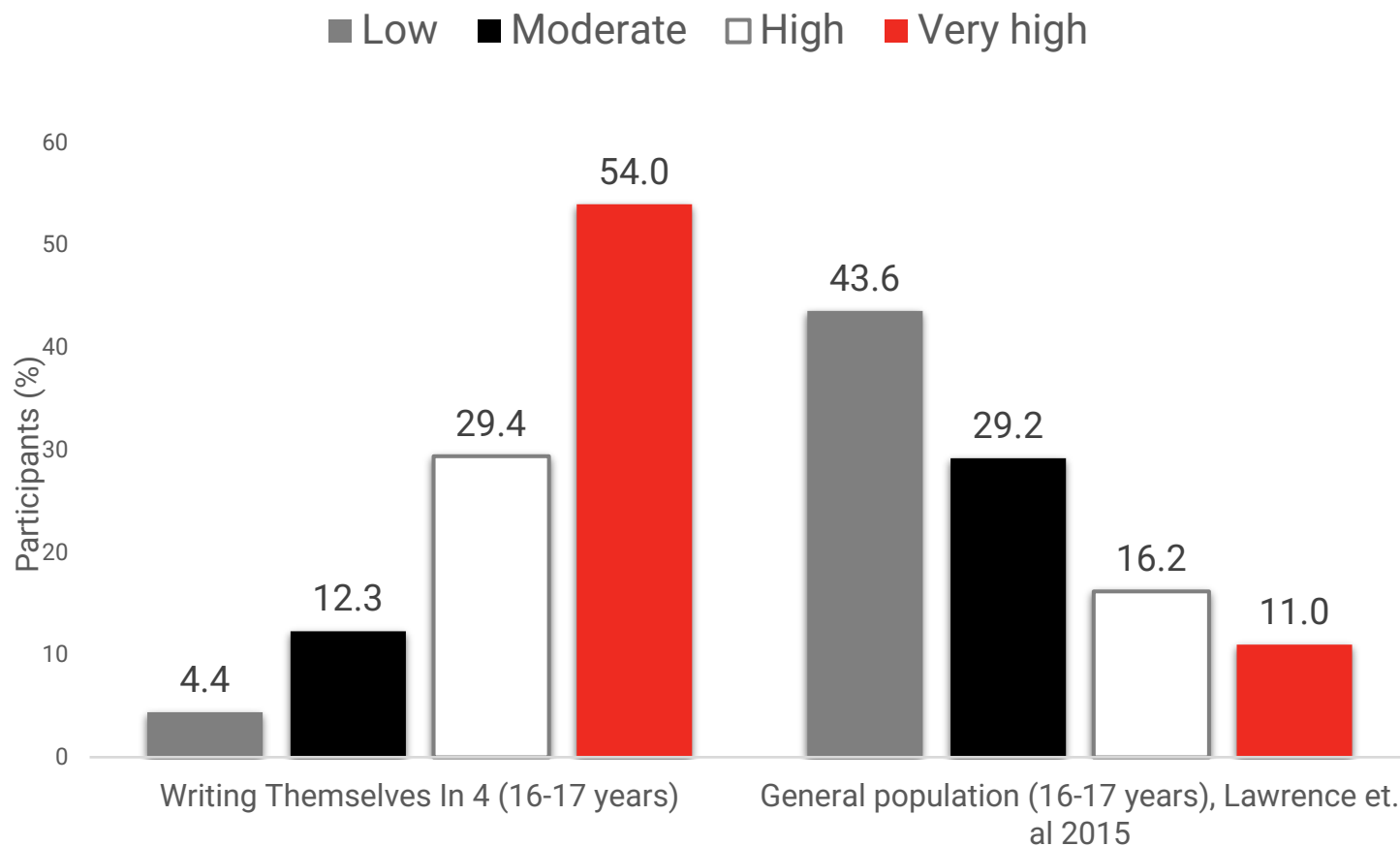


Suicidality and Self-harm

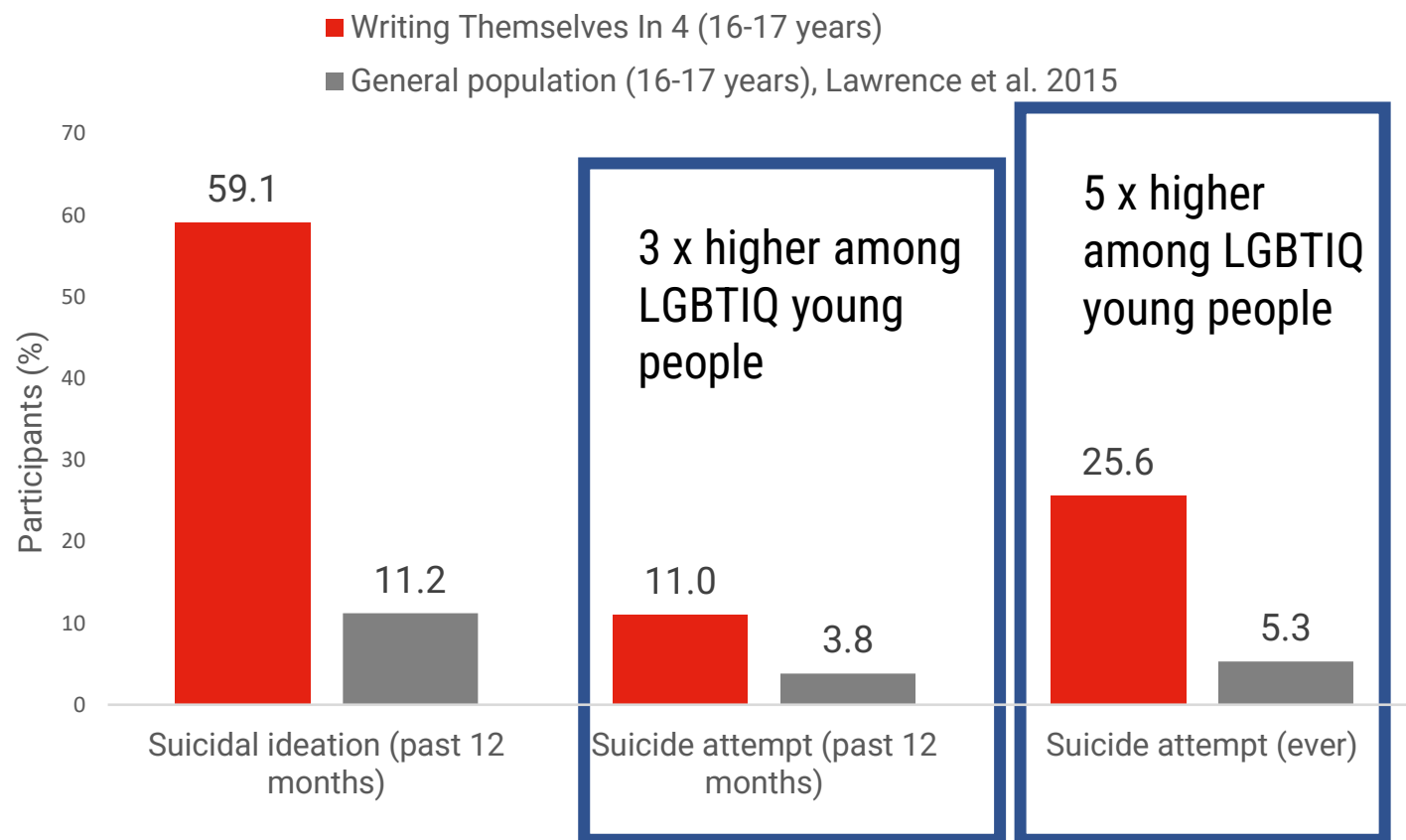
- **26.2%** of participants had attempted suicide at some point in their lives
- **10.2%** had attempted suicide within the previous 12 months
- More common among those:
 - aged 14-17
 - trans or gender diverse
 - living with disability
 - living in a rural area



Psychological distress (K10) among 16-17 year-olds



Suicidal ideation/attempted suicide among 16-17-year-olds





Experiences of stigma and harassment

Harassment and assault

- **39.3%** experienced verbal harassment in the past 12 months
- **20.8%** experienced sexual harassment or assault in the past 12 months
- **8.2%** experienced physical harassment or assault in the past 12 months



Education based experiences

- **57.7%** of those at secondary school felt unsafe or uncomfortable in the past 12 months
- **64.9%** of those at school frequently heard negative remarks regarding sexuality in the past 12 months
- **36.9%** missed days of school because they felt unsafe



What makes you feel good about yourself?

Romantic connection

'Having loving friends and a partner and being comfortable with the thought that whatever happens in life I'll still have them.'

Social connectivity to friends and family

'Having friends who get me out of my depressive episodes and into real life, they support me.'

Creating and achieving

'Making music, singing, writing, walking, gym, wearing clothes I like, talking about my sexuality openly, acting, performing, creating fiction.'

Affirmation from others

'Dressing the way I want to having friends and family refer to me by the right name and pronouns, seeing the changes in my body as I progress in HRT.'

Affirmation from within

'Thinking of me as a girl'





A perspective view of a hallway with vertical bars, transitioning from blue to red to yellow. The bars are arranged in a series of frames that recede into the distance, creating a strong sense of depth. The colors of the bars and the walls they are set against change from a cool blue on the left to a warm red in the middle, and finally to a bright yellow on the right. The floor is made of wooden planks. A red banner with white text is overlaid across the center of the image.

Acknowledgements

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