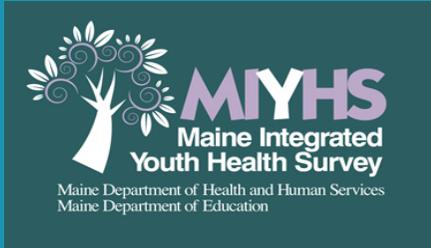
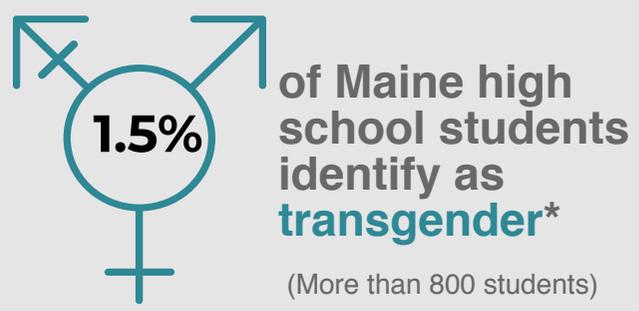


Health Disparities faced by Transgender Youth in Maine



NEW High school-level questions from the 2017 Maine Integrated Youth Health Survey

*Transgender (trans): those who identify with a gender other than the one they were assigned at birth.
 **Cisgender: those who identify with the gender they were assigned at birth.



i Transgender students experience health disparities -- differences linked to social disadvantage, such as a history of exclusion or discrimination.

Not Sure
 1.6% of high school students say they are not sure if they are transgender.
 Their health risks are similar to transgender students.

Violence

Transgender students are more likely to experience physical, emotional, and sexual violence compared to cisgender** students.

25% of trans students:

- Have dated someone who physically hurt them on purpose (vs 8% of cisgender)
- Were forced to have sexual contact (vs 4% of cisgender)

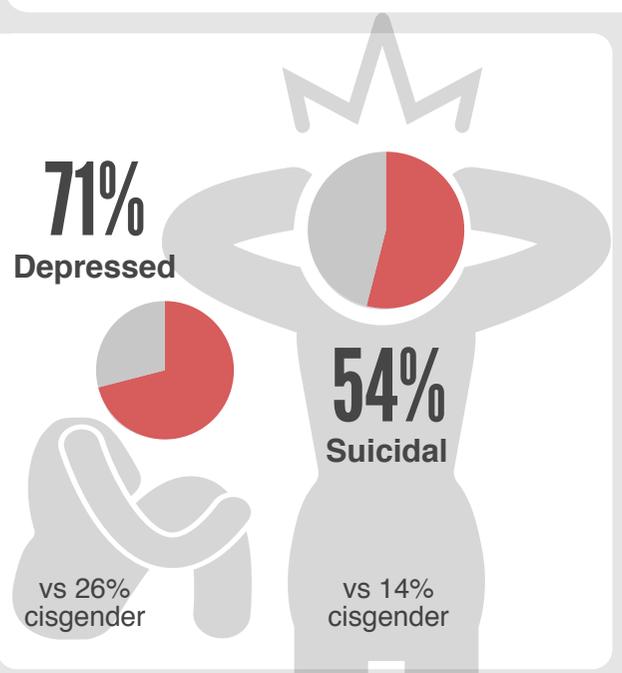
1 in 2 trans students Have been bullied on school property (vs 1 in 5 cisgender)

1 in 3 trans students Have been threatened or injured with a weapon in the past year (vs 1 in 10 cisgender)

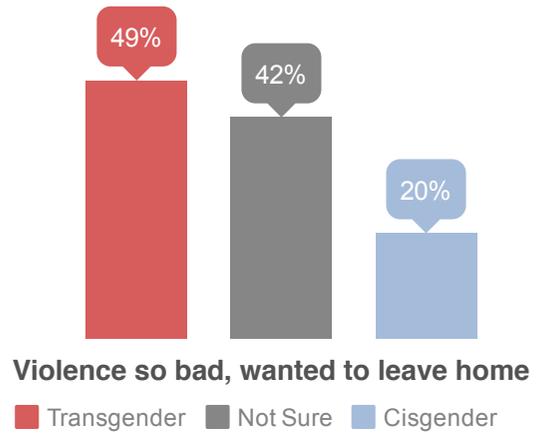
1 in 5 trans students Skipped school because they felt unsafe in the past month (vs 1 in 20 cisgender)

Mental Health

Nearly three quarters of trans students were depressed, and half seriously considered suicide in the past year.



