

Health and Mental Health of Young Adults Based on Levels of Rejection

Compared with gay and transgendered young adults who were not at all or only a little rejected by their parents and caregivers because of their gay or transgendered identity, gay and transgender teens who were highly rejected by their parents and caregivers because of their gay or transgender identity are:

- More than **8** times as likely to have attempted suicide
- Nearly **6** times as likely to report high levels of depression
- More than **3** times as likely to use illegal drugs
- More than **3** times as likely to be at high risk for HIV and sexually transmitted diseases

Suicide Attempts

- LGBT adolescents from highly rejecting families were more than **8** times as likely to try to take their own lives by the time they were young adults, compared to young people from families that were low or not all rejecting.
- In families that were moderately rejecting (had some negative reactions to their gay or transgender child, but also had some positive reactions) those young people were only about twice as likely to try to kill themselves.

Illegal Drug Use

- Gay and transgendered young people with high levels of family rejection were more than **3** times as likely to use illegal drugs compared with young people from families with little or no rejection.
- When families are moderately rejecting, use of illegal drugs is cut in half, to **1.5** times as likely

Risk for HIV Infection

- LGBT young people from highly rejecting families are more than **3** times as likely to be at high risk for HIV and for sexually transmitted diseases as young people from families that are not rejecting
- Their risk is cut in half when families are moderately rejecting

Beliefs about the Future

- LGBT youth who were accepted by their families were much more likely to believe they would have a good life and would be a happy, productive adult.

- LGBT young people who are accepted and not rejected by their families are much more likely to want to have a family themselves, have much closer relationships with their families, and are much more satisfied with their lives, compared to LGBT people who are not accepted by their families.

LGBT Youth Beliefs about their Future and Levels of Acceptance and Rejection

Degree of Family Acceptance	LGBT Youth's Belief They Can Be a Happy LGBT Adult	LGBT Youth Want to Become a Parent
Extremely Accepting	92%	69%
Very Accepting	77%	50%
A Little Accepting	59%	35%
Not At All Accepting	35%	10%

Source: The Family Acceptance Project, "Supportive Families, Healthy Children: Helping Families with Lesbian, Gay, Bisexual and Transgender Children." 2010