LGBTQ+ Suicide Prevention Resources

When your school has a GSA...

- There are lower levels of victimization related to sexual orientation and gender expression within the school
- School personnel are more likely to intervene when hearing homophobic remarks
- School culture and climate improves
- Suicidal ideation and attempts decreases amongst LGB youth and their heterosexual peers. -GLSEN, UBC

National Association of Secondary School Principals-Recommendations for School Leaders
Advocate for school district policies that include protections for transgender students if those policies are not currently in place. Model and set expectations for students, staff, and parents about how to build a positive school culture where all students feel included and respected, regardless of their gender identity or gender expression. -nassp

National Policy Board for Educational Administration-Professional Standards for Educational Leaders
Confront and alter institutional biases of student marginalization, deficit-based schooling, and low expectations associated with race, class, culture and language, gender and sexual orientation, and disability or special status. -ccsso

Suicide Risk Factors - The Trevor Project https://www.thetrevorproject.org/resources/preventing-suicide/suicide-risk-factors/#sm.000013n842necfdtnu4vjh1myn4jq
### LGBTQ+ Suicide Prevention Best Practices

#### District Messaging
Senior leadership sends communication to all schools related to the implementation of the district and school LGBTQ+ best practices to ensure the consistency of enactment.

#### LGBTQ+ Support Guide Implementation
Develop and implement a comprehensive support guide that will ensure all schools have the tools and knowledge to be able to handle any LGBTQ+ related situation with equity across the district.

#### Transgender and Gender Diverse Student Support
Affirming students’ gender identity and expression by attending to aligned pronouns, dress, restrooms, facilities, and school functions.

Socially transitioned transgender children who are supported in their gender identity have developmentally normative levels of depression and only minimal elevations in anxiety, suggesting that psychopathology is not inevitable within this group.

#### Inclusive Materials and Clubs
LGBTQ+ related stickers and posters are accessible to staff who are interested, to demonstrate their room is a “safe space” and that they are an ally to LGBTQ youth.

All middle and high schools have a Gay-Straight Alliance that is active, supported, and resourced.

#### LGBTQ+ Cultural Competency
Professional development training focused on providing data driven LGBTQ+ cultural competency training to all school administrators, support personnel, staff, and teachers.

#### LGBTQ+ Liaisons
**District LGBTQ+ Liaison:** Handles the programmatic success of all district level LGBTQ+ initiatives; primarily the implementation, development, and continuation of the district best practices.

**School LGBTQ+ Liaison:** Coordinates all school LGBTQ+ best practices, with the goal to develop a school culture that is inclusive for all students.

#### The Trevor Project: thetrevorproject.org
- **Trevor Lifeline**—The only national 24/7 crisis intervention and suicide prevention lifeline for LGBTQ+ young people under 25, available at 1-866-488-7386.
- **TrevorChat**—A free, confidential, secure instant messaging service for LGBTQ+ youth that provides live help from trained volunteer counselors, open daily.
- **TrevorText**—A free, confidential, secure service in which LGBTQ+ young people can text a trained Trevor counselor for support and crisis intervention, available daily by texting START to 678678.

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**pflag.org**
Unites people who are lesbian, gay, bisexual, transgender, and queer (LGBTQ+) with families, friends, and allies. PFLAG is committed to advancing equality through support and education.

**genderspectrum.org**
Offers resources to empower your relationships with youth and children. From how-to guides, research, to sample training materials, they provide tools to create gender inclusive environments.

**familyproject.sfsu.edu/publications**
A research, intervention, education and policy initiative that works to prevent health and mental health risks for lesbian, gay, bisexual and transgender (LGBTQ+) children and youth.

**glsen.org**
National organization that provides tools and resources to help educators and schools to ensure safe and affirming environments for LGBTQ+ students.