TRANSforming the Narrative

The Impact of Transphobia on Young People
What’s The Impact of Transphobia on Young People?

85% of lesbian, gay, bisexual and transgender (LGBT) students experience homophobic and transphobic violence in school.

45% of transgender students drop out.

Homophobic violence also targets 33% of students who are wrongly perceived to be LGBT because they do not appear to conform to gender norms.
There has been found a high correlation between victimization and lack of concentration in class, lower marks, and attendance for transgender youth.

Homophobic and transphobic violence is also associated with poorer than average physical and mental health, including increased risk of anxiety, fear, depression, self-harm and suicide.

-Out in the Open, UNESCO

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Young LGBT+ people* are three times more likely to self-harm - *Just Like Us, 2021

Twice as likely to contemplate suicide as their non-LGBTQ+ peers, according to a survey - *Just Like Us, 2021

More than a third of trans people (36%), 1 in 8 LGBT disabled people whose activities are ‘limited a lot’ (13%), and one in five LGBTQ+ people of non-Christian faith (21%) say they’ve experienced discrimination from within the community because of different parts of their identities – *LGBT In Britain, 2017
Young Peoples Statements about their daily lives.

• I hear the latest news either here or in America with people being homophobic, I don’t have many safe spaces or safe things, I feel quite scared at times, I know at any point my life can be stripped away from me and I would have to hide away who I really am from everyone, it makes me angry and sad, I know that there are people more vulnerable than I am, I am completely out as trans and my family accepts this but I know people who can't come out as they would not be accepted, it's all very scary.

• It's hard walking into school and then realizing, OK, I've got another day, something's gonna happen. It's not something might happen it's something is going to happen. That's how much homophobic content is out there, Four out of five, four days a week. I will get a comment on my sexuality.

• People are just terrified and a lot of the time LGBT kids end up taking their own lives at a very young age because of the lack of acceptance and thinking they will never be normal.

• There's still like stuff going on, like people misgendering, being transphobic. Like a few months ago, me and my friends, we both got like food thrown at us ‘n water and stuff and being called Chinese and things like that, which wasn't nice, but you know, I can't really change it, 'cause it happened. I'm just kind of like stuck with it.

• Adults are not really very good listeners when we try to explain how we feel.
Young Peoples Statements about finding their safe space.

• ‘Everytime I go to space I always sense the air of belonging – which is a good thing – makes me feel like I really belong’

• ‘Its like you fit in somewhere after so long of feeling you don’t and can relate to others experiences’

• 'I like space because Im stealth everywhere apart from at home, it’s nice to have a place that I can talk about things without having to think about people not being aware or knowing and you will get a positive response’

• ‘Its my only way of freedom away from all the transphobic people I meet at school’

• ‘Because there are a lot of LGBT youth workers and you get to see them and they are happy and living a life and you can see you can do that. When I first came I was having a rough time and I have consistently come to group and I have become a lot more confident and happy in myself”

• ‘The one place in my social life where acceptance is guaranteed'
What can you do?

Educate yourself- do your research, get professional training.

Use your pronouns, when you meet a new young person ask them their name and pronoun, this indicates that you have an understanding of the LGBT+ community and are supportive.

Consider having LGBT+ talks with your groups, bringing awareness to your young people.

Promote understanding and inclusion within your groups, call out any homophobic or transphobic language that you hear, explain why this is unacceptable.

ASK LGBT+ PEOPLE WHAT THEY NEED!
Organisations that can help

• **Mermaids** supports transgender, nonbinary and gender-diverse children and young people as well as their families and professionals involved in their care. [https://mermaidsuk.org.uk/](https://mermaidsuk.org.uk/)

• **GIRES** is a UK wide organisation whose purpose is to improve the lives of trans and gender diverse people of all ages. [https://www.gires.org.uk/](https://www.gires.org.uk/)

• **Mindline Trans+** is an emotional and mental health support helpline for anyone identifying as transgender, non-binary, genderfluid and questioning. They also support family members, friends, colleagues and carers. [https://mindlinetrans.org.uk/](https://mindlinetrans.org.uk/)

• **Stonewall** is a lesbian, gay, bisexual and transgender rights charity in the United Kingdom. [https://www.stonewall.org.uk/](https://www.stonewall.org.uk/)
Resources and Tools

- [https://shinigami-eyes.github.io/](https://shinigami-eyes.github.io/) - A browser addon that highlights transphobic and trans-friendly social network pages and users with different colours.

- [https://genderkit.org.uk/](https://genderkit.org.uk/) - Gender Construction Kit is an open resource project run by volunteers and is a guide to changing all things linked to gender.

- [https://www.youtube.com/c/PopnOlly](https://www.youtube.com/c/PopnOlly) - amazing resources used in thousands of schools throughout the UK!

How we Can Help?

We aim to support young people who are or may be LGBT+ and empower them to have positive self-esteem, to know they are supported, to have a sense of community and to overcome issues caused or intensified by prejudice in order to facilitate freedom of expression.

We run youth groups across Dorset, facilitate one to one, awareness training, and family support.

https://www.spaceyouthproject.co.uk/
Thank You!

Any further questions?

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