Students who are trans and those who are not sure are **twice as likely** to have experienced violence, or threat of violence, in their home so bad they wanted to leave home.



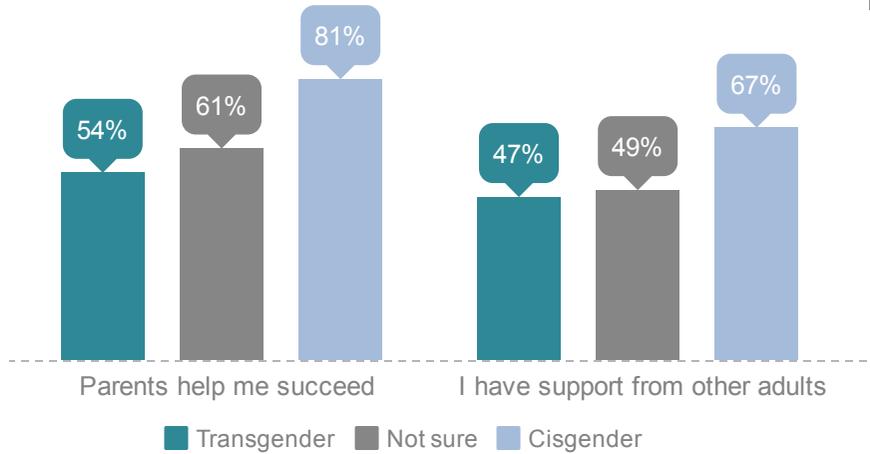
Health Disparities faced by Transgender Youth in Maine

Protective Factors



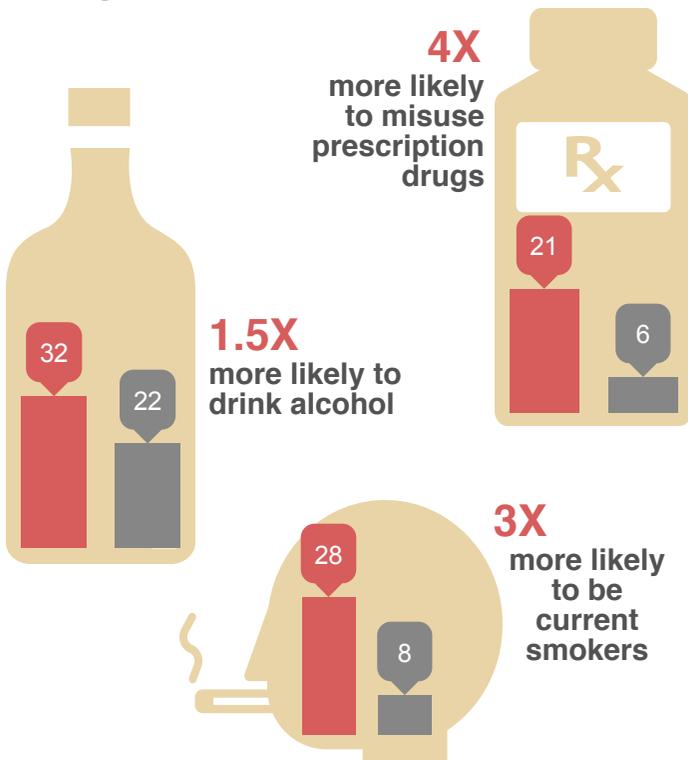
Trans students receive less support from adults than cisgender students.

Only **1 in 3** trans students feel that they matter to people in their community. (vs 2 in 3 cisgender)



Substance Use

Trans students are more likely to smoke and use substances compared to cisgender students.



Supporting Trans Youth

What adults can do to help in their school, organization, or community:



Create or support a Gay/Straight/Trans Alliance (GSTA) in your school. Resources for starting a GSTA are available at:

- www.glsen.org/chapters/southernme
- www.glsen.org/chapters/downeastme



Create a welcoming and affirming environment by reaching out to transgender youth, and using inclusive language and programming.



Provide transgender youth with opportunities to connect with each other, and with supportive adults.



Educate yourself and your colleagues about how to better serve and support trans youth and their families.

See more youth health data at: http://data.mainepublichealth.gov/miyhs/2017_reports_results

Source: Maine Integrated Youth Health Survey 2017

Note: All differences presented are statistically significant.

For more information about MIYHS or this factsheet visit: <https://data.mainepublichealth.gov/miyhs/home>

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